

LUCIANA BOWERS

COOK

📞 (804) 555-0198 ✉️ luciana.bowers@example.com

🌐 [linkedin.com/in/lucianabowers](https://www.linkedin.com/in/lucianabowers) 📍 Richmond, VA 23220

STRENGTHS

- 🔥 **Adaptability**
Thrived in high-pressure situations by adjusting quickly to change during peak hours without compromising quality.
- 👥 **Collaboration**
Fostered camaraderie within the kitchen team, enhancing productivity and communication during busy shifts.
- 👁️ **Attention to Detail**
Consistently ensured meals met presentation standards while closely following recipe guidelines.
- 🕒 **Time Management**
Effectively prioritized tasks during busy periods, ensuring timely meal countdowns for guests.
- 💡 **Problem Solving**
Resolved unexpected kitchen supply shortages by immediately collaborating with the management on replacements.

SKILLS

Food Preparation

Kitchen Equipment Operation

Recipe Execution

Sanitation and Safety Compliance

Team Collaboration

Time Management

Inventory Control

Meal Presentation

Nutritional Awareness

First Aid Procedures

Cooking Techniques

SUMMARY

Dedicated culinary professional with over two years in fast-paced environments. Proven ability to lead food prep while maintaining high quality and safety standards. Skilled in recipe execution, ingredient measurement, and kitchen equipment operation. Committed to creating exceptional dining experiences through teamwork and attention to detail. Tasked with complying with department rules and procedures, ensuring freshness, and monitoring food temperatures. Actively engage with team members to maintain efficient workflows while building a seamless kitchen environment that prioritizes customer satisfaction and adherence to best practices.

EXPERIENCE

Line Cook

Culinary Innovations Inc. 📅 June 2025 - Present 📍 Richmond, VA

Manage food preparation and service under dynamic conditions. Support dining operations by ensuring food safety compliance and packaging precision. Collaborate with management on daily menu plans, leading efficiency in food production while meeting quality expectations.

- Execute food preparation tasks efficiently, ensuring timely delivery of high-quality dishes adhering to menu specifications.
- Collaborate with kitchen management to review daily menus and guest orders, determining necessary quantities and types of food items.
- Maintain cleanliness and organization of workstation, ensuring compliance with health codes and sanitation regulations.
- Utilize a variety of kitchen equipment including grills, ovens, and slicing machines to prepare diverse menu items.
- Monitor food temperatures continuously to ensure safety and quality, adjusting storage methods as necessary.
- Participate in the training of new kitchen staff, imparting knowledge of kitchen procedures and safety practices.

Prep Cook

Gourmet Kitchen Co. 📅 January 2024 - May 2025 📍 Richmond, VA

Supported a busy kitchen environment by assisting in ingredient preparation and inventory management. Played a key role in facilitating streamlined food service during peak periods while adhering to safety protocols.

- Assisted in the preparation of ingredients by chopping, mixing, and measuring food items according to established recipes.
- Supported lead cooks in maintaining inventory levels and preparing items in advance for busy service periods.
- Operated kitchen equipment safely and effectively, contributing to a streamlined workflow in the kitchen.
- Ensured that all food products were stored correctly, regularly monitoring freshness and quality.
- Participated in daily cleaning operations, ensuring kitchen hygiene standards were upheld.
- Engaged in continuous learning about new culinary techniques and trends to enhance food preparation skills.

LEADERSHIP & AWARDS

- Best Culinary Team Award, Culinary Innovations Inc., 2026
- Recognition for Excellence in Food Safety Practices, Gourmet Kitchen Co., 2025

Creative Plating

Menu Development

Public Health Standards

Safety Regulations

Customer Service

LANGUAGES

English Native

Spanish Proficient

MY CAREER



● Line Cook at Culinary Innovations Inc. (1.2 Years)

● Prep Cook at Gourmet Kitchen Co. (1.3 Years)

EDUCATION

Certificate in Culinary Arts

Richmond Culinary Institute 🎓 GPA: 3.8 📅 2025 📍 Richmond, VA

Coursework: Food Safety Standards, Nutritional Science, Menu Planning, Baking Fundamentals

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2025
- CPR and First Aid Certification 📅 2025

TECHNICAL SKILLS

- **Knife Skills:** Chopping, Dicing, Mincing
- **Cooking Methods:** Baking, Grilling, Sautéing
- **Culinary Techniques:** Sous Vide, Braising, Roasting
- **Equipment Proficiency:** Ovens, Mixers, Steamers
- **Food Storage:** Refrigeration, Freezing, Vacuum Packing
- **Quality Control:** Portion Sizes, Freshness Testing, Packaging Standards
- **Team Dynamics:** Leadership, Training, Communication
- **Health Codes:** AHA Guidelines, Local Ordinances, NFPA Standards
- **Ingredient Identification:** Spices, Herbs, Produce
- **Menu Planning:** Seasonal Ingredients, Client Preferences, Cost Analysis

PROFESSIONAL AFFILIATIONS

- Member, American Culinary Federation
- Volunteer, Local Food Bank

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST