

# Vera Sokolow

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860-605-0904

Willing to relocate: Anywhere

## Work Experience

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### **Chef Manager**

Cafe Services, Inc - Manchester, NH  
June 2008 to September 2019

I worked my way up from Deli Station to Manager over 3 years. Then worked at multiple locations with a variety of staff over the next 8 years.

Responsibilities included customer interaction, menu planning and production, inventory control, staff training, cash handling and accountability, safety and sanitation training and supervision.

### **Assistent Manager**

Canton Creamery - Canton, CT  
2002 to 2008

Creating and serving gourmet ice cream and value added products. Creating and producing take out freezer meals. Staff supervision and product inventory management.

### **Private Chef/ Housekeeper**

Finklestein Family - Litchfield, CT  
1994 to 2001

Private household. Purchasing and cooking daily meals and maintaining a clean household. Supervising extra staff as needed for special events

## Education

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### **High school diploma in Culinary Arts**

E. C. Goodwin Technical High School - New Britain, CT  
September 1981 to June 1984

## Skills

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- Supervising Experience
- Customer Service
- Interviewing and Training new staff
- Restaurant Experience
- Serving Experience
- Time Management

- Excel
- Food Safety Experience
- Food Production Experience
- Inventory Management
- Payroll
- Scheduling
- Banquet Experience
- Catering
- Merchandising
- POS
- Cooking
- Events Management
- Food Preparation
- Kitchen Management Experience
- Culinary Experience
- Menu Planning

## Assessments

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### **Food Safety — Highly Proficient**

January 2020

Proper food handling, storage, and equipment use for preventing the spread of foodborne illness.

Full results: [Highly Proficient](#)

### **Attention to Detail: Inventory — Expert**

January 2020

Applying systematic processes for managing and storing products and merchandise.

Full results: [Expert](#)

### **Verbal Communication — Expert**

December 2019

Speaking clearly, correctly, and concisely

Full results: [Expert](#)

### **Food Service: Customer Situations — Highly Proficient**

December 2019

Ensuring customer satisfaction, prioritizing tasks, and suggesting products in a food service setting.

Full results: [Highly Proficient](#)

### **Supervisory Skills: Directing Others — Highly Proficient**

December 2019

Motivating others to achieve objectives and identifying improvements or corrective actions.

Full results: [Highly Proficient](#)

## **Cooking skills: Basic food preparation — Expert**

March 2021

Preparing food, using cooking equipment, and converting ingredient measurements

Full results: [Expert](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.