

## Kitchen Assistant

A kitchen assistant helps the cook or chef by doing basic kitchen work in hotels, restaurants and other catering facilities. They are also called kitchen porters.

### The Work

You could be:

- carrying in food deliveries and putting them into store
- cleaning ovens, dishes, pans and other equipment
- cleaning the floor and disposing of kitchen waste and rubbish correctly
- keeping kitchen walls and work surfaces clean
- bringing food in from the storeroom
- checking sell-by dates and rotating stock
- peeling and cutting vegetables, chopping meat, plucking poultry, skinning and gutting fish
- preparing simple food
- using machinery such as grinders, mincers, slicers and mixers.

### Pay

The figures below are only a guide. Actual pay rates may vary, depending on:

- where you work
- the size of the organisation you work for
- the demand for the job.

The starting salary is often based on the National Minimum Wage (NMW).

As of 1 April 2020 the National Minimum Wage is £4.55 an hour for workers aged 16 to 17, £6.45 an hour for workers aged 18 to 20 and £8.20 an hour for workers aged 21 to 24. The National Living Wage is £8.72 for workers aged 25 and over. This may rise to around £10.00 an hour with experience.

### Conditions

- You work shifts, including split shifts (working in the morning and evening with time off in the afternoon), early mornings, evenings and weekends.
- Part time work is common.
- Work can be seasonal with more vacancies in summer.
- The kitchen can be hot and noisy.
- There may be some heavy lifting.
- You will usually have to wear protective clothing such as apron, gloves, hairnet or hat.

### Getting In

- You do not need formal qualifications but a good general education is useful.
- You must be physically fit to do this job.
- You need to be over 18 to handle certain kitchen equipment, such as meat slicers.
- You should not be allergic to cleaning detergents.
- Jobs are in a wide range of places including restaurants, hotels, works canteens, hospitals and nursing homes.
- There is often a high turnover of staff, and so there are usually a lot of vacancies in jobcentres.
- For some jobs, for example in care homes, you may require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of work. Contact Disclosure Scotland for details on the type you would need.

## What Does It Take

You should be:

- energetic and hard-working
- able to follow instructions
- able to multitask
- a fast worker
- a good team worker
- able to stay calm under pressure.

You should have:

- excellent communication skills
- an awareness of health, safety and food hygiene
- attention to detail.

## Training

- Training is on the job.
- Anyone with a job involving the handling of food must complete a relevant food safety and hygiene course.
- There are also SVQs in Food Production and Cooking at SCQF Level 5.

## Getting On

- After experience as a kitchen assistant you might get promotion within a big restaurant to the post of head kitchen assistant.
- Otherwise you might be able to go on to become a trainee commis chef.
- Or you could move into bar work or table service work and work up from those jobs.

## Contacts

**People 1st - Hospitality Guild**  
Tel: 0203 074 1222

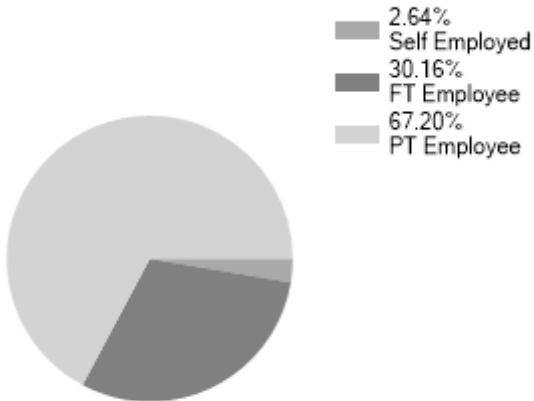
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Twitter: @Springboard\_UK  
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Statistics

Employment Status UK %



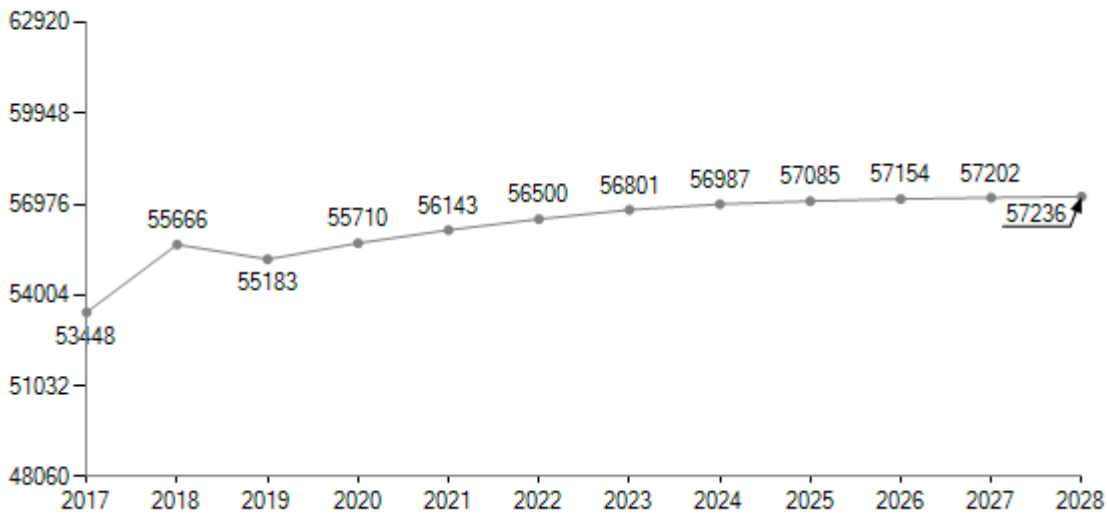
Past Unemployment - Scotland

Date	Unemployed
Dec 2018	0.49%

LMI data powered by [EMSI UK](https://www.emsi.co.uk)

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Predicted Employment in Scotland



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