

RELAY

RESOURCES™

January 2, 2019

To whom it may concern:

This letter is to verify that Jeffrey S. Green has worked as a Janitorial employee and as a Janitorial Trainee at Relay Resources formerly known as Portland Habilitation Center from 08/27/2002 to 08/14/2007.

If you have any questions, please contact Ann Spengler, Personnel/Security Specialist at 503-408-3043.

Sincerely,

Ann Spengler
Personnel/Security Specialist
Relay Resources



MAILING ADDRESS: 5312 NE 148th Ave., Portland, OR 97230
OFFICE: 503-261-1266
WEBSITE: relayresources.org



Jeffrey Green

1553 Arlington ave Apt# 415 Los Angeles, California 90019

323-873-5485

Jeffreygreen313@gmail.com

Professional summary : Offering my experience as a safety-conscious food service worker

Experience

Dates – January 2018 to Current

Company – World Harvest

Food Service Worker

- Selecting and using training / instructional methods and procedures appropriate for the situation when learning new things
- Sort good and bad food as needed
- Break down boxes into a cardboard compactor/ and appropriate procedure to unload box compactor
- Service, clean, or supply restrooms
- Mix water and detergents or acids in containers to prepare cleaning solutions, according specifications

Dates – February 2009 to March 2010

Company – Food for Lane County

Food Service Worker

- Clean, cut fruit & vegetables
- Debone chicken
- Observing, receiving, and otherwise obtaining information from all relevant sources
- Inspecting equipment, structures, or material to identify the cause of errors others problems or defects
- Clean and stock dishes

Dates – December 1995 to August 2001

Company – Skipper's Seafood & Chowder House

Food Service Worker

- The ability to see details and understand at close range
- Food prep fish by cutting, breading fish
- Food prep salads
- Take orders out
- Closing procedures

Education

Dates August /27/2002 to August/ 14 /2007

School – Relay Resources (Portland Oregon)

- Performing physical activities that require considerable use of your arms and legs, and moving of your whole body, such as climbing, lifting, balancing, walking, stooping and handling of material
- Clean building floors, by sweeping, mopping, scrubbing, or vacumming
- Service, clean, or supply restrooms

Dishwasher Test

C 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

D 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

D 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

f 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

B 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chaffing dishes)
- d) Harsh chemicals
- e) All of the above

A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

D 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

A 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

-3 (70%)

STUDENT
Prep Cooks Test

Multiple Choice (1 point each)

D 1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

D 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

B 3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

B 4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A 5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

D 7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

A 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

-1 (60)

Prep Cooks Test

A 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

D 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, mince
- d. Mince, dice, chop

D 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

D 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

D 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

B 17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)