

# Ariya Harmon

## Garde Manger Associate

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📍 Syracuse, NY 13210

### STRENGTHS

- 🛠️ **Effective Multitasker**  
Ability to manage various tasks simultaneously in demanding kitchen environments.
- 💬 **Strong Communicator**  
Consistently engages with team members to foster collaboration and clearer workflows.
- 📁 **Organizational Skills**  
Maintains order in busy kitchen setups, enhancing workflow efficiency dramatically.
- ★ **Quality Focused**  
Prioritizes high standards in food preparation, ensuring customer satisfaction at all times.
- 📖 **Quick Learner**  
Rapid absorption of new culinary techniques and kitchen processes for immediate application.

### SKILLS

- Food Preparation
- Recipe Adherence
- Customer Service
- Time Management
- Kitchen Equipment Operation
- Inventory Management
- Sanitation Practices
- Team Collaboration
- Cooking Techniques
- Catering Services
- Presentation Skills
- Client Interaction
- Menu Development
- Ingredient Sourcing
- Workflow Optimization

### SUMMARY

Passionate culinary professional with extensive hands-on experience in food preparation and kitchen operations. Skilled in upholding food safety protocols and working efficiently under pressure. Demonstrated history of successful multitasking while ensuring high-quality dish production. Proven ability to collaborate effectively with team members, enhancing the catering process and overall customer satisfaction. Eager to bring creativity and dedication to Culinary Haven Kitchen, contributing to a dynamic environment focused on exceptional culinary experiences and continuous personal development.

### EDUCATION

#### Bachelor's Degree in Culinary Arts

University of Culinary Arts 🎓 GPA: 3.8 📅 2026 📍 Syracuse, NY

**Coursework:** Food Safety, Menu Planning, Nutritional Science, Culinary Techniques

### TECHNICAL SKILLS

- **Culinary Techniques:** Baking, Grilling, Saucing, Plating
- **Kitchen Equipment:** Ovens, Stoves, Slicers, Mixers
- **Food Safety Standards:** HACCP, ServSafe, FSMA
- **Catering Management:** Event Planning, Menu Customization, Supply Coordination
- **Team Collaboration Tools:** Trello, Slack, Google Workspace
- **Communication Tools:** Email, Phone, Messaging Apps
- **Preparation Methods:** Sous Vide, Roasting, Poaching
- **Inventory Control Systems:** POS Systems, Spreadsheet Analysis
- **Nutritional Standards:** Dietary Guidelines, Allergen Awareness
- **Personal Development:** Workshops, Skill-Sharing Sessions, Mentoring

### EXPERIENCE

#### Culinary Intern

Culinary Arts Academy 📅 June 2025 - Present 📍 Syracuse, NY

Contributed significantly as an intern, supporting culinary operations and expanding skillset in a fast-paced kitchen environment. Gained invaluable hands-on experience while collaborating closely with seasoned chefs.

- Engaged in preparing various dishes, applying recipes consistently to ensure quality and taste.
- Managed inventory by organizing supplies and tracking stock levels, promoting smooth operations.
- Actively participated in high-pressure catering activities, improving coordination and teamwork skills.
- Upheld cleanliness in the kitchen, establishing standards for organization and hygiene.
- Attended workshops fostering enhanced culinary techniques, including food safety practices.
- Acquired proficiency in kitchen equipment operation, ensuring adherence to safety protocols.

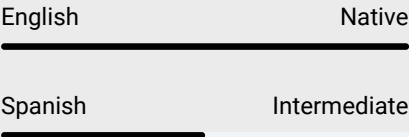
#### Kitchen Assistant

Fresh Start Café 📅 January 2025 - May 2025 📍 Syracuse, NY

Assisted head chefs in meal preparation, showcasing attention to detail while focusing on customer satisfaction. Developed strong teamwork and communication skills throughout this role.

- Supported daily meal generation aiming for excellence in presentation and flavor delivery.
- Facilitated bulk salad production, strictly following recipes to meet rising demand.
- Interacted with patrons gathering their feedback, bolstering service quality and responsiveness.
- Maintained an organized work station and cleaned kitchen facilities post-service, optimizing productivity.
- Learned bakery item portioning and display techniques, thus enhancing visual appeal.

LANGUAGES



MY CAREER



- Culinary Intern at Culinary Arts Academy (1.2 Years)
- Kitchen Assistant at Fresh Start Café (4 Months)

- Collaborated continuously with the team; frequently sought mentorship in culinary artistry.

LEADERSHIP & AWARDS

- Dean's List, University of Culinary Arts (2024, 2025)
- Winner, Campus Culinary Competition (2025)

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2025
- Basic Knife Skills Workshop Certification 📅 2025

PROFESSIONAL AFFILIATIONS

- Member, Culinary Student Network
- Volunteer, Local Food Bank

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST