

Birtha Adolphsen

Dietary Cook

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📍 1234 Lone Star Drive, Austin, TX 78701

EDUCATION

Associate of Applied Science in Culinary Arts and Nutrition at Austin Community College, Austin, TX

Sep 2018 - May 2022
Relevant Coursework: Culinary Techniques, Baking and Pastry, Food Safety and Sanitation, Nutrition Science, Menu Planning, Food and Beverage Cost Control, World Cuisines, and Dietary Management.

LINKS

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

SKILLS

- Meal Planning
- Nutritional Analysis
- Allergen Management
- Portion Control
- Therapeutic Diets
- Food Safety Protocols
- Specialized Cooking Techniques

LANGUAGES

- English
- German

HOBBIES

PROFILE

Dedicated Dietary Cook with 1 year of experience in creating nutritious, delicious, and well-balanced meals tailored to specific dietary needs. Skilled in meal planning, portion control, and maintaining a clean and sanitary kitchen environment. Adept at collaborating with dietitians and healthcare professionals to ensure the highest level of patient satisfaction and health outcomes. Committed to continuous professional development and staying current on the latest dietary guidelines and trends.

EMPLOYMENT HISTORY

Dietary Cook at Sodexo, TX

Feb 2023 - Present

- Developed and implemented a new meal planning system, which resulted in a 20% reduction in food waste and a 15% increase in overall customer satisfaction ratings within six months.
- Streamlined the food preparation process, improving efficiency by 25% and reducing average meal preparation time from 45 minutes to 30 minutes.
- Trained and supervised a team of five dietary aides, achieving a 95% compliance rate with Sodexo's food safety and sanitation guidelines.
- Successfully managed a \$50,000 annual food budget, consistently staying within budget while maintaining high-quality meals and ingredients for the facility's clients.

Assistant Dietary Cook at Aramark, TX

Aug 2022 - Jan 2023

- Successfully prepared and served over 1000 nutritious and delicious meals daily to staff and clients, ensuring dietary requirements were met and resulting in a 95% satisfaction rate.
- Streamlined the meal planning process by collaborating with a team of dietitians and implementing an efficient system that reduced food waste by 20% and saved the company \$10,000 annually.
- Implemented a new inventory tracking system that improved accuracy by 30%, reducing the frequency of stock shortages and ensuring the timely availability of essential ingredients.
- Trained and mentored five new hires, contributing to a 90% employee retention rate and consistently receiving positive feedback from both trainees and management.

CERTIFICATES

Certified Dietary Manager (CDM)

Oct 2021

ServSafe Food Protection Manager Certification

Aug 2020

MEMBERSHIPS

Academy of Nutrition and Dietetics (AND)