

2025-
2026

Course Catalog

FOOD HERO
2025-2026



About Us:

Food Hero is a bilingual culinary school and food incubator that empowers individuals to become changemakers—Food Heroes—through accessible, high-quality education, work-based learning, and entrepreneurial training rooted in the local food ecosystem. Our agile, stackable credential model prepares students for real-world success across culinary, food business, and health-focused pathways. By combining workforce development, personal health education, shared kitchen access, and staffing employment, we ensure students can learn, earn, and grow simultaneously. We are committed to building sustainable food businesses, nurturing preventative health through nutrition and medically tailored meals, and driving innovation, equity, and resilience across communities.

We envision a vibrant, inclusive, and just food future powered by skilled Food Heroes—individuals equipped to lead in culinary arts, food entrepreneurship, and health-based innovation. Through continuous improvement, collaboration with employer and community partners, and a commitment to social and environmental responsibility, Food Hero will transform lives, local economies, and the food system. We will be the leading model for bilingual, market-relevant food education that empowers learners to earn while they learn, launch sustainable careers and businesses, and champion the movement for good food for all.

What We Do:

At Food Hero, we empower individuals and communities through food, tradition, and innovation. Our mission is to cultivate the next generation of culinary professionals, entrepreneurs, and health-focused food leaders—especially those from historically marginalized communities. We honor and preserve traditional cultural cuisines while reimagining them for today's modern, health-conscious table.

Through our agile and bilingual model, we provide accessible, high-quality training and support that reflects the evolving needs of both learners and employers. By integrating education, entrepreneurship, employment, and wellness, we help build a more inclusive, sustainable, and thriving local food ecosystem.

Our Programs:

Food Hero Education programs are designed for adult students who intend to pursue a career in the foodservice industry. With a multitude of flexible course choices, students have the opportunity to choose from a variety of pathways that suit their lifestyle and career goals. Hands-on and online instruction includes food safety and sanitation, food costs and operations, employability skills, presentation and service, and familiarity or mastery of a wide variety of techniques and cuisines. Online resources and continuous learning opportunities will also be available out of class to supplement knowledge and skill. Various technological tools will be taught throughout so that students may become more efficient in the kitchen, build their career portfolios, and be able to adapt to current and future market trends.

- Culinary Career Pathways
- Culinary Foundations
- Chef Level 1
- Chef Level 2
- Baking Level 1
- Baking Pastry Level 2
- Consumer Packaged Goods
- Culinary Medicine

Accreditations:

- American Culinary Federation

Certifications Available:

- Food Handlers Certification, National Restaurant Association
- Rouxbe – Certificate of Completion
- Food Service Sanitation Manager, National Restaurant Association
- Certified Chicago Food Service Manager, Health Department of Chicago
- Allergen, National Restaurant Association
- BASSET License/ ServSafe Alcohol, National Restaurant Association
- Certified Fundamentals Cook, American Culinary Federation
- Certified Restaurant Professional, ServSuccess - National Restaurant Association
- Certified Guest Service Professional, American Hotel and Lodging Association
- START Certified Kitchen Cook (CKC), American Hotel and Lodging Association
- FoodHe.ro Certificate of Completion

Course Descriptions:

Course Name	Length of Course	Course Description:	Kitchen Hours	Online Hours
Culinary Career Pathways	8 weeks	This hybrid style course is designed to train participants in food industry skills and prepare them for the profession. The first section will focus on teaching students how to provide professional chef and cooking services whereas the second section weeks will identify skill gaps and provide customized professional development. Class activities emphasize career readiness and skills while utilizing online learning, kitchen labs, work-based learning, internships, and on-the-job training.	200	50
Culinary Foundations Program	3 weeks	This program is designed for adults who intend to pursue a career in the foodservice industry that are career changers, entrepreneurs, or part of the new arrival program. This three-week course prepares individuals to feel confident in the pursuit of cooking and/or service positions in restaurants or other commercial food establishments. Instruction includes food safety and sanitation, foodservice terminology, knife skills, knowledge of a wide range of cooking methods, and presentation techniques.	40	10
Chef Level One Bootcamp	6 days	This program is designed for adults who intend to pursue a career in the foodservice industry. The six-day hybrid style boot camp format prepares individuals to become professional chefs and/or pursue cooking service positions in restaurants or other commercial food establishments. Instruction includes food safety and sanitation, knife skills, knowledge of a wide range of cooking methods, and presentation techniques. Students will be expected to cover supporting material outside of lab hours to complement the lab work. Additional recipes will also be provided for students to continue their practice in at-home labs.	25	25

Chef Level One Bootcamp	6 days	This program is designed for adults who intend to upskill their current career in the foodservice industry. The six-day hybrid style boot camp format prepares individuals to level up their professional cooking service positions in restaurants or other commercial food establishments. Instruction includes from scratch garde manger, poultry and seafood butchery, plant-based cooking and sustainable practices, basic costing practice, and restaurant level plating techniques. Students will be expected to cover supporting material outside of lab hours to complement the lab work. Additional recipes will also be provided for students to continue their practice in at-home labs.	25	25
Baking and Pastry Level One Bootcamp	6 days	This program is designed for adults who intend to pursue a career in the foodservice industry and/or are looking to build a baking and pastry foundation in pursuit of their own future business. The 6-day hybrid boot camp format allows students to level up their professional baking and pastry skills to leverage for better opportunities in bakeries, restaurants or other commercial food establishments. Hands-on and online instruction includes food safety and sanitation, knowledge of a wide range of baking methods, and presentation techniques.	25	15
Baking and Pastry Level Two Bootcamp	6 days	This program is designed for adults who intend to upskill their current career in the foodservice industry. The six-day hands-on boot camp format prepares individuals to become professional chefs and/or pursue cooking service positions in restaurants or other commercial food establishments. Hands-on instruction includes food safety and sanitation, knowledge of a wide range of baking methods, and presentation techniques.	25	15

Consumer Packaged Goods	4 days	The CPG Boot Camp is a comprehensive, hybrid training program designed for aspiring food entrepreneurs who want to transform a recipe or food concept into a viable Consumer Packaged Goods product. This hands-on program blends regulatory knowledge, culinary R&D, branding, production logistics, and commercialization strategy, culminating in a final product presentation and business launch plan. Ideal for small-batch makers, cottage food producers, and early-stage food brands, this course helps participants master each stage of development—formulation, compliance, production, and scaling.	15	20
Culinary Medicine	3 days	This program is designed for healthcare professionals who are interested in increasing their knowledge of the cross section between nutritional sciences and culinary arts. This hybrid three day course teaches basic culinary skills and knowledge and how to apply them within the standards and constructs of nutritional health guidelines. Students will be tasked with identifying need gaps for a variety of types of clients and use their culinary knowledge to create culturally responsive meal plans that their clients can successfully integrate into their lives. Instruction includes basic culinary knowledge and skill sets such as knife skills, a review of nutrition basics, healthy cooking techniques and ingredient applications, preventative diets, and culturally responsive meal planning guidelines.	9	12

Continuous Learning Opportunities:

We encourage and offer our students to partake in self-directed learning opportunities available outside of class. Some will be mandatory requirements while others are supplemental options for professional growth. These may include any of the following:

Micro-Credentials	Social Media Tools	Apprenticeship
Artificial Intelligence	Work Experience	Internship
Entrepreneurship	Video	Stages
Networking Events	Blogs	Public Speaking
Physical and Digital Books	Project Based Learning	Mentors
Endorsements-References	Online Partner Courses	Webinars
Workshops	Conferences	Cooking Travels

Tuition, Fees and All Other Course Charges:

Program	Tuition	Books	Exams	Registration	Total Cost
Culinary Arts	\$4,650	\$0	\$100	\$250	\$5,000
Culinary Foundations	\$2,150	\$0	\$100	\$250	\$2,500
Chef Level 1	\$1,000	\$0	\$100	\$250	\$1,350
Chef Level 2	\$1,500	\$0	\$100	\$250	\$1,850
Baking Level 1	\$1,000	\$0	\$100	\$250	\$1,350
Baking & Pastry Level 2	\$1,500	\$0	\$100	\$250	\$1,850
CPG	\$1,500	\$0	\$100	\$250	\$1,850
Culinary Medicine	\$ 650	\$0	\$100	\$250	\$1,000
		\$			

Requirements for Admission:

All student s must have the minimum qualifications as listed below for enrollment into the Food He.ro programs

- Must be 17 years of age
- Must have a minimal reading grade point equivalent of 6th grade
- Must have a minimal math grade point equivalent of 8th grade
- Must have obtained (or in the process of obtaining) High School/GED certificate
- Must have interest in food (or similar industry) career interest
- Must have proper US documentation and have the right to work in US (or participant in Dream Act)

Course Cancellation and Refund Policy:

Food He.ro does not charge its students any registration fees, book fees or application fees or accept down payments. Foodhe.ro will not accept any tuition from any student prior to enrollment. When a student gives written notice of cancellation, FoodHe.ro will provide a refund in the amount of at least the following:

1. When a notice of written cancellation is given before midnight of the fifth business day after the date of enrollment but prior to the first day of class, all tuition shall be refunded.
2. When notice of cancellation is given after midnight of the fifth business day of class, FoodHe.ro may retain no more than \$150.
3. When notice of cancellation is given after the student's completion of the first day of class attendance, but prior to the student's completion of 5% of the course of instruction, FooHe.ro may retain no more than 10% of the tuition.
4. When a student has completed in excess of 5% of the course of instruction FoodHe.ro may retain an amount computed prorated by days in class plus 10% of the tuition up to completion of 60% of the course of instruction.
5. When the student has completed in excess of 60% of the course of instruction, FoodHe.ro may retain the entire tuition.

Student's Right to Cancel:

The student has the right to cancel the initial enrollment agreement until 15 business day after the student has been admitted. If the right to cancel is not given to any prospective student at the time the agreement is signed, then the student has the right to cancel the agreement at any time and receive a refund on all monies paid to date within 30 days of cancellation. Cancellation should be submitted to the authorized official of the school in writing.

For purposes of cancellation, the date shall be the last day of attendance. FoodHe.ro shall refund all monies paid to it in any of the following circumstances:

1. FoodHe.ro did not provide the prospective student with a copy of the student's valid enrollment agreement and a current catalog or bulletin.
2. FoodHe.ro cancels or discontinues the course of instruction in which the student has enrolled.
3. FoodHe.ro fails to conduct classes on days or times scheduled, detrimentally affecting the student.

REFUND AND WITHDRAWALS

Participants who withdraw ten (5) days prior to the first day of classes (unless specified otherwise) will not be charged program costs and/or tuition. For non-voucher programming, no tuition refund will be given for any reasons for no shows for single day training classes.

REFUND FOR VOUCHER PARTICIPANTS

For Voucher paid programming, no tuition refund will be given to program participants in cash. All defaulted or unused vouchers will be returned to the appropriate funding agency. Vouchers will not be submitted to third party agencies for students who do not begin programs. Note: Refund may be defined as non-submission of program costs or tuition payment vouchers. For cash paying individual participants engaged in training programs of extended length '5 weeks', refunds for weeks not completed may be issued upon proper written withdrawal unless otherwise rescheduled with program administrator approval.

REFUND FOR REGISTRATION, LECTURES, WORKSHOPS AND SEMINARS

No refunds will be allowed for registration fees, lectures, workshops and seminars and others as assigned.

Records & Retention:

The office, 3331 W 26th Street Chicago, IL 60623, maintains a record for each enrolled student. Files generally contains the student's acceptance letter, high school transcript, diploma, GED, or transcripts from other postsecondary schools, enrollment agreement (one for each academic year, semester grades, policy confirmations, withdrawal or cancellation information) and final transcript, and may also contain exam scores from certifications.

Electronic documents will be retained as if they were paper documents. Therefore, any electronic files that fall into one of the document types on the above schedule will be maintained onsite properly filed permanently.

Student files will be stored electronically on Food Hero's master Computer Management System and in physical office files. Student files can be accessed with prior written request notice and presentation of proper identification.

Access and Review: Students have the right to physically review their own Education Records in the presence of a designated representative. Where necessary and reasonable, an explanation and interpretation of the record will be provided by qualified personnel.

The student is required to submit all requests for access to his/her records in writing to the main office, located at 3331 W 26th Street Chicago, IL 60623 and will be required to present appropriate identification. Original records may not be removed from any office where they are maintained.

Class Schedule 2025-2026

Month	Class	Dates	Notes
July 2025	Culinary Arts Level 1 Bootcamp	July 7–18	Summer Quarter
July 2025	Culinary Medicine	July 21–23	Summer Quarter
August 2025	Culinary Arts Level 2 Bootcamp	Aug 4–15	
September 2025	8-week Culinary Arts Certificate	Sept 2–Oct 25 (Tues–Sat)	Fall Session 1
October 2025	Baking & Pastry Level 1 Bootcamp	Oct 6–17	
November 2025	Culinary Arts Entry Level 3-week	Nov 3–22	Ends before Thanksgiving
November 2025	Baking & Pastry Level 2 Bootcamp	Nov 24–Dec 5 (skip Thanksgiving)	Split week for holiday
December 2025	—	Winter Break	No classes Dec 15–Jan 5
January 2026	Culinary Arts Level 1 Bootcamp	Jan 6–17	Winter Quarter
January 2026	Culinary Medicine	Jan 21–23	Winter Quarter
February 2026	Culinary Arts Level 2 Bootcamp	Feb 3–14	
March 2026	8-week Culinary Arts Certificate	March 3–April 26 (Tues–Sat)	Spring Session 1
March 2026	Baking & Pastry Level 1 Bootcamp	March 9–20	
April 2026	Culinary Arts Entry Level 3-week	April 6–25	
May 2026	Baking & Pastry Level 2 Bootcamp	May 5–16	
May 2026	Culinary Medicine	May 19–21	Spring Quarter
June 2026	Culinary Arts Level 1 Bootcamp	June 1–12	Summer Quarter
June 2026	Culinary Arts Level 2 Bootcamp	June 15–27	Ends fiscal year

Food Hero
Institutional Disclosures Reporting Table
July 1, 2024 through June 30, 2025
Per Section 1095.200 of 23 Ill. Adm. Code 1095:

Institution Name:					
The following information must be included with the enrollment agreement, catalog, and posted on the institution's website.					
Disclosure Reporting Category	Program Name	Culinary Arts	CIP	120503	SOC*
					15-2021
A) For each program of study, report:					
1) The number of students who were admitted in the program or course of instruction* as of July 1 of this reporting period.	27				
2) The number of additional students who were admitted in the program or course of instruction during the next 12 months and classified in one of the following categories:					
a) New starts	27				
b) Re-enrollments	0				
c) Transfers into the program from other programs at the school	0				
3) The total number of students admitted in the program or course of instruction during the 12-month reporting period (the number of students reported under subsection A1 plus the total number of students reported under subsection A2).	27				
4) The number of students enrolled in the program or course of instruction during the 12-month reporting period who:					
a) Transferred out of the program or course and into another program or course at the school	0				
b) Completed or graduated from a program or course of instruction	18				
c) Withdrew from the school	0				
d) Are still enrolled	4				
5) The number of students enrolled in the program or course of instruction who were:					
a) Placed in their field of study	4				
b) Placed in a related field	1				
c) Placed out of the field	9				
d) Not available for placement due to personal reasons					
e) Not employed					
B1) The number of students who took a State licensing examination or professional certification examination, if any, during the reporting period.					
B2) The number of students who took and passed a State licensing examination or professional certification examination, if any, during the reporting period.	27				
C) The number of graduates who obtained employment in the field who did not use the school's placement assistance during the reporting period; such information may be compiled by reasonable efforts of the school to contact graduates by written correspondence.					
D) The average starting salary for all school graduates employed during the reporting period; this information may be compiled by reasonable efforts of the school to contact graduates by written correspondence.	7				
	\$20.00				

* CIP—Please insert the program CIP Code. For more information on CIP codes: <https://nces.ed.gov/ipeds/cipcode/Default.aspx?y=55>

*SOC—Please insert the program SOC Code. For more information on SOC codes: <http://www.bls.gov/soc/classification.htm>

*A course of instruction is a stand-alone course that provides instruction that may or may not be related to a program of study, but is either not part of the sequence or can be taken independent of directly prepare students for a certificate or other completion credential or it can stand alone as an optional preparation; or in the case of students requiring catch-up work, a prerequisite for a program. A stand-alone course might lead to a credential to be used toward preparing individuals for a trade, occupation, vocation, profession, or it might improve, enhance or add to skills and abilities related to occupational/career opportunities.

] In the event that the school fails to meet the minimum standards, that school shall be placed on probation.

] If that school's passage rate in its next reporting period does not exceed 50% of the average passage rate of that class of schools as a whole, then the Board shall revoke the school's approval for that program to operate in this State. Such revocation also shall be grounds for reviewing the approval to operate as an institution.