

PREP COOK RESUME

In a fast-paced environment such as a kitchen, prep cooks are needed in order to make sure that raw food is properly prepared to be used by sous chefs and other cooking professionals. This involves making sure that meat is properly cut, skinned, and cleaned, that fresh vegetables are readily available, and that specialty food items are properly prepared. This position does not require a college degree, although some individuals choose to pursue one anyway.

Your prep cook resume should indicate that you are well-organized and capable of working effectively in a fast-paced environment. Additionally, prior knowledge of food preparation, meal planning, and general nutrition are all helpful. The three prep cook resume format selections provided below all use candidates with these skills, albeit at different levels of experience so you can understand how to craft your own resume at each step of your career progression.

Entry-Level Resume

You can get a prep cook position right out of high school if you show an interest in food, a dedication to cleanliness, and the ability to multitask well. You don't necessarily need to have cooking experience, although other jobs in the food preparation industry can help. Myra Rainey, the candidate in the prep cook resume example provided here, doesn't have any cooking experience but demonstrates that she has all the qualities needed to excel in this role.

Myra Rainey

98 Hempstead Lane
Concord, NH 03301
Home: (603) 671-5269
Cell: (603) 852-8461
[email]

TALENTED AND ATTENTIVE PREP COOK PROFILE

Prep cook candidate with extremely strong talent for cuisine preparation. Highly organized, attentive to detail, and capable of operating well in a fast-paced environment. Strong knowledge of workplace safety and hygiene requirements and procedures.

EDUCATION:

LITTLETON ACADEMY, Littleton, NH

High School Diploma, 2014

Relevant Courses

- Health Sciences
- Home Economics
- Nutrition Sciences
- Biology
- English

KEY SKILLS:

Professional Skills

- Food preparation
- Health and safety
- Customer service
- Kitchen organization
- Meal delivery
- Foreign cuisine
- Microsoft Windows
- Microsoft Windows
- Mac OS X
- Point of sale units

Mid-Level Professional Resume

Several years of experience as a prep cook will enable you to lean a bit more on your prior work history, but be sure not to rely too much on it. Your knowledge and skills should always come first when you are preparing your resume. One example of how you might be able to accomplish this can be found in the prep cook resume sample below, in which George Jacobs starts with a comprehensive list of all the things that will make him an excellent hire before moving on to

work history and education.

George Jacobs

41 Hopi Hill – Concord, NH 03301 – (603) 751-2222 – [email]

PREP COOK

Strong nutritional and food sciences background.

- Energetic and highly motivated prep cook with multiple years of experience.
- Comprehensive knowledge of nutritional values and ability to prepare food for maximum effect.
- Thorough understanding of health and safety regulations.
- Excellent ability to operate quickly and efficiently in a fast-paced environment.

St. Jude's Dining Services (Portland, ME)

Prep Cook, 5/2011-2/2015

Braised, breaded, fat fried, grilled, and prepared a variety of meat and vegetable dishes. Set up and cleaned equipment for daily food preparation use. Cut, trimmed, and boned meats. Ensured that fruits and vegetables were properly cleaned and prepared. Assembled and measured ingredients with a high degree of precision and accuracy.

St. Jude's Dining Services (Portland, ME)

Cashier/Food Server, 3/2011-5/2011

Operated cash register and processed payments. Prepared and delivered meals for lunch and dinner guests. Inventories and ordered kitchen supplies. Stocked and inspected new supplies as they went onto inventory shelves. Kept accurate records and provided strong customer communication.

Associate of Science in Nutritional Science, Concord Community College, 5/2010

Experienced Professional Resume

Your prep cook resume will take another turn when you reach a highly experienced level. By this time, your goal shifts away from focusing on potential, which has now been proven, and toward dedication, experience, and high-quality service. Using the prep cook sample resume provided here as a guide, you can see how you might choose to combine all of your strong professional skills into one appealing package.

Louis Porter

603-522-3222 | 21 Litty Lane | Concord, NH 03301 | [email]

Confident and skilled prep cook who is used to a fast-paced environment.

PREP COOK

Highly organized and motivated prep cook with extensive culinary knowledge. Capable of keeping kitchen areas clean and efficient. Strong teamwork and cooperation abilities, with a knack for meeting and exceeding the expectations of managerial kitchen staff.

CORE COMPETENCIES:

Meal preparation – Health and safety codes – Nutritional guidelines – Commercial food service equipment – Kitchen organization – Multitasking – Fast-paced service – Recipe substitutions – Special dietary needs – Attention to detail – Customer service

PROFESSIONAL EXPERIENCE:

WALTER'S DINER – Concord, NH

Ensure that food is properly prepared and that kitchen remains maximally efficient.

2009-Present

DI CARLO DINING SERVICES – Portland, ME

Served as a valuable member of an award-winning kitchen staff.

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