

# RAMILA VANZARA

📞 (+1) 780-700-7385 | ✉️ [rvanzara1974@gmail.com](mailto:rvanzara1974@gmail.com) | 📍 18 Ave SW, Edmonton, AB

## Professional Summary:

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Reliable and hardworking Kitchen Helper with **5+ years of hands-on experience** in fast-paced restaurant environments. Skilled in **dishwashing operations, food safety, sanitation, prep assistance, and maintaining clean workstations**. Known for punctuality, teamwork, and ability to work efficiently during peak hours. Actively seeking a Dishwasher/Kitchen Helper role in Edmonton.

## Key Skills & Qualifications:

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- Commercial dishwashing & sanitation procedures
- Food safety, hygiene, and cleaning protocols
- Kitchen prep assistance (basic cutting, portioning, assembling)
- Safe handling of kitchen equipment & chemicals
- Strong time management & multitasking abilities
- Ability to lift up to 50 lbs and stand for long shifts
- Team player with positive attitude
- Reliable, punctual, and detail-oriented

## Employment History:

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### IHOP Restaurant | Edmonton, AB

Kitchen Helper/Dishwasher | Oct 2018 – Present

- Operate commercial dishwashing machines to clean dishes, pots, pans, and utensils
- Maintain **high sanitation standards** following Alberta Health Services guidelines
- Clean and sanitize work surfaces, equipment, and kitchen areas on schedule
- Assist kitchen staff during peak hours with food prep and station support
- Dispose of waste and recyclables safely and efficiently
- Follow workplace safety rules and report unsafe conditions to supervisors
- Support smooth kitchen operations in a **fast-paced environment**

### Food Production Worker | Edmonton, AB

Red Table Food | Feb – Apr 2020

- Assisted with food preparation, portioning, and packaging
- Followed **FIFO inventory rotation** and food safety standards
- Maintained cleanliness of production areas and equipment
- Completed food safety and production logs accurately
- Lifted and moved materials up to 50 lbs as required

## Education, Certifications & Volunteering:

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- LINC (Language Instruction for Newcomers to Canada) – **NorQuest College**, Edmonton, AB.
- Safe Check Advanced Food Safety Certification
- Kitchen Helper/Cleaner – Gujarat Cultural Society, Edmonton – July 2018