

Rickki Dennis

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OBJECTIVE:

To secure a prep cook or other entry-level position in a food-services business that rewards performance and offers advancement and career growth opportunities

HIGHLIGHT of SKILLS:

- Flexible, motivated and ambitious worker who is dedicated to excellence
- Passionate about preparing and serving delicious food
- Sound working knowledge of safely handling kitchen utensils and commercial equipment
- Excellent team player, always willing to help out where needed
- Very dependable problem solver who is willing to go the extra mile to complete tasks on time
- Strong interpersonal skills including open communication and teamwork
- Demonstrate leadership abilities, always strives to lead by example

WORK EXPERIENCE:

Culinary Trainee **St. Vincent de Paul of Alameda County /Oakland, CA** **10/2013 to Present**

- Demonstrated proper, safe and efficient knife handling skills, including the knowledge of a variety of cuts
- Assisted in preparing and serving 700 meals daily for SVDP Dining Room, as well as other meals for catering, special events and contract menus
- Practiced food (quality and temperature) safety standards and monitored proper kitchen safety including sanitation of food prep, work stations, utensils, dishware and other kitchen equipment

Prep Cook **Logan's Steakhouse / Lafayette, LA** **07/2012 – 06/2013**

- Prepared menu items using range of cooking methods including roasting, grilling, and deep frying
- Prepared variety of produce and other food items for line cooks meal production

Catering Assistant **Trail Ride / Opelousas, LA** **06/2012 - 08/2013**

- Handled packing and storage of event items; transported event equipment and set-up for service
- Assisted in preparing up to 1500 meals daily and
- Assist in the quick and efficient checkout service

Caregiver **In Home Care Supportive Services, Vallejo, CA** **08/2007 - 06/2011**

- Monitored patient condition by observing physical and mental condition, intake and output, and exercise
- Supported patients by providing housekeeping and laundry services; shopped for food and other household requirements; prepared and served meals and snacks; running errands
- Assisted patients with personal services including dressing, and grooming

EDUCATION & CERTIFICATION:

SVDP Alameda Kitchen of Champion Training Program, Oakland, CA **12/2013**

Certificate of Completion, pending

SERVSafe Food Protection Certification, Lafayette, LA **06/2013**

Milan Institute of Cosmetology, Concord, CA **12/2011**

Cosmetology Certification

Milpitas Adult School, Milpitas, CA **05/2008**

GED Certificate