

James McDowell

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OBJECTIVE:

- To obtain employment at a company where I can utilize the experience I have in the Food/Beverage field. I am seeking a company that I can grow with and share my expertise with.

HIGHLIGHT QUALIFICATION:

- 8 years of experience in the Hospitality field as a line cook, prep cook, dishwasher and busser.
- Food handlers certified - Practices proper food handling including sanitizing of work surfaces, proper hand-washing.
- Excellent customer service and communications skills.
- Available 7 days a week- Able to work Weekends and Weekdays, Nights and Mornings.
- Listens and communicates well with staff, managers, and guests.
- Punctual, Organized, & Maintains a clean, organized work area at all times.
- Ability to lift at least 75 lbs.
- Practices proper lifting techniques and personal safety precautions.
- Accepts constructive criticism well. Provides constructive criticism in an appropriate manner.

WORK EXPERIENCE:

Friendship Housing Native American Healing Center

San Francisco, CA

Dishwasher

10/2013-Present

- Clean and sanitize work areas, equipment, utensils, dishes, or silverware.
- Set up tables, chairs and break down.
- Assist with running food to the tables.

In Home Care Support Services

Eureka, CA

Care Provider

03/2006-10/2013

- Perform housekeeping duties, such as cooking, cleaning, washing clothes or dishes, or running errands.
- Accompany clients to doctors' offices or on other trips outside the home, providing assistance, and companionship.
- Remind client to take their medicines. Care for pets by giving them baths.

Outback Steak House

Rohnert Park, CA

Pantry Worker

1997-2001

- Prepare a variety of foods, such as meats, vegetables, desserts, according to customers' orders or supervisors' instructions, following approved procedures.
- Wash, peel, and cut various foods, such as fruits and vegetables, to prepare for cooking or serving.
- Portion and wrap the food, or place it directly on plates for service to patrons.
- Mix ingredients for green salads, molded fruit salads, vegetable salads, and pasta salads.

Education:

- GED from Santa Rosa Junior College