

#WhereIStarted



“When I was a student at Lincoln’s Northeast High School I was thinking about social work, geography, math - or even track - as possible career paths. But then I enrolled in ProStart, and found the spark that I was looking for. ProStart gave me the chance to express myself, and it led me to get to know people who will be friends for the rest of my life. The restaurant industry has also helped me gain a deeper appreciation for the important role that food played in my birthplace, Nasir, Sudan, and in other cultures across the globe.”

Nya Keong

TODAY

Student in Southeast Community College’s Culinary Arts Program
Lincoln, Nebraska

ADVICE FOR TEENS INTERESTED IN THE RESTAURANT INDUSTRY

Do more, stay extra time. Ask what you did well, and what you could do better, so you can fix it for the next time. When I serve as a judge for the Regional ProStart competitions, I can tell which kids are looking at food as a career—they are the ones who come up and ask me questions. ProStart will also help you learn how to deal with the unexpected. During my first team competition one team member got sick and didn’t show up. My remaining team member and me quickly figured out how to compete as a duo instead of a trio.