

ARMY CHEF

In this role, you'll have a direct influence on the morale and wellbeing of not only Army members but Navy and Air Force as well. You'll prepare, cook and serve meals both in field kitchens, Navy vessels and Army establishments to meet the dietary needs of Defence members. Your responsibilities and duties extend far beyond just preparing meals.



YOUR DAY-TO-DAY

Good food is a significant morale booster in the Army. A delicious and nutritious meal can greatly enhance the well-being and spirits of soldiers, especially when they are in challenging environments.

Being a Chef in the ADF involves a combination of culinary skills, logistical know-how, and the ability to perform under pressure. You'll prepare and cook complete meals consisting of soups, entrees, main courses, sweets, cakes and pastries. It's a demanding yet rewarding role that directly contributes to the effectiveness and well-being of military members.

On occasions, you'll also cook for functions. High standards are essential with great pride taken in the preparation of foods according to nutritional, dietary and cultural needs.

Your duties may include:

- **meal preparation** – planning, preparing, and cooking meals for service members
- **nutrition** – ensuring the nutritional needs of soldiers are met
- **kitchen management** – overseeing kitchen operations including ordering supplies, managing inventory, and ensuring food safety and hygiene standards are met
- **field cooking** – cooking in field conditions requires adaptability and resourcefulness
- **training and mentorship** – training new recruits in culinary skills and kitchen operations
- **special events** – preparing special meals for events, ceremonies, or visiting dignitaries
- **disaster and emergency response** – feeding large numbers of people, both military and civilians, often under difficult conditions.

HOW YOU'LL PROGRESS

Opportunities for progression and upskilling continue throughout your career. As you progress, the Army will provide you with development opportunities to assist you with your increasing leadership responsibility, as well as further education and specialised training to strengthen your skillset. This will help you to command and run a highly skilled team of soldiers and the employment of their equipment.

You could advance through the ranks to positions of responsibility such as shift, kitchen and catering supervisors. After 3 years, you'll not only have Army trade proficiency but also excellent long-term employment prospects. Your trade training is fully accredited with your qualifications providing a broader scope for future employment opportunities.

WHERE YOU'LL WORK

You could be employed in units located in: aviation safety and hazards

- Amberley, Qld
- Brisbane, Qld
- Darwin, NT
- Sydney, NSW
- Townsville, Qld.

In addition, there are potential postings on-board HMAS Adelaide and Canberra.

HEALTH AND FITNESS

To join the ADF, you must be healthy and physically fit. You'll also be required to successfully pass a physical fitness assessment as part of the entry requirements based on the following:

Female:

- Sit-ups (feet held): 20
- Push-ups: 4
- Shuttle Run Score: 6.1.

Male:

- Sit-ups (feet held): 20
- Push-ups: 8
- Shuttle Run Score: 6.1.

Once you join, you will be required to maintain your fitness standards throughout your career, including at Initial Military Training where you will complete another fitness assessment.

MILITARY TRAINING

- ① **Course:** Army Recruit Course
- 🕒 **Duration:** 13 weeks
- 📍 **Location:** Kapooka, Wagga Wagga, NSW

During training, you'll take part in physical training, weapon handling, and shooting, first aid, drill, and field craft. You'll be challenged both mentally and physically.

Although it can be demanding, most recruits gain a sense of achievement, purpose, and confidence during basic training, and on completion of the course feel justifiably proud of what they have accomplished. The priority of our instructors is to help you succeed.

Key components of the course include:

- **Physical fitness:** Structured training to improve strength, endurance, and overall fitness, preparing you for the physical demands of Army life.
- **Field Craft:** Learn how to live and operate in field conditions, including camouflage, movement techniques, and working in outdoor environments.
- **Weapons Handling and Marksmanship:** Safe handling, maintenance, and use of Army-issued weapons, and participating in live-fire exercises.
- **Drill and Discipline:** Develop attention to detail, teamwork and discipline through parade drill and military routine.
- **First Aid and Battlefield Casualty Care:** Gain essential life-saving skills and learn how to respond to injuries in both training and operational environments.
- **Military Skills and Knowledge:** Introduction to Army structure, values, customs, and basic soldier responsibilities.
- **Resilience and Teamwork:** Build mental resilience and learn to work effectively within a team in high-pressure situations.

On successful completion of the Army Recruit Course, you'll participate in a Graduation Parade and have the opportunity to invite family and friends to view the parade. You'll then

move on to your Initial Employment Training (IET), where you'll learn the specific skills required for your chosen role.

EMPLOYMENT TRAINING

- ① **Course:** ADF Catering Operators Course
- 🕒 **Duration:** 27 weeks
- 📍 **Location:** ADF School of Catering (ADFSC), HMAS Cerberus, Vic

Holmesglen Institute of TAFE in partnership with ADFSC delivers the Initial Employment Training (IET) for chef trainees. Initial chefs will be signed up as apprentices by Apprenticeships Victoria.

IET provides both practical and theoretical instruction in all aspects of cookery and kitchen activities.

- Kitchen safety
- Hygiene
- Knife handling, care and maintenance
- Cooking techniques
- Food inspection, preparation and storage
- Food decoration and presentation
- Meat recognition and handling
- Field/deployment cookery which will include siting and establishment of a field kitchen, tentage and camouflage, and the operation and maintenance of field catering equipment.

Upon completion of IET, you'll be awarded a Certificate III in Hospitality (Commercial Cookery).

Subject to completion of 3 years' service as a chef and all relevant training, including successful completion of the ADF Chef's Workplace Journal, you'll be awarded chef trade papers.

SALARY

You'll be paid while you train, and on completion of your Initial Military Training and Employment Training, you'll earn at least:

YOUR STARTING SALARY



YOUR SALARY ONCE TRAINED

