

# Cynithia Bojarski

## Assistant Cook

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## EDUCATION

### Culinary Arts Diploma at Culinary Arts Institute of Colorado, Denver, CO

Aug 2018 - May 2022

Relevant Coursework: Culinary Techniques, Baking and Pastry Arts, Food Safety and Sanitation, Nutrition and Menu Planning, International Cuisine, and Restaurant Operations.

## LINKS

[linkedin.com/in/cynithiabojarski](https://www.linkedin.com/in/cynithiabojarski)

## SKILLS

Knife handling

Sous vide

Plating techniques

Food safety

Grilling mastery

Sauce preparation

Baking expertise

## LANGUAGES

English

Russian

## HOBBIES

Gardening

Painting or drawing

## PROFILE

Dedicated Assistant Cook with 1 year of experience in providing high-quality culinary support to restaurants. Proficient in food preparation, kitchen organization, and maintaining cleanliness. Demonstrates strong teamwork and communication skills to ensure seamless kitchen operations. Quick learner with a passion for continuous growth and improvement in the culinary field.

## EMPLOYMENT HISTORY

### Assistant Cook at Sodexo, CO

Apr 2023 - Present

- Successfully prepared and served over 1,000 meals per day to students and staff at a large university, consistently meeting or exceeding Sodexo's quality and presentation standards.
- Streamlined the food prep process by implementing a more efficient ingredient inventory system, resulting in a 20% reduction in food waste and a 10% decrease in overall food costs for the cafeteria.
- Collaborated with the Head Cook to develop and implement a new menu featuring healthier options, leading to a 15% increase in customer satisfaction ratings and a 5% increase in daily sales.
- Trained and mentored three new Assistant Cooks, significantly improving kitchen efficiency and reducing the average time required to prepare meals by 25%.

### Kitchen Assistant at Aramark, CO

Aug 2022 - Mar 2023

- Successfully prepared and served over 500 meals daily to customers, maintaining a 95% satisfaction rate throughout the tenure at Aramark, CO.
- Streamlined kitchen processes by implementing a more efficient system for ingredient storage and retrieval, resulting in a 20% reduction in food preparation time and increasing overall productivity.
- Collaborated with the head chef to create and implement a new menu, which led to a 15% increase in sales and positive customer feedback.
- Maintained an impeccable safety record by consistently adhering to strict food handling and sanitation guidelines, contributing to the kitchen's successful passing of health inspections with a 98% compliance score.

## CERTIFICATES

### ServSafe Food Handler Certification

Jan 2022

### American Culinary Federation (ACF) Certified Fundamentals Cook

Mar 2020

## MEMBERSHIPS