



3001 Brighton Blvd.
Suite 623
Denver, CO 80216
www.FirstDescents.org

FIRST DESCENTS
- INTERNSHIP PROPOSAL -

Internship Program

We are accepting applications for the Intern Sous Chef position at our programs. Applicants must be enrolled in a culinary degree or certification program and have an interest in nutrition and health supportive cooking. Every intern will be paired with a qualified professional chef.

Qualifications of our Lead Chefs

First Descents recruits lead chefs with a passion and dedication to bringing health and nutrition education to cancer survivors and caregivers. All of our lead chefs must hold a Culinary Arts Degree (AOS, BS) or Certification from at least a 600 hour culinary program and a minimum of 5 years working experience as a professional chef. Our chefs are experienced in cooking health supportive meals with a focus on using local, organic and seasonal ingredients and in preparing food for specialized diets to include vegetarian, vegan, allergies and dietary restrictions as well as being open to preparing animal protein. They are experienced in counseling people about diet and lifestyle changes and how to make gradual, but lasting changes to achieve overall well-being. They are able to communicate this in an inviting, inspiring and nonjudgmental way.

Mentorship and professional guidance

We pair interns with our best chefs to provide mentoring, professional guidance, and culinary training. during their programs. Our Chef Manager will provide performance evaluations and ongoing open communication with the school career team as required.

Orientation and training

First Descents will provide an orientation and training session with our Chef Manager. This presentation will provide the history and background of our organization, our mission, expectations of job duties, review of daily responsibilities, our nutrition program goals and the option to answer any questions as it relates to the position.

Program hours

First Descents' program season extends from May through September, hosting up to 40 week long programs across the nation. We require sous and lead chefs to be onsite for the duration of the program, providing all

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meals for up to 24 staff and participants. One program will provide approximately 50 hours of contact experience in culinary skills, kitchen and logistics management, and nutrition principles. We will contract with our interns for a specified number of hours to complete the requirement of their institution. Some internships provide a monetary bonus depending on performance and the length of the internship. We can work with individuals directly to ensure they meet their hourly requirement.

To apply, contact Jenna Ortner, Chef Manager.

jenna.ortner@firstdescents.org

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