



Sandobo's Kitchen is a culinary training program for young men in Springfield, MA

Hands-On Education

We introduce youth to culinary basics as well as how to safely work within a professional kitchen.



Our 100 hours of training includes:

- basic knife skills
- personal hygiene and sanitary work habits
- identifying common kitchen tools and equipment
- preparation and organization (mise en place)
- basic moist heat and dry heat cooking methods
- cooking food to the correct doneness
- vegetable identification and cooking
- stocks, soups, and sauces
- cooking starches
- development of palate

Events and Catering

Youth prepare and execute functions from menu planning, ordering, mise en place, and preparing for the event.

On the day of the event, youth set up the room and practice serving and clearing in the dining area. Timely cleanup and teamwork is encouraged.

Our youth have organized buffet meals, served events, and action stations to practice basic a la minute cooking.

Certification

Our classes include ServSafe instruction and culminate in youth sitting for the ServSafe Manager certification exam.

Employment

Upon program completion, youth may interview for positions at our campus cafeteria's kitchen, which serves 50 daily. Youth employees help the kitchen staff prepare meals and perform daily tasks.



Employers in the Community

Youth interested in working in the culinary field can meet, shadow, and interview with employers. We also welcome employers interested in visiting our campus for demonstrations and talks, to mentor beginner culinarians, or to support our program.

Sandobo's Kitchen is managed by Commonwealth Corporation. For more information, contact:
Celia Overby, Senior Program Manager, at covrby@commcorp.org or 413-584-3627 x6804