

## **Richard Sanders**

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### **Profile**

Team-oriented high school graduate with knowledge of restaurant kitchen operations. Experienced preparing appetizers and desserts, with an understanding of common cooking methods for making entrees. Demonstrated ability to communicate well and work effectively in fast-paced environments. Current food safety certification expires in June 2021.

### **Key Skills**

- Familiarity with back-of-house restaurant operations
- Knowledge of basic food prep and cooking procedures
- Ability to effectively communicate in fast-based and chaotic environments
- Team-oriented work ethic

### **Education**

#### **High School Diploma**

*Nichols High School, Buffalo, NY September 2014 - June 2018*

Played on the school's Lacrosse Team and Soccer Team.

Courses completed:

- Culinary arts vocational training
- Food safety certification
- Spanish

### **Professional Experience**

#### **Cook's Helper, The Thai Place, Orchard Park, NY**

*January 2019 - Present*

- Prepare salads and soups, and finish desserts
- Assist in pre-open food prep for entrees (approximately 250 per night)
- Replenish garnishes, raw foods, and other ingredients for serving lines
- Put away daily deliveries of food ingredients
- Maintain high sanitization and cleanliness standards

#### **Dishwasher, Bob's Diner, East Arora, NY**

*June 2018 - December 2018*

- Cleaned dishware and smallware for up to 150 meals per night
- Communicated with front-of-house staff to ensure a constant supply of clean dishes
- Maintained organized workspace to minimize the risk of accidents