

RELAY

RESOURCES™

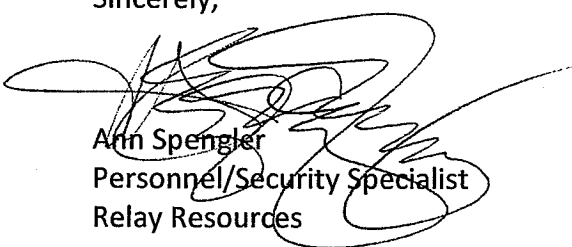
January 2, 2019

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



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Jeffrey Green

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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

-3 (70%)

- 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
- E 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

~~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 blanch 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

-7 (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

B

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

B

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

B

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)