**John Doe**  
1234 Elm Street, Apartment 56  
City, State, ZIP Code  
Phone: (123) 456-7890  
Email: johndoe@email.com

**Objective**

Hardworking and reliable kitchen worker with over 3 years of experience in food preparation, cleaning, and supporting kitchen staff. Seeking a position in a fast-paced kitchen where I can contribute my skills, work ethic, and passion for cooking and food safety.

**Experience**

**Kitchen Assistant**  
*The Gourmet Bistro – City, State*  
*January 2022 – Present*

* Assist in preparing ingredients for dishes, including chopping vegetables, marinating proteins, and assembling plating garnishes.
* Maintain cleanliness and organization of kitchen workstations, including washing dishes and cleaning kitchen equipment.
* Ensure all food items are properly stored and labeled, adhering to food safety and sanitation guidelines.
* Support chefs and line cooks during busy service hours by ensuring timely delivery of prepped ingredients and supplies.
* Operate kitchen machinery such as food processors, slicers, and blenders.

**Dishwasher/Prep Cook**  
*Sunshine Café – City, State*  
*June 2020 – December 2021*

* Washed dishes, pots, and utensils, ensuring they were properly sanitized and ready for use.
* Assisted in basic food prep tasks such as peeling, cutting, and mixing ingredients.
* Maintained cleanliness of kitchen surfaces and assisted with stock rotation to reduce food waste.
* Followed food safety standards, including proper storage and labeling of perishable items.
* Assisted chefs during peak hours to ensure smooth kitchen operations.

**Education**

**High School Diploma**  
*City High School – City, State*  
*Graduated: 2019*

**Skills**

* **Food Preparation:** Skilled in chopping, dicing, slicing, and general food preparation tasks.
* **Kitchen Safety & Sanitation:** Knowledge of food safety guidelines, sanitation procedures, and safe use of kitchen equipment.
* **Time Management:** Ability to work under pressure in a fast-paced environment, ensuring timely completion of tasks.
* **Teamwork:** Excellent team player with a strong work ethic and willingness to take direction from chefs and kitchen leads.
* **Multitasking:** Able to manage multiple tasks at once, especially during busy service hours.

**Certifications**

* **Food Handler’s Certificate**  
  *Issued by: Local Health Department*  
  *Date: March 2023*
* **Basic First Aid & CPR Certified**  
  *Issued by: Red Cross*  
  *Date: May 2023*

**References**

Available upon request.