

# Kingston Banks

## Grill Cook

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### STRENGTHS



#### Creativity

Inventive approach resulted in unique flavors that have made meals memorable for diners.



#### Team Player

Collaboration with fellow students fosters positive atmosphere crucial for demanding events.



#### Attention to Detail

Presentation and taste thrive under careful attention, making each dish standout quality exhibit.



#### Initiative

Proactively proposed new recipes which directly increased interest and engagement at events.



#### Resilience

Ability to adapt in high-pressure situations has consistently led to satisfying dining experiences despite challenges.

### SKILLS

Cooking and meal preparation

Food safety and sanitation

Customer service

Team collaboration

Menu development

Inventory management

### LANGUAGES

English Native

Spanish Proficient

### SUMMARY

Passionate culinary professional with over four years of experience in food preparation, engaging with customers effectively. Skillful in creating appealing dishes while adhering to high safety and sanitation standards. Committed to enhancing dining experiences through exceptional service, teamwork, and continuous learning in fast-paced environments. Demonstrated capabilities in developing diverse menus and managing kitchen operations efficiently. Eager to contribute to Stryker South Cafe with innovative ideas that create memorable dining moments for patrons. Emphasizes collaboration with team members to ensure the highest quality and customer satisfaction.

### EXPERIENCE

#### Culinary Arts Project Developer

University Project 📅 January 2025 – May 2026 📍 Kalamazoo, MI

Unique experience coordinating culinary projects, menu development, and event planning. Collaborated closely with peers to execute an array of dishes at campus events, ensuring quality standards in preparation and presentation. Cultivated relationships with diverse stakeholders throughout processes, enhancing overall project success.

- Developed a comprehensive menu for campus events, focusing on sustainable and local ingredients.
- Executed food preparation and serving, maintaining compliance with health regulations and beautifying plate aesthetics.
- Managed inventory systems to optimize resources and reduce waste during preparation.
- Conducted training sessions on proper food handling techniques, promoting safety practices within teams.
- Gathered feedback from guests post-event, utilizing insights to enhance future menu offerings.
- Fostering community spirit by engaging attendees to understand their preferences, reinforcing dining quality.

#### Food Safety Research Assistant

University Research Lab 📅 September 2023 – December 2024 📍 Kalamazoo, MI

Engaged in analytical research focused on food safety, aiming to advance knowledge significantly in institutional settings. Leveraged rigorous methodologies to assess risks associated with foodborne pathogens in prepared dishes, providing educational support for improved safety protocols.

- Conducted multiple experiments testing cleaning agent efficacy on surfaces typically found in kitchens.
- Compiled extensive data sets related to food safety, culminating in published articles contributing to industry knowledge.
- Assisted faculty members in producing materials aimed at educating local populations about safe cooking habits.
- Participated actively in workshops addressing relevant food safety laws which enhanced personal awareness.
- Worked collaboratively with teams toward outreach strategies educating significant health topics effectively.
- Contributed ideas in brainstorming sessions aimed at improving local food offerings through safer practices.

### LEADERSHIP & AWARDS

- Recipient of Student Chef Award for exceptional dish presentation, May 2025.
- Led team project recognized for innovative menu design, April 2024.

MY CAREER



- Culinary Arts Project Developer at University Project (1.3 Years)
- Food Safety Research Assistant at University Research Lab (1.2 Years)

EDUCATION

**Bachelor's Degree in Culinary Arts**  
Kalamazoo Institute of Arts 🎓 GPA: 3.8 📅 2025 📍 Kalamazoo, MI  
*Coursework: Food Safety Management, Menu Planning, Nutrition, Kitchen Operations*

CERTIFICATIONS

- ServSafe Certification 📅 2025
- Culinary Fundamentals Certificate 📅 2024

TECHNICAL SKILLS

- **Culinary Techniques:** Grilling, Frying, Baking
- **Kitchen Management:** Staff Coordination, Supply Ordering, Schedule Planning
- **Food Safety Standards:** HACCP, ServSafe, Food Handling
- **Equipment Operation:** Grills, Ovens, Fryers
- **Customer Interaction:** Order Taking, Feedback Management, Service Excellence
- **Event Planning:** Catering, Theming, Scheduling
- **Sanitation Practices:** Health Compliance, Cleanliness Protocols, Equipment Cleaning
- **Nutrition Knowledge:** Dietary Restrictions, Menu Design, Portion Control
- **Taste Testing:** Flavor Balancing, Recipe Development, Peer Review
- **Recipe Management:** Ingredient Substitution, Menu Engineering, Cost Analysis

PROFESSIONAL AFFILIATIONS

- Member of the Local Culinary Society, fostering connections among culinary professionals.
- Participant in Kalamazoo Food Festival, highlighting community culinary talents and initiatives.

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST