

Tyler McDowell

✉ tylermcd87@gmail.com | 📞 4039035625 | 📍 Calgary | 🌐 shorturl.at/kpOQT

Culinary Education

Nova Scotia Community College

CULINARY ARTS DIPLOMA

Halifax, NS

September 2006 – June 2008

Sackville High School

HIGH SCHOOL DIPLOMA

Lower Sackville, NS

September 2002 – June 2005

Canadian Red Cross

FIRST AID AND CPR LEVEL 3 CERTIFICATION

Calgary, AB

June 2019

Worksite Safety

WHMIS CERTIFICATION

Calgary, AB

November 2021

Canadian Institute of Food Safety

CERTIFICATE IN FOOD SAFETY/HANDLING CERTIFICATION

Calgary, AB

June 2019

Experience

Fresh Start Recovery Centre

SOUS CHEF

Calgary, AB

May 2020 – October 2021

- Oversaw food preparation and production in reflection to the current pandemic ensuring 100% of food safety procedures were consistently followed.
- Developed professional bonds with clients through excellent interpersonal communication, honesty, empathy, kindness and respect.
- Introduced process which reduces waste by nearly 30% and supply turnover by 50%.
- Served an average of 150 meals per day with a team of 3.

Calgary Dream Centre

FOOD ENTERPRISE CHEF

Calgary, AB

September 2018 – May 2020

- Trained kitchen staff to quickly adapt to new covid food safety rules.
- Average of 250 meals served per day with four staff members and a reliance on nothing but donated food items.
- Had a key role in the opening of the "Lighthouse Cafe," a place where vulnerable women and males learn critical job skills to develop confidence and self esteem.

Marriott Hotel

1ST COOK

Calgary, AB

August 2016 – July 2018

- High pressure work environment with an average of 5000 people served per day.
- When three staff members called in sick, successfully catered an entire anime convention with thousands of people present and with only one, new employee present.

National Westhills

SOUS CHEF

Calgary, AB

March 2014 – August 2016

- Mentored and trained four junior staff, improving kitchen performance by 20%.
- Collaborated with Corporate Chef on menu design and innovative recipes
- After one year, we went from being rated the worst National to the best reviewed.

Key Strengths

Interpersonal: Respectful, Positive Attitude, Energetic, Empathetic, Understanding, Leads by Example

Food Safety: Food Handling, Food Allergies and Sensitivities

Punctuality: Always on time, Respects company time

Cooking: Passionate, Multitasker, Organized, Professional, Sense of Urgency, Creative, Agile, Hard Worker