



Bernice Neel

Kitchen Assistant

CONTACT

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United States, St. Louis, MO 63101

EDUCATION

High School Diploma

St. Louis High School, Graduated: May 2022

Certifications

- Food Safety Certification Level 1 (2023)
- Basic First Aid & CPR Certification (2023)

PROFESSIONAL SUMMARY

Enthusiastic and reliable individual seeking an entry-level Kitchen Assistant position at a reputable establishment. Eager to contribute to kitchen operations by utilizing excellent organizational skills, a strong work ethic, and a commitment to maintaining cleanliness and safety standards.

SKILLS

Kitchen Hygiene & Safety	★★★★★
Dishwashing	★★★★★
Food Preparation Assistance	★★★★★
Team Collaboration	★★★★★
Time Management	★★★★★
Physical Stamina	★★★★★

EXPERIENCE

Kitchen Helper 2023 - Now

Lily's Cafe, St. Louis, MO

- Clean and sanitize dishes, utensils, and kitchen surfaces following safety protocols.
- Assist in food prep, including washing, peeling, and chopping vegetables.
- Help maintain stock levels, including inventory checks and organizing supplies.
- Support kitchen staff with meal assembly and delivery to the service line.
- Ensure kitchen area was tidy and free of hazards at all times.

Volunteer Kitchen Assistant 2023 - 2023

St. Louis Community Kitchen

- Assisted with food preparation for community events, ensuring all ingredients were prepped according to recipes.
- Helped in maintaining a clean kitchen environment by washing dishes and sanitizing surfaces.
- Assisted the kitchen staff in organizing and storing food, ensuring proper labeling and rotation.
- Supported staff in inventory management and restocking supplies when needed.