

**Gordon Rowe**

**gordonrowe4097@gmail.com | 415-368-9507**

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## **OBJECTIVE**

To obtain a position where I can expand my passion for cooking, food prep and organizational skills to develop in the culinary field. To contribute high standards in quality of food products, food service, safety and in work performance.

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## **SKILLS**

- Dependable, responsible, hard working
- Demonstrate good communication between kitchen co-workers
- Provide professional customer service
- Knowledge of health and safety regulations, current Food Handlers Card Certified

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## **EDUCATION**

High School Diploma | 1986

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## **PROFESSIONAL DEVELOPMENT**

CHEFS Culinary Training Program | Episcopal Community Services | July 2018 – December 2018

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## **EXPERIENCE**

### **Prep Cook | Sweet Greens | November 2018 - Present**

- Maintain kitchen work areas, equipment, or utensils in clean and orderly condition.
- Prepare all food items in a hygienic and timely manner Responsible for all station prep.
- Insure proper food storage, cleanliness and safe food practices.
- Cleaned, cut, and cooked all types of vegetables.

### **CHEFS Internship | Cannon Kip Center, Chef Al Leddy | September 2018 – December 2018**

- Assisted in cleaning, sanitizing cooking equipment and work area to the standards set by the Health Department
- Familiar with standard cooking methods.
- Experienced in preparing salads, sautéing, breakfast foods and Baking and Pastry.
- Prepared up to 150 meals per sitting, plate presentation / Aesthetic.
- Inventoried, received, inspected and stocked supplies.
- Prioritized prepping and dishwashing duties in a fast-paced kitchen.
- Ensured equipment is in good working condition.

### **Machine Operator | 2013 - 2018**

- Maintained the safe and efficient usage of all equipment.
- Inspected product to ensure quality and customer specification.
- Used tool and die to cut or shape materials.

### **Lead Porter | 2007 - 2013**

- Managed and responsibly maintained a range of cleaning chemicals.
- Oversaw the work of other staff, ensuring buildings remain clean/all maintenance concerns are taken care of.

### **Janitor | 2002 – 2007**

- Able to work in a team and ensure that all work sites were properly clean.
- Responsible for sweeping, stripping, waxing and buffering floors.

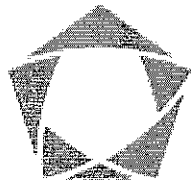
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## **VOLUNTEER**

### **St. Anthony's Foundation | May 2018 – November 2018**

- Served food and cleared off tables.





# THE SERVICE COMPANIES

First and Last Name: Gordon Rowe  
Email: GORDON05271958@GMAIL.COM  
Phone number: 415-368-9507

## Working Experience:

Company Name: FRED'S

Dates of Employment: JULY - SEPT

Job Responsibility: SET-UP LINE, PREPARED SALAD/SANDWICHES  
COOKED MEATS, SANITATION.

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Company Name: FLYING FOOD GROUP

Dates of Employment: MAY - JULY

Job Responsibility: PREP VEGETABLE, SAUTE, COOK EGGS  
SANITATION

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Company Name: \_\_\_\_\_

Dates of Employment: \_\_\_\_\_

Job Responsibility: \_\_\_\_\_

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## Skills

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