

Mason Mejia

Kitchen Staff

📞 (206) 555-1234 ✉️ mason.mejia@example.com

🌐 linkedin.com/in/masonmejia 📍 Seattle, WA 98101

STRENGTHS

- 🗣️ **Effective Communicator**
Facilitated understanding between team members and ensured clear execution of responsibilities without miscommunication.
- 👥 **Adaptable Team Player**
Shown ability to shift focus seamlessly among tasks as priorities changed, contributing to overall team dynamics.
- 🕒 **Strong Work Ethic**
Demonstrated punctuality and commitment to deliver quality outcomes consistently under pressure in fast-paced settings.
- 🛡️ **Safety Advocate**
Championed adherence to proper sanitization mandates, often bringing attention to non-compliance situations effectively.
- 💡 **Creative Problem Solver**
Employed innovative thinking to enhance operational standards, regularly initiating discussions on effective solutions.

SKILLS

Food preparation	
Kitchen equipment operation	
Sanitation and food safety	
Inventory management	
Team collaboration	
Bilingual: English and Spanish	

LANGUAGES

English	Native
Spanish	Proficient

SUMMARY

Enthusiastic kitchen staff member bringing hand-on experience in high-volume food service settings. Skilled at supporting daily operations while maintaining hygiene standards. Committed to safe cooking practices, adhering strictly to recipes and dietary preferences. Recognized for fostering a collaborative team environment that enhances productivity. Passionate about food preparation and compliance with health regulations. Eager to engage fully in new challenges and contribute positively to kitchen efficiency and safety.

EDUCATION

Bachelor of Arts in Culinary Arts

University of Washington 🎓 GPA: 3.5 📅 2026 📍 Seattle, WA

Coursework: Food Safety Management, Advanced Cooking Techniques, Nutrition Principles, Restaurant Operations

TECHNICAL SKILLS

- 🔪 **Culinary Technologies:** Knife Skills, Baking Techniques, Plate Presentation
- 🛡️ **Food Safety Standards:** HACCP, ServSafe, Health Codes
- 🔥 **Kitchen Equipment:** Ovens, Mixers, Fryers
- 🍲 **Recipe Development:** Standard Recipes, Dietary Needs, Sauce Preparation
- 📋 **Operational Procedures:** Standard Operating Procedures, Workflow Optimization, Food Inventory Management
- 👨🍳 **Training & Instruction:** Culinary Workshops, Peer Teaching, Recipe Demonstrations
- 🗣️ **Communication Tools:** Team Meetings, Feedback Sessions, Collaboration Platforms
- 🕒 **Time Management:** Shift Scheduling, Task Prioritization, Deadlines Adherence
- 👤 **Customer Service:** Client Interactions, Feedback Collection, Special Requests Handling
- 🍝 **Pasta Preparation:** Dough Kneading, Filling Creation, Cooking Methods

EXPERIENCE

Kitchen Staff Assistant

University Project 📅 January 2026 - Present 📍 Seattle, WA

Assisted kitchen management in the execution of daily operations in a busy university dining setting. Worked closely with kitchen teams to support meal preparations and ingredient production.

- 🔧 Operated various kitchen appliances following safety protocols, reducing risk of accidents.
- 🥘 Prepared ingredients efficiently, including dough kneading and filling production, optimizing kitchen workflow.
- 🧼 Maintained cleanliness across all workstations, ensuring compliance with health standards.
- 📦 Monitored supplies and inventory levels effectively, facilitating timely reorders when necessary.
- 👥 Collaborated actively with team members to respect dietary restrictions and meet diverse client needs.
- 📋 Assured adherence to standard operating procedures and recipe specifications to ensure food quality.

Food Safety Intern

Academic Research 📅 September 2025 - December 2025 📍 Seattle, WA

Engaged in rigorous research focused on best cleaning practices within food service environments. Assisted in theory application while observing real-world compliance issues.

- 🔍 Investigated effectiveness of sanitation procedures through data collection and evaluation.
- 📖 Contributed to developing practical training aides for incoming kitchen staff on safety protocols.
- 🔧 Collaboratively examined kitchen operations against local health regulations to correct violations.

MY CAREER



- Kitchen Staff Assistant at University Project (7 Months)
- Food Safety Intern at Academic Research (3 Months)
- Culinary Techniques Developer at Capstone Project (5 Months)

- Presented research findings addressing student body safety education in culinary applications.
- Participated in seminars showcasing hygienic practices essential for operational success.
- Documented comprehensive insights provided to faculty and improved departmental approaches.

Culinary Techniques Developer

Capstone Project 📅 January 2025 - June 2025 📍 Seattle, WA

Developed and instructed culinary techniques innovative to traditional dishes, shaping educational workshops aimed at peers. Hands-on learning established optimization of cooking methods.

- Expertly devised training modules which created campus excitement around culinary arts.
- Executed peer-based evaluations ensuring implementation of practiced skills and keeping morale high.
- Feedback collected showcased improvement areas and honed teaching strategies for future fellows.
- Produced instructional materials that inspired ongoing education initiatives within programs.
- Demonstrated cooking sessions yielded encouraging participant growth and skill enhancement.
- Earned accolades recognizing contributions significantly benefitting educational culinary landscapes.

LEADERSHIP & AWARDS

- Dean's List, University of Washington, 2025
- Culinary Arts Scholarship Recipient, 2025

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2026
- CPR and First Aid Certified 📅 2026

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, University of Washington
- Volunteer, Local Food Bank, Seattle, WA

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST