



# SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

## होम कुक

A Home Cook prepares fresh meals for families in private homes, or runs a tiffin service, cloud kitchen and home-food business straight from their own kitchen. They plan menus, buy ingredients, cook with an eye on hygiene and...



### Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

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#### सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर  
Principal, GSSS Jethantri · Master Trainer



#### श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर  
Principal, DIET Barmer



#### श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)  
Sr. Lecturer, DIET Barmer (Support)



#### भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)  
Designed & developed · Lecturer (History)

### विशेष धन्यवाद · SPECIAL THANKS



#### सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



#### सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



#### वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



#### कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित  
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

## 1 About this career

A Home Cook prepares fresh meals for families in private homes, or runs a tiffin service, cloud kitchen and home-food business straight from their own kitchen. They plan menus, buy ingredients, cook with an eye on hygiene and taste, serve the food and clean up afterwards. Because so many people in cities crave home-style meals, this work can be started with very little capital and is a strong route to becoming self-reliant from home. With some experience and trust, a home cook can build their own tiffin service or food brand.

## 2 At a glance

|                       |                                                                           |
|-----------------------|---------------------------------------------------------------------------|
| Minimum qualification | Class 8/10 pass + age 18; passion for cooking                             |
| Course/prep           | NSQF Level 4 cook course + FSSAI registration (for tiffin)                |
| Starting salary       | ₹12,000–18,000/month                                                      |
| Work mode             | Job in a private home or self-employment from home (tiffin/cloud kitchen) |

## 3 What you need

### INTERESTS

- Love of cooking varied dishes and trying new flavours
- Joy in feeding people good, home-style food
- Enthusiasm to run one's own small food business or tiffin service

### ABILITIES

- Good time management and planning ability
- Maintaining personal hygiene and kitchen cleanliness
- Staying organised and handling several tasks at once

**KEY SKILLS**

- Cooking varied dishes (curries, dal, rotis, rice, sweets) with taste and nutrition
- Food safety, hygiene and following FSSAI norms
- Customer handling and promotion on social media/apps
- Menu planning, ingredient purchase and cost calculation
- Handling packaging, orders and delivery for tiffin/cloud kitchen
- Basic bookkeeping and managing a small business

**4 How to get there**

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- 1 Complete Class 8/10 and reach age 18; build up your cooking practice.
- 2 Take an NSQF Level 4 cook / food-production course at an NSDC/JSS/ITI centre or a Food Craft Institute.
- 3 Gain experience as a cook in a private home, guest house or tiffin service.
- 4 Get FSSAI (Basic) registration to start a tiffin/food business from home.
- 5 Add customers and build trust via WhatsApp, local groups or home-food apps.
- 6 With experience, grow into your own tiffin service, cloud kitchen or catering/food brand.

**MAIN EXAMS**

- FSSAI (FoSCoS) Basic registration/licence to sell food from home (not an exam, but mandatory)

**5 Where to study**

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**GOVERNMENT INSTITUTES**

- इंस्टीट्यूट ऑफ़ होटल मैनेजमेंट (IHM), जयपुर — Jaipur, Rajasthan (<https://ihmjaipur.com/>)
- फूड क्राफ्ट इंस्टीट्यूट (FCI), उदयपुर — Udaipur, Rajasthan (<https://nchm.gov.in/node/369>)
- राष्ट्रीय कौशल विकास निगम (NSDC) – प्रशिक्षण केंद्र — All-India network incl. Rajasthan (<https://www.nsdcindia.org/find-nsdc-training-centre>)
- राजस्थान कौशल एवं आजीविका विकास निगम (RSLDC) — Jaipur, Rajasthan (<https://livelihoods.rajasthan.gov.in/rsldc/>)
- जन शिक्षण संस्थान (JSS) — Various districts of Rajasthan (<https://nsdcindia.org/find-nsdc-training-centre-jss/>)

**PRIVATE INSTITUTES**

- इंटरनेशनल इंस्टीट्यूट ऑफ़ होटल मैनेजमेंट (IIHM), जयपुर कैंपस — Jaipur, Rajasthan (<https://iihm.ac.in/jaipur-campus>)
- इंस्टीट्यूट ऑफ़ होटल मैनेजमेंट, जोधपुर — Jodhpur, Rajasthan (<https://ihmjodhpur.com/>)

**ONLINE**

- स्किल इंडिया डिजिटल हब (हॉस्पिटैलिटी/कुक कोर्स) — Online (<https://www.skillindiadigital.gov.in/>)
- एनएसडीसी - प्रशिक्षण केंद्र खोजें — Online (<https://www.nsdcindia.org/find-nsdc-training-centre>)

**FEES**

Under most government schemes (NSDC, JSS, RSLDC) the cook course is free or very low-cost. Diplomas at a Food Craft Institute/IHM can cost roughly ₹20,000–1,00,000. To start a tiffin business from home, FSSAI Basic registration costs about ₹100 per year.

**SCHOLARSHIPS**

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/fresh/onlineInstituteSearchIndex>)
- PM विश्वकर्मा योजना (NSDC) - कौशल व टूलकिट सहायता (<https://nsdcindia.org/pmvishwakarma.html>)
- प्रधानमंत्री मुद्रा योजना (स्व-रोज़गार ऋण) (<https://www.mudra.org.in/>)
- Buddy4Study - ITI/व्यावसायिक छात्रवृत्ति (<https://www.buddy4study.com/article/iti-scholarships>)

## 6 What the work is like

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**WHERE YOU WORK**

Private homes and families, tiffin and dabba services, cloud kitchens, guest houses/PGs/hostels, and a food business run from one's own home kitchen.

**WORK CULTURE**

Hours are often flexible, but mornings and evenings around meal times are the busiest. Work in private homes is quiet and trust-based; running your own tiffin service is harder work but grows both income and independence. This field is a major opportunity for women to become self-reliant from home.

**WHO HIRES**

- |                                                        |                                                                |
|--------------------------------------------------------|----------------------------------------------------------------|
| • Private families and households needing a daily cook | • Tiffin and dabba services (for working people and students)  |
| • Cloud kitchens and home-kitchen based food brands    | • Home-food delivery platforms (e.g. HomeFoodi, Cookr, Tiffit) |

- Guest houses, PGs, hostels and small catering/event orders
- Self-employment – one's own tiffin service or home-food business

**DEMAND (2026)**

Millions of people living away from home for study or work want clean, home-style meals every day, so demand for tiffin services and home-food platforms is rising fast. Because it can be started from home with little capital, this work — especially for women — has become a popular route to self-reliance. Alongside this, the demand for good private cooks in city households remains steady.

**7 Career growth**

- 1 Home Cook (in a private home or tiffin service)
- 2 Owner of one's own tiffin service / cloud kitchen
- 3 Operator of a catering business / home-food brand
- 4 Food entrepreneur – scaling across many cooks and cities

**EARNINGS**

|              |                       |
|--------------|-----------------------|
| Starting     | ₹12,000–18,000/माह    |
| Mid level    | ₹20,000–40,000/माह    |
| Senior level | ₹60,000–2,00,000+/माह |

Per NCS, a home cook starts at roughly ₹14,000–15,000/month, rising with city and experience in private homes. A tiffin service run from home can earn ₹60,000 to ₹2 lakh/month at 45–60% margins, and successful home-food brands go well beyond that. Earnings depend on location, number of customers and effort.

**8 The good parts · The challenges****The good parts**

- Self-reliant work that can be started from home with little capital
- Flexible hours and a chance to be your own boss, ideal for women and youth
- Huge scope to grow into a tiffin/food brand on the strength of taste and trust

**The challenges**

- Rush at meal times, long hours on your feet, and heat
- Constant need to follow hygiene and FSSAI rules
- Income is uncertain at first; building customers and trust takes time

## 9 Real-life journeys

### Shekhar Mittal

Founder of 'Maa Ka Dulaar', Bengaluru – home-cooked food business

While working as an engineer in Bengaluru, Shekhar Mittal deeply missed his mother's North Indian home cooking. Seeing that gap as an opportunity, he began offering home-cooked meals to friends in 2015 and went on to found 'Maa Ka Dulaar', where home cooks (homemakers) earn from their own cooking. Today the platform fulfils around 500 orders a day across Bengaluru and Aligarh and has helped over 100 women become self-reliant. His story shows how a passion for home food can be built into a trusted food brand.

The Better India · <https://thebetterindia.com/315588/shekhar-mittal-maa-ka-dulaar-homecooked-food-catering-business-bengaluru-aligarh/>

### Lalita Patil

Founder of 'Gharachi Athvan', Thane – home-food entrepreneur

Lalita Patil, a homemaker from Thane, began selling food from her home kitchen with just ₹2,500 (spent on tiffin boxes and leaflets), aiming to give working people and students living away from home a taste of home cooking. On the strength of taste and trust, her 'Gharachi Athvan' business grew to an annual revenue of nearly ₹1 crore, today employing 10 full-time staff. Her story inspires every woman who wants to become self-reliant from her own kitchen.

The Better India · <https://thebetterindia.com/284224/homemaker-turns-entrepreneur-with-homemade-food-business-worth-crores-thane/>

## 10 Sources & further reading

1. Rajasthan Career Guidance – Home Cook — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%b9%e0%a5%8b%e0%a4%ae-%e0%a4%95%e0%a5%81%e0%a4%95/>
2. FSSAI (FoSCoS) – food business registration portal — <https://foscos.fssai.gov.in/>
3. NSDC – PM Vishwakarma and training — <https://nsdcindia.org/pmviswakarma.html>
4. The Better India – Indian Home Chefs — <https://thebetterindia.com/92901/indian-home-chefs/>
5. National Scholarship Portal — <https://scholarships.gov.in>



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