

# [Your Full Name]

[Cell number]

[Email address]

[Area/Suburb, City]

[LinkedIn or portfolio link - optional]

## PROFILE

Entry-level kitchen assistant seeking a kitchen helper/scullery role. Comfortable with washing up, cleaning routines, and basic prep (washing, peeling, chopping, portioning). Strong hygiene habits, reliable timekeeping, and willing to work shifts, weekends, and public holidays.

## KEY SKILLS

- Scullery: dishes, pots, pans, utensils
- Cleaning and close-down routines (floors, surfaces, bins)
- Basic food prep (wash/peel/chop/portion)
- Hygiene habits and safe handling awareness
- Works fast under pressure during service
- Follows instructions and supports the team
- Physically fit for standing and lifting
- Reliable attendance and punctuality

## KITCHEN-RELATED EXPERIENCE

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**Volunteer / Events Kitchen Support** — [Organisation/Church/School/Family business], [City]

[Month Year] – [Month Year] (weekends / occasional)

- Assisted with prep for events by washing and cutting vegetables and organising ingredients for cooking.
- Washed dishes, trays, and large pots during and after service; kept the scullery area clean and safe.
- Cleaned counters and floors at close-down and packed equipment away neatly for the next event.
- Helped with portioning and serving while keeping the service area tidy.

**Home Catering / Family Events (Informal)** — [Your area]

[Month Year] – Present

- Prepared ingredients in bulk for family functions (washing, peeling, chopping) and maintained clean work surfaces.
- Managed dishwashing and clean-up after events; handled waste disposal and stored leftovers safely.

## EDUCATION

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**[Highest Grade Completed]** — [School Name], [City]  
[Year]

[If matric completed: National Senior Certificate (Matric)]

## **CERTIFICATES**

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- [Food Safety/Hygiene short course], [Provider] — [Year] (if applicable)
- [First Aid Level 1], [Provider] — [Year] (optional)

## **LANGUAGES**

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- [English] — [Fluent/Good/Basic]
- [isiZulu/isiXhosa/Sesotho/Afrikaans/etc.] — [Fluent/Good/Basic]

## **REFERENCES**

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[Name Surname] — [Role/Relationship], [Organisation]  
[Cell number] | [Email]

[Name Surname] — [Role/Relationship], [Organisation]  
[Cell number] | [Email]

## **AVAILABILITY**

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Available: [Immediately / 2 weeks / 1 month notice]. Can work: [Shifts / Weekends / Public holidays].