



#WhereIStarted

“I never really expected that ProStart would lead me to my future. But after graduation, there I was, headed to the Culinary Institute of America. Of course, I had heard of the CIA from my father who had went there in the early 80s, but without the encouragement of my ProStart teacher, I don’t think I would’ve looked into the programs at Johnson & Wales and the Culinary Institute.”

Nick LoCicero

AGE

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TODAY

Chef, Café Giovanni,
New Orleans, LA

FIRST RESTAURANT JOB

Part-time job at Café Giovanni alongside Head Chef and father
Duke LoCicero

ADVICE FOR TEENS INTERESTED IN THE RESTAURANT INDUSTRY

It’s important to stay calm in high-pressure situations in the kitchen, and that comes with time. Over the past few years, I’ve learned how to focus and learned how to be more efficient especially before 700 people come through the door for dinner service. I’ve learned the value of consistency—the necessity for a great product. And most importantly, I’ve learned responsibility. All of these skills will come with time and commitment to the opportunities the industry provides.