

# Resume 978

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## OBJECTIVE:

Highly motivated, dedicated, and results-driven professional to secure a position with your company or organization utilizing my extensive skills, training, expertise, and experience.

## SUMMARY OF QUALIFICATIONS:

- Provides uncompromising highest standards of customer service to both internal and external customers, assisting individuals with their product/service requirements, offering solutions customized to individual needs, and resolving issues to their complete satisfaction
- Establishes rapport quickly with a diverse customer population, developing strong, long-lasting business relationships fostering repeat business transactions
- Over three years of experience in fast-paced kitchen environments, specializing in ingredient preparation, food safety, and efficient workstation management to support seamless restaurant operations.
- Strong team collaborator with proven ability to communicate effectively with kitchen staff and management, fostering a cohesive work environment during high-pressure shifts.
- Strong communications, detail-oriented, with analytical and problem-solving skills
- Empathetic, motivated and passionate about helping others, can adapt to meet needs of clients
- Outstanding organizational and multitasking abilities in a fast-paced environment
- Dependable, flexible, conscientious professional, adapting to any setting
- Dedicated employee, detail-oriented, and learns new systems quickly
- Multi-tasks efficiently, learns new systems quickly, and completes all duties on-time or ahead of deadlines

## PROFESSIONAL EXPERIENCE:

05/2022 – Present

### *Prep Cook*

Bob Evans, Niagara Falls, NY

- Prepare ingredients for daily menu items, including chopping vegetables, portioning proteins, and assembling mise en place, ensuring all components are ready for service to maintain a smooth workflow during peak hours.
- Supported prep cooks by washing, peeling, and cutting produce, handling ingredients daily to meet the demands of a high-volume restaurant.
- Maintain strict adherence to food safety and sanitation standards, including proper storage, labeling, and rotation of ingredients, consistently passing health inspections with zero violations.
- Assist in preparing sauces, dressings, and sides from scratch, following standardized recipes to ensure consistency in flavor and presentation across all dishes.
- Collaborate with kitchen team to streamline prep processes, reducing prep time through efficient knife skills and organization of workstations.
- Monitor inventory levels and communicate needs to kitchen manager, helping to minimize food waste by tracking usage and suggesting adjustments to par levels.
- Cleaned and sanitized kitchen equipment, including cutting boards, knives, and prep surfaces, maintaining a hygienic environment in compliance with ServSafe guidelines.

## EDUCATION and TRAINING:

### *Associate's Degree* (In Process)

SUNY Niagara, Sanborn, NY

### *High School Diploma*

Niagara Wheatfield High School, Wheatfield, NY