Valerie Cardinal Resume

# Valerie Cardinal

Email: vcard1933@gmail.com

Phone: (780) 908 9758

## Professional Summary

Results-oriented and dedicated with over 20 years of experience in the food service industry. Team leadership, and planning, good problem-solving skills, strong communication abilities, reliable and dedicated to executing a job well done.

## Work Experience

### Cafeteria Manager/ Cook- Ben Calf Robe School -August 2014-Present

Successfully operated a lunch program for a K-Grade 9 school, managing meal planning, preparation, and distribution for over 300 students daily. Ensured compliance with nutritional guidelines and food safety standards. Fostered partnerships with local food suppliers to source fresh, healthy ingredients while staying within budget constraints. Developed engaging educational programs about nutrition and healthy eating habits for students.

Additionally, I have 5 years of experience in cleaning, working for a property management company. My responsibilities included move-in and move-out cleaning, ensuring that apartment buildings were spotless and ready for new tenants. This role required meticulous attention to detail, efficient time management, and a commitment to maintaining high standards of cleanliness.

## Certifications

* Food Safe Certificate
* Graduated High School with diploma

## Skills

* Works well with wide range of personalities
* Good computer skills
* Quick to learn and adapt to new surroundings

## References

Available upon request