

NATALIA HOLLAND

LINE COOK

📞 (512) 555-1234 ✉ natalia.holland@example.com
🌐 linkedin.com/in/nataliaholland 📍 Austin, TX 78701

STRENGTHS

-  **Culinary Skills**
Expert in preparing diverse dishes meeting high culinary standards; peers regularly seek assistance for techniques.
-  **Cleanliness Advocate**
Established checklists elevating kitchen sanitation ratings; recognized for enhancing overall hygiene practices.
-  **Team Player**
Worked seamlessly with culinary teams; fostered an inclusive atmosphere encouraging collaboration and growth.
-  **Effective Communicator**
Skilled at conveying ideas clearly among team members and management; consistently facilitates constructive dialogue.
-  **Creative Problem Solver**
Developed adaptive solutions during high-pressure situations; peers frequently commend quick thinking skills.

SKILLS

- Food Preparation
- Sanitation Standards
- Culinary Techniques
- Team Collaboration
- Menu Development
- Time Management
- Recipe Development
- Ingredient Sourcing
- Kitchen Equipment Operation
- Communication Skills
- Quality Control

SUMMARY

Culinary professional equipped with two years of experience in dynamic restaurant settings, excelling in food preparation and quality standards. Skills include maintaining sanitation protocols, menu design, and outstanding guest relations. Collaborates effectively within teams, emphasizing clear communication to enrich dining experiences. Eager for growth opportunities in nurturing environments that recognize contributions and value culinary expertise. Committed to sustaining the highest cleanliness while working flexible hours as needed to meet operational demands. Ready to bring a strong work ethic and eagerness to learn to Culinary Experience Co.

EDUCATION

Bachelor's Degree in Culinary Arts

University of Texas at Austin 🎓 GPA: 3.8 📅 2026 📍 Austin, TX

Coursework: Culinary Techniques, Food Safety, Menu Development, Team Management

TECHNICAL SKILLS

- Kitchen Equipment:** Ovens, Grills, Fryers, Mixers
- Safety Methods:** ServSafe, HACCP, Proper Storage
- Menu Planning Tools:** Excel, Cost Analysis Software, Recipe Apps
- Cleaning Supplies:** Sanitizers, Detergents, Cleaning Tools
- Communication Platforms:** Slack, Team Meetings, Email
- Food Industry Standards:** FDA Guidelines, Local Regulations, Sanitary Codes
- Training Resources:** Onboarding Manuals, Workshop Materials
- Nutritional Knowledge:** Dietary Restrictions, Caloric Awareness, Meal Planning
- Photography Tools:** Camera, Smartphone Applications, Image Editing Software
- Data Analysis Software:** SPSS, Excel, Survey Tools

EXPERIENCE

Culinary Intern

University Project 📅 January 2026 - Present 📍 Austin, TX

Engaged in hands-on culinary training within a fast-paced kitchen environment, supporting menu preparation, ingredient sourcing, and food presentation for events. Worked collaboratively with fellow culinary students to enhance skills and ensure high-quality dish execution.

- Collaborated with culinary students on designing seasonal menus for campus events.
- Managed food preparation and visual presentation according to strict quality standards.
- Trained new interns on kitchen operations and safety regulations.
- Conducted taste samplings to refine recipes through peer feedback.
- Initiated a kitchen cleanliness checklist boosting sanitation review scores.
- Implemented a budgeting plan reducing event costs by strategically sourcing ingredients.

Food Safety Research Assistant

University Research Lab 📅 September 2025 - December 2025 📍 Austin, TX

Contributed to vital research focusing on food safety practices across local eateries, which included data analysis and staff engagement about compliance challenges. Delivered insights essential for improving underlying food safety dynamics.

- Analyzed food safety procedures through data collection from various restaurants.
- Helped prepare detailed reports summarizing research findings for faculty review.
- Facilitated discussions with staff to explore prevalent food safety issues.

Cookware Maintenance

Food Presentation

Dietary Knowledge

Workforce Training

Cost Reduction Strategy

LANGUAGES

English Native

Spanish Proficient

MY CAREER



● Culinary Intern at University Project (7 Months)

● Food Safety Research Assistant at University Research Lab (3 Months)

- Used statistical tools for trend analysis, guiding better safety practices.
- Presented key outcomes for peer evaluation at a university symposium.
- Assisted in developing guidelines aimed at enhancing food safety standards.

Culinary App Developer

Hackathon Project 📅 March 2025 📍 Austin, TX

Led the development of a mobile app prototype that aids users in locating healthy recipes tailored to available ingredients. Coordinated with tech peers, focusing on user experience and functionality enhancements throughout the project lifecycle.

- Engineered a prototype helping users streamline healthy recipe discovery.
- Collaborated with computer science students to create intuitive interface designs.
- Conducted user testing for iterative improvements based on participant feedback.
- Showcased the application at a hackathon, gaining significant constructive praise.
- Researched diverse dietary needs to cater comprehensively to varied requirements.
- Documented developmental milestones, directing future feature introductions.

LEADERSHIP & AWARDS

- Dean's List, Fall 2025
- Culinary Competition Award, 2025

CERTIFICATIONS

- Food Handlers Certification 📅 2025
- ServSafe Certification 📅 2026

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, 2025 – Present
- Volunteer, Local Food Bank, 2025 – Present

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST