

# Eloise Morrow

## Food Service Assistant

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### STRENGTHS

- ♥ **High Volume Preparation**  
Prepared recurring meals with measured ingredients and standard recipes. Colleagues relied on steady work during busy service periods.
- ✔ **Sanitation Discipline**  
Kept equipment, surfaces, utensils, and floors clean after production. Clean closing routines became a dependable part of each shift.
- 👥 **Service Line Support**  
Replenished pans, cold items, utensils, and supplies during peak meals. Quick checks helped keep customer lines moving smoothly.
- 📦 **Receiving And Storage**  
Checked deliveries and placed products in assigned storage areas. An orderly kitchen made later preparation easier for everyone.
- ♥ **Calm Customer Service**  
Handled cashier assignments with basic math and courteous communication. Guests received consistent support even during active meal periods.

### SKILLS

Food preparation   Basic cooking  
Standardized recipes  
Portion control   Serving line setup  
Food replenishment  
Cashier operations   Basic math  
Receiving and storage  
Food sanitation  
Commercial dishwashing  
Equipment cleaning  
Sweeping and mopping

### SUMMARY

Food Service Assistant with three years supporting high volume meal preparation, cooking, serving, cashiering, receiving, sanitation, dishwashing, and cleanup in community dining settings. Follows standardized recipes, **portion control** practices, **food safety procedures**, and straightforward written or oral instructions during busy breakfast and lunch service. Prepares ingredients, gathers utensils, replenishes serving lines, stores deliveries, operates **commercial dishwashing equipment**, and maintains clean preparation, service, storage, and dining areas. Applies basic cooking methods and math skills during portioning and cashier transactions. Supports **special meals** and events outside routine service periods, shifts smoothly between assignments, and maintains dependable attendance. Cooperative communication and steady work habits support safe, orderly food service operations for students, guests, and team members.

### EXPERIENCE

#### Food Service Assistant

Riverstone Community Dining 📅 November 2024 - Present 📍 Richmond, Virginia

Supports daily community meal operations across preparation, cooking, serving, cashiering, receiving, sanitation, dishwashing, stocking, and closing. Handles changing service demands with dependable attendance and cooperative communication. Keeps production and customer areas ready for safe, orderly meal periods.

- Prepared hot and cold menu items using **standardized recipes**, measured ingredients, portion guides, and **sanitation** practices.
- Set up **serving** stations and replenished pans, cold items, utensils, and supplies during breakfast and lunch service.
- Received deliveries, checked **receiving** information, and stored products in designated dry, refrigerated, or frozen areas.
- Operated point of sale registers during cashier assignments, applied **basic math**, and communicated courteously with guests.
- Ran **commercial dishwashing equipment** and sanitized utensils, tables, ovens, equipment, and food contact surfaces.
- Closed work areas by sweeping, mopping, removing waste, restocking supplies, and preparing spaces for service.

#### Dining Services Aide

Oakview Senior Community 📅 October 2023 - October 2024 📍 Midlothian, Virginia

Supported scheduled meal production and resident dining service through ingredient preparation, simple **cooking**, portioning, tray assembly, replenishment, **storage**, sanitation, and event cleanup. Followed kitchen lead directions and adjusted smoothly during holiday meals and special resident gatherings. Maintained organized work areas throughout each production cycle.

- Assembled **ingredients**, portioned foods, set trays, and followed written production directions from kitchen leads.
- Used basic **cooking methods** for side dishes and reheating tasks while maintaining clean food handling practices.
- Replenished service areas during peak periods and reported low stock items before meal service interruptions.
- Cleaned cookware, **utensils**, worktables, and preparation equipment using established washing and sanitizing procedures.
- Stored incoming **supplies** in assigned locations and rotated packaged goods according to workplace procedures.
- Supported holiday meals and resident events with setup, serving, dish return, waste removal, and cleanup.

Waste handling

Special meal support

## LANGUAGES

English Native

Spanish Intermediate

## MY CAREER



● Food Service Assistant at Riverstone Community Dining (1.9 Years)

● Dining Services Aide at Oakview Senior Community (1 Years)

## PROJECTS

### Community Meal Service Support 📅 2025

Helped coordinate preparation, serving, replenishment, cashiering, sanitation, and closing tasks during recurring community meal periods. Each shift strengthened steady service habits and practical teamwork.

### Special Meal Event Support 📅 2024

Supported holiday and resident events through setup, food service, dish return, waste removal, and cleanup. The experience built confidence handling food service work outside routine schedules.

## LEADERSHIP & AWARDS

- Dependable Attendance Recognition, Riverstone Community Dining, 2025
- Service Support Recognition, Oakview Senior Community, 2024
- Trusted Cashier Assignment Recognition, Riverstone Community Dining, 2025

## EDUCATION

### High School Diploma

Huguenot High School 🎓 GPA: 4.0 📅 2023 📍 Richmond, Virginia

**Coursework:** Food preparation, health education, mathematics, workplace communication

## CERTIFICATIONS

- Food Handler Certificate 📅 2024
- Food Service Sanitation Training 📅 2024

## TECHNICAL SKILLS

- **Food Preparation:** Large quantity cooking, standardized recipes, measured ingredients
- **Cooking Methods:** Basic cooking, reheating, side dishes
- **Portion Control:** Portion guides, measured servings, meal portions
- **Serving Operations:** Serving lines, cold cabinets, meal replenishment
- **Cashier Systems:** Point of sale registers, cashier transactions, basic math
- **Receiving And Storage:** Delivery receiving, dry storage, refrigerated storage
- **Sanitation Practices:** Food sanitation, food safety, surface sanitizing
- **Dishwashing Equipment:** Commercial dishwashing, utensil washing, equipment washing
- **Cleaning Operations:** Sweeping, mopping, waste handling
- **Service Instructions:** Written directions, oral directions, production instructions
- **Meal Event Support:** Special meals, banquets, holiday meals
- **Workplace Communication:** Customer communication, team communication, cooperative relationships

## PROFESSIONAL AFFILIATIONS

- Community dining service team participant since 2023
- Senior community meal support team participant during 2023 and 2024

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST