



FAMILY-OWNED AND OPERATED  
**UPPER LAKES FOODS**  
EST 1967

TRAINING  
AND  
DEVELOPMENT

# COOKING & KNIFE HANDLING

*Sharpen your skills.*

*Basic cooking and knife handling instruction or more advanced and operator specific procedures, our team has the expertise to create an engaging training session for your team.*

Whether you have a team of inexperienced cooks or a crew of seasoned veterans capable of turning out plates of food during the busiest rushes, there is always room for improvement. Ongoing training is critical to the success of any food service operation because it impacts food quality and consistency, improves employee engagement, and can reduce employee turnover.

Does your team need a refresher on proper knife handling skills or an introduction to fundamental cooking processes? Or, maybe your team could use some creative new approaches to production and plate presentations. Whatever your team needs, our professional chefs have the skills and background to facilitate an exceptional training session.

Our Specialists will meet with you to discuss your needs and develop an engaging and effective training session to achieve results for your operation. Our team can present the training in your facility, in the Upper Lakes Foods test kitchen, or at another facility close to your location.

## WE'RE HERE FOR YOU

**Mission Statement:** *The Upper Lakes Foods Specialist team brings innovative operational and culinary expertise to deliver value and inspire solutions for all our partners success.*

*Let's do this.*

*Contact us to find a solution that works for you and your operation.*

801 Industry Ave.  
Cloquet, MN 55720

800.879.1265

[upperlakesfoods.com](http://upperlakesfoods.com)