



Sterling Norwood

Lead Dietary Aide

CONTACT INFORMATION



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Kearney, NE 12345

EDUCATION

BS, Health Sciences

University of Nebraska at Kearney,
Kearney, NE
2018 - 2020

KEY SKILLS

- Diet card management
- FIFO and FEFO rotation
- HACCP protocols
- Food thermometer calibration
- Steam table operation
- Portion control
- Therapeutic diet assembly
- Inventory scheduling
- Sanitation procedures
- ServSafe food safety standards

ABOUT ME

Dietary professional with 6 years of experience in skilled nursing and hospital food service, skilled in therapeutic diet assembly, HACCP protocols, and FIFO and FEFO rotation. Raised patient diet compliance from 76.4% to 97.3% by auditing each tray against diet cards and retraining staff on therapeutic menu protocols for 92 residents. Reduced food waste by \$1,780 per quarter by implementing a portion-control log and tracking overproduction during breakfast and dinner services.

PROFESSIONAL EXPERIENCE

Lead Dietary Aide I 2023 - Present

Platte Valley Skilled Nursing Center, Kearney, NE

- Raised patient diet compliance rate from 76.4% to 97.3% by auditing each tray against diet cards and retraining staff on therapeutic menu protocols for 92 residents.
- Reduced food waste by \$1,780 per quarter by implementing a portion-control log and tracking overproduction during breakfast and dinner services.
- Cut plate waste from 29 pounds to 18 pounds per day by adjusting next-day prep volumes based on evening census reports and leftover tallies.
- Vacuumed the dining area and swept and mopped the kitchen floor after each of 3 daily meal periods, completing turnover in under 19 minutes per session.
- Stocked cupboards and refrigerators each morning, recording walk-in cooler temperatures with a food thermometer at the start and end of every shift.

Dietary Aide I 2021 - 2023

Sandhill Creek Rehabilitation Center, Lexington, NE

- Earned promotion to senior dietary aide within 127 days of hire by demonstrating consistent accuracy assembling therapeutic and regular diet trays for 43 patients per shift.
- Lowered plate waste by \$1,310 per month by pre-portioning proteins and starches according to posted recipes and supervisory guidance.
- Tended salad bars and buffet meals during lunch and dinner services, replenishing items within 8 minutes of depletion to maintain presentation standards.
- Recorded food storage temperatures in 4 walk-in coolers and 2 freezers twice daily, flagging 3 out-of-range readings over 14 months for immediate corrective action.

Dietary Aide I 2020 - 2021

Cedar Bluffs Community Hospital, Holdrege, NE

- Verified patient diet compliance on every tray for a 46-bed unit, maintaining an 97.66% accuracy rate during quarterly dietitian audits.
- Reduced weekly food waste from 31 pounds to 22 pounds by adjusting prep quantities based on daily census counts.

- Swept and mopped the kitchen floor after each meal period and sanitized steam tables, completing cleanup in under 17 minutes per shift.