



# Russell Lands Culinary Apprentice Programs

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## **1,000-hour Fundamentals Cook Program**

The 1,000-hour Fundamentals Cook Program provides the student introductory culinary skills while gaining valuable industry exposure. The trainee gains the knowledge and skill set necessary to achieve the Certified Fundamental Cook® (CFC®) certification.

## **2,000-hour Culinarian Program**

The 2,000-hour Culinarian Program is an all-inclusive apprentice program. Our digital hybrid approach allows the apprentice to track his or her progress on a digital platform while gaining on-the-job experience. The successful apprentice will earn the Certified Culinarian® (CC®) certification.

## **4,000-hour Sous Chef Program**

4,000 hours of on-the-job training combined with related instruction will prepare the apprentice for a variety of industry careers. After successfully completing the Sous Chef program, the apprentice will earn the Certified Sous Chef® (CSC®) certification.

## Frequently Asked Questions

### How Do I Become a Russell Lands Apprentice?

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Contact the Russell Lands apprenticeship program chair and sponsoring chef, Chris Doggett. For more information, email [cdoggett@russelllands.com](mailto:cdoggett@russelllands.com).

### Why Should I Become a Russell Lands Apprentice?

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When you start an apprenticeship, you are learning a skilled trade from a qualified expert while getting paid. Upon completion, you will have the skills and job experience needed to earn higher wages and have better job opportunities. As an ACFEF apprentice, you will be eligible for ACF Certified Fundamental Cook®, ACF Certified

Culinarian®, or Certified Sous Chef® credential. You will also enjoy the many benefits of an ACF membership, including access to ACF's online Career Center, networking opportunities with top industry professionals and a free e-subscription to *The National Culinary Review*.

## What Will I Learn as a Russell Lands Apprentice?

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You will learn and master cooking and baking skills through coursework and on-the-job training under the direction of a chef. You will understand the requirements for proper food handling, sanitation and hygiene. You will gain an understanding of management and supervisory knowledge in preparation for a career in the culinary industry. You will acquire a professional work ethic necessary for success in the hospitality industry. You will be prepared for ACF professional CFC®, CC®, CSC® certification testing.

## Where Will I Work as a Russell Lands Apprentice?

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You will work under a supervising chef in one of Russell Lands' restaurants.

## Do I Go to School as Part of the Apprenticeship Program?

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The required related instruction can be taught in various ways, including classroom, qualified in-house instruction and online courses. Each program develops its own approach to offering related instruction in the apprenticeship stations. Educational institutions will often enroll apprentices in the institution's certificate or degree program.

## What Does a Typical Week as an Apprentice Look Like?

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As an apprentice, you will be employed by Russell Lands and will work their required hours. Apprenticeship is a full-time commitment, at work and at home completing online classes.

## What Does it Cost to Be an Apprentice?

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It depends on the apprenticeship program. There is a national ACFEF apprenticeship registration fee of \$125 and an ACF apprenticeship membership fee of \$50 for each year of the program. There may be additional costs to consider, such as uniform, knives, and

related instruction, as well as testing fees for certification. These costs may be included in the apprenticeship program cost, or they may be your responsibility.

## How Long is the Apprenticeship Program?

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ACFEF apprenticeship programs take from two to three years to complete.