

John Laconca

Cell:

Hospitality

Profile

I am dedicated to the hospitality industry. I have completed the Restaurant Ready Training program and the associated Internship at Free Food Harlem.

Employment History

Restaurant Ready Internship at Free Food Harlem, New York City

March 2025 — March 2025

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

Certificates, Restaurant Ready Training Program, New York City

January 2025 — 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

Skills

Fast Learner

Ability to Work Under Pressure

Ability to Work in a Team

Leadership and Teamwork

Ability to Multitask

Communication Skills

Customer Service



Certificates, New York City

January 2025 — March 2025

ServSafe Food Handler

ServSafe Allergen Awareness

ServSafe New York State Sexual Harassment Awareness Program