



August Strickland

Food Preparation Team Member

☎ (303) 555-1234 ✉ august.strickland@email.com

🌐 linkedin.com/in/auguststrickland 📍 Aurora, CO 80012

STRENGTHS

- 🔄 **Multitasking**
Juggled multiple food preparation tasks efficiently during rush hours, ensuring seamless workflow.
- 👥 **Teamwork**
Fostered a cooperative environment where team members supported each other and shared responsibilities effectively.
- 💬 **Communication**
Established clear communication channels that enabled smooth operational coordination across kitchen teams.
- 🏢 **Organization**
Maintained an orderly workspace at all times, facilitating easier access to tools and ingredients when under pressure.
- 📌 **Adaptability**
Successfully adapted to varying shifts and unexpected task changes without loss in overall efficiency.

SKILLS

Food Safety Food Preparation

Team Collaboration

Time Management

Communication

Organizational Skills

Culinary Techniques Knife Skills

Recipe Adherence

Dishwashing Practices

Inventory Management

Sanitation Standards

Meal Consistency

SUMMARY

Dedicated and detail-oriented culinary professional with hands-on experience in food preparation, dishwashing, and kitchen operations. Capable of managing multiple tasks effectively in fast-paced environments while adhering to food safety standards. Proven track record of collaborating within team environments, demonstrating excellent organizational skills, all crucial for efficient kitchen operations. Takes pride in maintaining a clean and organized workspace, showcasing commitment through thorough cleaning duties and adherence to local health codes. Eager to bring these skills to a part-time position at Blue Flame Eatery to contribute positively to a dynamic Back of House team.

EDUCATION

Associate of Arts in Culinary Arts

Aurora Community College 🎓 GPA: 3.8 📅 2027 📍 Aurora, CO

Coursework: Kitchen Safety Standards, Food Preparation Techniques, Nutrition Basics, Culinary Skills

TECHNICAL SKILLS

- **Culinary Tools:** Knives, Cutters, Peelers
- **Cooking Methods:** Boiling, Baking, Grilling
- **Food Storage:** Refrigeration, Freezing, Dry Storage
- **Safety Procedures:** HACCP Compliance, Sanitation Protocols, Health Inspections
- **Food Processing Equipment:** Food Processors, Mixers, Ovens
- **Team Collaboration Tools:** Slack, Trello, Zoom
- **Research Techniques:** Surveys, Interviews, Data Analysis
- **Presentation Tools:** PowerPoint, Google Slides, Canva
- **Nutritional Standards:** Dietary Guidelines, Compliance Regulations, Menu Design
- **Cost Control Strategies:** Menu Pricing, Waste Reduction, Budget Tracking

EXPERIENCE

Food Preparation Team Member

University Project 📅 January 2026 - Present 📍 Aurora, CO

Supports kitchen projects by preparing dishes, organizing ingredients, and ensuring compliance with food safety regulations. Works collaboratively with peers on various food prep tasks, all while enhancing knowledge of kitchen operations and food safety protocols.

- Collaborated on a capstone project focused on developing efficient food preparation techniques tailored to specific recipes.
- Assisted across various cooking stations, ensuring high-quality dish output aligned with restaurant standards.
- Managed inventory and storage of ingredients, complying with federal and local health codes.
- Participated in training sessions centered around local food safety procedures, significantly improving compliance awareness.
- Effectively handled multiple assignments during peak times, focusing on accuracy and speed in execution.
- Supported team morale and productivity through fostering a positive work atmosphere.

Culinary Innovation Developer

Hackathon Project 📅 October 2025 - December 2025 📍 Remote

Contributed innovative solutions aimed at improving food safety practices through technology development in a collaborative hackathon setting. Engaged actively in research while working towards ensuring safe cooking practices were maintained.

Customer Service

Stress Management

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Food Preparation Team
Member at University Project (7
Months)

● Culinary Innovation
Developer at Hackathon Project
(2 Months)

● Culinary Research Assistant
at Academic Research Lab (3
Months)

- Developed a mobile app prototype that educates cooks on best practices for food handling and storage.
- Implemented thorough research and evaluations leading to impactful findings on safe food preparation methods.
- Demonstrated cooking techniques to showcase proper food preparation processes among participants.
- Received recognition for creativity and practicality in presented solutions, emphasizing improved understanding of safety.
- Facilitated constructive feedback sessions reflecting on the developments of the crafted app resource.
- Promoted engagement around food safety awareness through engaging discussions and workshops.

Culinary Research Assistant

Academic Research Lab 📅 September 2025 - December 2025 📍 Aurora, CO

Supported academic staff through detailed research efforts concentrating on food safety behaviors among culinary students, aimed at enhancing educational quality in culinary programs. This role provided insights for future workshops on compliance and food handling standards.

- Utilized surveys and interviews to gather data for understanding food safety behaviors among peers.
- Analyzed substantial findings contributing effectively to reports geared toward elevating food safety education.
- Engaged in relevant discussions regarding sanitation and food handling best practices to optimize student training.
- Organized and facilitated workshops focused on instilling food safety discipline within student bodies.
- Crafted original materials dedicated to promoting compliance awareness of local regulations among current peers.
- Cultivated strong time management abilities through careful planning and organization of research activities.

LEADERSHIP & AWARDS

- Dean's List, Aurora Community College, 2025
- Best Team Award, Culinary Hackathon, 2025

CERTIFICATIONS

- ServSafe Food Handler Certificate 📅 2026
- Culinary Skills Certification 📅 2026

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, Aurora Community College
- Volunteer, Local Food Bank, 2025

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST