

## **SUMMARY**

Experienced Kitchen Assistant skilled in cleaning, sanitizing, and supply management. Proficient in handling supplies, managing waste, and maintaining kitchen organization. Team-oriented and committed to food safety and efficiency. Seeking full-time or part-time kitchen position.

## **SKILLS**

- **Stocking & Organization** – Restock kitchen supplies, organize storage areas, and ensure a clean, efficient kitchen layout.
- **Physical Stamina & Safety** – Able to lift heavy kitchen equipment, stand for long periods, and adhere to health and safety protocols.
- **Inventory & Kitchen Support** – Assist with managing stock levels, organize kitchen supplies, and support the smooth running of backroom storage.
- **Teamwork & Communication** – Collaborate with kitchen staff, assist in resolving tasks, and contribute to a positive and efficient kitchen environment.
- **Attention to Detail** – Maintain accurate inventory records and ensure proper handling of kitchen equipment and food supplies.
- **Bilingual & Technical Skills** – Bilingual in French and in English, with basic computer proficiency and strong organization.

## **WORK EXPERIENCE**

### **Kitchen Helper; Restaurant le Fouquet, Cameroon**

**February 2019 - August 2024**

- Cleaned and sanitized kitchen surfaces, including countertops, cupboards, storage areas, and appliances, ensuring compliance with health and safety standards.
- Handled and properly stored cleaning products to ensure safe usage and prevent contamination.
- Received, unpacked, and efficiently organized kitchen supplies in refrigerators, freezers, and storage areas.
- Removed kitchen garbage and trash regularly, maintaining a clean and sanitary work environment.
- Sharpened kitchen knives and ensured all utensils were in optimal condition for use.
- Swept, mopped, washed, and polished floors to maintain cleanliness and prevent accidents.

### **Dishwasher; Tchop and Yamo, Cameroon**

**January 2012 – December 2018**

- Operated dishwashers to effectively wash dishes, glassware, and flatware, ensuring optimal cleanliness and sanitation.
- Handwashed and sanitized items such as pots, pans, and utensils, maintaining high standards of hygiene.
- Cleaned and sanitized kitchen equipment, including dishwasher mats, carts, and waste disposal units, to meet health and safety regulations.
- Organized and placed clean dishes and utensils in designated storage areas, promoting a well-ordered workspace.
- Worked efficiently in a high-volume environment, ensuring a continuous supply of sanitized dishes and utensils for kitchen operations.
- Collaborated with team members to maintain cleanliness and organization throughout the kitchen, contributing to overall efficiency.

### **Cleaner; Manoir hotel, Cameroon**

**February 2008 – November 2011**

- Performed comprehensive cleaning of various surfaces, including floors, walls, and windows, ensuring a pristine environment.
- Maintained premises in strict adherence to established hygiene and safety standards, upholding a high level of cleanliness.
- Disinfected frequently touched surfaces in compliance with hygiene protocols, effectively reducing the risk of contamination.
- Participated in waste management by following sorting instructions and ensuring regular disposal, contributing to environmental sustainability.
- Handled a variety of cleaning equipment, including rags, professional brooms, and household products, demonstrating versatility and attention to detail.

## **EDUCATION**

First Aid Certificate

**2025**

High school Diploma, Dschang Classical high school, Cameroon

**2007**