

# Prep Cook Resume Sample

Organized Prep Cook with experience working in up to 100-seat Italian and Mexican restaurants. Certified Culinarian with an Associate's Degree in Culinary Arts. Eager to put my ability to prep all kinds of ingredients with precision and efficiency according to recipe specifications to use at your establishment.

## PROFESSIONAL EXPERIENCE

February 2020–Present

**VESTA, Coralville, IA**

Prep Cook

- Prep food including stocks and long cook items at 100-seat Italian restaurant
- Train 15 new prep cooks for outdoor catering service with 500 guests
- Ensure supplies are consistently available, replenishing items as required
- Manage and check food quality, prioritize ingredients resulting in 20% food waste reduction
- Learn new recipes and food preparation techniques in order to train fellow prep cooks

January 2019–January 2020

**CAZA AZUL, Coralville, IA**

Dishwasher

- Ensured 100% clean supplies including cookware, dishes, and utensils in 50-seat restaurant providing breakfast, lunch, and dinner services
- Unloaded food supplies from distributor trucks, and efficiently organized inventory 10% faster than other staff members
- Discovered critical malfunction with dishwashing equipment, allowing restaurant to get it fixed and save \$10K in additional water bill
- Upheld cleanliness standards and performed routine cleaning procedures across the kitchen, assisting restaurant in passing all Health and Sanitary inspections
- Developed cutting techniques by assisting in food preparation whenever kitchen was short-staffed

## EDUCATION

**IOWA CENTRAL COMMUNITY COLLEGE, Ft. Dodge, IA**

Associate of Applied Science in Culinary Arts

May 2018

**WEST SENIOR HIGH SCHOOL, Ft. Dodge, IA**

May 2016

## CERTIFICATIONS

**Certified Culinarian**

American Culinary Federation

2019

**Food Handler Permit**

ServSafe

2019

# Resume Template Meal Prep Ideas Update

**Yi-Tong Ma**

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