



**Careers through Culinary
Arts Program (C·CAP)
Helps Young People
Discover Foodservice**

Written by
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Lump crab meat and avocado bruschetta prepared by Nick DiMaggio of At Your Service Restaurant Group (Atlas Diner, Vivo, 501 City Grill, Chicks and Lucky Oyster) may have been just the taste that Ocean Lakes High students needed to consider foodservice as a career choice.

Mahi Mah's Rob Reper won Cox High students over with his knife wielding skills and spicy cranberry-mango salsa with red pepper tortillas. Reper brought employment applications with him. He knew he would need good, reliable summer help.

Sysco's own Chris Appell, (previously with Hampton Roads, now at Raleigh, North Carolina) was at Norfolk Technical Center talking up his profession while preparing perfect pasta.

These chefs and other foodservice professionals across Hampton Roads have been working with the Careers through Culinary Arts Program (C-CAP) helping young people discover foodservice as an exciting career choice.

C-CAP, a not for profit organization based in New York City, promotes and provides foodservice career opportunities for disadvantaged youth through culinary arts education and employment. Since 1990 over \$2 million worth of equipment and supplies have been provided to public schools in Hampton Roads as well as New York City, Boston, Philadelphia, Los Angeles, Washington D.C. and throughout Arizona. C-CAP's collaborative effort with public schools, the foodservice industry, culinary arts and hospitality colleges and the community at large have benefited over 90,000 students.

Ongoing culinary arts training for foodservice educators enables them to empower their students. Job readiness, college preparedness and employment assistance are highlights of C-CAP whereas the annual Cooking for Scholarships Competition is the sizzle.

Last spring Hampton Roads presented over \$250,000 in awards and scholarships to such institutions as Johnson & Wales University, Culinary Institute of America and New England Culinary Institute. Local program awards include Norfolk State University, Tidewater Community College and The Colonial Williamsburg Foundation--an exciting apprenticeship program approved by the American Culinary Federation (ACF), allowing students to earn college credit and valuable work experience.

C-CAP relies on volunteers as demonstrators, trainers, mentors and judges. This year the plan is to launch Job Shadowing, along with the rest of our nation on

Groundhog Day. It will provide an opportunity for students to explore careers in the culinary arts while spending a day on the job with a foodservice professional. It can be seen as a remedy to high turnover rate in the restaurant industry. Seeing all aspects of the industry can be beneficial when choosing a college, and ultimately a career.

If you want to make a difference in young people's lives by sharing your expertise or resources, contact Tammy Jaxtheimer, C-CAP Hampton Roads Director at 757-406-4536 or tgjax@cox.net. For additional information go to www.ccapinc.org.

