



Kitchenhands

Kitchenhands assist kitchen and service staff in preparing and serving food. They also clean food preparation and service areas.



Scan the QR code to the right for a Job Outlook career profile with more information.

How do employers recruit? How can job seekers find a job?



Social media and jobs boards are the most commonly used avenues to advertise for Kitchenhands.



You should remember to **ask friends and family** working in the industry for any job openings

Employers often consider people who approach them, but you need to make a good impression when dropping off a résumé and/or cover letter

Be confident, friendly and presentable—look the part!

Approach at the least busy times of the day

What personal qualities are important?



Hard working

Reliability

Physically fit

Punctuality



“Ability to get along with people, and a good disposition are important.”

(Restaurant owner)

Trials can be the last hurdle before being hired!



One to two shifts

These trials typically involve running through usual tasks of the role:

- Food preparation
- Cooking
- Serving food
- Cleaning

Speed and efficiency are important!

Advice from employers



“Come in and speak to people in the business. Show your face.”



“Be clear about what you want from the role, be willing to learn and develop.”



“Make sure you actually turn up on time or early to an interview.”

Career progression



Kitchenhands often move on to other roles in the business

- ⇒ Kitchen supervisors
- ⇒ Bistro service roles
- ⇒ Bar attendants and wait staff
- ⇒ Apprentice chefs