# Cook - Modified Duties

MENNO PLACE These duties have been separated into *Light, Moderate, and Full Duties* to assist in developing appropriate recovery at work progression as needed. Please indicate which activities are appropriate to engage in at this time and note any progression of duties and when they can be implemented.

## Light

Lifting 20 lbs occasionally and 10 lbs frequently

- Chopping vegetables, and peeling.
- Sanitize & clean work area
- Handing out meals to residents or preparing food trays, especially if the trays are not heavy.
- Plans menus and develops texturized recipes according to the nutritional and therapeutic diet needs of the facility
- Plans preparation and cooking schedule to minimize time between completion of cooking and serving
- Prepares and/or directs the preparation of food and therapeutic diet items
- Establishes and ensures maintenance of food rotation in storage in order to minimize spoilage and waste
- Estimates food, papers, and other supply requirements according to nutritional and therapeutic diet needs; orders and receives supplies as required; resolves discrepancies with suppliers
- Supervises designated staff by scheduling and coordinating work assignments, participates in employee performances evaluations and determining related training and orientation requirements
- Oversees and updates standards and procedures; ensures safety practices and procedures are adhered to

## Moderate

Lifting 50 lbs of force occasionally and 20 lbs of force frequently.

- Moving multiple food trays or carts, especially if they are heavy.
- Return to cooking duties

## Full

- All regular duties