



TRAINING SERVICES

Through education and training, we're turning cooks into heroes

When we say 'expert care', we mean it. Getting the right training can make a big, immediate and measurable difference for the participants and for your entire crew.



Tailored maritime catering training

The Garrets training syllabus encompasses a wide range of topics within maritime catering training: including multi-national culinary, nutrition, hygiene, food safety and smart galley management.

It is tailored for ship's cooks and galley crews on all vessel types and carefully designed to meet the training needs that we've identified during our vessel visits all over the globe

Training courses and development programs

We offer the following courses and programs:

- > Food safety, sanitation & hygiene
- > International cuisine
- > Menu cycle & budget management
- > Messman & steward course
- > Pre-boarding seminar



Training with experts in their fields

We ensure that you get access to professional guidance and support throughout your training courses and development programs. We will guide you and tailor the courses to fit your specific training needs.

Our training courses are carried out by our superintendents, in collaboration with our training partners, MIHCA and UMTC.



Contact our team to learn more

- > training@garrets.com
- > garrets.com



COURSE DESCRIPTION

Food safety, sanitation & hygiene

This course introduces the principles of food hygiene and safety, including proper food storing and colour coding, ensuring the health and well-being of crew members.



Duration: 1 to 3 days

Learning type: Classroom lectures or online

Key learning points:

- Importance of food safety and sanitation
- Practicing good hygiene
- Knowledge of cross contamination in relation to proper food storage and the use of colour coded chopping boards
- Keeping food out of the temperature danger zone
- Cooking food to the proper minimum internal temperature
- Awareness of food allergens present in menu items helps to avoid harm to crew with specific allergies
- The importance of knowing HACCP principles in relation to daily operations
- Understanding the proper flow of food in a professional kitchen
- Your responsibility as a food handler
- The difference between cleaning and sanitizing
- Basic knowledge of the different pathogens that cause food borne illness and its symptoms

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COURSE DESCRIPTION

International cuisine

This course provides training on the different cuisines of Europe and Asia, enhancing crew well-being through healthy menu planning addressing the specific needs of multi-ethnic crews.



Duration: 5 days

Learning type: Classroom lectures and practical laboratory sessions

Key learning points:

- Training on the different cuisines of Europe and Asia is essential in creating menus for a multinational crew
- Understanding the food culture of Western and Eastern European countries as well as Filipino, Chinese and Japanese cuisine
- Knowledge of the flavour profiles in Western and Eastern European countries as well as Filipino, Chinese and Japanese cuisine
- Identifying key ingredients for Western and Eastern European countries as well as Filipino, Chinese and Japanese cuisine
- Preparation of dishes from Western and Eastern European countries as well as Filipino, Chinese and Japanese cuisine
- Knowledge of basic baking equipment and techniques
- Knowledge of dry and moist cooking techniques and proper applications

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COURSE DESCRIPTION

Menu cycle and budget management

This course includes training in proper stock control, effective menu planning order management and cost control, which is essential to staying within budget.



Duration: 2 days

Learning type: Classroom lectures or online

Key learning points:

- Effective menu planning and cost control is essential to staying within budget
- Knowledge of FIFO helps reduce food waste and is necessary for practicing food safety
- Being able to prepare a balanced nutritious menu will lead to improved health and overall crew welfare
- Record keeping of fridge and freezer temperatures is an essential part of monitoring equipment performance which is necessary for proper stock control
- Order management goes hand in hand with how you plan your menus. Knowing which areas of the globe to stock up on supplies based on price and quality also contributes to lower food cost
- Proper inventory of stocks on board will determine the quantity of what should be ordered at the next port and avoid excess ordering

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COURSE DESCRIPTION

Messman & steward course

This course includes training in safe work practices, housekeeping services, U.S.P.H. regulations and cleaning management, improving the overall crew safety and cleanliness of the vessel.



Duration: 2 days

Learning type: Classroom lectures or online

Key learning points:

- Knowledge of the various duties and responsibilities of the Stewards' department helps to reiterate the importance of the Messman's role within the galley
- Learning U.S.P.H. regulations will avoid fines and penalties with regards to the overall safety and cleanliness on a vessel
- Safe work practices such as storing and lifting is essential to workplace safety
- Understanding the use of different cleaning materials and chemicals will help avoid crew injuries and promote a properly maintained galley
- Keeping a cleaning schedule is essential for record keeping and is a useful tool for keeping the galley in good condition
- Proper cleaning and preventive maintenance should be observed in order to keep equipment in good working condition
- Acquiring skills related to food and beverage service such as types of service, table set up, and serving of food to diners helps set the mood during meals on board the vessels
- Learning housekeeping services such as make-up of rooms is an important role which officers will surely appreciate

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COURSE DESCRIPTION

Pre-boarding seminar

This seminar introduces the crew to the Garrets ordering system, including inventory and stock management. The crew will also learn how to use our digital workbook and Gateway.

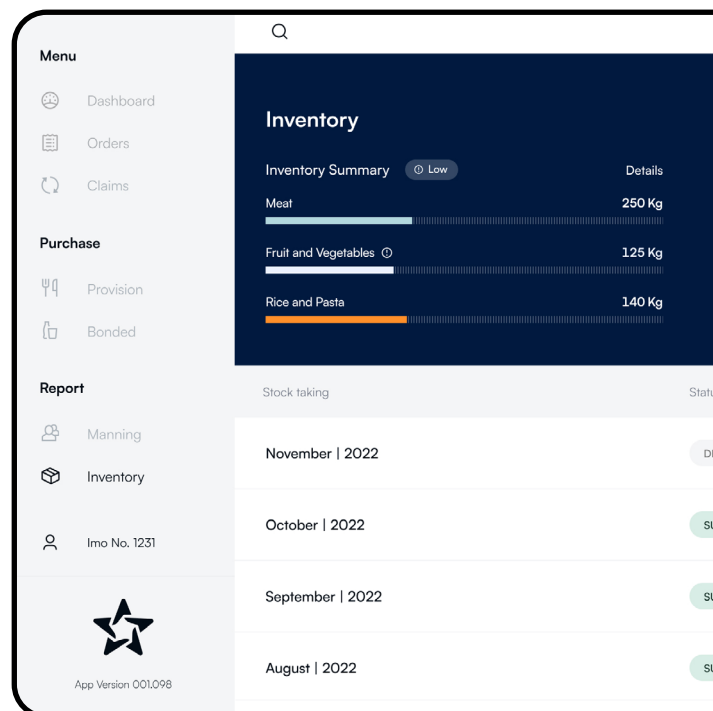


Duration: 2-4 hours

Learning type: Classroom lectures or online

Key learning points:

- Training aims to familiarize crew with the Garrets ordering system for proper galley management
- Inventory and stock management are discussed with the participants
- Participants learn how to use the digital workbook as well as the use of Gateway
- Crew members are also trained on the use of the Garrets Cookbook
- Training on a Price Index that deals with areas where it is ideal to stock up on provisions



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