

STRENGTHS

-  **Collaboration**
Shipping trays efficiently as a team ensures prompt deliveries crucial for patient meals, gained trust from colleagues in busy scenarios.
-  **Adaptability**
Stepped into various roles from kitchen prep to customer-facing shifts seamlessly, providing support where needed successfully.
-  **Safety Commitment**
Dedicated practice of food safety ensured consistent compliance, paving the way for health inspection approvals.
-  **Customer Focus**
Responses to customer dietary concerns led to proactive adjustments in meal presentations, fostering positive dining experiences.
-  **Time Management**
Efficiently managing simultaneous orders during peak service improved turnaround times during busy periods, proving reliability.

SKILLS

- Food Preparation
- Cooking Techniques
- Food Safety Standards
- Customer Service
- Time Management
- Team Collaboration
- Recipe Adherence
- Meal Presentation
- Dining Experience Improvement
- Sanitation Practices
- Kitchens Operations

SUMMARY

Culinary professional dedicated to delivering high-quality food service in healthcare environments. With over two years of experience, adept at following recipes reliably and maintaining rigorous food safety standards. Collaborated closely with kitchen teams to enhance meal preparation efficiency while ensuring satisfying dining experiences for patients and staff. Recognized for strong organizational skills that foster a clean and orderly cooking environment. Successfully managed customer interactions during meal service, enhancing satisfaction through excellent presentation and attention to special dietary needs.

EXPERIENCE

Dietary Cook

Culinary Service Group

 June 2025 - Present

 St. Louis, MO

- Led food preparation efforts as part of an integrated team in a fast-paced hospital kitchen. Oversaw the delivery of meals to ensure safety and nutrition standards were met throughout the process. Enhanced collaboration among kitchen staff, driving improvements in meal timing and presentation across various service periods.
- Prepared a diverse menu of hot and cold dishes while adhering to stringent dietary guidelines laid out for patients.
 - Maintained organization and cleanliness within preparation areas to support ongoing kitchen operations under time-sensitive conditions.
 - Streamlined operational processes during peak hours by closely coordinating with chefs before meals, enhancing overall catering efficiency.
 - Operated grill and à la carte stations effectively, ensuring direct engagement with customers where appropriate, thereby elevating their dining experience.
 - Conducted routine inventory assessments to align with resource management objectives, minimizing ingredient waste.
 - Educated new staff on best practices in food safety and hygiene, fostering a compliant workplace culture compliant with health codes.

Line Cook

Healthy Plate Catering

 January 2024 - May 2025

 Independence, MO

- Contributed significantly to food production at a catering company, ensuring timely service for events and daily operations. Collaborated closely with the culinary team, honing skills in meal prep and implementation of accurate recipe measures, contributing positively to client satisfaction.
- Assisted in preparing large-scale meals for catered events with precision, supporting seamless service flow.
 - Followed comprehensive recipes to guarantee consistent flavor profiles and hygiene across offerings.
 - Uphold strict adherence to food safety protocols to optimize kitchen sanitation levels.
 - Aided with tray line assembly, increasing efficiency and workflow during busy mealtime operations.
 - Engaged directly with clients, addressing inquiries and preferences in a cafeteria setup which enhanced service quality.
 - Contributed ideas during collaborative meetings aimed at improving dining options and operational procedures.

LEADERSHIP & AWARDS

- Employee of the Month (August 2025), awarded for exceptional service excellence at Culinary Service Group.
- Best Team Collaboration Award (November 2024), recognized for contributions towards cohesive teamwork at Healthy Plate Catering.

Grill Station Management

À La Carte Service

Catering Services

Dietary Knowledge

Inventory Management

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Dietary Cook at Culinary Service Group (1.2 Years)

● Line Cook at Healthy Plate Catering (1.3 Years)

EDUCATION

Culinary Arts Diploma

Kansas City Culinary Institute 🎓 GPA: 4.0 📅 2025 📍 Kansas City, MO

Coursework: Menu Development, Food Safety Practices, Cooking Techniques, Meal Preparation

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2025
- Culinary Fundamentals Certification 📅 2025

TECHNICAL SKILLS

- **Cooking Equipment:** Ovens, Grills, Fryers
- **Kitchen Software:** POS Systems, Inventory Apps
- **Food Preparation Tools:** Knives, Cutting Boards, Mixers
- **Sanitation Supplies:** Cleaning Chemicals, Gloves, Disinfectants
- **Storage Methods:** Wraps, Containers, Labeling Systems
- **Presentation Equipment:** Plates, Platters, Garnishes
- **Dietary Management:** Nutritional Guidelines Awareness, Special Diets Accommodation
- **Training Protocols:** Onboarding Practices, Mentoring, Skill Development
- **Event Catering Skills:** Coordinated Services, Time-Based Preparations
- **Health Regulations Knowledge:** Local Health Codes, Safety Compliance Procedures

PROFESSIONAL AFFILIATIONS

- Member of the National Culinary Association, continually enriching knowledge through workshops.
- Volunteer at Local Food Bank, assisting in community meal preparations and outreach initiatives.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST