

The Association of Correctional Foodservice Affiliates also provides a couple of valuable publications that are free to its members. There is the INSIDER, a quarterly magazine that covers recent issues affecting correctional foodservice. The INSIDER offers opinions and editorials from our industry's leaders. It also has an up-to-date schedule of upcoming events. More importantly we get the annual International Membership Directory that gives us a list of customers that we can call on, and gives our customers a list of vendors to fulfill their every foodservice need.

The ACFSA also gives us ample opportunity to market to our core customer base. We can sponsor events at conferences, which is great way to let members know you are here to support them. We can purchase booths at the vendor's show on both the International and Regional levels, so we have the opportunity to show our products and services and demonstrate the benefits they provide. There is also the opportunity to purchase ads in the INSIDER, the Directory or the web page, so we can showcase our company for everyone to see.

As ACFSA members all of these tools are available to us. We just have to take advantage of them. It takes a little effort on our part, but the pay-off can be extraordinary. There are many ways to become involved. There are vendor liaison spots available for both food and equipment at all levels of the Association. There are committee board slots available. There is advertising media available. There are plenty of friends to be made, so next time you see me at an ACFSA event come say hello, because I can always use another friend in the industry.

Dietitians Corner

Highlights of the 2006 ACFSA RD Networking Luncheon



By Barbara Wakeen, MA, RD, LD

Happy Fall!! This article is a summary of the Corrections Dietitians' Networking Luncheon from the 2006 ACFSA International Conference in Orlando, FL. The luncheon was sponsored by Good Source - Thank You Good Source!

We had a great turnout with some new ACFSA members, new Corrections RD's and first time conference attendees. Twenty-six (26) attended from across North America - 21 RD's and 5 Good Source Representatives. Good Source gave a brief presentation of their latest products modified to meet Correctional needs.

Major points of discussion - some new and some ongoing:

• Implementation of 2005 Dietary Guidelines and My Pyramid in Corrections

Meeting nutrient needs via the 2005 Dietary Guidelines and My Pyramid or via nutrient analysis and fortification has been an ongoing discussion since the USDA published these new guidelines.

Of all in attendance, only one RD voiced making alterations to meet the 2005 Dietary Guidelines and My Pyramid as a result of the governing agency state requirements. Another noted that these guidelines were mandated for a bid and stressed the large volume of food required to meet these guidelines. All other RD's have made minor to no modifications and are ensuring the DRI's are met via computerized nutritional analysis, governing agency requirements and fortified foods.

These new guidelines can be costly in terms of portions, frequency of required nutrients and type of food. Many institutions would need to purchase trays with the capacity to accommodate the recommended volume of food. Acceptability of 1-cup portions of vegetables and fruits by both inmates and staff are also a consideration. 1-cup of most cooked vegetables is atypical and a large quantity to consume, thus bringing attention to consumption/waste of food items. Some administrations, in jails particularly, frown on large quantities of fruits (especially fresh fruit) for security and plumbing purposes.

We addressed meeting Potassium, Vitamin D and Vitamin E needs via options in menu planning and fortification of foods. Specific food products available and desired were discussed.

• Wellness Programs for Juveniles and Facilities participating in National School Lunch Program (NSLP)

Schools (facilities in our environment) participating in the NSLP are required to implement Wellness Programs for their juvenile residents. Although some attendees were responsible for juvenile menus, no one had direct control over juvenile programs.

In summary of the Child Nutrition and WIC Reauthorization Act of 2004, on the first day of school after June 30, 2006, schools participating in the NSLP are required to establish a wellness policy for schools that includes:

- goals for nutrition education, physical activity designed to promote wellness
- nutrition guidelines for all foods available during the school day focusing on promoting health and reducing childhood obesity
- child nutrition guidelines are met
- a plan for measuring implementation and ensuring the local wellness policy is met ►►

- all-inclusive representation from parents, students, school food representatives, board, administration and the public in the development

For the complete policy, refer to:

Section 204 of Public Law 108-265-June 30, 2004

Child Nutrition and WIC Reauthorization Act of 2004,

SEC. 204 LOCAL WELLNESS POLICY

• **Allergy Diets**

There continue to be varying procedures to address and accommodate religious diets ranging from allergy testing, to telling the inmate to avoid the reactionary food. All is directly related to each governing agency's policies.

• **Limited Seasoning of Foods**

This topic was addressed via an email query; however, no one voiced this as a concern or point of discussion in their facilities.

• **Professional Development Portfolio (PDP)**

By May 2006, all RD's are now following the new PDP established by the Commission on Dietetic Registration (CDR). Discussion included items/learning plans and goals that are considered acceptable for approved CPE's. *17 CPE's for sessions and 6 CPE's for exhibits were approved by CDR for this ACFSA Conference. CPE forms were distributed. If you attended the conference and did not receive a form, please contact ACFSA at www.acfsa.org to get the necessary documentation to update your PDP.*

• The CD-HCF Correctional Food Service and Nutrition Manual, 2nd Edition is in the revision process and accepting reviewers for a 3rd Edition to be available in 2007. Any RD's willing to contribute, please contact me at bwakeen@neo.rr.com.

Queries of the Quarter

One of my responsibilities as Chair of Dietitians in Corrections is to field queries, by those seeking correctional food service and nutrition assistance via ACFSA. Topics of discussion this summer have included:

- Religious meal accommodations - mainly kosher meals and parameters involved
- Kosher Food Loaf
- Responding to personal phone contact from former inmates
- Jail Standards for individual states
- Serving mechanically altered foods (from an RD serving in Iraq)
- Procedures for tray service
- Juvenile Wellness Programs
- Student RD query on correctional food service and nutrition practices
- Posting menus in facilities
- Trans fat limitations
- Pros and Cons of Cook-Chill
- Nutritional Analysis Software

To some these are new topics and to many these are part of our operational procedures. This indicates newcomers to 'our world', new issues to experienced professionals and a wealth of expertise to share. Many thanks to all who contribute to these discussions! For discussion on any of these topics, please email me directly at bwakeen@neo.rr.com.

Past Dietitians Corner are available on the ACFSA web site - www.acfsa.org.

MEMBERSHIP INFORMATION

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at bwakeen@neo.rr.com. You do not have to be a dietitian. This is an informal discussion group and your name/email address will be listed in each email sent to the group.

If you are interested in joining the CD-HCF Corrections Sub-unit, contact me directly at bwakeen@neo.rr.com. ADA membership and CD-HCF membership are required to participate. If you are already a member and want to subscribe the Corrections Sub-unit EML or be listed in the directory, visit the CD-HCF web site at www.cdhcf.org/subunits.

ACFSA VOLUNTARY CERTIFICATION PROGRAM

Objectives

- To increase the level of excellence within our profession.
- To raise the professional standards of foodservice personnel.
- To encourage self-assessment by offering guidelines for achievement.
- To award special recognition to foodservice personnel who have demonstrated a high level of competence and professionalism in foodservice.
- To promote education and training in correctional foodservice.

Use of CCFP Designation

As a Certified Correctional Foodservice Professional (CCFP), you may use the CCFP designation with your name on letterhead, business cards and all forms of address.

Certification is for individuals only. The CCFP designation may not be used to imply that an institution or firm is certified.

