

# Shenia Cretu

Food stylist

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## Education

### Associate of Arts in Culinary Arts at Central Connecticut State University, CT

Sep 2015 - May 2019

I have learned how to cook, bake, and prepare various foods and dishes.

## Links

[linkedin.com/in/sheniacretu](https://www.linkedin.com/in/sheniacretu)

## Skills

Food styling

Photography

Food preparation

Props selection

Lighting techniques

Composition

## Languages

English

German

## Hobbies

Gardening

Cooking

Baking

## Profile

I have over three years of experience as a food stylist. I am passionate about my work and take pride in creating beautiful, appetizing dishes. I have a keen eye for detail and enjoy working with clients to create the perfect look for their needs. My skills include plating, prop styling, and food photography. I am also experienced in recipe development and menu planning.

## Employment History

### Lead Food Stylist at Dish It Out, CT

May 2022 - Present

- Led a team of food stylists in creating visually appealing and appetizing dishes for print, television, and film productions.
- Worked with clients to determine their specific needs and provided creative direction to the food styling team accordingly.
- Managed all aspects of food styling projects from start to finish, including budgeting, scheduling, prop sourcing, etc.
- Developed strong relationships with vendors and suppliers in order to secure high-quality ingredients at competitive prices.
- Trained new food stylists on proper techniques for prepping and cooking various types of foods.

### Food Stylist at The Food Stylist, CT

Sep 2019 - Apr 2022

- Worked with a team of 5 to style food for a cookbook with 100 recipes.
- Worked as the sole Food Stylist on a project styling food for an educational video series with 50 episodes.
- Successfully styled complex dishes that included many components and intricate garnishes.
- Managed props, keeping track of what was used in each shot and making sure everything was returned to its proper place after filming wrapped.
- Was able to work quickly and efficiently under pressure while still maintaining attention to detail.

## Certificates

### Certified Food Stylist

Feb 2021

### Certified Culinary Arts Specialist

Jan 2020

## Memberships

American Culinary Federation

Society for Culinary Arts and Sciences