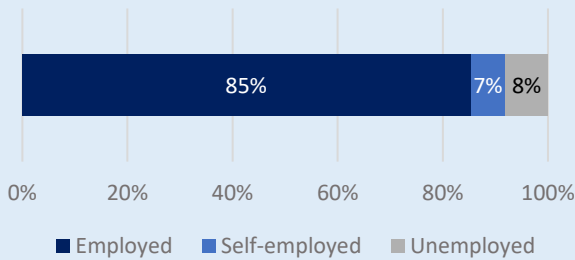


Cooks prepare, season and cook complete meals or individual dishes and foods. They schedule and supervise kitchen helpers and oversee kitchen operations, while maintaining inventory and records of food, supplies and equipment. For additional information regarding this trade, see the trade's [scope of practice](#), as outlined in Ontario Regulation 875/21.

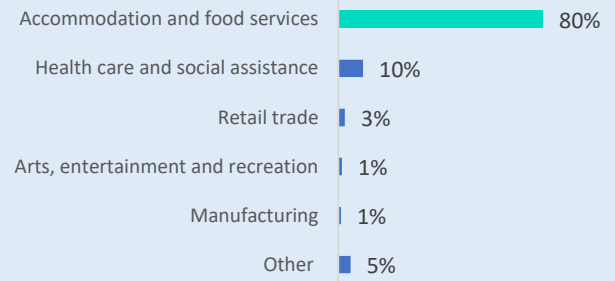
WORKFORCE PROFILE

Ontario's Cook Workforce, 2022



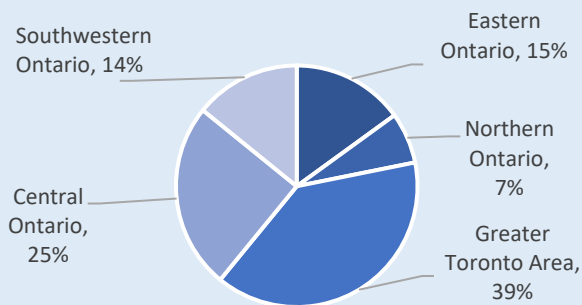
Source: Labour Force Survey – Based on 57,900 Respondents

Where Do Cooks Work?



Source: 2021 Census

Workforce Across Ontario



Source: 2021 Census

Cook (415A)
Number of Certificates of Qualification Issued, 2022

112

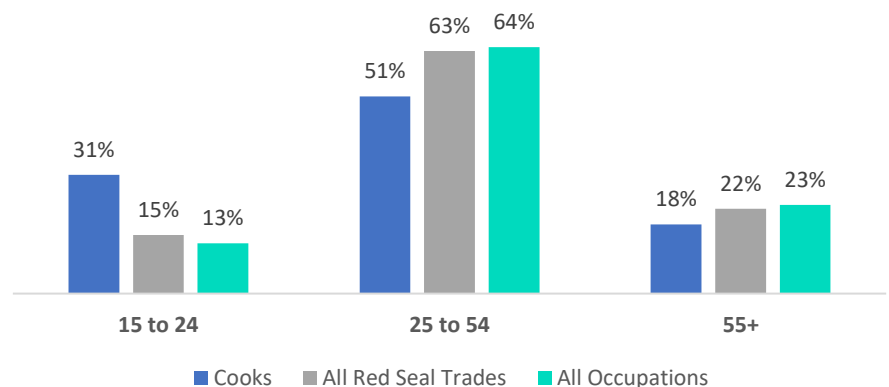
Source: STO Operations Database

AGE PROFILE

Cooks have a younger age demographic compared to other Red Seal trades. Approximately two-thirds of Cooks are under the age of 25.






Nearly one-fifth (18%) of Cooks are nearing the age of retirement (age 55 or over).

Workforce by Age Group



Source: 2021 Census

WORKFORCE DEMOGRAPHICS

		Cook	Change from 2016	All Red Seal Trades
Women+		38.0%	+0.9%	13.8%
Immigrants		33.3%	+1.5%	26.2%
Racial Minorities		43.4%	+9.1%	23.3%
Indigenous Peoples		4.0%	-0.5%	3.7%
People with Disabilities		16.6%	n/a	13.5%

Source: 2016 Census, 2021 Census

EDUCATION PATHWAY

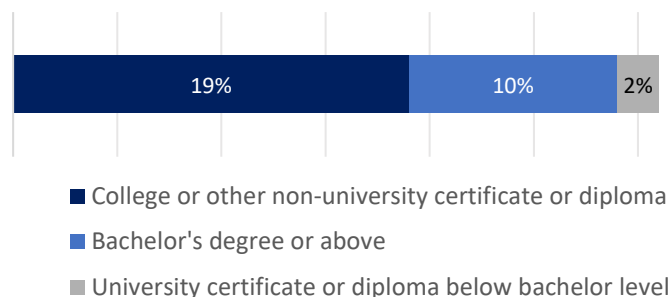
Cook is a non-compulsory trade in Ontario, which does not require certification or registration as an apprentice to practice within the province. However, an apprenticeship and certification provide many career benefits.

A grade 12 education is required to qualify for an apprenticeship.

The apprenticeship program is approximately three years, consisting of 5,280 hours of on-the-job work experience and 2 levels of in-school training.

Source: 2021 Census

Share of Workforce with Postsecondary Credential



In addition to holding a Certificate of Qualification, more than 30% of Cooks also hold a postsecondary credential.

INCOME

\$16.50 - \$23.78

Hourly Wage Range¹

Source: Workforce Planning Ontario. (2023). Labour Market Insights Report: Job Posting Data January to December 2022

\$32,175 - \$46,380

Annual Salary Range¹

Source: Workforce Planning Ontario. (2023). Labour Market Insights Report: Job Posting Data January to December 2022

¹ Hourly/annual figures can vary based on different factors including location, other certifications and work experience. In Ontario, employers, unions, and organizations may offer benefits such as: Health Insurance, Retirement Plans, Dental Insurance and Training Programs, among others.

Please refer to the FAQs for additional information and definitions.

The information in this report applies to trades/occupations with the National Occupational Code 63200: 415A Cook.

