

# ***RESUME #131***

## **OBJECTIVE**

Highly-motivated, dedicated, and results-driven professional to secure a position with your company or organization as a ***Cook, Prep Cook, Dishwasher, or as applicable*** utilizing my skills, training, and experience

## **SUMMARY OF QUALIFICATIONS**

- Over 3 years' experience as a cook or prep cook in various food service and/or restaurant settings preparing breakfasts, lunches, and dinners, customized to individual patron's specifications, meeting all corporate and/or patron expectations
- Experienced training new personnel upon supervisor requests, delegating work orders to gauge comprehension of job duties and responsibilities, monitoring all work activities for quality, expediency, and proper employee/customer interactions, conducting performance evaluations, and consulting with upper management for employee status/progress reports
- Follows menu plans and follows directions to precision
- Operates ovens, convection ovens, grills, fryers, mixers, slicers, and all restaurant equipment as needed
- Prepares food as per guidelines and menus
- Reads recipes accurately and measures ingredients accordingly
- Operates commercial dish washing machines, maintaining a steady supply of clean pots and pans and utensils to cooking staff as well as cups, saucers, dinner plates, tumblers, silverware, etc. to serving staffs
- Performs various custodial duties maintaining cleanliness in kitchens and dining areas as needed, as well as cleaning bathrooms and replacing soaps and paper goods
- Receives shipments of food and dry stock, performs inventory control, rotating perishables in coolers by date/time stamps
- Strong communications, analytical, and problem-solving skills
- Multitask effectively, learns new systems quickly, and completes all projects on time or ahead of schedule
- Works independently or collaboratively in a team environment

## **PROFESSIONAL EXPERIENCE**

07/17 - 01 / 18

### ***Food Prep / Tang Dishwasher***

Four Points Sheraton, Niagara Falls, NY

- Prepared food as directed or necessary for kitchen staff
- Operated a commercial dishwasher and kept the cooking and serving staffs well-supplied with clean items

10/14 - 12/15

### ***Cook***

Niagara Gospel Mission, Niagara Falls, NY

- Prepared and cooked breakfasts, lunches, and dinners for up to 50 people in a transitional housing setting
- Received deliveries of food and dry stock, placing items on shelves throughout the kitchen or in coolers and freezers, rotating perishables by date/time stamps

07/13 - 07/14

### ***Food Prep / Dishwasher***

Sodexo / Sage College, Troy, NY

- Assisted cooks and line cooks for the preparation and cooking of breakfasts, lunches, and dinners for faculty and students in a cafeteria setting
- Kept all kitchen areas neat clean and sanitized

05/07 - 06/13

### ***Warehouse Associate***

Northeast Career Planning Center, Menands, NY

- Re-boxed and packaged various products and shipped boxes to retail outlets throughout the United States
- Utilized shrink-wrap equipment
- Trained new personnel as requested

## **EDUCATION, TRAINING & ACHIEVEMENTS**

***Culinary Arts Training Certificate, 2014***

Educational Opportunity Ctr., Troy, NY

***Diploma***

Chapel Christian Academy, Limerick, PA