

Catering Assistant

The work

The catering assistant works, not in a hotel or restaurant, but in an institutional or contract catering situation or similar. This might include a school or a hospital; a fast food outlet or a motorway service station. A catering assistant assists the cooks or chefs and carries out many of the duties of the kitchen assistant in a hotel. However, a catering assistant also does basic food preparation and cooking. This will include making sandwiches, pastries and desserts, salads and drinks.

The person

Academic qualifications are not needed to start as a trainee, although some experience in a small commercial kitchen (Such as a pub etc) would be useful. NQs in Food Preparation and Cooking - General, and Food Preparation and Cooking - Quick Service are available at Level 1. These are appropriate to the job of catering assistant.

Some catering companies will employ people with matric, or a National Diploma (for those who already have one), or NQs in Food Preparation and Cooking at Level 3 or 4 to start as a catering assistant with a view to working their way up to become a catering unit manager.

How to find a job

Refer to advertisements in newspapers. Hotel and catering employment agencies also handle these jobs. Contact the contract catering companies direct.

Pay and conditions

Working hours will depend on the type of catering unit.

