

**Lamar Westbrook**  
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2344 East 15th St. • Oakland, CA 94601

**MISSION** To acquire a food service position in which I can utilize my culinary skill set and knowledge as well as gain new abilities and have the potential for job growth.

**SUMMARY OF QUALIFICATIONS**

Recent graduate of the Kitchen of Champions culinary job training program  
Food Protection Manager's Certification through ServSafe instruction  
Excellent knife skills  
Exceptional work ethic  
Friendly demeanor and team-oriented, with the ability to work independently as well  
Able to direct work flow in an accurate, timely and efficient manner  
Competent in organizing production to maximize use of available space  
Ability to lift 75+ lbs.

**CULINARY SKILLS**

Experience in working with high volume production (1,000+ meals per day)  
Experience in working with a high sense of urgency  
Experience with Hobart mixer, kettle pots, tilt skillets, grills, convection ovens, broilers and other large kitchen equipment  
Experience with menu planning and execution of large catering events  
Quality control, waste minimization and management

**PROFESSIONAL EXPERIENCE**

Kitchen of Champions Culinary Apprentice 10/2011-12/2011  
12 week training in cooking methods, use of kitchen equipment and knives. Principles of sanitation, supervising other students, prepping and line experience producing 1,000 meals a day, 28 hours of ServSafe lecture, employment readiness instruction  
Diablo Valley Ranch Prep Cook/Server 11/2010-2/2011  
Prepared meals under Chef Robin Spiker for the culinary arts program. Served dishes at the Pittsburg Yacht Club.  
Bond Manufacturing Warehouse/Forklift Operator 4/2006-6/2008  
Loaded and unloaded truck deliveries for the warehouse. Drove the forklift, pulling pallets for stock and shipments.  
**Labor Ready** Day Laborer 12/2004-4/2006; 2011  
Temporary work in construction, labor, craft, demolition, retail, manufacturing, and warehouse. Recent work done in 2011 at the Oakland and Concord Offices doing general labor.

**EDUCATION**

Society of St. Vincent de Paul October 2011-December 2011 Oakland, CA  
Food Protection Manager's Certificate, Certificate of Culinary Training  
Pittsburg High School 2008 Oakland, CA  
GED

**REFERENCES**

Diana Petes, Supervisor at Kitchen of Champions: (510) 877-9212  
Chef Harold LeBlanc, Executive Chef at Kitchen of Champions: (510) 877-9216