

CHRISTOPHER G. SABAL

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📍 156 A-Lopes St. Balaga Drive Labangon Cebu City Philippines 6000

PROFESSIONAL SUMMARY

Highly skilled and experienced meat cutting butcher with a passion for the art of butchery. Adept at handling various Types of knives and butchering tools effectively process and prepare a wide variety of meats. Proficient in different Cutting techniques, including trimming, portioning, slicing, butchering, and deboning, enabling precise and efficient meat cutting. Committed to maintaining strict hygiene food safety standards, ensuring the highest quality meat products. Continuously seeks opportunities for professional growth and stays updated with the latest trends and techniques in meat cutting. Strong attention to detail, excellent knife handling, and focus on safety are hallmarks of my Professional approach.

PROFESSIONAL EXPERIENCE

Butcher / Meat Cutting Felicity Fresh Foods

2023 - Current
Cebu City

- Strong knife skills sand the ability to operate meat processing equipment
- Receive and inspect incoming meat products for quality, freshness, and correct quantity.
- Break down carcasses, separate cuts, trim and prepare meat for display or sale.
- Portion, wrap, and package meat products according to customer requirements.
- Utilities various tools and equipment, such as knives, saws, grinder, and meat tenderizers, to process meat.
- Maintain a clean and sanitary work area, following all food safety and hygiene regulations.

Butcher / Meat Cutting Chabz Meat Shop

2022 2023
Cebu City

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I.T OFFICER

Puerto Del Sol Beach And Hotel Club

2018 – 2021
Bolinao Pangasinan

- Managed network and system performance, conducting troubleshooting, security patching, and maintenance.
- Oversaw IT department operations and training.
- Customized and repaired technology based on staff requests.
- Built, repaired and installed computer-related hardware based on deployment procedures.
- Demonstrated familiarity with latest hardware, software and networking technology.
- Coordinated IT operations activities to deliver smooth flow of daily business needs.

ENCODER

DSB Accounting And Auditing Services

2015 – 2017
Calooan City

- Managed documents by organizing forms, making photocopies, filing records, preparing correspondence, and creating reports.
- Completed daily data back-up to secure records.
- Prepared source data for computer entry by compiling and sorting information.
- Coded and processed applications into required electronic formats.

- Scanned documents and saved in database to keep records of essential organizational information.

SALES ASSOCIATE

2010 – 2012

Penshoppe Sm Fairview

Quezon City

- Helped customers locate products and checked store system for merchandise at other sites.
- Answered customer questions about sizing, accessories, and merchandise care.
- Prepared merchandise for sales floor by pricing or tagging.
- Managed returns, exchanges and refunds in accordance with store policy.
- Achieved or exceeded company-defined sales quotas.

SKILLS

- Knife skills
- Meat Cutting
- Food Safety and Sanitation
- Sharpening and Maintenance
- Portion Control
- Product knowledge
- Workstation Organization
- Inventory Management
- Butchering Techniques
- Equipment Operations
- Quality Control
- Microsoft Word, Excel & PowerPoint
- Hospitality service expertise
- Flexible and adaptable

TRAININGS

IVTSI – BUTCHERY TRAINING SCHOOL PHILIPPINES 2023

S&R CEBU CITY

EDUCATION

Bachelor Of Science In Information Technology 2006 - 2009

STI College Regalado Fairview Lagro Regalado Quezon City