



Kehlani Morrow

Cook 1

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STRENGTHS

- ♥ **Therapeutic Diet Accuracy**
Diet instructions became clear prep steps, and tray checks helped protect resident safety during busy service periods.
- ♥ **Batch Production**
Large meal periods stayed orderly through staged recipes and practical timing. Teammates often sought help with crowded prep lists.
- ✓ **Food Safety Control**
Temperature checks, cooling steps, and holding reviews caught concerns early. That steady routine kept service dependable.
- 👥 **Resident Service**
Resident preferences received thoughtful attention within diet limits. Small menu adjustments often made dining feel more personal.
- ➦ **Sanitary Workflow**
Clean as you go habits kept stations ready between menu items. A clear workspace made difficult shifts easier.
- 🕒 **Reliable Coverage**
Rotating weekday and weekend shifts received consistent attendance. Short notice coverage showed a practical commitment to care operations.

SKILLS

Large Scale Food Preparation

Healthcare Food Service

Geriatric Dining Batch Cooking

SUMMARY

Healthcare food service professional with three years of experience preparing high volume meals for older adults, patients, staff, and institutional dining customers. Daily work includes **batch cooking**, standardized recipes, **therapeutic diets**, texture modified meals, reduced sodium options, resident preferences, temperature monitoring, safe holding, sanitation, and **clean as you go** practices. Experience in senior living and hospital kitchens supports dependable service across breakfast, lunch, and dinner while protecting quality, confidentiality, and professional boundaries. Maintains a valid **Washington state food worker card** and ServSafe Food Handler certification. Comfortable with rotating coverage, active kitchen duties, required training, personal protective equipment, and short notice staffing needs. Brings calm judgment to diet questions, production changes, and resident requests, helping care teams deliver safe, appealing meals with consistent service.

EXPERIENCE

Institutional Cook

Columbia Basin Senior Living 📅 March 2025 - Present 📍 Kennewick, WA

Supports daily dining operations for approximately 110 older adult residents. Owns meal production, therapeutic diet preparation, service readiness, sanitation, documentation, and training compliance across rotating shifts.

- Prepared meals for 110 residents using production sheets, standardized recipes, and batch cooking methods.
- Translated diet orders into **texture modified** and **reduced sodium** meals, checking trays before service.
- Recorded cooking and holding temperatures, correcting **food safety** concerns before resident service began.
- Balanced resident preferences with prescribed restrictions, menu availability, and consistent portion standards.
- Maintained **clean as you go** sanitation across prep tables, utensils, equipment, and storage areas.
- Completed **infection control**, confidentiality, safety, and resident boundary training during **rotating shifts**.

Food Service Cook

Tri Cities Community Hospital 📅 October 2023 - February 2025 📍 Richland, WA

Supported patient dining and limited staff service in a healthcare kitchen. Managed batch production, diet coordination, temperature control, **sanitation**, protective equipment, and changing coverage needs.

- Produced batch soups, proteins, vegetables, starches, and modified meals for patient dining periods.
- Sequenced recipes from forecasts and deadlines, protecting food quality and **safe holding** times.
- Verified therapeutic meal requirements with dietary staff before cooking, preventing conflicting substitutions.
- Used calibrated thermometers and cooling procedures to control prepared **food safety** during service.
- Sanitized food contact surfaces during production, keeping workstations ready for successive menu items.
- Followed **confidentiality**, **personal protective equipment**, and conduct requirements during evening and weekend coverage.

PROJECTS

Therapeutic Meal Service 📅 2025

Therapeutic Diets

Resident Preferences Food Safety

Temperature Monitoring

Clean As You Go

Standardized Recipes

Institutional Kitchens

Professional Boundaries

Confidentiality PPE Practices

Rotating Shift Coverage

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Institutional Cook at Columbia Basin Senior Living (1.6 Years)

● Food Service Cook at Tri Cities Community Hospital (1.3 Years)

A busy tray line required calm choices. Coordinated diet instructions, texture modifications, resident preferences, temperature checks, and final tray review within routine senior living production.

Batch Production Workflow 📅 2024

Short service windows tested preparation order. Organized soups, proteins, vegetables, and starches into manageable batches while protecting quality, sanitation, and safe holding practices.

LEADERSHIP & AWARDS

- Recognized by senior living dining leadership for dependable meal production across rotating coverage.
- Selected as a trusted kitchen resource for therapeutic diet questions and resident meal preferences.
- Earned positive team feedback for maintaining clean workstations during successive service periods.

EDUCATION

Certificate in Culinary Arts

Columbia Basin College 🎓 GPA: 3.5 📅 2023 📍 Pasco, WA

Coursework: Large Scale Food Preparation, Sanitation, Nutrition, Institutional Food Service

CERTIFICATIONS

- Washington State Food Worker Card 📅 2027
- ServSafe Food Handler 📅 2026

TECHNICAL SKILLS

- **Food Production:** Batch cooking, standardized recipes, production schedules
- **Therapeutic Diets:** Texture modified meals, reduced sodium diets, diet orders
- **Food Safety:** Safe holding, cooling procedures, reheating procedures
- **Temperature Control:** Calibrated thermometers, cooking checks, holding checks
- **Sanitation:** Clean as you go, food contact surfaces, workstation cleaning
- **Healthcare Dining:** Patient meals, resident meals, staff dining
- **Service Operations:** Breakfast service, lunch service, dinner service
- **Workplace Safety:** Personal protective equipment, medical gloves, eye protection
- **Training Compliance:** Annual training, in service education, infection control
- **Kitchen Documentation:** Production sheets, temperature logs, service records
- **Dietary Coordination:** Dietary staff, tray verification, menu substitutions

PROFESSIONAL AFFILIATIONS

- Healthcare food service teams, supporting safe dining for older adults and patients.
- Senior living dining operations, contributing to respectful resident service and daily meal quality.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST