

Kristina's Kitchen

Apprenticeship program

Pre-requisites:

- At least 16 years old or has completed High School (Or GED equivalent)
- Agrees to support our statement of mission
- Dedicated Seventh-day Adventist Christian
- Interest in learning all aspects of running a restaurant/bakery/health food store
- Fluent in English
- Able to physically handle hard work and long hours
- Consent to criminal background check
- Must demonstrate an aptitude for culinary arts and business
- Dedicated to the mission of sharing Jesus through health ministry and friendship evangelism.
- Willing to be a student.

Length options:

- 1 month – Kristina's Kitchen Introductory Course
- 3 month – Kristina's Kitchen Trainee Course
- 6 month – Kristina's Kitchen Associate Course

Terms:

- 30-35 hours spent in work/training per week, as follows:
 - Minimum 4 days work/training at restaurant (8hr per day)
 - Availability to help with cooking classes, Bible Studies, and other evangelism events on a flexible schedule.

Training will consist of:

- One-on-one instruction
- Practical, hands-on experience
- Online training
- Reading Assignments
- Video Assignments
- Oral and/or written research assignments
- Oral and/or written reports
- Observing Kristina and being her assistant in whatever she is doing

Training you will receive:

- Bakery Experience and Recipe Construction
- Restaurant Cooking and Recipe Construction
- Restaurant Management
- Business Management / Accounting Skills
- Marketing (including online marketing)
- Clerk/Waiter/Peddler Training/Experience

- Health Food Store Sales and Management
- Simple Herbal Skills
- Medical Missionary Experience
- Cooking Class Training/Experience
- Friendship Evangelism Training/Experience
- Bible Studies

What is provided:

- Free Lodging under the following conditions:
 - You may have a small bedroom in our home, to call your own. We expect you to share the bedroom on occasion if we have other company. (An alternate sleeping space will be provided for you on the sofa.)
 - There is only one bathroom in the house.
 - You will be responsible to do your own laundry and clean your room
 - You maintain your apprenticeship hours
 - You help with gardening, house/yard work, chores, etc around the house (approx 4hr-6hr per week)
- Three free meals per day (Eating meals with us, or at the restaurant)
- Restaurant Tips (We can't promise a paycheck, but we are willing to share our restaurant tip jar earnings with you!)
- Transportation conditions:
 - Transportation to/from Restaurant with Kristina or Daniel is provided.
 - Occasional trips to town for shopping, etc, will be provided.
 - You will reimburse us for extra trips or travel at a rate of \$0.40/mile
 - You are welcome to provide your own transportation. We will reimburse you for required business travel at \$0.40/mile, but not for trips when you could have car-pooled with us.

Mission Statement:

Kristina's Kitchen was established for the purpose of promoting physical, mental and spiritual health within the local community, training individuals in the principles of healthful living, and facilitating friendship evangelism within the context of the Seventh-day Adventist church.

Notes:

You will become part of our family. We will do our best to respect you and give you your own space and free time. In return, we expect you to respect us and be willing to be flexible with scheduling and helping pull your share of the load. On weekends (Sabbath/Sunday), you are always invited to attend church/hikes/picnics/outings with us, or you can make your own plans.

We reserve the right to refuse any application for any reason.