



## **GROCERY & RETAIL ASSOCIATE TRAINING PROGRAM for Young Adults with Disabilities (ages 18-35)**

***Two Classes Available: Beginning February 8 and March 8***

### **Are you interested in becoming a grocery associate?**

We are offering two 8-week training programs that prepare you to work in a grocery or retail setting. Classes run 3 days per week on Zoom from 9 a.m. to 1 p.m. for the first 4 weeks, taught by our partner, Thryv Consulting. During the second 4 weeks, you'll have a 10-hour paid internship at either Whole Foods or Price Chopper, with a coach, which will pay \$14.25 per hour.

### **What You Learn**

You will learn the essentials of various grocery store positions. Topics covered include:

- Understanding Grocery Departments
- Cashiering fundamentals
- Safe Food Handling
- Cleaning & Maintenance
- Stocking & Facing Shelves
- Ergonomic Lifting and workplace Codes of Conduct
- Soft Skills and Superior Customer Service
- Professionalism and Etiquette
- Current Health/Safety Standards and awareness related to Covid-19

### **After Your Training**

This training prepares you interview for a job at the store where you intern. Work hours are flexible - you may work anywhere from 10-40 hours per week (if hours are available). Starting wages range from \$14.25 to \$15 per hour.

### **Qualifications**

Candidates must be a MA resident aged 18-35; have a disability; have had their Covid vaccinations; be unemployed or underemployed; and not currently be enrolled in High School.

### **Cost**

This training is grant funded and is FREE to participants who are interested in working competitively at a grocery store upon completion. Space is limited and there are employment expectations – this is a train to work program, not just a general training.

### **Contact Information**

Offered by The Polus Center for Social & Economic Development, Inc., [www.poluscenter.org](http://www.poluscenter.org). To learn more or to set up a virtual interview for a seat in this exciting program, please send your resume if you have one or an email with your contact info (email, phone, address -- and please include info about your support agency's personnel if applicable), to Karen Gostenhofer, [kgostenhof@verizon.net](mailto:kgostenhof@verizon.net). Each class is limited to 10-12 participants, contact Karen today to set up your interview!