

Zamia Woods

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Willing to relocate to: Spring Valley, MN

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Work Experience

Package Handler

Aeron | Mason City, IA

January 2020 to Present

LLC is our flagship 74,000 square foot plant in Mason City, Iowa. ... "Made in Iowa" is ideal for seasonal or trendy items benefitting from short lead times and quick turn-around. The warehouse provides pick- and-pack and bulk distribution.

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Daycare Worker

Charlie Brown Daycare Center | Mason City, IA

March 2016 to February 2025

provide care and supervision for children in a safe and nurturing environment. They manage children's basic needs, implement age-appropriate activities, and promote their social and emotional development. This includes tasks like changing diapers, preparing meals, and engaging children in play and learning activities.

Line Cook/Prep Cook

Red Robin | Minneapolis, MN

June 2018 to November 2024

prepare ingredients for the line cook by washing, chopping, and portioning them, while a line cook is responsible for cooking and plating dishes during service, executing recipes, and managing their assigned station. Both roles are crucial for kitchen operations, with the prep cook laying the foundation and the line cook building the final product.

Dietary Aide

Homestead | Mason City, IA

May 2015 to November 2024

- Assisted in the preparation and serving of meals to patients, ensuring adherence to dietary restrictions and preferences
- Monitored inventory levels of food supplies and notified supervisor when items needed to be restocked
- Collaborated with dietitians and healthcare professionals to develop specialized meal plans for patients with specific dietary needs

Dietary Aide

Oakdale Community Hospital | Oakdale, MN

March 2018 to October 2024

prepare and serve food for patients or residents in places like hospitals, nursing homes, and assisted living facilities. This involves tasks such as meal preparation, setting up dining areas, serving food, and cleaning up. They also help maintain a sanitary kitchen environment, store food properly, and sometimes assist with tasks like thickening liquids for patients with swallowing difficulties.

Cashier/Customer Service

Hyvee | Oakdale, MN

October 2017 to November 2019

work in a variety of places including supermarkets, retail stores, gas stations, movie theaters and restaurants. As cashier probably use a cash register to ring people up, take their money and give them their change and a receipt. You might also have to wrap or bag their purchase

Subway Sandwich Artist/Cashier

Subway | Saint Pauls, NC

August 2018 to October 2019

Sandwich Artist Qualifications. The following is an actualization description: A Sandwich Artist® greets and serves guests, prepares food, maintains food safety and sanitation standards, and handles or processes light paperwork. Exceptional customer service is a major component of this position.

Housekeeper

Motel 6 | Saint Paul, MN

May 2016 to April 2018

general cleaning tasks, such as dusting, vacuuming, making beds, cleaning bathrooms and kitchens, and mopping floors. This can be done in either private homes or commercial establishments.

Education

Computers nursing (High school or equivalent)

Computer science (High school or equivalent)

Mason City High School | Mason City, IA

May 2017 to September 2019

High

Mason City High School | Mason City, IA

December 2011 to May 2014

Computers nursing Coaching management etc. (High school or equivalent)

Mason City High School | Mason City, IA

December 2011 to May 2014

High school or equivalent

Skills

Copywriting Customer Service Crew Member Stakeholder engagement Fine dining experience
Adobe Photoshop Human resources Culinary experience Order entry Front desk Writing
skills Housekeeping Antivirus software Typing Time management Power BI Warehousing
Food Safety Communications Unloading SharePoint Technical Proficiency Microsoft Outlook
Order fulfillment Performance dashboard reports Microsoft Excel Cooking Guest relations
Cash register Food Prep Loading Computer operation Behavior management POS systems
Customer service Microsoft Power Automate Food handling Childcare Time Management.
Good Study Habits. The Ability to Set Attainable Goals. Concentration. Good Note-Taking. Completion
of Assignments. Review of Daily Notes. Organizational Skills. Food Service Hotel experience
Retail math Organizational skills Computer Science Dependability Inventory management
General Labor Hospitality Meal preparation Windows Mechanical troubleshooting Food

safety management Child protective services Customer support Communication skills Cleaning
Numeracy Cleaning Experience BOX Data entry Mechanical knowledge Technical support
Math Guest services Crew Member (3 years) SQL Kitchen experience Food production

Certifications and Licenses

Food Handler Certification

CNA

CPR Certification

ServSafe

Additional Information

Authorized to work in the US for any employer

