[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

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

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

LANGUAGES

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

REFERENCES

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

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

AVAILABILITY

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

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