

DAVID KEN SANDERS

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OBJECTIVE: To secure a position where my qualities of a fast learner and the ability to take on new challenges can be used.

EXPERIENCE:

10/2012 – Present

Macaroni Grill

Anaheim Hills, CA

- Responsible for prepping and freezer pulls for next shift.
- Responsible for the portioning control of food products for other stations.
- Managing stations; sautee, grill, pizza, and pantry during dinner shift.
- Responsible for dinner shifts and closing stations.
- Providing assistance to team members when they are need of assistance.
- Pushing out orders in a timely manner.
- Providing training to new hires on all stations.
- Assisting with closing down kitchen at the end of each day.

07/2012 – 10/2012

West Coast EMT

Orange, CA

11/2011 –07/2012

Jazz Kitchen

Anaheim, CA

Line Cook

- Responsible for sauté, grill and fish station.
- Responsible for parties with 40+ individuals.
- Responsible for expediting orders, making sure orders are going out within 12 minute ticket times.
- Assisting managers with inventory check on a monthly basis.
- Providing training to multiple stations for new seasonal employees and providing back up.
- Setting up stations for dinner shifts and closing station.
- Responsible for cleaning walk – INS and wrapping all food products after dinner shift closed.

08/2011 –11/2011

Buffalo Wild Wings

Cerritos, CA

Southwest/Grill – Cook

- Responsible for making sure other cooks take breaks in a timely manner.
- Responsible for prepping and freezer pulls for next shift.
- Responsible for the portioning control of food products for other stations.
- Assisting managers with inventory check on a weekly basis.
- Preparing dishes as ordered by servers and making sure food goes out in a timely manner.
- Assisting fellow cooks with closing down kitchen; sweeping, mopping, trash, dishes and polishing appliances.
- Opening kitchen, making sure appliances are running properly and daily prep for morning shift before restaurant opens.

02/2010 – 01/2011

LA Fitness

La Habra, CA

Training General Manager (Weekend)

- Responsible for selling training packages to clients for our certified personal training staff and providing training assessments.
- Providing individual personal training services to clientele and providing them with achievable goals incorporating it within the clientele's physical needs.
- Actively pursuing enrollment of new members through self-generated and Company Sponsored programs, promotions and referrals.
- Obtaining possible leads from existing members, giving club tours and membership presentations, tracking appointments and sales.
- Responsible for managing training department and sales department.

2009 - 2010

Ballys Total Fitness

Norwalk, CA

Personal Trainer

- Conducted fitness consultations and assessments.
- Providing customer service to guests and members.
- Developed individuals programs that ensured clientele safety, satisfaction with personal fitness goals.
- Responsibility to assist, monitors, and instruct clients, also ensuring safety and effective use of equipment.

2007 - 2009

Gardens Casino

Hawaiian Gardens, CA

Sous Chef

- Provided assistance to executive chef and responsible for scheduling and substituting when chef is off duty, and assistant with managing of kitchen staff.
- Assistant with hiring new employees, providing the new hires with training, and any possible Write ups for employees.
- Processing paperwork and any inventory and ordering of supplies kitchen supplies.

2005 - 2006

Knott's Berry Farm

Buena Park, CA

Line Cook

- Responsibilities included assistance in the kitchen, any current duties for specific day.
- Responsible for preparing dishes those servers requested for customers.
- Duties included cleaning and sanitization of kitchen supplies.

06/1999 – 05/2005

McDonald's

Norwalk, CA

Crew Trainer

- Responsible for training the new grill cooks and answering questions.
- Responsibility of stocking with deliveries came for supply restocking.
- Responsible for breaking employees for there lunch or breaks.
- Basic maintenance of equipment weekly basis.
- Duty quality control of food.

08/1998 – 01/1999

Benihana

Tracy, CA

T Teppan Chef

- Preparing fresh chicken, steak and seafood tableside for customers.
- Prepping each individual order per customer.
- Responsible for butchering meat on a daily basis and kitchen prep.
- Responsible for preparing sushi rolls.
- Prepping all sauces for each specific dish.

06/1997 - 07/1998

Vinny's Sports Bar and Grill

Tracy, CA

Line Cook

- Responsible for preparing fresh pizza dough on daily basis.
- Setting up all the lines for each shift and prepping homemade pasta sauce.
- Responsible for sauté and grill station of kitchen.
- Prepping for pantry station; salads, sauces and desserts.

03/1995 - 04/1997

Sierra Nevada Ambulance Service

Nevada County, CA

Paramedic

- Responsible for transporting patients to the emergency room.
- Responsible for taking vital signs and administering medicine through IV.
- Defibrilating of patients in cardiac arrest.
- Maintenance of ambulance equipment and making sure everything is properly cleaned.
- Documenting paperwork on every emergency call received and in direct contact with ER Physician.

01/1995 – 04/1997

Nevada County Fire Department

Nevada County, CA

FireFighter

- Responsible for responding to all emergency calls that may come in at any time.
- Responsible for handling in any type of fires that may occur to put out.
- Working along hand crews during fire season.
- Monthly training of new fire cadets and making sure everything taught was still intact of current employees.
- Proper maintenance of fire equipment of cleaning, polishing and washing fire hose.
- Duties include going within the public and teaching other residents on how to avoid fires, protection and caution.

05/1994 – 01/1995

Old Nevada Brewery Restaurant

Nevada County, CA

Prep Cook/Line Cook

- Duties preparation of fresh seafood and homemade sauces and helped prep homemade sausages.
- Responsible for all appetizers, sauté and table side salads of orders being received.
- Assisting other staff on other stations of the kitchen when needed and requested.
- Proper sanitation of kitchen equipment in between shifts and after each shift.

EDUCATION

Bellflower High School
■ GED

Bellflower, CA

SKILLS

- Food Handler Certification
- Certified CPR and EMT
- Basic knowledge of PC software (Microsoft Word, Excel and Outlook)