

LORENA GONZALEZ

3819 West 105th Street | Inglewood, CA 90303

(310) 658-0013 | LJohnson1972@yahoo.com

Professional Profile

Classically trained cook seeking entry-level position that advances culinary skills, allows for growth in the industry.

Experience*Culinary*

- Gained skills in moist and dry heat cooking methods, knife cuts, kitchen terminology, stocks and sauces, kitchen best practices, and sanitation, in intensive and hands-on 10-week culinary training program.
- Collaborated with head chef and fellow team members in preparation and plating of various cuisines.
- Plated approximately 140 meals in three hours during kitchen practicum at Bread and Roses Café.
- Followed proper food handling and safety procedures at all times in training classes and at externship.

Medical

- Provided individualized in-home care to senior patients, including tracking medicine schedules, preparing healthy and balanced meals, and remaining attentive to patient's overall mental and physical well-being.
- Aided clients in achieving personal weight-loss goals through education, motivation and accountability.
- Proficient in medical assistant paperwork and filing procedures, according to HIPAA regulations.

Business

- Managed teams of 7 to 10 in operations and sales, including customer service agents and specialists.
- Implemented production standards, resulting in 18% increase in sales and 15% increase in productivity.
- Specialized in planning, conducting staff training as it pertains to customer service and quality assurance.
- Managed non-profit retail store, including overseeing \$150,000 cash flow monthly and staff of 25+.

Work History

<i>Prep Cook</i>	Border Grill , Los Angeles, CA	Feb.-March 2013
<i>Prep & Line Cook (Volunteer)</i>	Bread and Rose's Café , Venice, CA	Jan. 2013 – March 2013
<i>In-Home Care Provider</i>	IHSS , Hawthorne, CA	April 2011 – Present
<i>Medical Ass't/Weight Mgmt. Counselor</i>	Beach Cities Cosmetic , Hawthorne, CA	Dec. 2010 – April 2012
<i>Manager</i>	Lowes , Hawthorne, CA	Aug. 2004 – Dec. 2010
<i>Distribution General Manager</i>	Omnilife , Commerce, CA	March 2008 – Oct. 2008
<i>General Manager</i>	Goodwill Industries Store , Commerce, CA	Jan. 2007 – March 2008

Education and Certifications

- **St. Joseph Center Culinary Training Program**, Venice, CA
 - Certificate Of Culinary Program*
- **ServSafe Food Protection Manager Certification**, Venice, CA
 - Feb. 2013
- **Los Angeles Trade Technical College**, Los Angeles, CA
 - Associate's Degree in Business*
- **NEC Bryman Educational Center**
 - Certified Medical Assistant*

Computer and Language Skills

Basic computer systems operating skills. Bilingual English/Spanish.