

Eloise Morrow

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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 November 2024 - Present
Riverstone Community Dining *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 October 2023 - October 2024
Oakview Senior Community *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.

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 2023
Huguenot High School GPA: 4.0 *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

SKILLS

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|------------------------|----------------------|--------------------------|------------------------|
| • Food preparation | • Serving line setup | • Receiving and storage | • Sweeping and mopping |
| • Basic cooking | • Food replenishment | • Food sanitation | • Waste handling |
| • Standardized recipes | • Cashier operations | • Commercial dishwashing | • Special meal support |
| • Portion control | • Basic math | • Equipment cleaning | |

PROFESSIONAL AFFILIATIONS

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

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST