ProStart is a nationwide, career-building program for high school students created by the National Restaurant Association Educational Foundation.

The ProStart program unites the classroom and industry to develop the best and brightest talent into tomorrow’s restaurant and foodservice leaders. From culinary techniques to management skills, ProStart’s industry-driven curriculum provides real-world educational opportunities and builds practical skills and a foundation that will last a lifetime.

What are the classes about?
Students are mentored by their instructor and guest chefs as they prepare them for competition and the workforce. Students’ classrooms are transformed into a simulated workplace. The Simulated Workplace environment permits students the opportunity to take ownership of the individual performance as it impacts the overall success of the education, while thriving in an authentic workplace culture.

With national and local support from industry members, educators, the National Restaurant Association Educational Foundation and state restaurant associations, ProStart reaches 90,000 students nationwide.

What skills will students learn?
- Management essentials
- Safety and sanitation
- Nutrition
- Teamwork
- Inventory
- Kitchen essentials
- Communication
- Culinary arts
- Accountability
- Cost control
- Customer service
- Marketing
- Leadership
- Purchasing

Students will also perform several “hands-on” activities including: cooking, baking, measuring, catering, and front-of-house service. Academic work in class will include: tests, quizzes, safety precautions, hands on performances, leadership, and management essentials.

What Certification are available?
Join SkillsUSA and compete in the Culinary Arts or Commercial Baking competition, compete in the Hospitality Cup – West Virginia’s State ProStart Competition, earn the ProStart National Certificate of Achievement, earn Industry Credentials – ServSafe Manager, ServSafe Foodhandlers Certificate, and more, National CTE Honor Society, and numerous scholarships.

What jobs/job titles are available to the students after graduation?
- Cook
- Assistant Restaurant Manager
- Kitchen Manager
- Executive Chef
- Assistant Pastry Chef
- Banquet Chef
- Restaurant Manager
- Food & Beverage Director
- Catering Manager
- Sous Chef
- Foodservice Manager
- Pastry Chef

What work skills will be needed for these jobs?
- Strong customer service skills
- Strong concentration & focus
- Math and reading skills
- Team player
- Dependable

What skills should a student have to be successful in your program?
To be successful in this program, students must be able to lift 50 pounds, have hands-on skills, time management, leadership, and accountability. Students will also need to be drug free.
OUR VISION: START HERE...
To equip students with essential occupational skills.

OUR MISSION: ...SUCCEED ANYWHERE
To produce career and college ready graduates who will thrive in the modern economy.