



Londyn Callahan

Cook

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STRENGTHS

- 🔪 **Creativity**
Demonstrates original ideas in dishing up flavors which have received wide acclaim. Peers often seek insights on creative culinary approaches.
- 🏆 **Resilience**
Thrives under pressure, remaining composed during high-volume service hours. Consistently tackles challenges head-on without losing focus.
- 👥 **Collaboration**
Acts as a vital link among team members, celebrated for building effective communications that streamline kitchen operations.
- 🔄 **Adaptability**
Easily adjusts to shifting priorities or unexpected challenges in the kitchen environment, ensuring operations run smoothly.
- 👁️ **Attention to Detail**
Prioritizes accuracy in following recipes; consistently praised for precision that enhances dish integrity. Colleagues appreciate keen observations of minute details.

SKILLS

- Culinary Techniques
- Food Safety
 - Recipe Execution
- Team Collaboration
- Time Management
- Sanitation Practices
 - Menu Planning

LANGUAGES

- English
- Native

SUMMARY

Dedicated culinary student with hands-on experience through academic cooking projects and part-time roles in fast-paced kitchen environments. Proven ability to follow recipes accurately, maintain cleanliness, and collaborate effectively with team members. Strong attention to detail and a passion for creating memorable dining experiences. Eager to contribute culinary skills in a professional setting while continuing to develop expertise in the culinary arts. Experience includes food preparation, adhering to sanitation guidelines, and working within diverse teams to deliver high-quality meals.

EDUCATION

Associate Degree in Culinary Arts

Springfield Culinary Institute 🎓 GPA: 3.5 📅 2026 📍 Springfield, MO

Coursework: Food Chemistry, Culinary Techniques, Nutrition, Recipe Development

TECHNICAL SKILLS

- 🔪 **Kitchen Equipment:** Ovens, Grills, Mixers
- 📖 **Recipe Management:** Apollo, ChefTec, Filtered Note
- 🧼 **Cleaning Systems:** Dishwashers, Storage Mops, Biohazard Bags
- 📋 **Sanitation Protocols:** HACCP, SOP, Health Regulation Standards
- 🍳 **Cooking Methods:** Baking, Sautéing, Grilling
- 💻 **Customer Interaction Tools:** POS systems, Feedback Forms, Reservation Platforms
- 📊 **Nutrition Analysis:** USDA Guidelines, Caloric Calculation Tools, Food Label Templates
- 📅 **Team Management Tools:** Shift Scheduling Apps, Kitchen Reports
- 📊 **Inventory Tracking:** Excel, Inventory Software, Manual Logs
- 🥦 **Meal Prep Equipment:** Food Processors, Slicers, Vegetable Peelers

EXPERIENCE

Student Cook

Culinary Workshop 📅 January 2025 - Present 📍 Springfield, MO

Actively engaged in food preparation and recipe execution at an academic level, collaborating with peers on various projects. Demonstrated ability to adhere to industry standards for cleanliness and safety during all kitchen operations.

- Executed diverse menu items, enhancing flavor balance through collaborative efforts.
- Maintained clean workstations, ensuring compliance with health regulations at all times.
- Assisted with inventory management, efficiently tracking ingredient usage for optimal resource management.
- Participated in team meetings focusing on workflow improvements, thus promoting efficiency.
- Received positive affirmation from instructors highlighting creativity in dish presentations.
- Emphasized teamwork, leading peers in executing successful culinary projects.

Culinary Assistant

University Dining Services 📅 September 2024 - December 2024 📍 Springfield, MO

Supported daily meal preparation in a busy university dining environment, reinforced communication skills by interacting with a diverse group of guests. Contributed toward achieving high customer satisfaction.

- Adhered strictly to recipe guidelines to control portion sizes and ensure quality.
- Operated and maintained kitchen equipment, contributing to an organized and functional workspace.
- Set up and broke down dining areas each shift, promoting a welcoming atmosphere for students.

MY CAREER



- Student Cook at Culinary Workshop (1.6 Years)
- Culinary Assistant at University Dining Services (3 Months)

- Developed strong interpersonal skills via direct interactions with patrons and team members.
- Helped implement new protocols harmonizing cleanliness and efficiency within the kitchen.
- Recognized multiple times for reliability and teamwork during peak service periods.

LEADERSHIP & AWARDS

- Dean's List – Springfield Culinary Institute, 2025
- Winner, Campus Cooking Competition, 2025

CERTIFICATIONS

- Food Handler Certification 📅 2025
- ServSafe Certification 📅 2025

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, Springfield Culinary Institute
- Volunteer, Community Food Drive, Springfield, MO

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST