

Theodore Irish-Parnell

San Francisco, CA

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4155252777

Highly motivated and responsible young adult, looking to add my positive attitude and strong work ethic to a great working environment.

Work Experience

Facilities Supervisor

GLG - San Francisco, CA

January 2019 to Present

- Supervising facilities for a growing consulting firm.
- Maintaining weekly inventory for an office that accommodates 100 employees.
- Managing and staying within monthly budgets.
- Coordinating office events, and meetings.

Culinary Arts Apprentice

Treasure Island Job Corps Center - San Francisco, CA

January 2019 to Present

- Prepare and serve entire meals for over 500 students and faculty
- Operate a variety of kitchen equipment and adjust recipes for larger or smaller quantity of food
- Prepare service for weekly student luncheons where duties included: prepping salads, entrees, desserts, serving, and cleaning

Prep Cook

Applebee's - Alameda, CA

January 2017 to August 2018

- Prep vegetables, mid cook, cleaning after my shifts.
- Estimate prep for rush hours.
- Clean bathrooms, mop front and back of the house.
- Maintain food and beverage safety

YES

Youth Employment Service Program - Willows, CA

June 2014 to August 2014

- Cooked and assisted with daily activities for the elderly at a Retirement Home.
- Made sure safety was a priority when conducting activities and moving the residents.
- Kept a positive attitude and fun demeanor while encouraging healthy living by playing sports and games with youth who had disabilities between the ages of 13-21.
- Upon completion of assigned work, routinely helped other employees to assure that the work was completed on time.
- Followed appropriate safety guidelines and procedures, while maintaining a clean work area.

Education

Culinary Arts Program in Culinary

Treasure Island Job Corps - San Francisco, CA
January 2019 to January 2020

High school or equivalent

North State
June 2016

Princeton High School - Princeton, CA

Skills

- Interpersonal
- Facility Maintenance
- Organization
- Shipping
- Organization
- Facility Maintenance

Certifications and Licenses

CPR

December 2019 to December 2020

ServSafe

January 2019 to January 2021

food handler certificate

Food Handler

Additional Information

Skills:

- Great team member
- Fast Learner
- Motivated
- Dependable
- General Computer Skills
- Flexible
- Efficient
- Enjoy working with people
- Resourceful

- Punctual