



Millie Chang

Preschool Cook

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SUMMARY

Passionate culinary professional dedicated to promoting children's health and well-being. Expertise lies in meal preparation tailored for preschoolers, emphasizing nutrition that aligns with dietary restrictions. Known for creating a nurturing atmosphere while fostering positive interactions among children, parents, and staff. Open communication enhances collaborative efforts with the educational team, focused on making meal experiences enjoyable and safe. Strong commitment to food safety protocols ensures that every meal is not just nutritious but also served with care, thereby enriching daily routines for young learners.

EXPERIENCE

Preschool Cook

Sunshine Academy 📅 June 2025 - Present 📍 Newport, RI

Leads meal preparation efforts ensuring balanced diets for preschoolers. Collaborates with education personnel to assess dietary needs. Manages food supplies according to state regulations and safety protocols.

- Designed weekly menus highlighting nutritious alternatives catering to kids' tastes and preferences.
- Integrated careful monitoring of food allergies into meal prep to deliver safe dining experiences.
- Worked closely with teachers during meal times to promote healthy eating discussions among children.
- Ensured compliance with food safety standards through diligent kitchen management and sanitation practices.
- Engaged parents as partners in discussing children's dietary needs ensuring tailored meal options.
- Executed effective inventory systems for food supplies maintaining cost-efficient operations.

Culinary Nutrition Intern

University Project 📅 September 2024 - May 2025 📍 Providence, RI

Contributed to projects focusing on child nutrition through menu planning and research. Developed engaging educational materials to highlight the importance of nutrition for early childhood.

- Assisted in crafting meal plans aimed at optimizing nutritional value within preschools.
- Conducted empirical research aiding in formulating strategies to improve meal quality for young children.
- Collaborated with peers and faculty to innovate recipes aligned with current dietary guidelines.
- Presented findings on child engagement linked to meal diversity involving educators and stakeholders.
- Drafted informational resources targeted at parents encouraging their roles in supporting healthy eating habits.

Nutritional Education Developer

Capstone Project 📅 January 2024 - May 2024 📍 Providence, RI

Developed an interactive curriculum to teach preschoolers about nutrition fundamentals and healthy eating practices. Partnered with local experts to ensure programming efficacy.

- Created engaging lesson plans including hands-on cooking demonstrations bringing learning to life.
- Incorporated feedback mechanisms from educators for refining program content based on real-time effectiveness.
- Strengthened community ties by working alongside local nutritionists to validate curriculum details.
- Launched workshops aimed at enriching preschooler experience around nutrition and meal involvement.
- Evaluated program impact via direct feedback from participants guiding future iterations.

STRENGTHS

- 🍏 **Nutrition Knowledge**
Deep knowledge of child nutrition translates into practical meal solutions fulfilling diverse dietary needs.
- 💬 **Communication Skills**
Clear, positive exchanges facilitate parent and staff relationships enhancing overall collaboration.
- 🛡️ **Food Safety Protocols**
Strong adherence to sanitation standards shapes a secure and healthy eating environment for children.
- 🍴 **Meal Planning**
Creativity in meal design engages children, sparking excitement for healthy food within a structured framework.
- 👥 **Team Collaboration**
Regular teamwork initiatives foster shared goals resulting in improved meal offerings for students.

SKILLS

Meal Planning Food Safety

Nutrition Education

Inventory Management

Communication

Team Collaboration

LANGUAGES

English

Native

MY CAREER



- Preschool Cook at Sunshine Academy (1.2 Years)
- Culinary Nutrition Intern at University Project (8 Months)
- Nutritional Education Developer at Capstone Project (4 Months)

LEADERSHIP & AWARDS

- Dean's List, University of Rhode Island (2024, 2025)

EDUCATION

Bachelor of Science in Nutrition

University of Rhode Island 🎓 GPA: 3.8 📅 2026 📍 Kingston, RI

Coursework: Child Nutrition, Food Safety, Meal Planning, Dietary Guidelines

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2025

TECHNICAL SKILLS

- **Culinary Tools:** Knives, Cutting Boards, Measuring Cups
- **Nutritional Guidelines:** USDA, MyPlate, CACFP
- **Kitchen Equipment:** Ovens, Stoves, Refrigerators
- **Food Management Systems:** Inventory Control, Online Ordering, POS Systems
- **Safety Regulations:** Local Health Codes, Food Safety Standards, Sanitation Practices
- **Cooking Techniques:** Boiling, Baking, Sautéing
- **Dietary Restrictions:** Gluten-Free, Allergy Management, Vegan Options
- **Communication Tools:** Email, Newsletters, Parent Meetings
- **Educational Materials:** Pamphlets, Guides, Recipes
- **Child Development Insights:** Nutrition Impact, Behavior Trends, Learning Engagement

PROFESSIONAL AFFILIATIONS

- Member, Student Nutrition Association
- Volunteer, Local Food Bank

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST