

Madison Bridges

Helper Cook

☎ (518) 555-1234 ✉ madison.bridges@example.com

🌐 linkedin.com/in/madisonbridges 📍 Albany, NY 12203

STRENGTHS

- 🧼 **High Standards in Sanitation**
Prioritized cleanliness in kitchen environments, ensuring adherence to regulatory standards all times.
- 👥 **Team Collaboration**
Worked well with diverse teams, learning from peers and contributing positively to collective goals.
- 🕒 **Efficient Time Management**
Effectively managed multiple tasks during high-pressure situations, meeting cook times without sacrificing quality.
- 🍴 **Creative Menu Planning**
Contributed original ideas during group work to design menus that reflect seasonality and local ingredients.
- 🌿 **Ingredient Sourcing Skills**
Developed strong abilities in selecting fresh ingredients, focusing on both quality and sustainability.

SKILLS

- Food Preparation
- Menu Planning
- Food Safety
- Team Collaboration
- Kitchen Equipment Operation
- Time Management
- Inventory Control
- Cooking Techniques
- Client Interaction
- Recipe Development
- Sanitation Standards
- Dietary Restrictions Knowledge
- Customer Service
- Event Coordination
- Problem Solving

SUMMARY

Enthusiastic culinary student with over two years of hands-on cooking experience. Trained extensively in food preparation and kitchen management. Maintains high standards of food safety and sanitation while contributing effectively to kitchen operations. Proven skills in menu planning, ingredient selection, and adherence to standardized recipes. Demonstrated ability to collaborate with teams to create exceptional dining experiences. Ready to apply knowledge and passion for food to enhance cooking efforts at Union Square Events.

EDUCATION

Associate Degree in Culinary Arts

Albany Culinary Institute 🎓 GPA: 3.8 📅 2026 📍 Albany, NY

Coursework: Food Safety, Menu Planning, Ingredient Sourcing, Kitchen Management

TECHNICAL SKILLS

- **Culinary Techniques:** Baking, Broiling, Steaming
- **Kitchen Equipment:** Grills, Ovens, Fryers
- **Food Safety Standards:** HACCP, ServSafe, USDA Guidelines
- **Menu Planning Software:** ChefTec, SimpleOrder, Apron
- **Sanitation Procedures:** Cleaning Protocols, Waste Disposal, Restaurant Regulations
- **Time Management Tools:** Schedule Tracking, Task Prioritization, Multi-tasking
- **Nutrition Knowledge:** Diet Calculations, Allergen Awareness, Healthy Meals
- **Supply Chain Management:** Inventory Systems, Supplier Relations, Procurement Strategies
- **Assignment Planning:** Project Management, Event Planning, Task Lists
- **Communication Skills:** Customer Liaison, Team Meetings, Feedback Sessions

EXPERIENCE

Culinary Intern

University Project 📅 January 2026 - Present 📍 Albany, NY

Assists in diverse menu item preparations during culinary labs, focusing on food safety and efficiency. Responsibilities involve engaging with various kitchen equipment.

- Participated in preparatory tasks, ensuring ingredient quality aligns with seasonal cuisine trends.
- Collaborated with peers for seamless operation during meal preparation, ensuring timely completion.
- Implemented sanitation protocols, achieving compliance with health regulations in the kitchen environment.
- Developed proficiency with kitchen tools, including grills and ovens, enhancing technical skillset.
- Took feedback from instructors seriously, improving techniques in plating and presentation.
- Joined brainstorming sessions for menu creation, driving creative discussions on dish concepts.

Culinary Assistant

University Project 📅 September 2025 - December 2025 📍 Albany, NY

Supported daily meal preparations under guidance, helping maintain high-quality culinary standards.

- Monitored and adjusted cooking temperatures to assure optimal food quality and flavor profile.
- Coordinated themed dinner events, effectively managing team communication and task delegation.
- Enhanced skills in portioning and advanced preparation techniques during events under pressure.
- Engaged in rigorous training focused on food safety, sharpening knife skills and handling practices.

LANGUAGES

English	Native
Spanish	Proficient

MY CAREER



- Culinary Intern at University Project (7 Months)
- Culinary Assistant at University Project (3 Months)

- Fostered collaboration within a diverse culinary team, reinforcing supportive kitchen engagement.
- Received praise for creativity in student-led culinary competitions, bolstering confidence in skills.

LEADERSHIP & AWARDS

- Dean's List, Albany Culinary Institute, 2025
- First Place, Culinary Arts Competition, Albany Culinary Institute, 2025

CERTIFICATIONS

- Food Handler Certification 2026
- ServSafe Certification 2026

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, Albany Culinary Institute
- Volunteer, Local Food Bank, Albany, NY

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST