

Essence Anderson

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OBJECTIVE

To secure a prep cook or entry level position in a food services business that rewards performance with career growth opportunities.

HIGHLIGHT of SKILLS

- Experienced at volume meal production and handling a variety of commercial kitchen equipment.
- Pleasant, cooperative and able to work successfully with diverse groups of persons
- Highly flexible and willing to perform tasks and assignments out of the scope of job description
- Very dependable willing to go the extra mile to get tasks done on time
- Efficient food prep, organizational and knife handling skills
- Creative and resourceful problem-solver in the kitchen

WORK EXPERIENCE

Culinary Trainee, St. Vincent de Paul of Alameda County – Oakland, CA 10/13 to Present

- Practiced food (quality and temperature) safety standards and monitored proper kitchen and food safety including sanitation of work/food prep stations, utensils, dishware, and kitchen equipment
- Experienced at cooking methods including braising, sautéing, roasting, etc
- Knowledgeable of proper labeling and storage perishables and other food items
- Prepared sauces, dressings, and seasoning from recipes

Caregiver , Paris Parks - Oakland, CA 06/13 – 08/13

- Cooked variety of meals for client with health and medical restrictions
- Groomed and assisted client with personal care
- Routinely scheduled appointments and safely transported client to appointments

Cashier, Crew Member, McDonald's Restaurant – Oakland, CA 09/08 – 12/08

- Greeted customers and received their food orders
- Accurately handled and counted cash and returned correct change to customers
- Cleaned and maintained sanitation of eating areas

EDUCATION & CERTIFICATION

SERVSafe Food Handler certificate	Kitchen of Champions, SVdP Alameda- Oakland, CA	2013
Certificate of Completion	Kitchen of Champions, SVdP Alameda- Oakland, CA	2013
Medical Assistant certificate	Everest College, Hayward, CA	2010
High School Diploma	Dewey Academy-Oakland, CA	2010