

Furquan Ford

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Cell: (347)552-3752

Professional Experience:

The Doe Fund

C.I.P Crewmember/ Maintenance

Brooklyn, NY

2014-Present

- Removed illegal postings from light poles and walls
- Maintained beautification of sidewalks and yards
- Cleared snow from sidewalks
- Assisted pedestrians with directions
- Managed clearance of footpaths, often using hand operated machinery

Cayuga Wash

Laundry Attendant

Moravia, NY

2013-2013

- Sorted and counted articles removed from dryers, and fold, wrap, or hang them
- Started washers, dry cleaners, driers, or extractors, and turn valves or levers to regulate machine processes and the volume of soap, detergent, water, bleach, starch, and other additives
- Examined and sorted into lots articles to be cleaned, according to color, fabric, dirt content, and cleaning technique required
- Operated extractors and driers, or direct their operation

Franklin Store

Warehouse Associate

Malone, NY

2012-2012

- Loaded materials and products into a package processing equipment
- Recorded products, packaging, and order information on specified forms and records
- Marked and labeled containers, container tags, or products by using marking tools
- Transported packages to customers' vehicles and measured, weighed, and counted products and materials
- Stored items in an orderly and accessible manner in warehouses, tool rooms, supply rooms, and other areas

Box Hill Cafe

Food Prep

Queens, NY

2010-2011

- Utilized kitchen tools and knives to prepare salads and vegetables to serve approximately 100+ customers
- Functioned in all areas of the kitchen including line, grill, salad, sauté, and fryers
- Received, stored, and rotated all food/paper stock, maintaining organization of all food storage areas
- Used sharp knives as well as electrical slicing and mixing equipment

Happvs Profit
Stock Associate

Baltimore, MD
2008-2009

- Received and counted stock items, and recorded data manually or using computer
- Stored items in an Orderly and accessible manner in warehouses, tool rooms, supply rooms, and other areas
- Cleaned and maintained supplies, tools, equipment, and storage areas to ensure compliance with safety regulations • Kept records on the use or damage of stock or stock-handling equipment

Education and Certifications:

CERTIFICATES

Certificates, Restaurant Ready Training Program, New York City January - March 2025

The training consisted of six modules, including hard and soft skills:

- Personal Responsibility
 - Communication
 - Attitude
 - The Learning Process
 - Customer Service
- Industry and Work Specific Skills

Internship:

Restaurant Ready Internship Experience

Free Food Harlem

February 2025 - Present

Back of House Training:

Assisted in food preparation, including chopping, marinating, and plating dishes for a 3-course prix fixe menu.

Maintained cleanliness and organization of the kitchen, following health and safety regulations.

Supported chefs in cooking and assembling menu items during peak hours.

Monitored food storage and inventory, ensuring proper stock rotation.

Learned and practiced various cooking techniques at all the standard kitchen stations

Front of House Training:

Greeted and seated guests, managing reservations and walk-ins efficiently.

Provided excellent customer service by taking orders, making menu recommendations, and ensuring guest satisfaction.

Assisted in setting up and closing the dining area, ensuring cleanliness and organization.

Education

High School Diploma

Flooring Apprentice Certificate

2006

CLIC – (Cultivating Literacy in Computers) Certificate	2014
OSHA- 10 Certification	2014
Energy Efficient Building Maintenance Course	2014

Certificates, New York City

January 2025 — March 2025

ServSafe Food Handler

ServSafe Allergen Awareness

ServSafe New York State Sexual Harassment Awareness Program