

#WhereIStarted



*“I wouldn’t be an Executive Chef in one of the nicest restaurants in Nebraska at my age if I didn’t have ProStart. I learned how to clean well, to take care of equipment, the eight basic cooking methods, and most importantly, organization. Now I’m glad to pay it forward, serving as a ProStart judge. **My job is to help others grow and help mentor and develop skills. If I’m not doing that, I’m not doing my job.**”*

John Benton

AGE
25

TODAY
Executive Chef at Venue
Restaurant & Lounge,
Lincoln, Nebraska

ADVICE FOR TEENS INTERESTED IN THE RESTAURANT INDUSTRY
Participating in ProStart competitions helped me learn to have a good attitude and cool head when something goes wrong – and something always goes wrong – and adjust. Competing helps you build self-confidence and helps you earn scholarship money to help further your education. That’s a huge part of what helped me achieve my career success in the restaurant industry.