

OCTOBER 2012

Nutrition & Foodservice **Edge**TM

IDEAS AND RESOURCES FOR PROFESSIONALS

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Centralized Nutrition Database Means Better Product Tracking

CDMs Collaborate On Best Practices

Oil of the Gods Celebrating Olive Oil

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Diane Everett
Editor

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Editor Diane J. Everett
deverett@ANFPonline.org
Staff Writer Laura E. Vasilion
lvasilion@ANFPonline.org
Advertising Sales Nik Rubicz
nrubicz@ANFPonline.org
Design AdVanced Design, Inc.
mercy@advanceddesign-online.com

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Making Mealtimes Safer

Protecting your clients from foodborne illness is of paramount importance. The reputation of your facility depends on it! We've all read cringe-worthy headlines about foodborne outbreaks caused by sprouts, tomatoes, spinach, eggs, ground beef, peanut butter, and a host of other foods. Be vigilant about practicing food safety principles. Although you can't always ensure the wholesomeness of products that arrive at your receiving dock, you can exercise caution when choosing vendors and can exert control over what happens once items enter your facility.

allergens, and much more. ANFP is an active participant in this endeavor. Find out more about it beginning on page 16.

Every professional knows that networking is an important way to connect with your industry peers. This summer at ANFP's 52nd Annual Meeting, attendees got a chance to network with their foodservice colleagues in a unique way—answering a question posed to their table during the Networking Luncheon. I was present at the event, and it was fun to hear foodservice professionals sharing their knowledge, swapping stories, and devising solutions to management challenges. Turn



“Protecting your clients from foodborne illness is of paramount importance.”

This month's Food Protection Connection column focuses on *Salmonella*, but as we all know, a variety of pernicious “bugs” are out there, waiting to strike your food if you let your guard down. Keep pathogens at bay by following a HACCP plan, and by reinforcing hand-washing technique, temperature measurement, and other safety principles with your staff. See page 10.

Do you know about the Foodservice GSI US Standards Initiative? If not, you'll want to learn more about this ambitious new project. This initiative will make it easy for nutrition and foodservice professionals to identify and track foods to learn more about sourcing, nutrients, recalls,

to page 20 to read what they had to say.

Olive oil has emerged on top as the oil of choice for flavor and better health. Learn more about it on page 25.

We have a short and sweet article on page 30 that teaches us all about the power of a simple act of kindness. Read how Richard's Orange touched several people. It's a good reminder that our actions don't have to be bold or flashy to attract attention.

And finally this month, we invite you to participate in ANFP's 2012 Salary and Benefits Survey. Turn to page six to see how you can be part of this very important report. ☺

COMING THIS FALL!

ANFP REGIONAL MEETINGS

West Regional Meeting

Sacramento, CA

One-Day | October 25, 2012

Sysco Sacramento

Southeast Regional Meeting

Nashville, TN

Two-Days | November 8-9, 2012

Radisson Hotel At Opryland

Hotel Reservations: 615.889.0800



Register Online | www.ANFPonline.org/Events

West Regional Meeting | Sacramento, CA

Thursday | October 25 | 7:15AM - 4:30PM



- Accountability: Get "Above the Line" to Achieve Results Using the Oz Principle
- Food Psychology: Why We Eat More Than We Think
- Sysco Tour
- A Dozen Foods to Add to Your Diet to Reduce Heart Disease
- International Food Guides
- Sanitation and Food Safety Superstars - Getting Results

Southeast Regional Meeting | Nashville, TN

Thursday | November 8 | 7:30AM - 6:15PM



- Food Psychology: Why We Eat More Than We Think
- Good Communication: The Key to Successful Leadership
- Sustainability: Good for You & Good for the Environment
- From A-Z: Top Tips to Control Costs
- Networking Roundtables
- Volunteer Roundtable
- Wine Tasting Session: The Health Benefits of Wine

Friday | November 9 | 7:30AM - 3:30PM

- Making Food Fun Through Garnishing
- Expo & Education Session
- Cut Your Risks: Know When to Hold'em & Know When to Throw'em
- Recognition Luncheon
- International Food Guides

Learn. Explore. Connect.

Thank you to our meeting sponsors:





Fall Regional Meeting Registration Form

Program details and
hotel information
available at
www.ANFPonline.org

Registration for the ANFP Fall Regional Meetings can be submitted by mail, fax, or online registration at www.ANFPonline.org. **Please fill out the following information if registering by fax or mail.**

Membership ID#

Full Name

Badge Name

Facility Name

Facility Address

City

State

Zip

Facility Phone ()

E-mail

Is your facility part of a chain or system? If so, please name the chain/system:

Do you work with a particular Foodservice Distributor? If so, which one:

Are you a member of a GPO(s)? If so, which one(s):

I Want **to Attend:**

MAG12

☐ **1-DAY WEST MEETING | SACRAMENTO, CA:** October 25, 2012

☐ ANFP Members **\$99.00**

☐ Non-Members **\$119.00**

☐ Student **\$25.00**

☐ **2-DAY SOUTHEAST MEETING | NASHVILLE, TN:** November 8 - 9, 2012

☐ Early Bird Registration **\$139.00**
Postmark by October 19

☐ Non-Members Early Bird Registration . . . **\$159.00**
Postmark by October 19

☐ Regular Registration **\$159.00**

☐ Non-Members Regular Registration. . . . **\$179.00**

☐ One Day Registration **\$99.00**

☐ Student **\$50.00**

Registration Total:

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REFUND POLICY:

Refunds on cancellations will be made only upon written notification of cancellation on or before October 15, 2012 (Sacramento, CA meeting), or October 25, 2012 (Nashville, TN meeting). There is a \$25.00 charge for any refund made after registration has been received.

Mail or Fax Registration Form to: Association of Nutrition & Foodservice Professionals

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2012 Salary and Benefits Survey

Dear ANFP Member,

The Association of Nutrition & Foodservice Professionals is depending on your input! We want every ANFP member to respond to the 2012 Salary and Benefits Survey so we can make sure our membership information is based on as accurate an understanding of members' needs as possible. This survey is your opportunity to let ANFP—and your employer—know what is important to you in your job.

Please respond no later than November 15, 2012.

The salary survey is being conducted online via a secure website by Perception Solutions, an independent research firm. Please check your email for your assigned survey code. Your comments will be confidential and no individual responses will be transmitted to ANFP. We estimate the survey will take only a few minutes to complete. Should you have difficulty accessing the online survey, a printed copy appears at right. You may fax or mail the printed survey to Perception Solutions (fax 630-692-1428). If you have questions on the survey, please email: anfp.survey@perceptionsolutions.com.

Thanks for your time and participation!

Sincerely,



Ginger Cater, MEd, CDM, CFPP • Chair, ANFP National Board



ANFP Issues Call for Leadership Nominations

ANFP has issued its **Annual Call for Nominations** for the National Board of Directors to recruit members for the election slate for the positions of Secretary/Treasurer, Chair Elect, and Director at Large.

If you have solid volunteer experience, good communication skills, and are eager to tackle new assignments, you may be a great candidate for an ANFP national leadership position.

Download the nomination forms and find additional information at www.ANFPonline.org or contact Kate Dockins at (800) 323-1908 x130.

Get more involved in ANFP!

Nomination Forms are due to ANFP by January 15, 2013.



**ANFP Wants
You!**

ANFP™ Association of
Nutrition & Foodservice
Professionals

2012 Salary and Benefits Survey



Association of
Nutrition & Foodservice
Professionals

ANFP will publish its annual Salary and Benefits Survey in 2013, and we seek your confidential input. **You may complete this survey online at: <http://pswebsurvey.net/anfp/>.** Please use your member ID as access code for the online survey. If you are completing the survey on paper, please mail or fax to Perception Solutions, Inc., 2472 Wentworth Lane, Aurora, IL 60502, Fax# (630) 692-1428.

Submission Deadline: November 15, 2012

State: _____ (Must be filled in to be included in survey)

CDM, CFPP: ☐ Yes ☐ No

Title: _____

Education: (Check all that apply)

☐ Associate degree ☐ Dietary Managers Course Completion ☐ Technical School

☐ Bachelor's degree ☐ Culinary Arts

☐ Other: _____

Years of Industry Experience: _____

Type of Facility:

☐ Long Term Care/Nursing Home

☐ Hospital

☐ School

☐ Long Term Care/Assisted Living

☐ Continuous Care Retirement Community

☐ Correctional Facility

☐ Long Term Care/Hospital

☐ Assisted Living Facility

☐ Military

☐ Other: _____

Size of Facility:

As of October 1, 2012, what was the average daily census in your facility? _____

Other than patients/residents, how many meals do you serve per day? _____

(If you do not work in a healthcare facility, please provide average meals served per day)

As of October 1, 2012, what was your annual foodservice department budget? \$ _____

What percentage of your annual foodservice department budget is labor? _____ %

What is your facility's average meal cost? \$ _____

What percentage of increase/decrease is this over last year's? _____ % Increase _____ % Decrease

Number of employees reporting to you: _____ How many are CDMs? _____

Within the next year my foodservice staff will: ☐ Increase ☐ Decrease ☐ Stay the Same

Approximately how many hours per week is a dietitian in your facility? _____ Hours

Location of Facility:

☐ Major City or Suburb ☐ Small Town/Rural (population under 100,000)

Salary:

What is your employment status? ☐ Full-time ☐ Part-time

Is your position: ☐ Exempt (salaried) ☐ Non-exempt (hourly)

As of October 1, 2012, what was the annual salary or wage for this position? \$ _____

How many hours do you work in an average week? _____

How many hours (if any) do you cook per week? _____

Is this an increase of cooking hours over last year? ☐ Yes ☐ No

What other benefits are included in your compensation plan? (Check all that apply)

☐ Paid Holidays ☐ Paid Time Off—PTO (# of days per year: _____) ☐ Vision Insurance

☐ Paid Sick Days ☐ Pension Plan or 401(k) Plan ☐ Disability Insurance

☐ Paid Vacation (# of days per year: _____) ☐ Medical Insurance ☐ Other (please specify): _____

☐ Life Insurance ☐ Dental Insurance

**Thanks for
Participating!**

by Laura Vasilion

Michael Natkin

Author of *Herbivoracious: A Flavor Revolution, with 150 Vibrant and Original Vegetarian Recipes*

Michael Natkin of Seattle is the author of *Herbivoracious: A Flavor Revolution, with 150 Vibrant and Original Vegetarian Recipes*. The book, published in May 2012, is based on his popular, award-winning vegetarian blog, Herbivoracious.

Since its release, Natkin's book has received high praise from numerous food critics. National Public Radio placed the book on its list of 2012's Best Summer Cookbooks, and The New York Times has listed Natkin's book on its What We're Reading list.

Natkin also pens the bi-weekly column *Serious Meatless* on the Serious Eats website. Known for his cutting-edge, fresh, and stylish approach to vegetarian cooking, Natkin is one of only nine members on the Chefs and Experts panel of AOL's Kitchen Daily, and is a charter member of the Gourmet Live Socialvores. For four consecutive years, his Herbivoracious site has been listed on *Saveur* magazine's Sites We Love.

We talked to Natkin recently while he was in town on a book promotion tour.

AN EARLY PATH TO VEGETARIANISM



Was it always your dream to cook?

I've always loved food. But I didn't start cooking until I was about 18. I had a girlfriend who was a vegetarian and she taught me how to cook. But the much worse reason I started cooking is that about that time my mother was diagnosed with breast cancer. She was trying a macrobiotic diet to see if that would help her, which it ultimately didn't. But I was cooking for her and became more motivated to cook as a result of that experience.



So, you've been a vegetarian a long time?

Yes. For me, as soon as I tried being a vegetarian, I knew it was a good fit. I was always the kid who couldn't bait his fishhook. I just couldn't do it. I'm just not cut out to be a meat eater. But I don't think that's for everybody at all. I'm not about preaching to others about being a vegetarian. I just want to make sure that if you're going to eat a meatless dish it's really tasty.

FROM ROBOTS TO ROUX



What is different about your approach to vegetarian cooking?

That's a great question. The focus is meatless, but not geared toward being preachy at all. The thought is, everyone wants to eat less meat, whether it's because you're a vegetarian, whether you're concerned about the environment, or whether you're opposed to killing animals. I just want to make sure that if you want to eat a meatless meal that it is really good. It's all about flavor, texture, and diversity. It's about creating really delicious and interesting meals—meals anyone would enjoy. Anyone who is looking for a meatless meal, even once a week, will find something they like in this cookbook.

A lot of what I do is international. If you look at the cookbook you'll see there are dishes from Thailand, India, China, and Mexico. Because I think a lot of these other cultures have a lot of dishes that already are, or are ready to be, meatless.





But you didn't start cooking professionally until recently.

That's right. I started out as a software engineer. I did that for over 25 years. I specialized in computer graphics, working at Adobe Systems developing After Effects. I also helped bring dinosaurs and Terminators to life at Industrial Light and Magic.



Why did you leave that lucrative career for the food industry?

It was a tough decision because I was making a good income. But I couldn't *not* cook. It was sort of like asking a mountain climber why he climbs a mountain. . . because it's there. I am that way about cooking. I can't *not* cook. I drive my wife completely crazy by covering the kitchen with dishes every night. You know that *Modernist Cuisine* cookbook? The one that is five huge volumes? I had to have that. The day it came out.



How did you transition from the virtual world of dinosaurs and robots to the real world of cooking?

I took a six-month leave of absence and started working in restaurants. That was a step in that direction to make sure I really loved it.

I finally left Adobe in March of 2012. Now my full-time job is writing the blog and promoting the book.

LEARNING THE ROPES



Did you attend culinary school?

No, I interned in restaurants. I learned the ropes there. I did whatever needed to be done. Wash dishes, whatever they wanted. I started out three years ago at a vegetarian restaurant in Seattle called Café Flora. It was big enough so I could work all the stations. I was able to do every single station, from morning prep to hot line. It was pretty high volume so I learned how to work quickly, be organized, having seven prep things going on at once. From there I went to a restaurant called Canlis.



When did you start your blog?

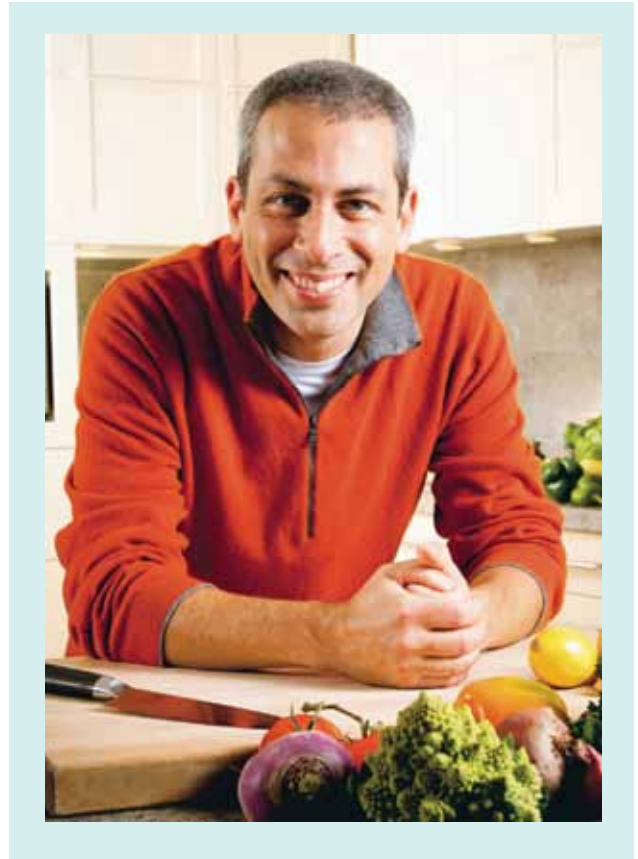
About five years ago. It's been incredibly popular. I do all the writing and photography. And then I was approached to turn the blog into a book. That's a dream come true for me.

DOWN THE ROAD



Are you cooking anywhere at this time?

Not right now. I'm focusing on the book and blog, but my dream is to open a small restaurant.



Michael Natkin



A vegetarian restaurant, right?

Yes, but it's going to be different. I have small kids and I'm realistic enough to know that I don't want a restaurant that is full service and open seven days a week because I want to have enough time to see my children. So I am looking at opening a very small, non-traditional lunch restaurant that will be almost like the food blog come to life. So it can maybe serve 12 people a day. And the menu will be fixed.



Any other goals?

Well, I am doing some teaching, which I really like. But the real goal is to open that restaurant. Where I get my joy is preparing a meal, handing it to someone, and seeing his or her face light up. 🍽️

To read more about Natkin's blogs and books, go to <http://herbivoracious.com/>




Making Mealtime Safe

Understanding *Salmonella*

Like an episode of the hit TV show CSI, the “ripped from today’s headlines” foodborne illness incidents posted throughout this article are the worst nightmare of any food facility operator or event coordinator.

While this is not the type of attention anyone wants, not understanding *Salmonella* can put you and your business in the cross-hairs of every media outlet. Here’s what you need to know to make sure this doesn’t happen to you.

Salmonella can contaminate more than just poultry and eggs. *Salmonella* has been found in pork, tomatoes, cantaloupes, sprouts, beef, and even processed ready-to-eat products such as peanut butter. According to the Centers for Disease Control and Prevention (CDC) in an article published in Morbidity and Mortality Weekly Report (MMWR) in June 2011, “In 2010, a total of 19,089 laboratory-confirmed cases of infection, 4,247 hospitalizations, and 68 deaths were identified by FoodNet sites. *Salmonella* infection was the most common infection reported (8,256 infections), and also had the largest number of hospitalizations (2,290) and deaths (29). Incidence was highest



'Salmonellosis transmitted by
deli workers...staff member
was in contact with infected
baby chicks, 27 people sick'

in children aged <5 years.” Analysis has shown that while many other foodborne illnesses have declined in the past 15 years, *Salmonella* infections have not. Because of this lack of decline, the CDC suggests that *Salmonella* infections should be targeted for effective risk control from farm to fork, including preventing contamination during slaughter, harvesting, processing and preparation; cooking foods thoroughly; detecting and investigating outbreaks; and recalling contaminated food.

THE BACTERIA

Don't let *Salmonella* sneak up on you. There are ways every food facility can reduce their risk of contamination by *Salmonella* species. This starts with understanding the pathogen itself. Why is *Salmonella* Typhi one of the Big 5 pathogens of concern in food service? All of the Big 5 pathogens have two things in common: they have a low infectious dose (it takes few bacteria to make you sick) and/or are virulent (hardy and cause severe infections). As with most foodborne illnesses, for every one case of *Salmonella* confirmed, there are 30 more cases not confirmed, as most people with foodborne illness do not seek medical assistance and therefore never have laboratory confirmation of the illness.

The nomenclature of *Salmonella* can be quite complicated to the non-microbiologist. We will not get into the details of species, subspecies, and serotypes. Just know that *Salmonella* species are generally referred to by their serotype names. *Salmonella* Enteritidis (non-typhoidal) and *Salmonella* Typhimurium (S. Typhi and S. Paratyphi A, aka, Typhoid Fever) are two of the most common serotypes in the US, but there are well over 2,500 serotypes known today.

THE DISEASE

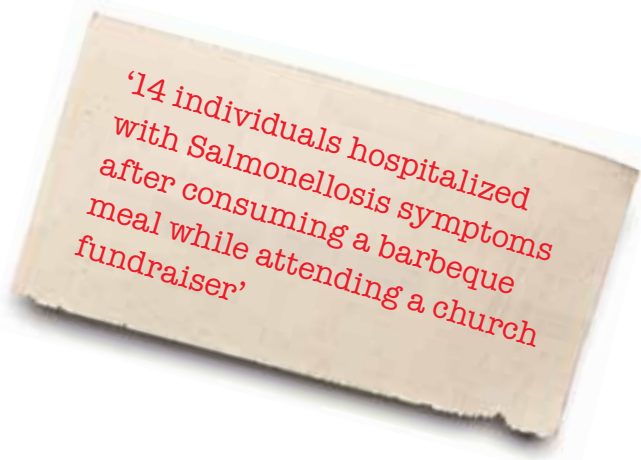
The illness, Salmonellosis, can be categorized into two general categories: non-typhoidal Salmonellosis and Typhoid Fever. Non-typhoidal Salmonellosis is most commonly associated with

human illness in the US. It is commonly carried by chickens, cows, and various reptiles and birds. Typhoid Fever is less common and is usually transmitted through direct contact with fecal matter, such as sewage-contaminated water and food. It is more common in developing countries with poor sewage management.

Not everyone who ingests *Salmonella* bacteria will become ill. *Salmonella* infections are zoonotic (a disease caused by an infectious agent that can be transmitted between animals and humans). Many of the illnesses are caused by the ingestion of contaminated food. It is transmitted through the fecal-oral route. *Salmonella* can survive for weeks outside of a living body and is not destroyed by freezing.

Salmonellosis can be asymptomatic, meaning you can be a carrier of the bacterium but have no outward symptoms of the infection. Most infected individuals will experience diarrhea, abdominal cramps, and fever within 6-72 hours after consumption of contaminated food. Chills, headache, nausea, and vomiting may also occur. In most cases the disease is self-limiting without antibiotics within 4-7 days. Typhoid Fever will produce a fever that is usually high-grade and can produce a rose red skin rash. Typhoid Fever has been found to have an onset time of 1-3 weeks after ingestion of contaminated food, and a duration of 2-4 weeks. Typhoid Fever causes a much more severe illness and has a higher mortality rate than its non-typhoidal counterpart. With some species of non-typhoidal *Salmonella*, ingestion of as little as just a few cells, depending on the host health and the strain, could make someone ill. With Typhoid Fever, just 1,000 cells could make someone ill. With both, immune-compromised individuals are much more apt to

Continued on page 12



'14 individuals hospitalized
with Salmonellosis symptoms
after consuming a barbeque
meal while attending a church
fundraiser'

experience symptoms at lower doses, have a more severe disease, and face higher mortality rates.

SOURCES OF SALMONELLA

Salmonella can be found almost everywhere in the environment. It lives in the intestinal tracts of humans and other animals. How does *Salmonella* become a source of infection? Food or water contaminated with fecal matter from humans and animals. Fecal material contaminates water and food and is then moved into the food distribution chain on those sources. Once in the food distribution system, anything from cross-contamination to lack of sanitation to undercooking can cause the spread of the bacteria or the onset of illness. Though most people associate *Salmonella* with eggs and poultry, it has been linked to illness in other meats, milk, dairy products, fish,



“Anyone of any age can become infected with *Salmonella*, but persons with weakened or challenged immune systems are especially vulnerable. Infection could be a matter of life or death for them.

shrimp, sauces, spices, baked goods, cocoa, cantaloupes, tomatoes, lettuce, peanut butter, and many other products.

If contaminated food or water enters a food facility it can be easily spread through cross-contamination, poor facility sanitation, poor personal hygiene, and lack of proper preparation of the food. If food or water comes into a food facility it is impossible to know about it from visual inspection as it does not make the food look or smell differently. You must assume that raw meats and unclean raw agricultural commodities, including raw unclean fruits and vegetables, are contaminated and handle them within the facility as such.

PREVENTION

Salmonella bacteria on raw unprocessed food does not need to cause illness. The goal of prevention is to keep the bacteria from growing to levels that will make someone ill and to destroy the bacteria through proper cooking. Though you can keep your eye out for recalls of contaminated products through notices from your manufacturers and distributors and media news releases, you will never completely stop *Salmonella* from entering your facility. So, how do you control its growth or spread throughout your facility to avoid a foodborne outbreak? Like most bacteria, *Salmonella* bacteria need nutrition, moisture, an environment with appropriate levels of oxygen and acidity, in addition to time and temperature to survive and grow to lethal levels. Control these conditions or a combination thereof and you will control the growth and spread of not only *Salmonella*, but other foodborne pathogens as well, that could make someone ill.

Prevention measures for *Salmonella* within a foodservice facility include:

- Do not use unapproved sources of water. Sewage contaminated drinking water or crops irrigated with sewage contaminated water have been associated with Typhoid Fever.
- Know the source of your food. Does the producer or grower have good agricultural and production practices? Does the distributor of the food have good food safety control measures in place?
- Do not use food that has been recalled for potential or actual contamination.
- Take a look in your distributor's delivery truck. Is the temperature upon delivery adequate? Is the truck clean? Is there cross-contamination in the delivery truck?

**'Salmonella outbreak
linked to hospital food
handlers'**

- Avoid cross-contamination upon receipt. Do not allow raw meats or animal foods and unwashed fruits and vegetables to contaminate surfaces within your facility. As soon as a delivery is received, treat this food as contaminated when considering storage prior to preparation.
- Before preparation or consumption, wash all fruits and vegetables that are received unwashed and will be consumed raw. Produce received in a ready-to-eat form does not need to be re-washed.
- Keep raw meats, poultry, seafood, and similar products separated from ready-to-eat foods.
- Avoid cross-contamination during preparation and processing. Do not use knives, cutting boards, and equipment that have been used with raw foods for ready-to-eat foods unless they have been thoroughly washed and sanitized.

Answers to FPC Review Questions

CDMs who answer the FPC Review Questions on page 15 of this issue can check their responses against the answer key found on page 38. This "self check" allows you to confirm your understanding of the test questions.

- Although refrigeration (and freezing) will not kill *Salmonella*, it will keep it from growing to levels that could make someone ill. Keep foods of concern refrigerated to 41°F or below.
- Have a strict and monitored handwashing system in your facility. Poor handwashing by foodservice personnel is a major cause of foodborne illness. Since this bacterium is spread through a fecal-oral route, good handwashing is extremely important in the control of *Salmonella*.
- Do not allow employees to work if they are experiencing diarrhea, vomiting, or fever.
- Cook all animal foods thoroughly according to the FDA Food Code. *Salmonella* is killed through proper cooking.
- After cooking, avoid any cross-contamination.

Continued on page 14

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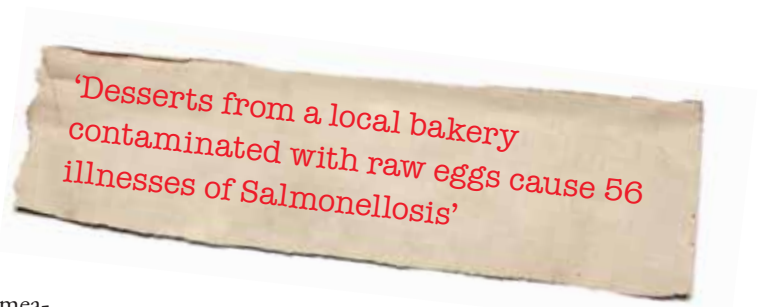
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HIGHLY SUSCEPTIBLE POPULATIONS (HSP)

For foodservice facilities serving HSPs, strict preventative measures should be taken. Anyone of any age can become infected with *Salmonella*, but persons with weakened or challenged immune systems are especially vulnerable. Infection could be a matter of life or death for them. According to FDA's Bad Bug Book, "People with HIV are estimated to have salmonellosis at least 20 times more than does the general population and tend to have recurrent episodes." All foodservice facilities serving children under the age of 9, nursing homes, hospitals, senior centers, medical treatment centers, and similar establishments should have active and diligent managerial control over their foodservice facilities, by not only taking general preventative measures, but by utilizing even more stringent measures as well. This is a population of people who can't take the risk of contracting an illness like Salmonellosis. These more stringent measures could include:

- Not serving foods that are known to have a higher incidence of foodborne illness
 - o Never serve raw or undercooked animal foods.
 - o Never serve raw seed sprouts.
 - o Never serve undercooked raw shell eggs, unless pasteurized in-shell.
 - o Use only pasteurized egg products.
 - o Never use unpasteurized milk and juices.
 - o Avoid foods traditionally made with raw-food such as homemade ice cream, Caesar dressing, eggnog, cookie dough, and similar items that have not had heat treatment.
- Consider color coded cutting boards and knives for strict avoidance of cross-contamination between raw and ready-to-eat foods.

- Have a segregation of duties for employees—those who handle raw or unclean foods and those who handle ready-to-eat foods.
- For living units, keep pets and animals out of dining area.
- Have handwashing available to patrons (not a sink within a bathroom, but one in the dining area or other similarly clean area), especially in self-service or buffet style settings. Encourage children, elderly, and other HSP consumers to wash their hands prior to eating a snack or meal.
- Have a strict employee health policy. Follow all exclusion and restriction requirements in the FDA Food Code.

This bacterium will make its way into your food facility somehow, someday and you will never know when it does. It will not make your food look or taste different. Salmonellosis can be a mild to deadly illness. It has been associated with a variety of food types, not just poultry and eggs. It is not killed by freezing. It is difficult to wash off of food, but it is killed by heat and controllable within a foodservice facility. With attention to food safety practices and preventative measures such as thorough cooking, handwashing, keeping raw food separated from cooked foods, keeping foods at the correct temperatures, and having a good employee health policy, you won't have to worry about being one of those facilities in the headlines of the local media for having made someone ill. ☹️

Melissa Vaccaro, MS, CHO is a Food Program Specialist for the PA Department of Agriculture and an Executive Board Member for the Central Atlantic States Association of Food and Drug Officials (CASA). Contact her at mvaccaro86@gmail.com

Article Sources:

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- US Department of Agriculture. http://www.fsis.usda.gov/factsheets/salmonella_questions_&_answers/
- US Food and Drug Administration. The Bad Bug Book, Second Edition.
- FoodSafety.gov. <http://www.foodsafety.gov/poisoning/causes/bacteriaviruses/salmonella/>
- US National Library of Medicine/National Institutes of Health: Medicine Plus. <http://www.nlm.nih.gov/medlineplus/salmonellainfections.html>



Reading *Understanding Salmonella* in this magazine and successfully completing these review questions has been approved for 1 hour of sanitation continuing education credit for CDM, CFPPs. The article and questions are also online at www.ANFPonline.org/CE/food_protection.shtml.

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Please Mark Your Answer

- Salmonella* has two general serotypes. The most common types are:
 - ☐ A. *Salmonella* bacteria and *Salmonella* viruses
 - ☐ B. *Salmonella* Enteritidis and *Salmonella* Typhimurium
 - ☐ C. *Salmonella* zoonotic disease and *Salmonella* non-zoonotic disease
- Salmonella* Typhimurium, one of the Big 5 pathogens, is also known as
 - ☐ A. The poultry disease
 - ☐ B. Gastritis
 - ☐ C. Typhoid Fever
- The disease caused by the bacteria *Salmonella* is known as:
 - ☐ A. Salmonellosis
 - ☐ B. *Salmonella* poisoning
 - ☐ C. Food poisoning
- Salmonella* can be destroyed by:
 - ☐ A. Freezing
 - ☐ B. Cooling properly
 - ☐ C. Heat—cooking properly
- Salmonella* has caused foodborne outbreaks in which foods?
 - ☐ A. Spices, poultry, shrimp
 - ☐ B. Baked goods, cantaloupe, beef
 - ☐ C. Both A and B

- Salmonella* bacteria are transmitted via what mode?
 - ☐ A. Fecal-oral
 - ☐ B. Through cuts
 - ☐ C. Oral-oral
- Fecal matter is often the source of *Salmonella* contamination, therefore this preventative measure is most important:
 - ☐ A. Cooling
 - ☐ B. Handwashing
 - ☐ C. Pest management

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Building a Centralized Nutrition Database

by | *Amelia Levin*

“We need a centralized database of nutrition and allergen information.”

When Deanne Brandstetter, vice president of nutrition and wellness for Compass Group, uttered these words at the 2012 GS1 Connect expo and conference in Las Vegas this past June, she was merely paraphrasing a report released that week by the Bipartisan Policy Center calling out possible solutions for our nation’s growing obesity and child allergen epidemic.

“IN OUR RESEARCH FOR THE REPORT, we found that efforts have been made to provide nutritional information to individual consumers, but there is no central database of information for industrial users,” says Robin Schep- per, senior advisor for the BPC. “If we want Americans to eat healthier we have to supply nutritional information to all users such as the food directors at schools, the chefs at hospitals, and the concession companies at sports arenas. With consistent and clear information, it will be easier to provide healthier products to American consumers. Everyone needs access to nutritional information, especially if we are going to tackle the chronic disease and obesity epidemic in this country.”

It seems that paths had not yet crossed. What BPC’s report didn’t include was the fact that establishing such a database is one of the objectives of the Foodservice GS1 US Standards Initiative, launched in 2009. The initiative is an industry-wide collaboration of leading foodservice manufacturers, distributors and operators, as well as three industry associations (including ANFP), supported by GS1 US, a global standards organization, to improve and enhance traceability (the foundation for food safety), business efficiencies, and product information (including nutritional and allergens) for the entire foodservice industry and food supply chain.

The main goal of the initiative is to have 75 percent of the foodservice industry voluntarily adopting GS1 Standards for product identification, barcoding, and data sharing by 2015, just like the grocery, retail, and apparel industries have successfully been using Universal Product Codes (UPC) for decades. Imagine shopping at the grocery store and instead of a cashier scanning your product to check out, he or she writes down the barcode on a notepad with a pen and you pay in cash or by a bill. More can be read about the Foodservice GS1 US Standards Initiative in the Nov/Dec 2011 issue, where Nutrition & Foodservice Edge (then DIETARY MANAGER magazine) provided an overview of the initiative and what it means for dietitians, foodservice managers, and others in the foodservice

industry (see “Bringing the Foodservice Supply Chain Into the 21st Century”).

In short, by following GS1 Standards as the universal “language” for product identification through numbering and barcoding, GS1 execs and initiative members say, the foodservice industry will finally be able to track food products backwards and forwards through the supply chain, which is the foundation of food safety. They will also have “one source of truth” when it comes to accessing enhanced, accurate nutritional and allergen information for—eventually—all foodservice products on the market.

“For K-12 schools and the Healthy, Hunger-Free Kids Act, there is a lot of strict criteria around sodium limitations, whole grain requirements, and other nutritional needs that were not previously taken into account,” Brandstetter says. “As long as you could show you had 2 ounces of meat or other protein, a certain number of servings of vegetables and a certain amount of dairy, it was considered a reimbursable lunch. Now, all these school lunch operators are faced with a need to know what’s in their food products, and they don’t always know where to find that information. And, in many cases, that information is inaccurate.”

By 2015, initiative members would like to see the majority of foodservice manufacturers affix GS1 barcodes to all their product cartons. Through the use of handheld scanners, distributors and operators will be able to call up enhanced information about the product; for example, production and expiration dates, manufacturer lot numbers, and nutritional information. The enhanced nutritional information will include a more detailed list of ingredients, calories and fat grams, gluten-free, tree nut and other allergen call-outs, and organic/Kosher designations if any. Operators and distributors will even be able to access standardized images of the food product, both in its container and after preparation in the kitchen.

Continued on page 18

All this information will be aggregated in one place: the Global Data Synchronization Network (GDSN). The information will also be updated 24/7 and available to foodservice directors, managers, purchasers, dietitians, and all others in the supply chain. Recipe developers can use the information to do their work. School foodservice directors will be able to use the GDSN to create healthier meals according to new regulations. Hospital foodservice managers will be able to choose better products for their patients' special dietary needs. This is the centralized nutrition database the BPI was calling for.

Just this summer, GS1 US and members of the Foodservice GS1 US Standards Initiative's Nutritional Attribute Requirements Task Force (of which Brandstetter is a member) released the official guideline for product attributes to be listed in the



GDSN, including what type of nutritional information (calories, fat grams, etc.) and other technical details to ensure manufacturers publish their information correctly, and to ensure that operators access the most accurate information possible.

The biggest concern of the Task Force, Brandstetter says, is that the nutritional and product information available on the GDSN will meet the needs of various types of businesses. "Certain chain restaurants need to meet certain nutrition labeling requirements, but people working in school lunch have to meet a completely different set of criteria," she says. "Hospitals and senior living have even more nutrients because they have to meet all the DRIs (Dietary Reference Intakes) over a period of time. That could be a total of 30 or so nutrients if you roll everything together."

For more information...

...about the Foodservice GS1 US Standards Initiative, visit www.gs1us.org/sectors/foodservice

One more specific challenge has to do with reporting trans fat grams for products.

"In dealing with food labels, [foodservice managers] have been used to dealing with data in the format for a retail food label, and in those cases, numbers are rounded up or down according to those rounding rules established by the FDA," Brandstetter says. "But, a lot of foodservice operators and restaurants are going to take information from the GDSN and use it in a recipe, so they can't always use perfectly rounded numbers. In the case of trans fats, if you have five different products each with a trans fat label of 'zero,' but each one actually contains 0.2 or 0.3 grams of trans fat, when you put all these together in a recipe containing nine or more ingredients, you could end up with 2 or more grams of trans fat, and then you have a big problem if

“In dealing with food labels, foodservice managers have been used to dealing with data in the format for a retail food label, and in those cases, numbers are rounded up or down according to rounding rules established by the FDA.

you try to declare 'zero' on your recipe." In fact, New York City outlaws any grams of trans fat. Period.

On the distributor side, "nutritional information by far has been the most requested information by our operator customers," says Jason Gunn, supplier development specialist for US Foods. "Allergens and claims, marketing information, and images are all a close second." By "claims," Gunn is referring to statements that a product is organic or Kosher, for example.

Right now, distributors mainly use spreadsheets and word documents to provide limited nutritional information to customers, but this is becoming an antiquated, time-consuming method of communication, according to Gunn. "Ideally, operators should be able to gather any information that they need from our web-

site, but the quality of that information relies on manufacturers updating and maintaining their product information,” he says. “Data synchronization and the GDSN has helped make our product information better than it has ever been. Very soon, we will be able to provide all nutritional information, including allergens and claims where available, through the GDSN for any US Foods-labeled item, as well as for all other manufacturer branded items as the information is published to us through the GDSN. However, more consistent updating of information by suppliers will improve this further.”

For Brandstetter, automatic, 24/7 updating is crucial. “It makes it easier for us as recipe developers and menu developers because if we’re using a certain marinara sauce and the manufacturer changes the formulation so it has less sugar, because its linked to a single GTIN (GS1 product identification number) and linked to our system, we can follow that product to all of our recipes and it will change the nutritional information for it instead of manually looking at 1,000 recipes and identifying which ones contain marinara,” she says. “That might impact how much insulin a diabetic patient now needs.” When it comes to allergens, and particularly in school foodservice, this accurate information becomes even more crucial.

“With nutrition information, if you don’t update it for a month or two, yeah it’s inaccurate but you won’t kill anyone,” she says. “With allergen information, if you don’t update that information, you can kill somebody.”

Though the Foodservice GS1 US Standards Initiative has been steadily forging along, including bypassing the halfway mark toward its 2015 goal, some work needs to be done. What operators can do to help speed the process along on their end, Gunn says, is easy: obtain a GS1 Prefix for their company and subscribe to a GS1-certified data pool in order to capture critical product information through the GDSN. While becoming a member of the initiative is not required to adopt GS1 Standards, those companies who do join have a larger role in moving the industry forward and establishing that centralized nutrition database to be shared by all. ☺

Amelia Levin is a Chicago-based writer and editor, and is also a certified chef.

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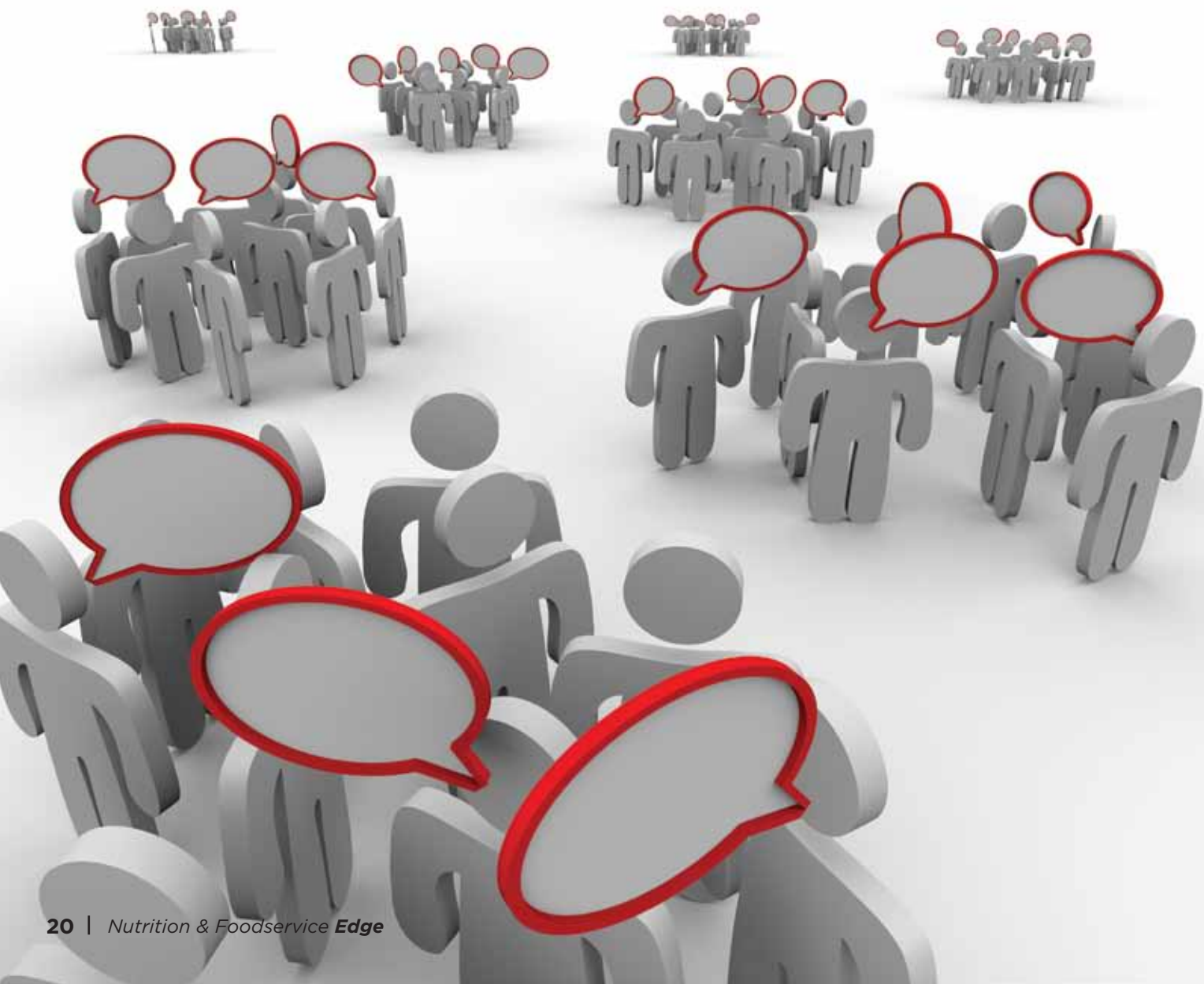
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CDMs Collaborate on Best Practices

by | *Diane Everett*



At ANFP's 52nd Annual Meeting

this summer, a variety of networking activities were offered so CDMs and corporate partners could get to know each other and discuss best practices.

ONE SUCH ACTIVITY was the Networking Lunch, which took place on day two of the meeting. At this event, attendees were assigned a table number, and were randomly seated with other attendees to facilitate peer communication and to discuss a question provided on their table. Participants were instructed to answer the question as a group, and record their ideas and solutions to the foodservice challenge presented.

Following is a list of five of the 10 questions posed, and a summary of the comments and solutions respondents recorded on paper. Their answers are varied, and not necessarily right or wrong. They represent observations on foodservice today, or they demonstrate that situations can be managed in a variety of creative ways. Responses to the other five questions will be published in our pages next month.

What culinary trends are currently being integrated into your menus?

One group cited person-centered dining (freedom of choice) for long-term care residents and hospital patients as a trend, and indicated freshness and good taste were priorities for their clients. Locally grown produce and flavorful spices to replace salt are common requests. Enforcing the nutrient analysis requirement in menus was mentioned, to ensure residents' health needs are met. Meeting the needs of clients on gluten-free diets is a priority (ie, using almond meal instead of flour in recipes), as is managing other food allergens.

Another group mentioned the growing popularity of chef-designed menus, with collaboration from registered dietitians. They said current menu trends include: fresh herbs; global flavors; fiber; specialty diets (such as gluten free and dairy free); plant-based diets; sustainable, local, and organic foods; fresh fruits and vegetables; and concern about fat, sodium, sugars, and processed foods. One participant mentioned that California surveyors cite facilities with menus not meeting the 30 gm fiber RDA.

What challenges are you facing with foodservice employees who are from the Millennial Generation (teens to late 20s)?

One table reported that millennials present the following challenges: being at work on time, taking cell phone calls and texting during their shift, school activities (games, dances, tests), lack of accountability, self-centeredness (what's in it for me attitude), not understanding the "big picture," and wanting rewards for tasks.

Many of these same observations were cited by other groups, but they added these characteristics as well: millennials often want the money but not the work, or they want to start at the top instead of working their way up. Their one-on-one skills are frequently weak. They are not very reliable, and are typically self-centered. They often have more attitude than ability and require instant gratification. On the plus side, millennials bring some desirable skill sets to the table: they are technically savvy, and they have the ability to multi-task.

Possible solutions for dealing with challenging millennials include: providing recognition, making them part of the solution, making it real/personal for them (what if it was *your* grandma?), fostering team spirit, being flexible (with scheduling, etc.), giving positive reinforcement (a small gift, words of praise, a letter home), providing more coaching/training, and leading

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“” Millennials tend to have difficulty interacting socially due to their reliance on electronic/digital communication.

by example. Foodservice managers should reinforce that these employees are making a difference in the lives of residents.

Another group found employees in their late twenties more rebellious toward rules than teenagers in their first job. They reported that teens seem to be more grateful for their job given the current economy, while older twenty-somethings often have an attitude of entitlement. Millennials tend to have difficulty interacting socially due to their reliance on electronic/digital communication. Managers need to be clear about scheduling expectations, because millennials often want weekends and holidays off. Solutions presented by this table include giving more responsibility to older millennials such as saying, “today you’re responsible for finding someone to cover a call-in, or you must do it yourself.” This group stressed the importance of consistency with employees, and enforcing established rules (ie, wear a face net or shave). Give kudos wherever warranted to make unmotivated staff feel good about their job. In evaluations, point out why they are not “entitled.” Stress that life isn’t always easy. Request that they put away cell phones. Establish rules concerning calling in, and define who has the authority to change the schedule.

Other participants recommended a basic approach—treating millennials as you would any other employee per your policy and procedures to ensure you are not violating their rights.

A new foodservice employee has a medical alert bracelet. How should this be handled?

One group presented with this question recommended communicating with the employee to learn what their wishes are, but also checking company policy on this issue to see what procedures apply. They also suggested consulting the local health department to see if there were any requirements attached to the bracelet. With all of this information in hand, determine a solution for the facility.

Another table advised that the manager needs to know the reason for the bracelet and make reasonable accommodations for the person to do their job given their medical condition. The accommodations could be for food allergies, diabetes, medication reactions, asthma, hemophilia, or other conditions. The employee—if they choose—can disclose the reason for the

bracelet to fellow staff members. They should not be singled out, unless they are OK with the disclosure.

Another table said to assure the employee that you will protect their privacy if they desire it. Review regulations regarding the wearing of medical alert bracelets, as the FDA Food Code specifies that “bracelets” cannot be worn on the wrist—even medical bracelets. Medical personnel are trained to look on people’s wrists, around their neck (for dog tags), or in their wallet. A dog tag may be the most workable option in a foodservice operation. Also, ask the person what you as her supervisor need to know in order to help her during an emergency, and whether this life-saving information can be shared with other employees (ie, if she has a food allergy, does everyone know the location of an epi-pen?).

There have been several shortages this week in the cash drawer for one of the cashiers. What steps should be taken to resolve this problem?

One networking roundtable advised these steps: talk to the employee and let them know you are aware of cash shortages. Ask them what’s going on. Determine if the employee is following policy and procedure. Evaluate whether anyone else has access to the cash drawer. Confirm that the employee can count. Have the employee save receipts. Depending on the outcome of your conversation or investigation, warn or terminate the employee after consulting with HR.

Another table recommended adopting a Code of Conduct. They also suggested reviewing the cash drawer procedure/process. Review register tapes and watch videotapes (if available) to look for problems and discrepancies in procedure. They advised meeting with cashiers, and assigning cash drawers.

A third group suggested in-servicing the employee on proper procedure, and instituting a policy that includes a count/math test. The employee can be monitored by a manager, and the manager should count the cash in the drawer with the employee at the start of the shift and at the end of the shift. A more drastic approach is to install surveillance equipment. If cash shortages continue and the employee is proven to be at fault, terminate his or her employment.

Continued on page 24

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And finally, one table advised seeing who exactly had access to the cash drawer. Were multiple employees at the register during the shift? Attempt to keep one person at a time at each cash drawer. If impropriety is suspected, consult HR and follow company policies to avoid any possible litigation triggered by a false accusation.

Your head cook came back from a food show with an expensive gift from a vendor. What should you do?

One group advised asking the administrator or HR if there is a policy that prohibits accepting expensive gifts from vendors. Other possible steps include calling the head of the food show to report that an expensive gift was given. Have the employee return the item to the vendor, or perhaps donate the gift to the facility, depending on tax status. An alternate solution might be to raffle the item to give the entire department an opportunity to win.

Another table suggested not accepting the gift, or at least advising the administrator about the gift and determining whether a company policy prohibits accepting gifts over a certain value. In the case of CMS employees, for example, they cannot accept gifts.

It was interesting to hear the interchange among foodservice professionals, and reinforced that networking is a powerful problem-solving tool. ☺

Diane Everett is editor of Nutrition & Foodservice Edge.

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A Closer Look at

Olive Oil

by | *Laura Vasilion*

Greek mythology tells the story of Athena, the Greek goddess who struck the ground with her spear and from it an olive tree arose. The city where her spear struck earth and the olive tree rose up was named, naturally, Athens.

Olives and olive oil are entrenched in Mediterranean history and form the foundation of the region's diet, one that has been touted for its healthiness in recent years. No other fruit, except the hallowed grape, has received as much praise and adoration by its admirers. As Pliny the Elder of ancient Rome wrote, "There are two liquids especially agreeable to the human body, wine inside and olive oil outside."

There is no doubt the flavor olive oil imparts to the food it dresses is in a class by itself. The only oil made from a fruit, olive oil is also the only oil that is consistently used to enhance the flavor of the food it comes in contact with instead of being used solely as a cooking medium, like many conventional vegetable oils.

An ancient tree, the olive is believed to have originated on the Greek island of Crete. In ancient times, the oil from its fruit was used in every phase of daily Mediterranean life.

Long before the creation of soap, olive oil was used to perfume and cleanse the body. It was ingested to cure digestive ailments and skin maladies. Burned in earthenware lamps, olive oil illuminated Greek and Roman homes. In ancient Egypt, olive oil was even used as a lubricant in moving obelisks and the great stones that created the pyramids. As a food preservative, olive oil was used on tuna, sardines, and anchovy fillets. The pulp of the olive, after the oil was extracted, was used as a Roman weed killer.

Today, olive oil is celebrating a renaissance by many food enthusiasts. Whether you choose Californian, Greek, or Italian olive oil is not important. Simply choose the freshest, extra virgin variety to give your meals a healthful, unique flavor no other oil can provide. 🍷

More about olive oil on page 26

Olive Oil and Health

Excerpted from The International Olive Oil Council website,
<http://www.internationaloliveoil.org/>

Antioxidants in Olive Oil

Vitamin E, carotenoids, and phenolic compounds are all antioxidants whose activity has been demonstrated in vitro and recently in vivo, revealing further advantages in the prevention of certain diseases and also of aging.

The phenolic content of olive oils varies according to the climate in the producing area, when the olives are harvested, and how ripe they are when picked. Oil production and storage methods also have an influence. Phenols have countless biological properties, for instance hydroxytyrosol inhibits platelet aggregation and it is anti-inflammatory, and oleuropein encourages the formation of nitric acid, which is a powerful vasodilator and exerts a strong anti-bacterial effect.

Oxidised LDLs are known to be atherogenic, which is where olive oil steps in because it has a beneficial, protective effect against LDL oxidation. Moreover, it also strengthens other cells in the body against the toxic effects of oxidants.

The high antioxidant content of the Mediterranean diet appears to contribute significantly to its effect on longevity.

These antioxidants are found in fresh fruit and vegetables. Because it is the only oil to be obtained from a fruit, olive oil retains a host of substances, antioxidants, and vitamins that give it added nutritional value.

The explanation behind this high content of antioxidants is probably that because the olive is a fruit that is exposed to the air, it has to defend itself from oxygen. It therefore synthesises a larger amount of antioxidants, which pass through to the oil.

Virgin olive oil, i.e. olive oil that has not been refined or industrially treated, is particularly rich in these substances and it has a strong antioxidant effect, protecting against damage from free radicals (scavenger activity) and against the formation of cancer.

Olive Oil and Arteriosclerosis

Olive oil has been linked to preventing the formation of blood clots and platelet aggregation. It has been observed that by avoiding excessive blood coagulation, olive-oil-rich diets can attenuate the effect of fatty foods in encouraging blood clot formation, thus contributing to the low incidence of heart failure in countries where olive oil is the principal fat consumed.

Olive Oil and Cholesterol

Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol, and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins.

The beneficial effect of olive oil consumption with regard to cardiovascular disease has been demonstrated in primary prevention, where it reduces the risk of developing the disease, and in secondary prevention, where it prevents recurrence after a first coronary event.

At present, research is revealing the effectiveness of the Mediterranean diet in the prevention of secondary coronary events and the positive influence of olive oil on the depression associated with such events and on mood.

Olive Oil and Osteoporosis

Olive oil appears to have a favorable effect on bone calcification, and bone mineralization is better the more olive oil is consumed. It helps calcium absorption, thereby playing an important part during the period of growth and in the prevention of osteoporosis.

Olive Oil and Cognitive Function

Olive-oil-rich diets may prevent memory loss in healthy elderly people. Less possibility of suffering age-related cognitive decline has been observed in a study conducted on elderly people administered diets containing a large amount of monounsaturated fats, the case of olive oil particularly.

Exactly how large quantities of these fats prevent cognitive decline is not known. However, this effect is believed to occur because the monounsaturated fatty acids may help to maintain the structure of the brain cell membranes since the demand for these acids appears to grow during aging.

Olive Oil and Blood Pressure

It has not yet been clearly established what elements of the Mediterranean diet are responsible for its effects in reducing blood pressure. It has been demonstrated, however, that the addition of olive oil to a diet that is not changed in any other way has a clear lowering effect on blood pressure, which seems to be specific to this oil. Regular consumption of olive oil decreases both systolic (maximum) and diastolic (minimum) blood pressure.

There is recent evidence that when olive oil is consumed the daily dose of drugs needed to control blood pressure in hypertensive patients can be decreased, possibly because of a reduction in nitric acid caused by polyphenols.

Olive Oil and Diabetes

An olive-oil-rich diet may help to prevent or delay the onset of diabetes. It does so by preventing insulin resistance and its possible pernicious implications by raising HDL-cholesterol, lowering triglycerides, and ensuring better blood sugar level control and lower blood pressure. It has been demonstrated that a diet that is rich in olive oil, low in saturated fats, moderately rich in carbohydrates and soluble fiber from fruit, vegetables, pulses and grains is the most effective approach for diabetics. Besides lowering the “bad” low-density lipoproteins, this type of diet improves blood sugar control and enhances insulin sensitivity.

These benefits have been documented in child and adult diabetes. 🍷

More about olive oil on page 28

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Olive Oil Cooking Basics

Source: <http://www.oliveoilsource.com/page/basics>

Think about olive oil as you would wine. Use different olive oils for different purposes.

Extra Virgin Olive Oil

Strong and robust extra virgin olive oils can be used for cooking fish, meat, to make marinades, or to drizzle on strongly flavored ingredients like peppers or garlic. A medium intensity, well-rounded extra virgin olive oil is great on mozzarella or for bread dipping, in a vinaigrette or sprinkled on various steamed vegetables and on baked potatoes. A mellow late harvest oil could be used in baking a cake or to make mayonnaise.

Olive Oil or Virgin Olive Oil

Both these oils are good for frying and sautéing. Excessively heating olive oil will evaporate the alcohols and esters that make up its delicate taste and fragrance. Use a less expensive olive oil that doesn't have much flavor to begin with if you want to fry with it, add a more flavorful olive oil after cooking or at the table.

Recipes from: <http://www.californiaoliveranch.com/>

Butter Bean and Spinach Soup

6 oz. dried beans, soaked in water overnight

Ingredients

- 4 cups chicken or vegetable stock or broth
- 1/4 cup extra-virgin olive oil, divided
- 1 large onion, chopped
- 5 sprigs fresh thyme, leaves removed
- 1/2 lb. spinach
- Salt and pepper, to taste
- 1 cup chopped fresh parsley or celery leaves

Directions

Drain beans and place in a large pot. Add stock or broth, bring to a simmer, and cook for about 40 minutes, or until tender. Meanwhile, in a sauté pan, heat 2 tablespoons of extra-virgin olive oil and sauté onion and thyme leaves until soft, about 6 minutes. When beans are tender, add onion mixture to the pot (if you like, add a little more water to get a looser soup). Bring to a simmer, then add spinach and stir. Check seasoning for salt and pepper and adjust to your taste. Serve in bowls, garnished with celery or parsley leaves and drizzled with remaining extra-virgin olive oil.

Chef's Note: You can substitute any type of bean for this recipe. But when buying dried beans, try to find fresh ones—this might sound strange, but dried produce does have a shelf life. So look for beans that are no more than a year old; the best place to find them is at a local farmers' market. Beans usually are harvested in October or November, then dried for winter storage.

Oven Roasted Fish with Herb Citrus Dressing

Ingredients

For Fish:

- 4 pieces of boneless/skinless fish fillets, at least 1/2-inch thick or preferably thicker
- 2 Tbsp. extra-virgin olive oil
- Coarse salt and freshly ground black pepper

For Herb Citrus Dressing:

- 1 Tbsp. small pieces (about 1/2-inch) dried tomatoes
- 1/2 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 1 Tbsp. minced red onion
- 1 Tbsp. minced fresh mint leaves
- 1 Tbsp. minced dill
- 1/2 tsp. each grated lemon and orange zest
- 1/4 tsp. finely grated garlic
- Lemon slices for garnish
- Fresh herbs (parsley and dill) sprigs for garnish

Directions

Preheat oven to 450°F. Arrange the fish on a rimmed baking sheet. Sprinkle with salt and pepper. Drizzle each piece of fish with about 1/2 tablespoon olive oil. Roast the fish just until the center turns from translucent to opaque, about 10 minutes. Do not overcook. The residual heat will continue to cook the fish as it stands. While the fish is roasting make the citrus dressing: Place the dried tomatoes in a small bowl and add about 1/4 cup of boiling water; let stand 5 minutes. Drain and pat dry. In a small bowl combine the olive oil, lemon juice, 1/2 teaspoon salt, and a grinding of black pepper; whisk to blend. Fold in the onion, mint, dill, lemon and orange zest, garlic, and the tomatoes.

Gluten- and Dairy-Free Holiday Recipes Included in *Culinary Creativity*

Culinary creativity: Let your restrictions set you free, featuring kitchen-tested gluten- and dairy-free recipes by Dawn Allen, will help you cook for your family members or clients on special diets.

Culinary Creativity features gluten- and dairy-free interpretations of classic favorites—hot chocolate, blueberry muffins, bagels, and more—for those who miss their favorite foods. All ingredients are natural. And some surprising ingredients are used to produce tasty, eye-appealing, and mouth-watering meals. Says Allen, “Chocolate cupcakes are made with beets, macaroni and cheese so creamy you won’t believe the dairy has been replaced with cauliflower, and sweet lime dip gets its bright color from avocados.”

Pumpkin Bars

Ingredients

For Crust:

- 1 cup almond meal/flour
- 1/2 cup quinoa flakes (found in the breakfast aisle)
- 3 Tbsp. buttery spread
- 1/3 cup maple syrup
- 1/4 tsp. salt

For Filling:

- 1/2 cup coconut sugar (or brown sugar)
- 1 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. salt
- 1 Tbsp. arrowroot
- 1 (15 oz.) can pumpkin puree (not pie filling)
- 1/2 cup canned coconut milk (full fat)
- 2 eggs
- 1/2 tsp. vanilla extract

For Topping:

- 1 cup chopped pecans

Directions

Preheat oven to 350° F. Prepare a 9x13 inch baking dish with parchment paper. Combine all crust ingredients and press into the bottom of the prepared dish. Bake for 15-20 minutes, until the crust starts to turn golden. Whisk together all filling ingredients and scoop on top of the prebaked crust, smoothing the top. Sprinkle pecans evenly on top and bake for 15-17 minutes until filling has set. Cool before serving.



Culinary Creativity features 117 delicious, imaginative, and exciting recipes—from breakfast to dessert—as well as 32 Japanese-inspired bento lunches for kids. Each recipe is illustrated with full-color photos. Nutritional information is provided.

Allen shares one of her creations just in time for the holidays, Gluten- and Dairy-Free Pumpkin Bars.

The idea for *Culinary Creativity* sparked when Allen became determined to prepare delicious gluten-free and dairy-free meals when she learned that both she and a family member needed to be on a special diet. “At first the diet felt restrictive. But I soon realized there were many delicious alternative ingredients available, so I began to experiment, recreating my favorite meals without gluten or dairy products,” Allen said.

The hardcover book has 220 full-color pages, with lay-flat binding for ease of following recipes, and costs \$24.95 (ISBN 978-0-9816571-4-1) 📖

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Richard's Orange

A Simple Act of Kindness

by | Robin Nozick, CDM, CFPP

For 2½ years I had the great fortune of being the Food and Nutrition Service Manager at Menchaca Elementary School in Austin, Texas. Richard was a brilliant but mostly non-verbal student in the Early Childhood Development Class. In the lunchroom trayline, I watched Richard make the connection between entering his barcode and seeing the keypad light up. He learned his number quickly, always knew if he made an error, and would correct it without being prompted. This always impressed me.



IN OUR SECOND YEAR TOGETHER, although Richard knew his barcode he wanted an ID card like all the other Pre-K students. The first time I gave it to him he turned it over to look at the back where I write each student's barcode in large print with black marker. The way his face lit up when he recognized his numbers was heartwarming. In all this time, aside from his insistent grunt when he was displeased with something, I had never heard Richard speak. Until the orange.

Richard was getting his lunch with the help of his teacher as he did every day. She was helping him make his choices, not always able to reach on his own. This particular day she was putting the fresh fruit choice of the day on his tray, but each time she put it there he took it off. After a couple of tries I let her know he didn't have to take it if he didn't want it, as his tray already met the nutrient requirements. She then told me his favorite fruit is an orange and that was what he really wanted. I told her to wait while I washed and cut one for him. Needless to say, he was very happy.

The next day Richard came through the line and when he got to me he walked right up and clearly (in his very best Richard way), asked me if he could have an orange. At that moment I would have given him the whole box. I was overwhelmed. Norma, the cashier, could not believe her ears. I washed and cut an orange for Richard. We decided from that moment on, we would have an orange ready for Richard everyday. The next morning our principal, Mr. Rocha, came in for breakfast. He told me that he starts each of his morning staff meetings by taking a moment to recognize an individual or a department. This morning he recognized the Nutrition Department. He expressed his gratitude by saying, "Thank you and your staff for making our job easier."

Throughout the day many other staff members stopped by to let the Food and Nutrition Service Staff know what happened at the morning meeting and how we were appreciated and why. They had all learned about the orange.

On Halloween, Richard and his mom just happened to trick-or-treat at the home of Norma, the woman who was at the POS

“ ” While we can't always cater to each child's food preferences, we can

recognize each child. We can give a special smile to one who is having a good day, or allow one a little space if they are having a bad day...

when Richard first asked for his orange. When Norma opened her door she called Richard by name, and his mother asked how she knew him. She told her she worked in the cafeteria where Richard goes to school. The boy's mother immediately said, "You're part of the team responsible for Richard getting his orange. Thank you so much." Before leaving, Richard met the family dog and gave Norma a big hug. Imagine how one orange made a difference to so many!

While I know we can't always cater to each child's food preferences, we can recognize each child. We can give a special smile to one who is having a good day, or allow one a little space because they are having a bad day, or take a second to hear a short story that just *has* to be told. Seeing and really paying attention to each child as they come through your line can really make a difference in that minute of their day, and perhaps even longer. Make eye contact, learn their name if possible, and most of all respect them. Children learn best when they are in an environment that is consistent and nurturing.

In the end, a simple act of kindness can contribute to a person's quality of life. And that, after all, is the ultimate goal. 🍊

Robin Nozick, CDM, CFPP is the assistant director/nutrition service manager at Edgewater Pointe Estates in Boca Raton, Fla. Edgewater is one of 23 ACTS LifeCare Communities.

My Trip to Guam

Hafa Adai (hello) from Guam! If you are a member of the ANFP chapter in Guam, you really do live in paradise. Of course I think most would agree, air conditioning is also a wonderful invention...

In May I was privileged to visit our Guam ANFP chapter in the western Pacific as a member of the Chapter Leadership Team. The year before, my son had married a girl from South Korea. Now we were traveling to South Korea for a wedding reception, and the Guam ANFP team was willing to adjust their schedule so I could come in and meet with them. The only thing I knew about Guam was that there is a military base there. Mind you, Guam is still six hours past Korea (Korea was about 14 hours). I am amazed that Guam ANFP manages to send one or two members to the national meeting every year—a 24 hour or more trip. That takes serious commitment!

I landed in Guam in the middle of the night and was greeted by Magi Kallingal, the chapter treasurer. She took me to her lovely home and made me very comfortable. The next morning we went to a beautiful hotel for an awesome breakfast buffet, an eclectic mix of American and Asian food with lots of fresh fruit available.

Guam is a big honeymoon spot: especially for Japanese and Korean tourists. I could see why! Beautiful white sand beaches, warm blue ocean water, and beautiful hotels dot the coast.



Sharon Vermeer, CDM, CFPP (left) and Guam ANFP Treasurer Magi Kallingal.



Guam ANFP Treasurer Magi Kallingal poses in one of the caves the Japanese dug into the island during war time.

With an average temperature of 81 degrees, spending time on the beach is a requirement. Magi and I spent some time touring part of the island. She showed me caves the Japanese had dug into the island to set up gun posts and shoot planes down, and showed me the way the Chamorro people had built homes on the island.

I was surprised at how American it was in the area where we were. Of course, with Anderson Air Force Base to the north and the Naval Reservation to the south, I guess I shouldn't have been surprised. I saw lots of American fast food places (like Taco Belle). All signage was in American English, as were prices. Guam uses the American monetary system, so no exchange of funds was necessary.

At lunchtime some members of the Guam ANFP group, along with employees of one of the dietary managers, who came for the educational credits, met with me at a Chinese restaurant. Buffet again, with a very authentic Chinese menu.

The Guam group, led by president Elsie N. Romero, DTR, CDM, CFPP, is small (well, they ARE on an island...), but

very nice and enthusiastic. All women, they have a variety of different occupations. In the three hours we met together to discuss ANFP, we had fun learning with and about each other.

Later, Magi and her husband took me to see the sunset at the beach (breathtaking!) and to a new restaurant—one which they had previously owned and run—for an authentic Chinese meal, before bringing me back to the plane (again after midnight...sorry, Magi!).

Guam was an amazingly beautiful island, with warm, friendly people. I wish I could have spent more time there. There was so much to see and do, and the ANFP group was made up of really awesome people. Looking for something really different to do with your time? Visit Guam! And be sure to look up some of our ANFP members while there. ☺

Sharon Vermeer, CDM, CFPP is a certified dietary manager for Orange City Area Health Systems in Maurice, Iowa.



Fast Facts

Guam ANFP was established in 2005 and has nine members. Guam is a United States territory located in the western Pacific Ocean and is part of the Mariana Islands. The two largest cities are the capital, Hagåtña, and Dededo. Guamanians speak English and Chamorro.

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The ANFP National Leadership Conference (NLC) is a new kind of annual meeting for nutrition and foodservice professionals. Designed for current and emerging ANFP leaders, CDMs, industry stakeholders, and corporate partners, the NLC will engage and inspire you through new learning environments and innovative networking opportunities.

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The Power of Words

As I sit at my computer on a beautiful fall-like day here in South Carolina and wonder what words of wisdom and information to impart about your association and the hard work of the Board of Directors and staff, I am mindful of the power of words and the importance of good communication.

I once read that a word is like a living organism, capable of growing, changing, spreading, and influencing the world in many ways, directly and indirectly through others. I never thought about a word being 'alive' but then I thought of words spoken 3,000 years ago, written down and passed through many generations, and they seem quite alive when read or spoken today. As I ponder the power of words to incite and divide, to calm and connect, or to create and effect change, I am ever more cautious in what I say and how I listen to the words around me.

My parents taught me that any time I speak or communicate, I should THINK:

T- Is it TRUE?

H- Is it HELPFUL?

I- Is it INSPIRING?

N- Is it NECESSARY?

K- Is it KIND?

Also, as I think about how much our association has changed in the past year with our new name and new organizational identity, I want to make an effort to thoughtfully express how these changes will affect you and our association and what the board is working on to implement these changes.

Your board remains hard at work on advancing the goals outlined in our three-year strategic plan. Chief among those are our efforts to engage our members in lifelong professional development, revitalize our educational offerings, grow our membership ranks, and continue to

“ ” Next year, we are evolving our **Annual Meeting** into the new National Leadership

Conference. You will be treated to a fresh approach to learning, networking, and collaborating with your peers.

promote the value of our credential and our organization. While in San Diego for our Annual Meeting & Expo this summer, we reviewed our latest efforts in each of these areas.

Our lifelong professional development reflects the recognition that our journey as a nutrition and foodservice professional happens in stages, starting from when we were a pre-professional all the way through the twilight years of our career. At the pre-professional level, we are participating in career events for high school and college students, to plant the seed for the future generation of CDMs. For our current CDMs, our Professional Development Committee has created a new three-year plan to ensure our educational offerings are relevant and cutting-edge. And, for our more seasoned members, we are currently developing our first Advanced Mastery level program, which will be ready for release next summer.

Next year, we are evolving our Annual Meeting into the new National Leadership Conference. Please mark your calendars for July 28-31 in Savannah, Georgia, where we will debut our new national meeting and Expo. You will be treated to a fresh approach to learning, networking, and collaborating with your peers, and will return home feeling inspired and renewed to tackle the daily challenges you face in running your operations. I'll be sharing more with you throughout the year as we prepare for this stellar event.

As we continue to look at revitalizing our educational offerings, our partnership with ANFP State Chapters is a key component. Our Chapter Council just completed their first full year of progress, with the involvement of 83 chapter leaders from across the country. This dedicated group has a full agenda this year, including collaboration on regional meeting partnerships, streamlining resources for chapters, increasing chapter training utilizing technology, and considering regional recognition initiatives for chapters. All of this good work supports the strategic goal of providing a consistent, quality member experience at the chapter level through education and communication.

Leadership development is a key component in our educational programming, and the Board of Directors is thrilled with the success of Leadership Institute. We are now looking for ways to extend the leadership development curriculum to reach more members. Stay tuned!

The future of our profession resides in our ongoing efforts to raise awareness of our CDM credential. We continue to work at both the federal and state levels to gain legislative recognition of our credential. We are also currently engaged in a membership expansion campaign, reaching out to administrators as well as potential members from health care, culinary, and other settings. I strongly urge you to take part in our Member-Get-a-Member

campaign, which allows you to sponsor a new member either from your facility or your circle of colleagues. Non-certified foodservice and nutrition professionals can join our organization as either Allied or Pre-Professional members, and can benefit greatly from the resources ANFP provides, and from learning more about the path to becoming a CDM. This campaign ends November 30, so please visit our website to find out about the rewards of being a recruiter and your chance to be in our grand prize drawing.

Your board has been very proud to see the branding transition of our Foundation this year, which is now called the **Nutrition & Foodservice Education**

Foundation (NFEF). A new board of trustees has been established, along with a new mission to support and strengthen our profession through research, education, charitable and awareness-building activities. In September we broke ground at our national headquarters on the “Foundation for the Future” brick walkway. This beautiful new walkway commemorates members, chapters, corporate partners, schools, and other supporters who want to leave a lasting legacy to the future of our industry. All of you have a chance to be a part of this by purchasing your own personalized brick! Visit www.nfefoundation.org.

As you can see, we are making a lot of great strides to ensure that ANFP provides you, our members, with everything you need to flourish as a nutrition and foodservice professional. It is my honor to serve as your Chair this year, and I encourage you to reach out to me, our board, and our staff with your ideas, concerns, and encouragement as we move forward. And I will continue to provide you with T.H.I.N.K. communication of the progress and updates along the way. 🍷

Ginger Cater, MEd, CDM, CFPP is the director of nutritional services and an assessment specialist at Laurel Bay Healthcare of Greenville in Greenville, S.C.

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by Laura Vasilion

2012 Frontera Scholarship Awarded to Chicago Public School Student

Every other year, iconic Chicago Chef Rick Bayless, in partnership with Kendall College's School of Culinary Arts, awards one Chicago Public School student with the Frontera Scholarship, named after his famed Mexican restaurant, Frontera Grill. Created in 2008, this scholarship allows one student the opportunity to connect with both their community and cultural heritage through learning about the culinary traditions of Mexico. The scholarship awards them tuition for the A.A.S. degree program in Kendall's School of Culinary Arts, an internship at Bayless' restaurant, and the opportunity to accompany him on his annual trip to Mexico. Students must be of first or second generation Mexican origin.

2012 SCHOLARSHIP WINNER

Earlier this summer, Kendall College President Emily Williams Knight and Vice President of the School of Culinary Arts Chef Chris Koetke delivered the good news to this year's scholarship recipient, Mareli Castellanos, a student from Curie High School in Chicago, while she was working at a local grocery store. After hearing she had won the prestigious scholarship, Castellanos tried to hold back tears of joy as she let the Kendall team know she would be the first person in her family to attend college.

In Castellanos's submission, she emphasized how cooking has empowered her to seek further education and how it inspires her to be creative. She aims to continually impress her Mexican immigrant parents with her skills, while also setting an example for her younger brothers that achieving a higher education is possible. Castellanos noted that without this scholarship, it would not be possible for her to attend a top culinary school.



Left to right: Chefs Chris Koetke and Rick Bayless, and scholarship winner Mareli Castellanos.

This year's judges included Rick and Deann Bayless, Chris Koetke, and others.

On August 3, Castellanos, accompanied by her family, attended a reception in her honor at Frontera Grill, where she received her award from Chef Bayless and Chris Koetke, of Kendall College. 🍷

Renee Zonka, CEC, RD, MBA, CHE, Dean, School of Culinary Arts at Kendall College, serves on ANFP's Editorial Advisory Board.

Another Brick in the Walk!

Attention Members, Chapters, and Professional Partners

ANFP's new Nutrition & Foodservice Education Foundation (NFEF) invites you to become a permanent part of a bright future by purchasing a personalized brick that will be part of the "Foundation for the Future" walkway at the ANFP headquarters building.

This special walkway will showcase ANFP members, chapters, corporate partners, schools, and NFEF supporters who want to leave a visible and lasting legacy to the future of our industry. Proceeds from brick sales benefit the Foundation, which supports and strengthens the overall nutrition and foodservice profession through education, best practices and standard setting, research support, and public awareness.

To buy an engraved brick and become part of the "Foundation for the Future," visit www.nfefoundation.org



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Thursday, November 8, 2012

1 - 2:30 pm CST (90 min.)

Presenter:

Glenda R. Lewis, MSPH
Team Leader, Retail Food Protection Team
FDA/CFSAN/Office of Food Safety



Foodborne illness is an ever-present concern for foodservice staff in hospitals and long-term care facilities. Learn proactive measures to effectively control foodservice risk factors and prevent the occurrence of foodborne illnesses (e.g., Listeria), in your facility. Presented by FDA employee Glenda Lewis, MSPH, expert in healthcare sanitation and food safety, this webinar is critical to both new and experienced CDMs who are responsible for maintaining quality standards in their foodservice operation.

Outcome-Oriented Learning Objectives:

- Understand current FDA initiatives related to food safety.
- Recognize the foodborne illness risk factors for hospitals and nursing home foodservice that require priority attention.
- Appreciate the importance of controlling foodborne illness risk factors in the healthcare foodservice setting.
- Identify controls for Listeria in the healthcare foodservice setting.

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Source:

The presentation will focus on the hospital and nursing home results of both the 2000-2009 risk factor study report and the 2009 trend report (titled, "FDA Trend Analysis Report on the Occurrence of Foodborne Illness Risk Factors in Selected Institutional Foodservice, Restaurant, and Retail Food Store Facility Types" (1998-2008)). Food Code measures that can help control for *Listeria* will be used as an example of controlling foodborne illness risks in a healthcare setting.

Archived webinars are available in the ANFP Marketplace at www.ANFPonline.org/market

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Food Protection Connection



Following are answers to the “**Understanding Salmonella**” review questions printed on page 15.

1. B 3. A 5. C 7. B
2. C 4. C 6. A

Please remember to complete the two short essay questions before submitting the CE form.



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by Laura Vasilion

Laura Vasilion is a staff writer for Nutrition & Foodservice Edge magazine.



Bridging the Gap to a Better Life

At the age of 16, Daniel Brule, CCC, CDM, CFPP, took a job as a dishwasher in a steak house in Rochester, N.Y. A hard worker, he was promoted to salad boy by the house chef just two days later. Knowing he had found a good thing, the chef called Brule after he had moved on to one of Rochester's top Italian restaurants. Still in high school, Brule was immediately placed on salad and sauté work.

Following graduation, Brule went on to college at Midwestern State University in Wichita Falls, Texas. Intent on pursuing liberal arts, he soon found himself in a fraternity cooking for all the fraternity's functions. Aware that he missed cooking, he made a life-altering decision.

"I applied to the Culinary Institute of America in Hyde Park, N.Y. They accepted me for the next semester so I left Midwestern and, after two years, I graduated with an Associates Degree from the CIA," said Brule.

From there, Brule honed his skills at numerous places across the country, getting experience in the food industry through corporate, healthcare, and catering opportunities. His first job was working at the Bellevue Hotel in San Francisco where he prepared the daily lunch of soup, entree, and vegetable for guests. From there, he took a job at Miami International Airport preparing meals for Marriott inflight services.

For the next 13 years, Brule worked for Eastman Kodak in New York. Returning to Rochester, he married and raised a family.

"We prepared 65,000 meals a day through the whole company. Kodak at the time



Chef Daniel Brule, CCC, CDM, CFPP, left, is shown with Chef Robert Irvine at the 2012 national convention of the American Culinary Federation. Irvine is a celebrity chef who has appeared on a variety of Food Network programs.

“ I cooked a dinner for John Travolta. I could make whatever I wanted. I did barbecued pork with mashed potatoes, panfried apple wedges, California vegetable medley, and a peach melba for dessert. I also fixed a lobster appetizer.

was the largest independent industry foodservice establishment. It was a great job because I had a family, had benefits, and good holiday pay. We made a lot of things from scratch.”

Following his time at Kodak and a short stint as a personal chef in Colorado, Brule moved to Florida. Working as a line cook there, he learned about ANFP and went to school to get his certification as a dietary manager. He then went to work in a hospital as their corporate dietary manager. While there, he won the Turkey Federation's Turkey with a Twist competition.

“My recipe, Maple Blueberry Turkey Sausage, is all over the place now. I gave the Turkey Federation the rights to the recipe and got a cash prize. If you go to the grocery store and see a blueberry turkey sausage in the meat case, it's my recipe.” (The recipe is provided here.)

Sadly, the hospital suffered a downsizing and Brule found himself working off and on for a number of assisted living facilities as director of food service. But there were bright spots.

“One day, I got a call from the Culinary Institute of America. John Travolta was flying into Florida from LA for a business meeting. They wanted to know if I was available to cook for him. So I went and took the job for the night. I cooked a dinner for John Travolta. I could make whatever I wanted to make. I got there at six o'clock and was told he'd be there at about two in the morning. I'm prepping dinner and I can hear the plane come in around one in the morning and this guy

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walks into the kitchen. He's got on a baseball cap and asks, 'Are you Chef Danny?' I said yeah. He sticks out his hand and says, 'John Travolta.' Dinner was at two o'clock in the morning. I did barbequed pork with mashed potatoes, pan-fried apple wedges, California vegetable medley, and a peach melba for dessert. I also fixed a lobster appetizer. The best part was I didn't have to do the dishes! I got to go straight to bed right there in a unit on his property."

Brule's next job, however, was diametrically opposed to the glamorous gig of cooking for a celebrity. He arrived at it by way of an ad in the local newspaper.

"The job was for Trinity food service, owned by the Compass Group. It was a teaching job for correctional food service at Bradenton Bridge, which is operated by Bridges of America. A year after I took the job Bridges of America decided they wanted to do their own food service. I have

been here at Bradenton, in Manatee, for going on five years. I teach the culinary skills fundamental training program. We enroll 15 students every six months. It's 1,000 hours of on-the-job classical training," said Brule.

Bradenton Bridge began in 2005 as part of Bridges of America, which is a non-profit corporation in partnership with the Department of Corrections in Florida. An innovative, therapeutic community, Bradenton Bridge provides intensive substance abuse counseling and life skills classes so its female population can get their lives back on track. The American Culinary Federation certifies its Culinary Arts Program.

Helping the women in his program succeed in their studies has given Brule a new outlet for his talents. As a mentor and instructor, he has the added satisfaction of knowing he is helping the inmates change their lives.

"We assist individuals who are mandated by the Florida Department of Corrections to complete a transitional reentry program.

I am proud to say the women I have taught have scored way above the national average on their test scores. As a certified chef of the American Culinary Federation, I teach them sanitation, safety, tools and equipment, knife skills, cold kitchen pantry, and hot food kitchen. They have training books and workbooks. We just got a new computer lab so they'll be working right on the computer now. And we do practical and written exams. They also do all the special functions cooking for all the events here. They do like 9,000 meals per month," he said.

It's a challenge because Brule's kitchen is very small. Currently, it has just two conventional stoves with six burners and a flat top.

"That's all I have. But we're very creative," added Brule. "The women are so dedicated here and the food we're making here you wouldn't think you're in corrections. I work with vendors and the Manatee County Food Bank. We have a farmer who is a global, organic farmer who donates his leftovers to the food bank. We're doing like 60 percent organic produce. I get a lot of meat from the food bank at like 18 cents a pound. I got a beautiful leg of lamb for Easter. I told them 'you are probably the only inmates in the state of Florida who are getting leg of lamb for Easter.' I also have a great source for salmon, grouper, shrimp, and scallops."

In his spare time, Brule likes to garden, travel, go to concerts, and drive around town in his new convertible sports car. He also likes to try the fare at different restaurants around the country. His favorite?

"Believe it or not I still crave this maple, bacon latte I got in San Francisco. It's like drinking breakfast. Amazing." ☺

Maple Blueberry Turkey Sausage Patties

Yield: 12

Ingredients

- 1½ lbs ground turkey
- ⅓ cup maple syrup
- 2 tsp. fresh lemon juice
- ¼ tsp. poultry seasoning
- ¼ tsp. ground cinnamon
- ⅛ tsp. nutmeg, freshly grated
- ¼ tsp. salt
- ⅛ tsp. black pepper, freshly ground
- ½ cup frozen blueberries, well drained
- ¼ cup fresh parsley, chopped

Directions

Place ground turkey in a stainless steel bowl. Add maple syrup, lemon juice, spices and herbs. Mix well. Fold in blueberries. Scale out and form into 2-ounce patties. Cook patties on preheated 325° F. griddle until internal temperature reaches 165° F. Serve hot on warm plates with a breakfast entree. Garnish plate with chopped parsley.

This recipe was developed by Daniel Brule, CCC, CDM, CFPP. It was the award-winning breakfast recipe in the National Turkey Federation (NTF) "Turkey with a Twist" National Recipe Competition. Nutrition Facts are available on the NTF website. © 2010 National Turkey Federation



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