

# CHRISTOPHER G. SABAL

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

## PROFESSIONAL SUMMARY

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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

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### Butcher / Meat Cutting Felicity Fresh Foods

2023 - Current  
Cebu City

- Break down whole animals into various cuts, following established techniques and industry standards.
- Accurately weigh, portion, and package cuts of meat according to customer orders.
- Understanding of Food safety and sanitation practices in a meat processing environment.
- Physical stamina and ability to lift heavy objects.
- Ability to work effectively in a fast-paced team environment.
- Receive and inspect incoming meat products for quality, freshness, and correct quantity.
- Manage inventory levels and rotate products to minimize waste and maximize product freshness.
- 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

2021 - 2023  
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.

### 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  
Caloocan 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
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## **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**

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- 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**

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### **IVTSI – BUTCHERY TRAINING SCHOOL PHILIPPINES 2023**

S&R CEBU CITY

## **EDUCATION**

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### **Bachelor Of Science In Information Technology 2006 - 2009**

STI College Regalado Fairview Lagro Regalado Quezon City

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