



# James Paul Hudock, CSW



*The 'APPY' Kitchen: A Paperless Approach to Managing Workflow*



# WHAT THE PREP LIST LOOKS LIKE ON FRIDAY MORNING







57









# Sleep

THE WAR STORIES

**71% OF CHEFS SLEEP LESS  
THAN 6 HOURS ANIGHT**

- Insomnia
- Fatigue





# The Brain

## THE FOG

- Stress and anxiety
- Cognitive functions
- False memories and mood



- Weight gain
- Back, foot, and knee pain
- Cuts and burns
- Illness and diseases



# Physical Health

YOUR WHOLE DAMN BODY





# Mental Health

YOU OK?

- Irritability
- Depression
- Suicide





# The Abuse

WE KNOW THE RESULTS

- Self medicate
- Drugs and alcohol
- Other destructive behavior



- Relationships
- Friends and family
- Special moments
- Holidays and birthdays



# Life

TIME IS MORE  
VALUABLE THAN  
MONEY





# The Why



**CIDE K I C** Gibson Island Club | The Grill Restaurant 86

Week Day Today < 14 April - 20 April, 2019 > All +

Sun, 14	Mon, 15	Tue, 16	Wed, 17	Thu, 18	Fri, 19	Sat, 20
Bar 11:00 AM - 05:00 PM			Lunch 12:00 PM - 02:30 PM	Lunch 12:00 PM - 02:30 PM	Lunch 12:00 PM - 02:30 PM	Lunch 12:00 PM - 02:30 PM
Lunch 12:00 PM - 02:30 PM			Dinner 06:00 PM - 09:00 PM	Dinner 06:00 PM - 09:00 PM	Dinner 06:00 PM - 09:00 PM	Dinner 06:00 PM - 09:00 PM
Dinner 06:00 PM - 09:00 PM						
Brunch 11:00 PM - 03:00 AM						

**86 List** +

NEED	ORDERED

0% Dessert Ma Leonor Vill...

0% Pantry Ma Leonor Vill...

100% Pizza Ma Leonor Vill...

0% Grill Eric Wood

0% Production Shawn Maloney

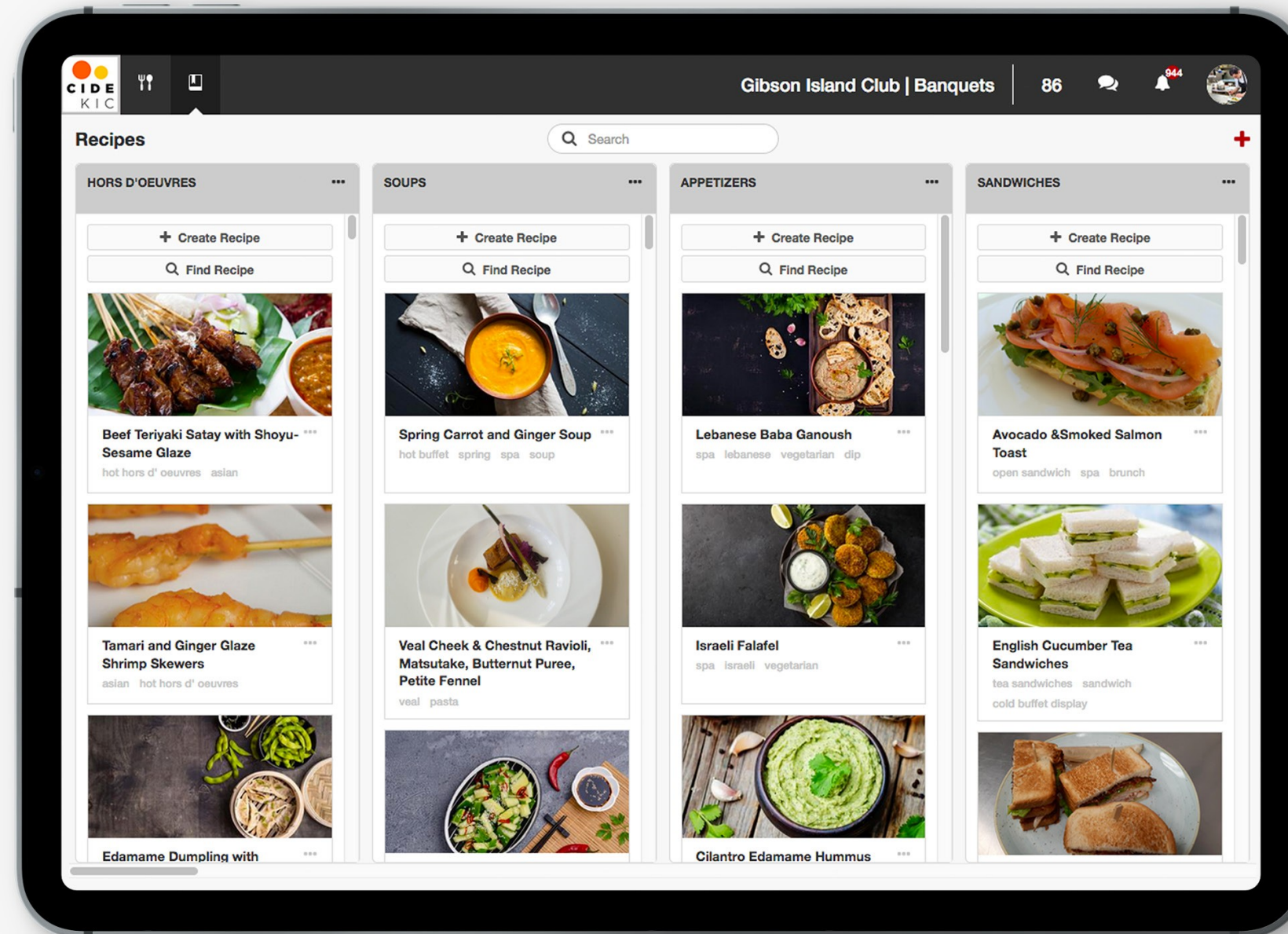
0% Projects Shawn Maloney

+ Station

# DASHBOARD



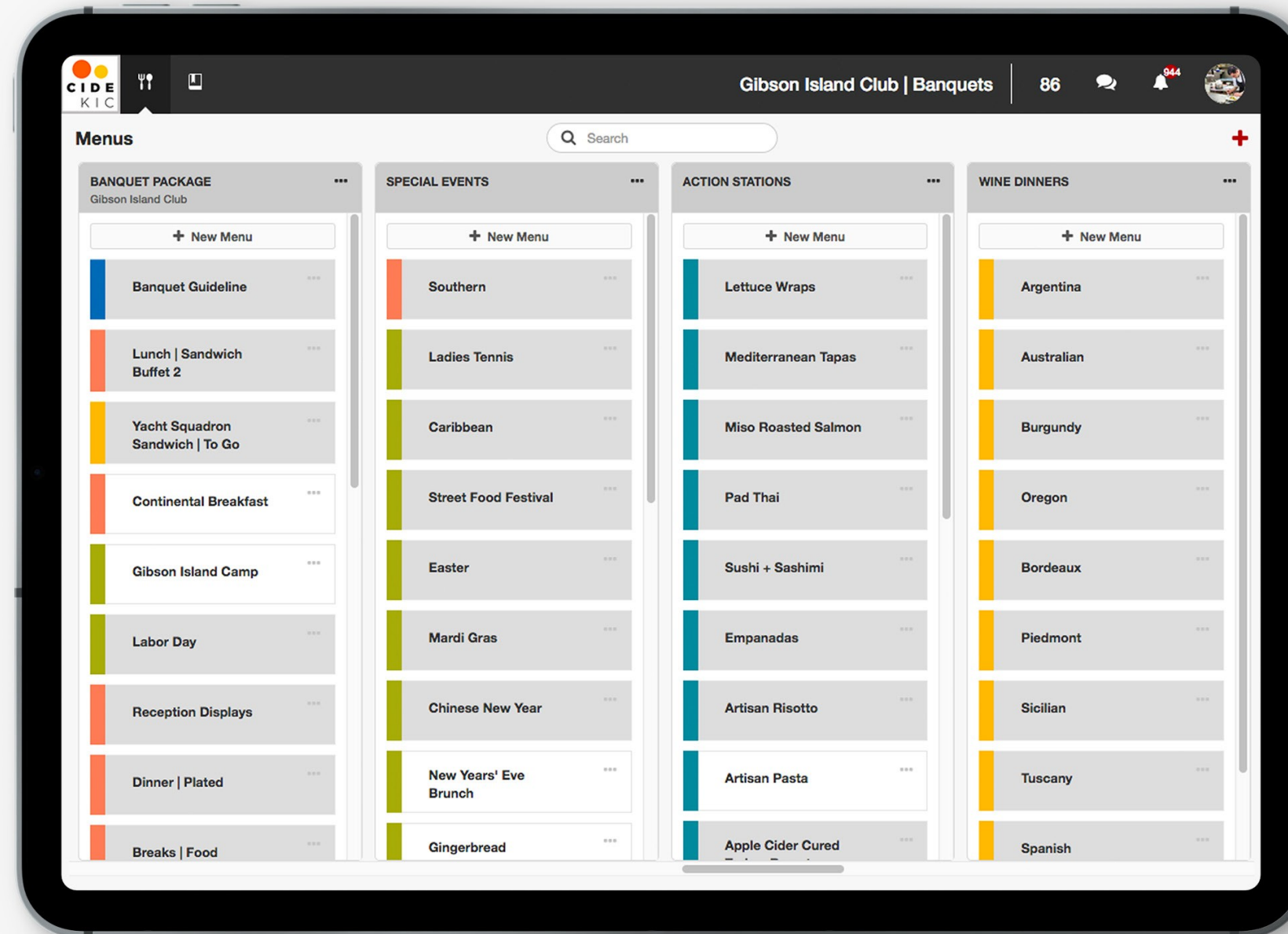




RECIPE



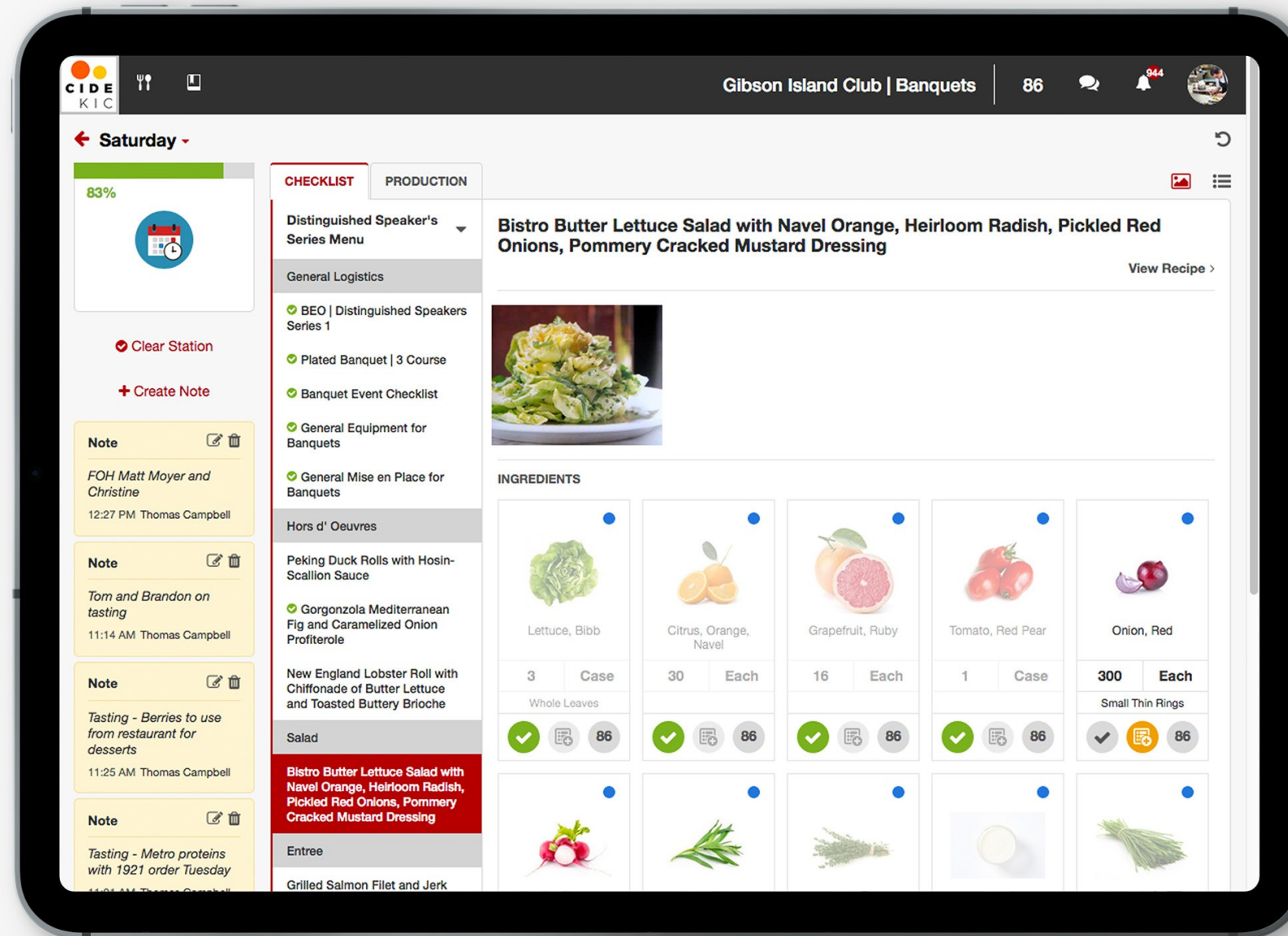




MENU



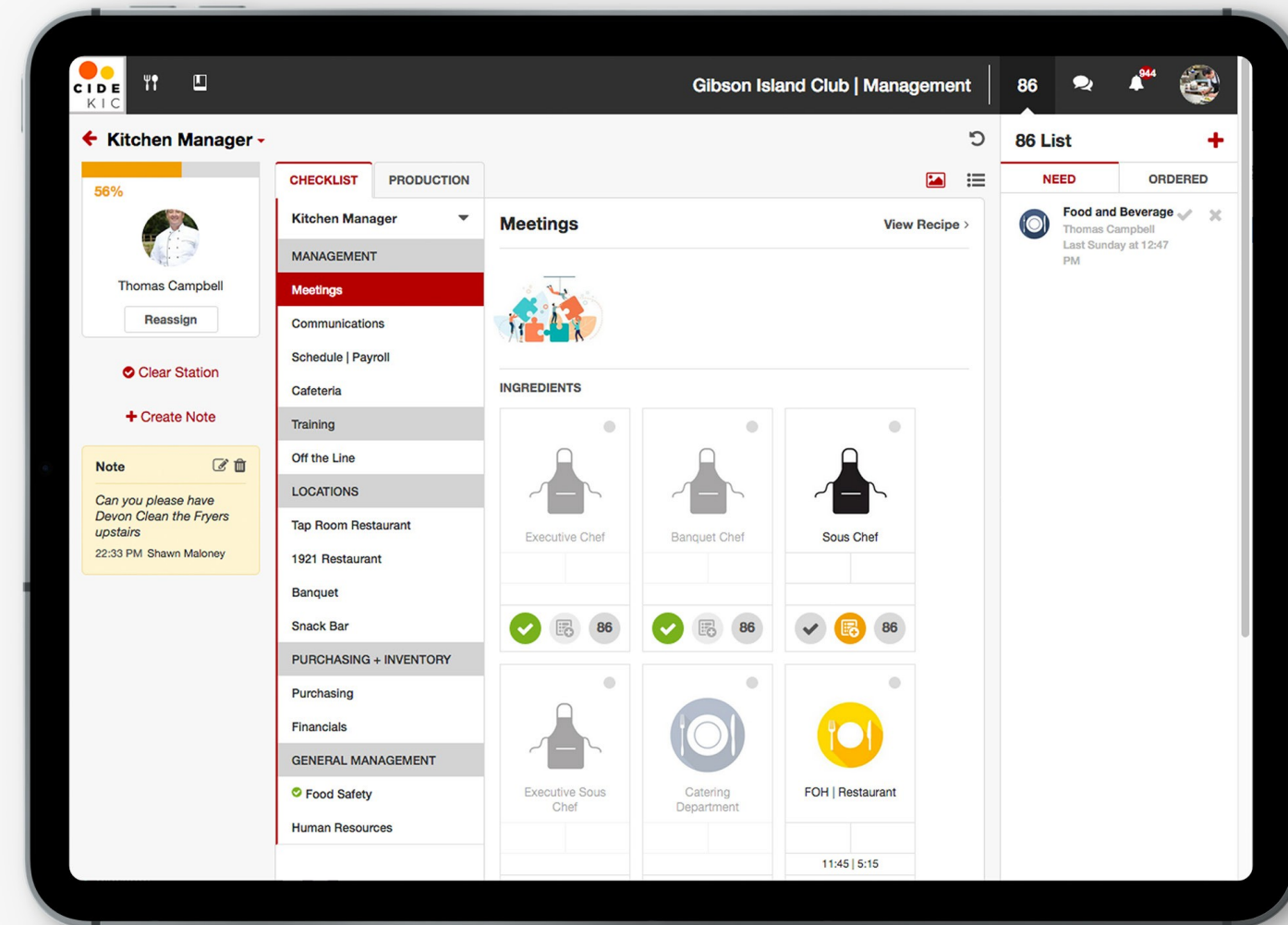
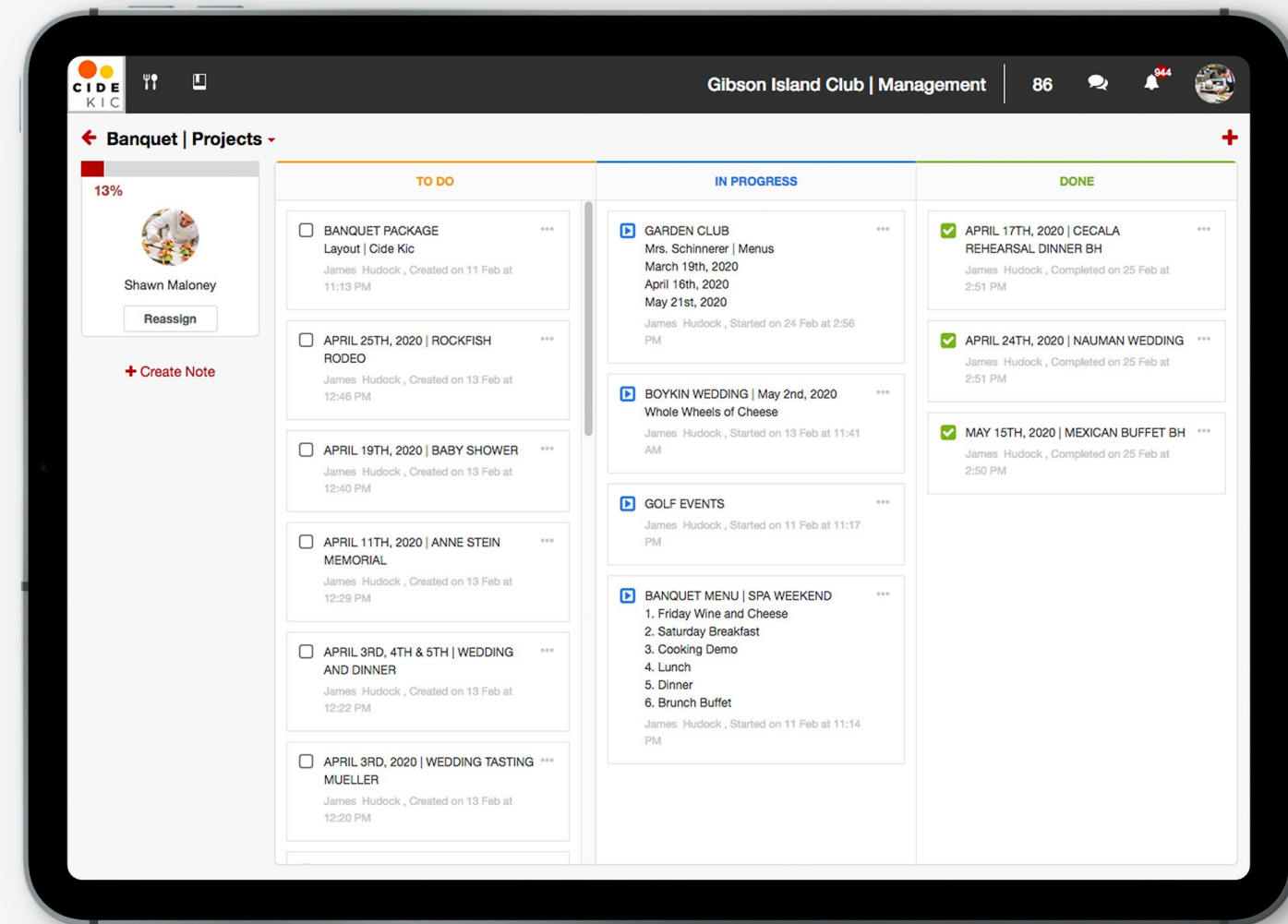




PRODUCTION



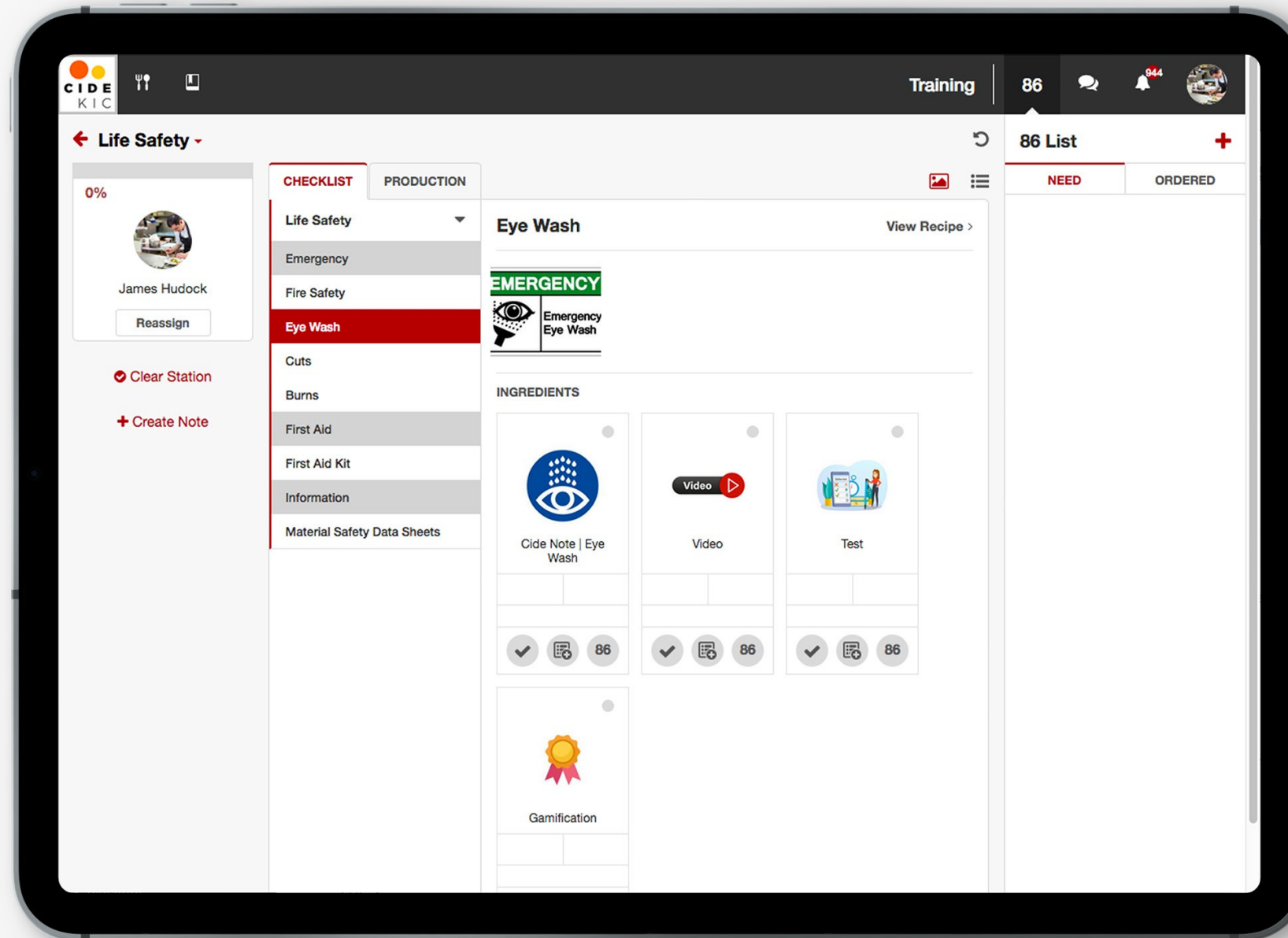




## TASK MANAGEMENT







TRAINING





A professional kitchen setting with a chef in the foreground looking at a laptop. The background shows another chef working. The text is overlaid in a large, bold, orange font.

# Seeing Great Initial Results In Kitchens





# No manual checklists or recipes in over 1 year.

## SAVINGS

- Not manually writing lists
- Production is more efficient
- No tape / post-its and paper
- Making fewer mistakes
- Reducing on-boarding costs

## BENEFITS

- Concise workflow
- True visibility
- Data capture
- Improve training
- Manage compliance



A man in a white lab coat is shown in profile, pointing at a large digital display. The display shows a grid of various food items, including vegetables and fruits, with text descriptions for each. The background is a dimly lit room, possibly a kitchen or a food service area.

**Thank you.**