

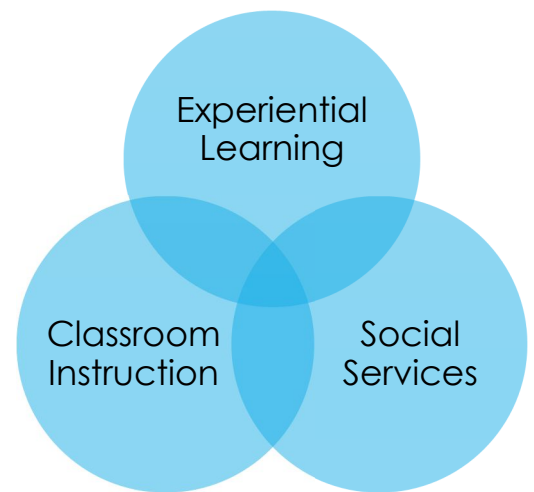
# COMMON GROUNDS

## FOOD SERVICE TRAINING TO EMPLOYMENT PROGRAM

OUR STUDENTS DEMONSTRATE EXCEPTIONAL COMMITMENT, GAIN STRONG CULINARY AND WORK SKILLS, AND ARE READY FOR EMPLOYMENT OPPORTUNITIES. MAKE A LIFE-CHANGING HIRE TODAY!

The Common Grounds Food Service Training to Employment Program is a free, 12-week training program operated by Manna on Main Street and founded on the national, evidence-based [Catalyst Kitchens](#) model. Common Grounds utilizes a three-pronged training approach:

- Experiential Learning. Students gain Back-of-House and Front-of-House skills through meal contracts, catering, and service in the Common Grounds Café;
- Classroom Instruction. All culinary and work skills curriculum is evidence-based and well-tested through more than 60 Catalyst Kitchens members nationwide;
- Social Services. Students participate in life skills classes and receive a range of social services to be job-ready upon graduation.



All students graduate with the ServSafe Food Handler certification and excellence in these core competencies:

- Attendance, culinary knowledge & skills, customer service, equipment knowledge, food safety, job readiness, kitchen math, knife skills, personal responsibility and being coachable, and time management.

*Students represent individuals living in economic instability in our community who have made the commitment to invest in themselves and their future;  
your hire is truly life changing.*

Our Employment & Social Services Coordinator, Sue Jurina, has more than 20 years of HR experience and would welcome the opportunity to share more about our students and discuss placement opportunities: [ProgramAssistant@mannaonmain.org](mailto:ProgramAssistant@mannaonmain.org) or 215.855.5454.

### Mission Statement:

Through Common Grounds, [Manna on Main Street](#) is furthering our commitment to ending hunger in our community. This program provides individuals with transformational food service skills and instruction to secure sustainable employment. One by one, we can build a stronger community. One by one, we can end hunger.



## Common Grounds

### The Vision

In winter 2016, Manna launched a food service training to employment program that utilizes the national, evidence-based Catalyst Kitchens model. Trainees engage in experiential learning, contributing to food production in Manna's mission-driven kitchen and service of the Common Grounds Café and Catering Program. Classroom instruction in food service and employment competencies furthers skill development, with social services provided based on trainees' needs; trainees graduate with the goal of securing food service employment. Trainees represent individuals living in economic instability in our community, primarily those struggling with food insecurity, poverty and homelessness, furthering Manna's mission to end hunger and poverty in our community through transformational and sustainable change.



### The Why

In Montgomery County...

- More than 78,000 individuals or 9.7% are food insecure; a troubling 22,000+ children or 12.6% experience food insecurity.
- In a community of affluence, 6.6% of individuals live in poverty, and many more struggle on a daily basis.

In Bucks County...

- More than 55,000 or 8.8% are food insecure; 17,950 children or 13.2% experience food insecurity.
- Countywide, 6.3% live in poverty.

**Together, we can advance the food security and economic vibrancy of our community, strengthening Montgomery and Bucks Counties through sustainable employment.**

Feeding America Map the Map Gap 2015 | US Census Quick Facts 2011-2015

### The You

Be part of this transformational change!

- Employers: Hire our highly-motivated, skilled and certified graduates to be successful in your business.
- Volunteers: Serve alongside trainees in Manna's Kitchen and Common Grounds Café.
- Givers: Donate to Manna, and support this training program as well as Manna's emergency food and social services programs.



**Manna on Main Street**  
**Common Grounds Training to Employment Program**  
**Trainee Core Competencies**



Trainees graduate from Common Grounds with an excellence in these areas.

1. **Attendance:** Demonstrates commitment through punctuality and dependable, highly-motivated participation.
2. **Customer Service:** Team player who treats customers and coworkers with respect and serves with enthusiasm. Anticipates customer needs. Demonstrates a strong work ethic.
3. **Time Management:** Manages time wisely, understands a daily schedule, focuses on assigned tasks and prioritizes.
4. **Personal Responsibility and Being Coachable:** Takes leadership and initiative within assigned work, asks relevant questions, willingly seeks and accepts feedback, and adapts in a change environment.
5. **Job Readiness:** Understands the employment process, including knowledge of job searching, resume writing, networking and personal and professional development. Leads and supports teamwork, values diversity, expresses opinions and manages conflict appropriately.
6. **Food Safety:** Passes ServSafe Food Handler Exam, maintains sanitary kitchen practices, knows proper food storage and minimizes food waste.
7. **Culinary Knowledge and Skills:** Demonstrates understanding of basic terms, techniques, industry trends, ingredients and products, and has the ability to remember and replicate skills.
8. **Kitchen Math:** Shows a firm understanding of kitchen weights, measuring, and recipe adjustments; understands how to read and use a recipe.
9. **Knife Skills:** Demonstrates proper safety and appropriate speed and form.
10. **Equipment Knowledge:** Identifies, maintains and safely uses all standard chef tools and equipment.