

Hyun Ahmed

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SUMMARY

Early career fresh produce and food preparation candidate with supervised culinary lab and retail simulation experience. Prepared, washed, sliced, diced, portioned, packaged, labeled, and presented fruits and vegetables using **safe knife handling** and careful portion control. Inspected produce for ripeness, damage, quality, and freshness before preparation, then followed **food safety**, sanitation, and handling practices throughout each assignment. Kept knives, cutting boards, counters, containers, **storage areas**, and displays clean, organized, and ready for service. Completed inventory counts, stock rotation, replenishment plans, and display updates while responding courteously to customer requests. Comfortable balancing preparation, restocking, cleaning, packaging, and service priorities during timed activities. Able to **stand for extended periods** and move supplies weighing up to 40 pounds. Ready to contribute dependable teamwork and careful service in a busy retail food setting.

EDUCATION

Associate of Applied Science in Culinary Arts

Front Range Community College GPA: 0

2026

Fort Collins, CO

Coursework: Food preparation, knife safety, sanitation, inventory control

TECHNICAL SKILLS

- **Produce Preparation:** Washing, slicing, dicing
- **Knife Safety:** Knife handling, portion control, cutting boards
- **Food Safety:** Food handling, freshness checks, safe storage
- **Sanitation:** Surface cleaning, tool sanitation, area organization
- **Packaging:** Portion packaging, labeling, container handling
- **Inventory Control:** Inventory counts, stock records, supply checks
- **Stock Rotation:** First in first out, replenishment, rotation checks
- **Merchandising:** Display presentation, seasonal displays, product arrangement
- **Customer Service:** Customer requests, product questions, courteous assistance
- **Retail Operations:** Service sequencing, timed assignments, counter support
- **Physical Operations:** Extended standing, supply lifting, workstation movement

SKILLS

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|------------------------|------------------------|--------------------|----------------------|
| • Produce preparation | • Sanitation | • Stock rotation | • Teamwork |
| • Knife safety | • Packaging | • Restocking | • Quality inspection |
| • Food handling | • Display presentation | • Customer service | • Retail service |
| • Freshness inspection | • Inventory counts | • Time management | |

EXPERIENCE

Fresh Produce Preparation Practicum

January 2026 - September 2026

Student Lab

Fort Collins, CO

Completed supervised **produce preparation** assignments within a culinary lab, supporting timed food preparation, packaging, sanitation, inventory checks, display presentation, and organized service workflows.

- Prepared cut fruit and vegetables using safe knife technique and consistent **portion standards**
- Inspected produce for ripeness, damage, quality, and **freshness** before preparation
- Sanitized **knives**, boards, containers, counters, and storage areas between product groups
- Packaged and labeled prepared produce for retail simulations and orderly displays
- Completed **inventory counts** and restocking plans for produce, packaging, and preparation supplies
- Sequenced washing, cutting, packaging, cleanup, and replenishment against **timed assignments**

Fresh Food Counter Simulation

September 2025 - December 2025

University Project

Fort Collins, CO

Supported a supervised campus market simulation that combined **customer service**, produce merchandising, stock rotation, inventory reconciliation, replenishment, packaging, and sanitation during service exercises.

- Translated **customer requests** into suitable portions during simulated fresh food counter service
- Built seasonal produce **displays**, replaced damaged items, and rotated stock
- Reconciled starting quantities, prepared items, customer selections, and remaining stock
- Answered questions about product condition, preparation options, and storage

- Maintained an **organized** station during replenishment, packaging, customer interactions, and **sanitation**
- Presented workflow findings showing how sequencing and **stock rotation** supported service

PROJECTS

Seasonal Produce Display Plan 📅 2026

Created a practical display plan for seasonal fruits and vegetables, with clear rotation steps, freshness checks, replenishment points, and customer friendly presentation standards.

Fresh Food Workflow Review 📅 2025

Reviewed a simulated food counter workflow and documented how preparation sequencing, inventory checks, packaging, sanitation, and customer requests shaped smooth service.

LEADERSHIP & AWARDS

- Dean's List recognition for strong academic performance, 2026
- Culinary Lab Safety Recognition for careful preparation practices, 2026
- Received positive instructor feedback for organized lab service and dependable teamwork

CERTIFICATIONS

- ServSafe Food Handler Certificate 📅 2026
- Food Preparation and Knife Safety Certificate 📅 2025

PROFESSIONAL AFFILIATIONS

- Campus Food Pantry Volunteer, supporting organized food distribution during 2025 and 2026
- Culinary Peer Practice Group member, sharing preparation and safety practice in 2026

LANGUAGES

- English (Native)
- Arabic (Proficient)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST