Cornerstone Residence Cook Position Description

Position Title: Cook

Department: Food Service

Supervisor: Assisted Living Director

JOB SUMMARY:

This position is responsible for preparing and serving nutritious, healthy, and attractive daily meals to the residents and guests at Cornerstone Residence. The nutritional needs of the residents will be in accordance with the recommended dietary allowances based on age, gender, activity level, disability, and medical need. The cook will assure the dining room, kitchen, and kitchenette is clean and attractive for all residents to enjoy the meals. This position must fulfill expectations of exceptional customer service.

QUALIFICATIONS:

- Must understand and communicate food service vocabulary.
- Must be punctual, with a good attendance record.
- Must be mature and emotionally stable using calm and kind tone of voice, remaining calm in difficult or unusual circumstances.
- Must be able to prioritize and organize work effectively and efficiently, staying on task.
- Must be flexible and adaptable to changing situations.
- Must be compassionate and work with tact and ethical awareness.
- Must work as a team member with other personnel, Head Cook and Assisted Living Director.
- Must demonstrate good interpersonal skills.
- Maintain confidentiality.
- Comply with applicable standards of behavior and conducts including, but not limited to, standards of conduct, and professional code of ethics.

SPECIALIZED KNOWLEDGE AND ABILITIES:

This position requires incumbent to have:

- A service-oriented mindset.
- Good verbal communication skills.
- Ability to understand and relate well to senior adults.
- Ability to read and complete necessary paperwork.

ESSENTIAL JOB FUNCTIONS AND TASKS:

Receiving and Storage of Food Service Products.

- Receive and examine foodstuffs and supplies for quality and quantity.
- Place foodstuffs and supplies in dry storage, refrigerator, cooler and/or freezer to ensure food safety.
- Ensure all items needing freezer or refrigeration are put away within 30 minutes.
- Utilize proper storage containers.
- Properly label and date storage containers.

- Record food and supply shortages.
- Keep all storage rooms locked.

Food Production.

- Be familiar with weekly menu.
- Know and understand different types of diets.
- Pull food, as needed, according to weekly menu.
- Ensure that all supplies are obtained from storage areas in adequate time for meal production.
- Prepare meals according to scheduled meals and recipes.
- Set the dining room table for all meals.
- Serve the meals and beverage to all residents at mealtime.
- Read and adjust recipes as needed.
- Utilize food preparation tools, equipment and appliances.
- Weigh, measure, mix, bake and cook ingredients.
- Properly store and date leftover food.
- Apply personal knowledge and experience in food preparation.
- Minimize waste.

Safe Food Handling Skills and Practices.

- Practice strict personal hygiene.
- Be familiar with all infection control, department and facility policies and procedures.
- Monitor and document time and temperature of food and appliances daily.
- Thaw food properly, including pulling food from freezer prior to needing it.
- Keep raw products and ready to eat foods separate.
- Avoid cross-contamination.
- Cook to required minimal internal temperatures.
- Hold hot foods at 140° F or above and cold food at 41° F or below.
- Cool cooked foods properly.
- Reheat to internal temperature of 165° F for 15 seconds.

Customer Service and Meal Presentation.

- Meet daily mealtime schedule.
- Practice proper portion control.
- Plate meal attractively.
- Attractively garnish plates.
- Maintain high quality food standards.
- Coordinate with Assisted Living Director for special meals for diets, or special activities.
- Deliver plates to nursing staff, marking them to ensure delivery to the correct resident.

Sanitation of Food Service Area.

- Clean the dining room, kitchen, and kitchenette after all meals as scheduled.
- Clean and sanitize work areas.
- Maintain an organized clean work area.
- Assist with daily and scheduled general cleaning of the department to maintain a safe, clean kitchen.
- Dispose of trash in proper areas.
- Recycle cans, plastic, and cardboard in proper areas.

Operation and Maintenance of Facility, Equipment and Appliances.

- Properly operates all equipment in the kitchen.
- Notify Head Cook and/or Maintenance of equipment failure and malfunction.
- Demonstrate a strong respect for facility and supplies.

Other Support Functions and Tasks.

- Coordinate groceries with Head Cook for ordering.
- Demonstrate to the regulating authority knowledge of food-borne disease, prevention, application of the hazard analysis critical control point principles and the requirement of the Minnesota Food Code.
- Order, as needed, supplies including food, bread, paper products, and chemicals.
- Document and communicate with Head Cook or Assisted Living Director any incident reports for emergencies or accidents for self, other employees, or residents.
- Complete all training, as assigned, within the specified time frame. Attend all inservice training sessions.
- Follow all the policies and procedures set forth in the Policy and Procedure Manuals.

Other Duties as Assigned.

Working Conditions:

- The noise level in the work environment is usually moderate to minimal.
- Inside work while assisting residents.
- Minimal exposure to Blood borne Pathogens, Infectious Diseases.
- Exposure to cleaning chemicals, fumes or airborne particles.
- Exposure to extreme cold and extreme heat.
- Exposure to unpredictable people, behaviors, situations and pets.
- Exposure to illnesses and frailties of residents.

Physical Requirements:

General Strength						
Check one:						
Sedentary Light Work	Lifting up to 10 lbs. occasionally and/or negligible amount frequently. Lifting 20 lbs. max. w/ frequent lifting and/or carrying of objects up to					
10 lbs.						
Medium Wor	k Lifting 50 lbs. max. w/ frequent lifting and/or carrying of objects up to					
25 lbs.						
☐ Heavy Work	Lifting 100 lbs. max. w/ frequent lifting and/or carrying of objects up to					
50 lbs.						
Very Heavy Work Lifting over 100 lbs. w/ frequent lifting and/or carrying of objects up to						
50 lbs.						
Use this scale to rate frequency of occurrence for each variable in tables below.						
N = Never Not part of job requirements						
S = Seldom Not daily, but included 1-3 times per week						

O = Occasional Done intermittently throughout day or week, but not more than 33% of the day or week.

F = Frequent Done at longer intervals throughout the day or week, 34%-66 % of the day or week.

C = Continuous Done without interruption throughout the day or week, 66%-100% of the day or week.

Physical Factors								
	Fre	equen	cy (ch	eck c	ne)			
	N	S	0	F	С	Comments (reference essential function)		
1. Standing						,		
2. Walking					П			
a. on uneven ground		$\overline{\boxtimes}$						
3. Sitting			\boxtimes					
4. Pushing Force						Lbs. Distance:.		
5. Pulling Force			\boxtimes			Lbs. Distance:.		
6. Lifting (heaviest weight)						Lbs.		
a. from floor				\boxtimes		Lbs. 20+		
b. from table						Lbs. 20		
c. overhead				\boxtimes		Lbs. 10		
7. Carrying			\boxtimes			Lbs. 25+ Distance:.		
8. Climbing								
a. stairs								
b. ladders		\boxtimes						
c. scaffolds								
9. Balancing								
 a. narrow surfaces 								
b. slippery surfaces		\boxtimes						
c. moving surfaces								
10. Stooping/bending								
11. Kneeling								
12. Crouching/squatting			\boxtimes					
13. Twisting/turning			\boxtimes					
14. Crawling		\boxtimes						
15. Restraining		\boxtimes						
16. Reaching								
a. above shoulder			\boxtimes					
b. below shoulder			\boxtimes					
c. at shoulder			\boxtimes					
17. Neck motions								
 a. static positions 			\boxtimes					
b. flexion								
c. extension			\boxtimes					
d. rotation			\boxtimes					
18. Controls						☐Hand-Arm ☐Foot-Leg		
19. Handling								
a. simple grasping						☐One Hand ☐Two		
h firm graening						Hande		

c. pushing and pulling						☐One Hand ☐Two
						Hands
						☐One Hand ☐Two
						Hands
20. Fingering						
 a. fine manipulation 						
b. writing						
c. keying/typing						
21. Driving a vehicle						
22. Other physical demands						
(describe)						
Sensory Factors						
	Fre	equen	cy (ch	eck o	ne)	
	N	S	0	F	С	Comments (reference
						essential function)
1. Feeling/touching						•
2. Talking	П		П			
3. Hearing	同					
4. Tasting/smelling	Ħ	T 🗂	Ħ			
5. Seeing	Ħ	1 🗂	Ħ		Ħ	
a. near vision (reading)	lП		١Ħ			
b. near vision (20" or less)	lП		lΠ	lП		
c. far vision (20 feet or more)	lП		lΠ	lĦ		
6. Other (specify)	Ħ	i Fi	Ħ	Ħ	Ħ	
οι στιοι (σροσιή)			lП	lП	lП	
	IП		lΠ		lП	
		. —				
Environmental Conditions						
	Fre	equen	cy (ch	neck o	ne)	
	N	S	0	F	C	Comments (reference
						essential function)
1. Work setting						,
a. inside				\boxtimes		
b. outside		\boxtimes				
2. Extreme cold		\boxtimes				
3. Extreme heat		\boxtimes				
4. Wet and/or humid		\boxtimes				
5. Exposure to blood						
6. Exposure to body fluids	同		Ī			
7. Exposure to infectious disease	Ħ		Ħ	П	Ħ	
8. Loud noises	Ħ		X	同	Ħ	
9. Vibrations	Ħ	Ħ		一	H	
10. Atmospheric conditions		+=	H	H		
a. fumes/odors	lH		lΗ	l H		
b. poor ventilation	. —		- ≔	ᅵᆜ	ᅵᆜ	İ
c. grease/oil						
c. grease/oil d. dust						

f. other					
11. Moving mechanical parts					
12. Radiation	\boxtimes				
13. Caustic chemicals					
(describe/list)					
a.					
b.					
C.	ļ	ļ_ <u></u>	 		
14. Latex products	Ш	\boxtimes		Ш	
15. Wearing respirator	\boxtimes				
16. Exposure to poisonous plant	\boxtimes				
17. Exposure to insect/animal		\boxtimes			
18. Other (describe below)					
a.					
b.					
C.					
d.					

Mental Requirements

Do the essential job functions require the ability to do any of the following on a **regular** basis? Check the appropriate box for each item and describe as applicable.

Yes Comments (provide description) 1. Resident/public contact-indicate percent of time of \boxtimes the work week 2. Reading describe level (e.g., technical, grade level X of materials used, etc.) 3. Writing written communications required 4. Simple arithmetic problems X 5. Mathematics calculations requiring formulas M 6. Weighing and/or measuring precise and accurate 7. Attentiveness duration maintaining constant alertness 8. Attentiveness intensity concentration required for X accuracy 9. Short-term memory recall 2-3 days 10. Long-term memory recall from past education or event 11. Directing, controlling or planning activities of \boxtimes others 12. Transferring knowledge to unique situations X complex problem solving 13. Influencing people in their opinions, attitudes and \boxtimes judgments 14. Performing multiple tasks concurrently 15. Showing capacity for self-expression feedback, teamwork

16. Working alone or apart, in physical isolation, fro	m 🔲				
others					
17. Attaining precise set limits, tolerances and standards					
 Working under unusual time constraints or set productivity standards 					
19. Shift work other than day hours or variable start times					
20. Ability to problem solve simple data gathering, selecting from known options					
This job description is not an exhaustive list of all ski with a job. They reflect principal job elements essen performance. This document does not create an employment cont will" relationship.	itial for per	formin	g the job a	nd evalua	ting
<u>Cook</u>					
I,	orm these employmer ment at an Cornersto	duties nt and y time ne Re	to the best that Corne sidence's U	t of my ab rstone ma Jniform	ility. I ay
Employee Signature	Date			_	
Supervisor Signature	Date				

Effective 8/1/21 Approved by KS