

INSIDER

The Magazine of ACFSA, the Association of Correctional Food Service Affiliates



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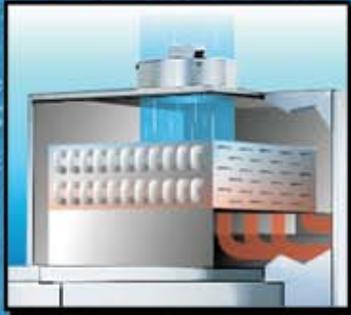
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President's Message

by *Teddie Mitchell, CCFP*

Setting Goals to Make Our Association Stronger

Wow, what a wonderful conference in Charleston! Bob Ayer and Fred Carter are to be applauded for selecting this beautiful city and putting together an outstanding event. It included everything from learning and networking to entertainment and dancing. We also enjoyed delicious food throughout our stay at the Embassy Suites, starting with complimentary breakfasts to hor-d'oeuvres, country boil and elegant award dinner. What a great way to start my presidency.

Being on the Board of ACFSA is awesome and a bit intimidating. Thanks to Ricky Clark as my mentor, the year as vice president flew by and I am now ready to serve as your President. Right beside me is a dedicated and talented Board of Directors, who share my goals.

Setting goals is something we all do, often on New Year's Day;

the CCFP program, will soon retire. Thank you Sue, for re-writing the CCFP standards. Your years of dedication to ACFSA is appreciated. Barbara Anderson, RD, and Patricia Willard, RD, will now co-chair that committee and they look forward to work with members, who are eager to become certified. For more information on these programs, visit www.acfsa.org.

A year or so ago, ACFSA had financial difficulties and we asked Chapters to give up rebates until we were on more solid ground. I am happy to report that we are now able to again give rebates. Renewal notices are mailed out in early December with a deadline of February 28. Some time in March, rebates will be sent to the Chapter treasurers for their member's renewals.

It is because of EMA's dedication to ACFSA, that we find ourselves in a much better position. They have made a huge difference in these areas as well:



When setting goals, it's important to find people who have the expertise you require to meet that goal. It is my goal to make this association strong.

for some it may be a requirement of the job and the performance evaluation. When working to achieve my goals, I found that it isn't so much *what* you know but *who* you know. It means finding people who have the expertise to help you meet that goal. It is my goal to make this association strong. How to achieve that?

- By challenging members to "spread the word"
- By making and keeping contact with other organizations
- By being visible

Strength is in numbers and in knowledge. Our membership is growing and we are here to provide education and support. ACFSA offers two (2) certification programs: CCFP and CFSM. Nancy Porter, RD, is in charge of the CFSM program. She has some exciting statistics to share, which you will find elsewhere in this issue. Sue Summersett, RD, who for many years chaired

- Database needed a major overhaul
- Website was in need of a face lift and updated information
- By-laws needed to be reviewed, changes made

All this has been taken care of and it was a pleasure seeing their expertise at work, everywhere at the conference.

I am looking forward to a productive year, with a very enthusiastic Board and their innovative ideas for growth.

Teddie Mitchell, CCFP is foodservice manager for Shawano County Jail, Shawano, WI. She serves as 2008-2009 ACFSA Vice President.



Vice President's Message

by Jim Hartman, CDM, CFPP

Can You Say Wow?

"It's time to look to the future... We are always looking for more good leaders to volunteer. You can make a difference in the future of this wonderful association."

Well, if you were in Charleston the last week of August you could... I want to thank Bob Ayres and his committee for a job well done. The week was filled with training and special events and kept you moving the whole time. The beach music and the food were just outstanding. If you did not attend, you missed a great conference.

With that said, it is time to look to the future and see what is next for ACFSA. We will be traveling to the great state of Michigan for our next conference. Plans are now in place and committees have already been formed so we need to make arrangements not to attend.

I think I talk about the fact that the ACFSA is always looking for a few good leaders to take on the job of running the association every time I write an article. I know you are busy, as is everyone, but you love the ACFSA and would like to see it do its best. So step up and let your voice be heard by running for the board when the call for nominations is sent. You can make a difference in the future of this wonderful association.

I would also like to challenge each of you to recruit one new member or to bring back an old member. We need to keep the numbers strong and get new blood into the association to keep us moving forward. I have been a member since 1990 and have seen our membership go up and down. We once again are on the way up. The more you are involved the more you will enjoy this fine association. So spread the word and shake the bushes and let's double our membership in the next year.

Try to keep the sun on your face and the wind in your hair (for those who still have hair!!!)

Jim Hartman, CDM, CCFP is Director of Food Service for Albemarle-Charlottesville Regional Jail in Charlottesville, VA. He serves as 2008-2009 ACFSA Vice President.



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ACFSA

By Law Amendments Proposal



The ACFSA Board of Directors has spent the past year and a half reviewing and trying to modernize and clean-up our bylaws. We are recommending a variety of changes. The bylaws—with proposed revisions—are posted on the ACFSA website at: www.acfsa.org/Documents/ProposedBY-LAWSChanges2008.pdf

Some of the recommended changes are administrative in nature, while some are policy changes. See below for highlights of proposed changes. Please take some time to review the draft provisions and vote in support of these changes.

ACFSA President Teddie Mitchell, CCFP chaired the Bylaws Committee (as Vice President), and worked with committee members and professional staff to develop new language that

reflects the direction of the association. All changes have been carefully evaluated, and have also been reviewed by legal counsel.

Times change, and ACFSA is working hard to institute new policies in the best interest of members. An email was sent out in early November. This email included the link to vote. The link can also be found on ACFSA's home page at www.acfsa.org.

Ballots must be submitted by November 30, 2008 in order to be counted. A majority of ACFSA members must vote in favor of these changes for the revised bylaws to take effect.

Casting your ballot lets your voice be heard. Thanks for exercising your right and privilege to vote!

Bylaw Changes Highlights

Following are highlights of proposed changes:

- Update and clarify the bylaws to add provisions relating to good governance, liability, and indemnification of board members, use of current technology, and fiscal responsibility in order to improve the accountability of the association and the board to the membership, to encourage more ACFSA members to participate in the governance of the association, and to make it more efficient and economical for ACFSA to operate.
- Revise and streamline the purposes and mission of ACFSA.
- Clarify the Retired Membership and Life Member categories and how such members may be able to run for elected office in the association.
- Modify the provisions relating to meetings of the board of directors and membership, including changes to the notice requirements and provide for electronic email notifications and voting, internet balloting to take advantage of cost and time savings, among other things.
- Clarify responsibilities and the meetings of the ACFSA Board of Directors as to several matters, including notification and permitting use of telephonic conference calls and electronic (email) voting in lieu of a meeting.
- Clarify procedures as to the installation of board members and the succession when a director resigns.
- Provide for the establishment of a Conflicts of Interest policy which would require the disclosure of conflicts of interest and prohibit deliberation and voting on matters by an interested board member.

The revised version of the ACFSA Bylaws is available for review at: www.acfsa.org/Documents/ProposedBY-LAWSChanges2008.pdf and may be obtained by calling (818) 843-6608. A printed ballot can be obtained by calling (818) 843-6608 as well. All of these changes have been reviewed by legal counsel. You as a member of ACFSA, have a responsibility to review these changes prior to voting on them, and as mentioned above, the ACFSA Board of Directors urges you to do so.



ACFSA 2008: Annual International Conference Wrap-Up

by Jon Nichols

I do hope that you were able to join us at the 2008 Annual International Conference in North Charleston, SC. The 2008 Conference was ACFSA's 28th annual gathering and what a terrific time we all had. Given that the theme of this year's Convention was "Where the Beauty of Yesteryear Meets the Challenges of Tomorrow," good old southern hospitality was the order of the day and attendees were treated to the finest welcome that we could have ever anticipated.

Our show was sandwiched between Hurricane's Fay and Gustav and true to ACFSA Members' mettle and good fortune, all made it to North Charleston and were enriched by the multitude of educational and networking opportunities that had been planned by Conference Co-Chairs Bob Ayer and Fred Carter. This year, we were even more International as the Bahamas were represented for the first time! We hope to spread our wings even more in the future, so if you know of members or potential members in other countries, why not invite them to next year's Show in Grand Rapids, Michigan?

We had a great time at the Annual Trade Show. The trade show floor was bustling as nearly one hundred exhibitor

booths displayed and sampled products while doing business with old customers and cultivating fresh opportunities with new ones. This year, we had a number of "games" to keep attendees engaged and entertained on the show floor, including Word Search puzzles where specific booths were visited to reach an ultimate goal. Prizes were given for completing tasks, including attendance at the 2009 Conference in Grand Rapids, Michigan!

For the Educational Sessions, we had expert facilitators speak to attendees on a myriad of topics ranging from Religious Diets and Coping with Anger, to Employee Retention and Planning the Kitchens of the Future. A Sanitation Certification/Re-Certification was offered on the first day and facility tours on the last day, so there truly was something for everybody! And, for those members that enjoy a round or two on the links, ACFSA attendees were privileged enough to play at The Links on Stono Ferry, which was the Charleston Area's 2003 Golf Course of the year. And what a treat that was!

Throughout the conference, there were numerous networking functions and parties allowing attendees to both re-ener-



gize and let loose from the significance of the days sessions. The first timer's reception was attended by about 30 first time attendees, and Board Members were on hand to introduce these "newbies" to ACFSA and to give them an idea of what to expect of their experience. Then there was the Opening Reception that was lively to say the least. A steel drum playing singer greeted members as they entered the Conference Center's beautifully decorated foyer and were treated to delicious hors d' oeuvres and adult beverages. Some business was done, but in the true spirit of the event, conversations and catching up with friends took over and a grand time was had by all.

The next night was scheduled for the Vendor Reception. This was to be an outdoor event and ominous black clouds threatened to disrupt the party from the time the sun came up. We couldn't see the sun, but we knew it was there because it usually is during those hours. By noon, a decision was made to move the event indoors and with the help of the Embassy Suites staff, we were able to transform the ballroom into an "outdoor" picnic area for our planned Low Country Boil menu. South Carolina's favorite party band, *Men of Distinction*, was on hand to entertain all of those in attendance and the dancing didn't stop until the last note was played. By the way, there was not one drop of rain outside. But it was a Southern Party of epic proportions just the same!

The Awards Banquet was yet another event for the ages! Some of ACFSA's greatest were honored for exemplary service and merit. Cindy Burns was given the President's Award, J. Kevin O'Brien won the Founder's Award and Julie

Hobbs was presented with the Operator of the Year Award. Three members; Jim Hartman, Mary Goodwin and Cindy Burns (Double Award Winner!) were presented with Heroism Awards and there was not a dry eye in the house as each was honored at the podium. Our awardees grace this issue of INSIDER's cover and some of their stories can be found on the pages of INSIDER. Following the ceremony, another party broke out as the band *Fresh Air* performed a collection of cover songs that included every era and had everyone cutting the rug late into the evening.

Again, I do hope that each and every one of you had the opportunity to attend Conference. It was everything that we had hoped and more and is such a tremendous benefit of membership in the ACFSA. You owe it to yourself to be in attendance whenever possible for the opportunity to focus on bettering yourself in every way. I urge you to mark August 16-20, 2009 right now as your next chance to participate in the best that your Association has to offer. On these August days in Grand Rapids, Michigan, ACFSA members from around the globe will again gather together, this time to celebrate "40 Years of Leadership." That's right; the Association of Correctional Food Service Affiliates will turn 40 in 2009 and you can be there to celebrate with friends and colleagues. For this birthday, no presents will be required, but your presence will be greatly appreciated. See you in Grand Rapids in 2009!



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ACFSA Leaders to be Honored at 2009 NAFEM Conference

by Jon Nichols



Ricky Clark
ACFSA Immediate Past President



Teddie Mitchell
ACFSA 2008-2009 President

Please Do what you can to attend the North American Association of Food Equipment Manufacturers Show in Orlando, FL, February 5-7, 2009 to support ACFSA 2008-2009 President Teddie Mitchell and ACFSA Immediate Past President Ricky Clark.

Two of ACFSA's finest leaders, current President, Teddie Mitchell and Immediate Past President, Ricky Clark, will be honored at the North American Association of Food Equipment Manufacturers (NAFEM) Show in Orlando, FL, February 5-7, 2009. Teddie and Ricky will each receive the Doctorate of Foodservice (DFS) Award. NAFEM has a long tradition of honoring volunteer leaders who have contributed to their respective associations and the industry at large with the DFS Award. Recipients receive the award during the All-Industry Awards Breakfast. The breakfast takes place on Thursday, February 5, from 8:00 - 9:30 a.m. and winners will be honored at the Black-Tie All Industry Celebration, Friday, February 6, from 6:30 - 11:00 p.m.

NAFEM invites ACFSA members to attend the NAFEM Show, February 5-7, 2009, in Orlando, through two programs: 1. Complimentary Badges and 2. Attendee Scholarships. Join 20,000 foodservice professionals and experience more than 600 exhibitors displaying foodservice equipment and supplies in 700+ categories free of charge!

Complimentary Badge Registration

To get a free badge to attend the NAFEM Show, follow this simple process:

1. Register online at www.thenafemshow.org by January 9, 2009
2. When asked if you received a source code from NAFEM, enter the ACFSA code: **ACFSA9**. Badges will be mailed before the show

Attendee Scholarship Application

Scholarships to offset the cost of attending the show will be awarded to applicants based on the following criteria:

- Follow the registration process described above
- Indicate what you want to apply for an attendee scholarship
- Select your association from the drop-down menu
- Select your current employment status
- Indicate which NAFEM shows you have attended—applicants must have not attended the most recent NAFEM show—2007
- Reserve and stay in a hotel room through Travel Planners. Room must be under the applicant's name in the show's official hotel block
- Swipe your badge at the NAFEM booth on the show floor

Once these criteria, including on-site participation, are confirmed, NAFEM will mail scholarship checks 90 days after the show. (Participants must meet all criteria described above to be eligible.)

- **National attendees**—those with air/hotel expenses—will be awarded \$500.
- **Local attendees**—Individuals within 100 miles of the Orlando area and/or those without airfare expenses—will be awarded \$250.

If you have any questions, please contact Charlie Souhrada, (312) 821-0212; csouhrada@nafem.org; or Vonceil Roberts, (312) 821-0216; robertsv@nafem.org.

Since 2009 is ACFSA's 40th Anniversary and our theme for the year is "40 Years of Leadership," I think it's clear that this is a unique and exciting opportunity for ACFSA Membership to be on hand to recognize Teddie Mitchell and Ricky Clark for this wonderful recognition as well as a chance to participate in another excellent conference. Please do what you can to attend!

Have you ever thought about the letter “S”? What does it stand for in ACFSA? The following words came to mind as I prepared a presentation for the ACFSA conference in Charleston in August. Perhaps they explain what ACFSA means to us.

Support

Making friends from all over the globe is a large part of belonging to ACFSA. From these relationships we develop a **support** network. This does not seem to be duplicated anywhere else in our work life. Because of this support, we can better **solve** problems.

Scholarship

For many years ACFSA has offered **scholarships** to the members so that they could attend conferences. This is made possible by donations from our vendor members. This has been a valued aspect of ACFSA membership.

Staff Development

The Association has been able to offer many opportunities to take responsibilities through offering leadership jobs in the local chapter level, writing articles for the INSIDER we well as conference leadership. Then there is the Board of Directors which offers members the chance to take many tasks and turn them into opportunities.

Systems

ACFSA has given the members an opportunity to take a correspondence course which will develop skills in food service. Since this is an introduction type course, we hope that it will invigorate the appetite for more education in Nutrition and Food Service.

Presently we have 34 recognized certified members and presently 34 members are enrolled in the course. At the conference, 13 new members were given there certificates. Eleven were from the LA County Jail (thanks to Benson Li) as well as Karen Candito, CA, and Constance Clark, NC. Cindy Burns (ACFSA Secretary) has 22 of her supervisors enrolled to receive their certification in Michigan during the 2009 conference.

ACFSA is your organization and provides all members a great opportunity to advance in their career of Food Service Corrections. You just have to take advantage of what is offered. Please refer to the ACFSA website and check out the CFSSM details.

Nancy Porter, RD, LDN is Chair of the ACFSA Education Committee, ACFSA Past President and retired NC DOC.

Education Committee CFSSM
How to Make
a Difference!

by Nancy Porter, RD, LDN



DRI, RDAs, EARs, and AIs: What is a Dietitian to Use?

by Barbara Wakeen, MA, RD, LD, CCFP

This was the hot topic at the Dietitians in Corrections Networking Luncheon at the ACFSA International Conference in Charleston, SC. In reference to the Dietary Reference Intakes (DRIs), if 100% cannot be achieved, what is considered acceptable to approve menus for nutritional adequacy; should we use the EARs instead? (Note: see the table below references definitions of these acronyms.) This has been an ongoing discussion on the dietitians' listserv since early spring. After many queries to government agencies and higher authorities, we still don't have a clear answer on what are the best values to use for our controlled populations. To date, I am awaiting clarification from the Ameri-

can Dietetic Association as to how best interpret and use the DRI's for menu approvals for our populations.

To put this in perspective...

Our correctional menus are approved by a registered and/or licensed dietitian; this practice is reflective of most governmental policy and nationally recognized standards. The basis of approval is most often a computerized nutritional analysis, ideally reflecting the specific food items and recipes we serve. The goal is to ensure nutritionally adequate menus based on nationally recognized standards, ideally using the

(Continued on page 14)

Current Dietary Reference Intakes (DRI) Components

DRI Component	Description
Estimated Average Requirement (EAR)	Reflects the estimated median requirement and is particularly appropriate for applications related to planning and assessing intakes for groups of persons.
Recommended Dietary Allowance (RDA)	Derived from the EAR and intended to cover the requirements for 97-98 percent of the population.
Tolerable Upper Intake Level (UL)	Highest average intake that is likely to pose no risk.
Adequate Intake (AI)	Used when an EAR/RDA cannot be developed; average intake level based on observed or experimental intakes.
Acceptable Macro-nutrient Distribution Range (AMDR)	An intake range for an energy source associated with reduced risk of chronic disease.

Sheffer, M., Taylor, C. 2008. The Development of DRIs 1994-2004: Lessons Learned and New Challenges: Workshop Summary. Current Dietary Reference Intakes (DRI) Components. Page 3. <http://www.nap.edu/catalog/12086.html>



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DRIs and RDAs along with any other governing agency standards, i.e. 2005 Dietary Guidelines, MyPyramid Food Guidance System, ACA Standards, NCCHC Standards, NSLP/SBP, Title 15-California, North Carolina Administrative Code, special meal patterns, etc.

Most correctional standards and policies reference meeting the “dietary allowances” and are interpreted as the Recommended Dietary Allowances (RDAs). Historically, these *were* the nationally recognized standards, but are now one of three sets of nutrient values expressed as part of the DRIs. In addition, these correctional standards do not specify meeting 100% of the dietary allowances. Although we strive for this as dietitians, this is not always possible to achieve. The main reason for this disparity is the limited nutrient data required on Nutrition Facts panel when we use product-specific nutrient data in our analyses. Additionally, with budget constraints and steadily increasing prices, we are challenged to be more ‘creative’ in meeting nutritional needs in terms of overall cost per nutrients.

The Food and Drug Administration (FDA) dictates the vitamins, minerals, and other nutrients for which manufacturers are liable in labeling Reference Daily Intake (RDI), but manufacturers are only required to identify 15 nutrients on Nutrition Facts panels. When facility-specific food items are added to the nutritional analysis database with these limited nutrients, our nutritional analysis may show some nutrient deficiencies that might otherwise be present with more complete nutrition information available.

This is an ongoing challenge for dietitians when providing a statement of nutritional adequacy for menu approval. We can request additional database information from the food vendor or manufacturer, but sometimes it is not available. As a result, we often add a disclaimer to the nutrition statement about the

Meetings and Announcements

The 3rd Edition Nutrition and Food Service Management in Correctional Facilities (formerly the Correctional Food Service and Nutrition Manual) is now available. For more information visit: www.cdihcf.org/products/item#5023.

NCCHC Updates in Correctional Health Care

April 4-7, 2009

Las Vegas, NV

For more information visit www.ncchc.org

Membership Information

If you would like to be added to the Dietitians in Corrections networking EML (electronic mailing list), please email me directly at bwakeen@neo.rr.com. 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 Corrections Sub-unit or if you are already a member and want to subscribe the Corrections Sub-unit EML or be listed in the directory, visit the CDHCF website at www.cdihcf.org. Emails communicated through this group sent through a private email address.

deficient nutrients limited by incomplete nutrient database information available.

This is an ongoing challenge for dietitians when providing a statement of nutritional adequacy for menu approval. We can request additional database information from the food vendor or manufacturer, but sometimes it is not available. As a result, we often add a disclaimer to the nutrition statement about the deficient nutrients limited by incomplete nutrient database information available.

This brings us full circle to the overall concerns of meeting 100 % of the nutrient standards.

In our governmental and authoritative queries, the responses referenced the many corrections-specific resources and organizations, and leaned toward using the EARs for analysis comparisons for groups. The RDAs were not recommended for use in menu planning for groups. Comparisons of the EAR values to the RDA values indicated that the EARs are approximately 80 % of the RDA.

- Does this mean that 80 % of the RDA is an acceptable value?
- Should we use 100 % of the EAR?
- There are some nutrients for which an EAR does not exist yet; for these, the AIs are used. This is one more value to consider.

Reference Sources, outside of corrections provided by some of the authorities (including American Dietetic Association, National Academy of Sciences and USDA) included:

- Dietary Reference Intakes: Applications in Dietary Planning (<http://www.iom.edu/CMS/3788/4003/4733.aspx>)
- Dietary Reference Intakes: Applications in Dietary Assessment (www.nap.edu/catalog/9956.html)

- Dietary Reference Intakes: The Essential Guide to Nutrient Requirements (Dietary Reference Intakes) 2006, by editors Jennifer J. Otten, Jennifer Pizzi Hellwig, Linda D. Meyers

- www.iom.edu/driworkshop2007

- <http://www.iom.edu/Default.aspx?id=49044>

- http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=4&tax_subject=256&topic_id=1342&level3_id=5141&level4_id=10595

- http://www.nap.edu/catalog.php?record_id=11537

Within corrections, many of our organizations and resources were also referenced by these authorities:

- ACFSA
- Academy of Correctional Health Professionals (<http://www.correctionalhealth.org/index.asp>)
- Bureau of Prisons (www.bop.gov)
- CD-HCF Corrections Sub-unit (www.cdchcf.org)
- National Commission on Correctional Health Care (<http://www.ncchc.org/index.html>)
- National Institute of Corrections: (<http://www.nicic.org/>)
- Correctional Food Service and Nutrition Manual, 2nd Edition

These acknowledgements represent real progress in the recognition of correctional resources by governmental regulators and overseers.

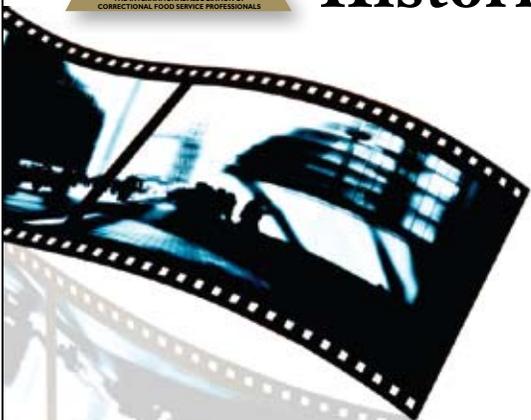
In summary, there are no conclusions at this time. Look for a continuation in the next INSIDER on the follow-up clarification from the American Dietetic Association.

Barbara Wakeen, MA, RD, LD is ACFSA's Dietitians in Corrections Committee Chair. She is a consultant dietitian and owner of Correctional Nutrition Consultants, North Canton, OH.



Do you have...

Old ACFSA Pictures or Historical Accounts?



Do you have old pictures or written accounts that provide details into the past history of the ACFSA?

If you do, please email Lavinia Johnson: lavinia48@aol.com so she can compile a history for the 2009 ACFSA International Conference.



Julie Hobbs: Operator of the Year

Presented by Ricky Clark

The Operator of the Year was presented to Mrs. Julie Hobbs from Virginia for her outstanding performance within her facility, Doc Activities, and volunteer efforts within her community. She is currently a Foodservice Director at Brunswick Corrections Center.

First of all, Mrs. Hobbs meets and exceeds in her ability to maintain a cost-effective food operation and remain under \$2 for food cost under very demanding conditions. She has the ability to utilize all resources available to her, including a garden to keep costs low. She has demonstrated sound judgment along with exceptional skills in the area of food cost management and the goals set forth by the Food Service Department. She also has the responsibility of providing food and food service personnel to the adjacent facility, the Women's Work Center. Everything provided for them also comes out of the budget that Mrs. Hobbs has for the main institution. This is a challenging task in itself—taking into consideration things such as Common Fare Religious meals, staff meals, and maintaining high levels of sanitation with consistent 100% ratings over the past few years.

Additionally, Mrs. Hobbs was recognized by the Regional Director for exemplifying goals of the Department of Corrections. She coordinates special functions which all come out of this single budget. The candidate is well rounded in her time management and scheduling techniques with regards to providing avenues for training, motivation and programs for staff and inmates as well.

In addition, Mrs. Hobbs provides and encourages employees to sign up for available training within the DOC guidelines. She encourages them to develop their management skills in order to move forward with their careers. She has monthly meetings to keep her staff abreast of information that is pertinent to their operation. She has also set up a cook/baker apprenticeship program at the prison to encourage inmates to have a marketable skill once they leave the prison.

Mrs. Hobbs has been called upon to share her knowledge and skills with other institutions and she does that very willingly. Her application of skills is a real plus to the Virginia Department of Corrections.

Mrs. Hobbs volunteers with her church, her husband's Vietnam Veterans association and assists in various functions in the community utilizing her food service resources and skills.

Mrs. Hobbs is a Certified Dietary Manager and a member of the Dietary Managers Association. She is very active within the Virginia Chapter and has served on numerous committees.

Congratulations Julie Hobbs. It is a well-deserved award.

Jim Hartman & Mary H. Goodwin:

Heroism Award



Jim Hartman

Presented by Ricky Clark

For many years Jim Hartman served as a volunteer for his local Red Cross. He's worn too many hats: as a captain search and rescue coordinator and trainer for volunteers in three counties and inspector for potential disaster sites.

A few years ago, as we all vividly remember, the Gulf States suffered from a terrible national disaster called hurricane Katrina.

Our hero knew that it was time to go beyond his own community and provide assistance in Louisiana. He trained for his new mission within a week and was headed south to Baton Rouge. Because of his extensive knowledge and expertise he was expected to serve as food service director. Instead, upon arrival he commandeered three, five-ton cargo trucks and headed for Slidell where there were no food service volunteers with his expertise. On the way the trucks stopped in Lafayette for the supplies needed in Slidell. While in Slidell, his team passed out meats from emergency rescue vehicles. His base camp, a monastery wildlife sanctuary, fed 350 meals, two times a day for 12 days. In the midst of all of this, hurricane Rita threatened the area and many operations were halted but our hero persevered and delivered meals despite the bad weather conditions.

When more volunteers finally arrived, he packed up his trucks and headed to Baton Rouge where he took care of 200 Red Cross volunteers for more than a week. He would wake before dawn to cook a hot breakfast for the volunteers who had to report to their posts at 6:30 a.m. He would then have to clean the kitchen and shelter including the decontamination unit turned into showers.

He had to go to great lengths to get permission to even go on this trip. His work did not let him go and he had to work through that. He took a total of 21 days from his busy family and work to help those in need. He is on the ACFSA Board and a very active member of the Virginia Chapter.



Mary H. Goodwin

Presented by Jim Beach

Before Hurricane Katrina the term "hero" was a word that never held any great meaning for me. As a child, I had heroes but they were mostly sports figures, astronauts, and cowboys. Then in the blink of an eye, everything changed. My heroes became ordinary people who, when called upon to do nothing more than their jobs, did extraordinary things.

Captain Mary H. Goodwin of the Orleans Parish Criminal Sheriff's office is one of those people. As hurricane Katrina bore down upon the city of New Orleans, Captain Goodwin who was in charge of the warehouse and storeroom, with little regard for her own safety and family, placed the well being of the staff and inmates in front of her own. While others were fleeing the city, Captain Goodwin stayed at her post to ensure that everyone had emergency supplies on hand.

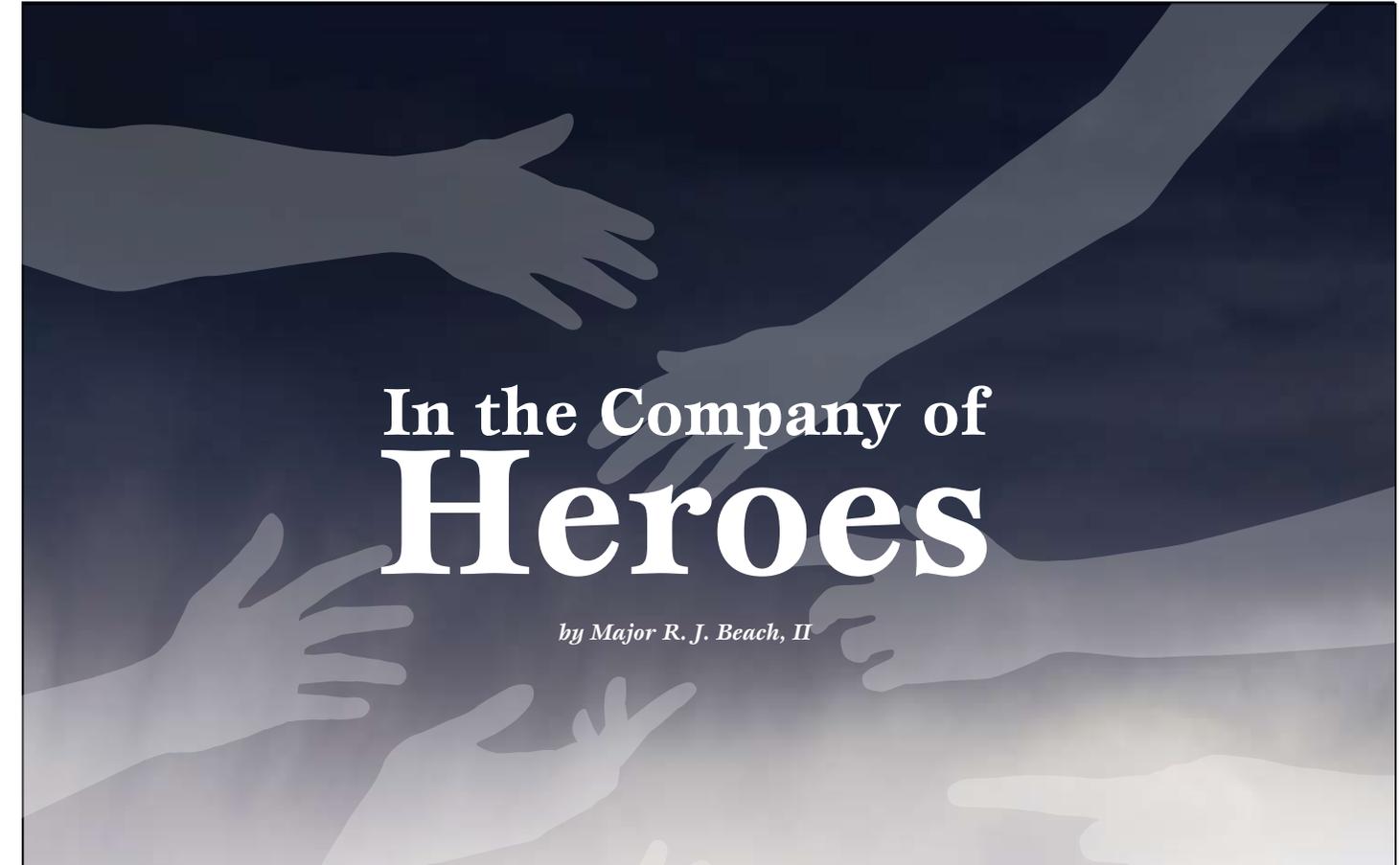
Captain Goodwin sent her husband Mark, son Trip, age 3, and daughter Katie, age 1 (who took her first steps without her mother being there) to Meridian Mississippi out of harms way.

Captain Goodwin, who could have left but remained, does not know the fate of her home. Captain Goodwin was more concerned for everyone around her than she was for herself. As the roof was blowing off the warehouse in the middle of the storm, she and her staff worked tirelessly trying to move food and inventory out of the reach of the water. While many deserted their posts, Mary and her staff continued to work until the last minute when the flood waters entered the warehouse and everything was lost.

She was one of the first called back to begin the massive clean up operations and, along with Major Beach and others, cleaned out the kitchen/warehouse one shovel at a time. For weeks, working in horrible conditions, Mary worked side by side never complaining and always cheerful keeping the workers motivated in their efforts.

I will forever keep in my heart the actions of the men and women of the kitchen and warehouse and the bravery they showed in the face of utter devastation and despair. I have said many times publicly that I have never been prouder to have served with them. Soon after the storm, I was with my youngest son Max as we rode through New Orleans Police Department showing men saving people in boats. Max asked if I was a hero during the storm. I had to pull over to the shoulder of the road and after thinking for a minute, I answered "No" but I served in the company of heroes.

Cindy Burns was also honored in South Carolina and a story will be in the next issue of INSIDER



In the Company of Heroes

by Major R. J. Beach, II

As hurricane Katrina bore down on the city of New Orleans, there was an almost unheard of call to evacuate 1.3 million citizens, or roughly 38% of the citizens of the State of Louisiana. Highways were clogged to the point of impasse even though the state had implemented the “contra flow” on the interstate highways. A trip that would on a normal day take 30 minutes, lasted seven or eight hours. But I am getting ahead of myself.

I got off work Friday, August 27 and listened to the radio on the way home. Hurricane Katrina was heading for Florida. After my last night’s restful sleep, for weeks, I got up Saturday morning as usual and cut the grass, when I was contacted by Sheriff Marlin N. Gusman, Criminal Sheriff of Orleans Parish, and was informed that the storm was heading straight for New Orleans. I reported for work and began preparations for Katrina. Captain Mary Goodwin (the Warehouse Director) and I met and discussed the amount of emergency supplies we had in the storeroom and felt that even though the bottled water supply was low, we would be able to fare well in yet another two day hurricane drill. Normally we report for work, spend one night in the kitchen, and go home. This storm would prove to be far from a drill!

I notified the kitchen personnel to prepare to stay at the Jail Kitchen for two days and bring their families if they had no place else to go. It was a long standing policy to allow family members to evacuate to the jail (this was discussed with the Sheriff later, and he stated that if he had not allowed the family members to come to the jail, some would have surely drowned). It is usually a “picnic atmosphere” at work as families get together and cook, play video games, and just visit with each other.

Everything was normal until Monday morning around 5:00 a.m. when the outer bands of hurricane Katrina hit. After several hours of intense winds in excess of 100 mph, several roof panels of the kitchen began to blow off. I decided it was unsafe to remain in the building and evacuated all staff and family members to the Community Correctional Center which is just behind the kitchen.

Several hours later, after what seemed like the storm was over, we returned to the kitchen and found the lights out. We were running on generator power and basically still functioning. The kitchen staff made 50,000 sandwiches in six hours. By now the water was three feet deep in the street and rising. It was determined that retired baker, Tom Smith, who is confined to a wheelchair and oxygen, needed to be brought to the House of Detention because he could not climb the stairs at the Community Correctional Center. I sent Captain Mary Goodwin to keep an eye on him.

The water continued to rise, and after delivering the sandwiches to the building in what would be the last food delivery (the flood waters now were too deep to drive through and all kitchen vehicles were underwater). The generator in the kitchen soon went out and all that was left were minimal lights on the UPS system. It was now around 9:00 p.m. and the water was around four feet deep outside. We had no idea the levees had broken because all communications in the city had failed after the unrelenting winds. We prepared for the worst.

All employees of the kitchen and their families were evacuated to the Community Correctional Center, and for a final time my rank and I went to sleep around midnight in the

August 29, 2005 will forever be remembered as the day the city of New Orleans was changed forever.

kitchen. I awoke around two in the morning and when I stepped of the last step from my office, I found myself standing in about 12 inches of water (the kitchen is built four and a half feet off the ground). I revived all of the rank in the kitchen and we swam to the Community Correctional Center and watched the water rise.

On Tuesday morning after little or no sleep, the kitchen staff waded through waist deep water into the kitchen to retrieve what could be salvaged to feed the staff and inmates. Many hours were spent going back and forth into the warehouse getting what food we could. Lieutenant Tyrone Sutherland, my second in command, took charge and assembled a makeshift work detail to gather food and supplies. Lt. Sutherland as well as the deputies and cooks along with the warehouse personnel continued to work throughout the entire crisis ensuring that no one went without food or water. While many of the deputies and ranking officers decided to lie down and quit, my staff never faltered. Sergeant Michael Schultz as well as Sergeant Tyler Jones kept the men and women of the Food Services Division on task and tried to keep their spirits lifted. I have never been prouder to command a group of men and women of this caliber.

By now, the flood waters were as polluted as you can imagine. There was a thin layer of diesel fuel and gasoline on the top of the water as well as raw sewage and garbage from the surrounding neighborhood. The kitchen personnel set up a makeshift feeding station with tables and began sorting through the salvaged food and water, not knowing how long the supplies had to last. There was water as far as you could see and we still had no communications with anyone on the outside. Each building became an island unto itself with each

warden trying to handle the problems with the inmates as well as dealing with the staff and civilians.

When the rising flood water killed the generators to the jails the air-conditioning as well as the lights went out leaving the inmates as well as the deputies in the dark, hot buildings in 100 degree heat. The inmates had no air circulating in the dorms and began breaking apart anything they could use to try to break out the windows of their cells to get some fresh air. The staff fared no better, the atmosphere was intense with the inmates trying to get air or get out, and the staff not knowing about how their families and homes had survived the storm, it was at times overwhelming.

Sheriff Gusman ordered the evacuation of the inmates to the Broad Street Overpass, which was the only piece of dry land in sight as you probably witnessed on television. Starting with Templeman I & II, each inmate was led from their tiers to a pick-up point where they were loaded into three small boats commandeered by the Sheriff's Office and taken to the bridge where they were unloaded and secured. Over a period of three days and hundreds of trips from the Intake and Processing Center Sally-port to the bridge all of the 6,000 inmates were removed from the buildings and secured. Members of the Sheriff's Search and Rescue Team (of which I am a member) began driving the boats and continued throughout the day and into the night stopping only to refuel and change pilot and navigator working in two man teams.

I called a staff meeting with all my deputies and cooks together late on Wednesday night after hearing that we were going to be evacuated to somewhere in the next few days. As I spoke to

(Continued on page 20)

80% of the city was underwater (540 square miles); 1,588 people were dead; and 4,000 men, women, and children were missing.

the men and women of the Food Services Division, I wanted to give an inspirational speech to lift their spirits, one they would look back on for years and remember, but the words did not come to me. Instead, I gave them each a hug and told them how proud I was of the way they performed their duties. I knew when we left this place we would not see many of them again (I have since lost over half my staff). As I was speaking, I once again became overcome with emotion and started to cry (my Lieutenant loves to tease me about this). I have never been prouder.

On Thursday (all of the days and nights had at this point run together) I ended up on the roof of the New Orleans Police Headquarters Parking Garage, assisting N.O.P.D. in securing the building with five other deputies. We each took turns on watch, and after my shift I fell asleep on the concrete. As I slept, I was dreaming with millions of thoughts running through my head. I was dreaming about dying and how my family was going to find me here. I learned that day a N.O.P.D. officer had committed suicide and that thought was on every one of our minds. As I dreamed, I felt an overwhelming feeling of abandonment and loneliness, and my thoughts turned to my uncle who was killed in the South Pacific during WWII. He was thousands of miles from his family and alone when he died, but he was with his brothers in the Marines as I was with my brothers in the Sheriff's Office. I was lying there on the concrete dreaming and thinking about death and how it would come to me. I thought I could hear angels singing. I was listening carefully thinking about my Mother who died when I was a child, and although I don't have many memories of her, I do remember her singing and playing the organ a lot. Her favorite song was "How Great Thou Art," and that was what the angels were singing. I dreamed of my funeral. Would my family spread my ashes out at sea while Officer Scott Semore played "Amazing Grace" on the bag pipes? All of these things were going through my mind in the blink of an eye, time seemed to stand still.

It was pitch black and I could not tell if my eyes were open or closed. It was so still and quiet I couldn't tell if I was alive or dead. As I lay there, I realized it was Captain Mary Goodwin (my Dietitian) singing quietly to herself "How Great Thou Art," rocking gently back and forth (with a shotgun across her lap). I quietly prayed the warrior's prayer:

JOSHUA 1:9 *"I will be strong and Courageous, I will not be terrified or discouraged: for the Lord my God is with me wherever I go."*

I woke up and realized I had to do something. I walked around on the roof and got one bar on my cell phone. I called my wife and gave her Attorney General of the State of Louisiana Charles Foti's cell phone number, his office number, and home number, and told her to call him and tell him to "get us out of here today." (Charles Foti was the Sheriff of Orleans parish for 30 years.) My phone went dead and I didn't know if she spoke to him or not, but two hours later there were busses lined up as far as we could see and helicopters landing on the broad street overpass. I will forever consider Charles Foti to be not only my friend, but my hero.

The Department of Corrections had erected a scaffolding from the crest of the bridge to the Interstate below (50 feet high), and each person had to climb down the scaffolding to the ground below. We were evacuated to Houma, LA, where I caught a ride to Gonzales with Greg Hackney (the pro bass fisherman and Captain Goodwin's brother-in-law). My Uncle Cart Varanado came and picked me up, bringing me to his and Aunt Rehona's house in Baton Rouge. Aunt Rehona is the cleanest person you will ever meet. She changes the sheets on her bed every day. Aunt Rehona saw me coming into her house and gave me a hug, then instantly sent me to the shower. I'm not sure how long I showered but I do know that when I got out, my Aunt had washed *and dried* the clothes I arrived in. How long does that take?

After Katrina, 2.5 million households requested assistance, 527,000 people were left homeless, and 400,000 people lost their jobs.

I was a wreck as you can imagine. I felt many things but mostly ashamed for leaving the city I have worked to keep safe for the past 25 years. I remember finally not having to be “in charge” and just starting to cry. I cried for several reasons—being dehydrated, hungry, and mostly from seeing the anguish and torment my employees had to endure for the past week. I remembered my Aunt asked me if there was anything I wanted, and I couldn’t answer. I could only shake my head. She gave me a glass of water, and I once again started crying because I could not finish the glass—it was so full and had so much ice in it. Such priceless commodity water had been for the past week. I will never take for granted something as simple as a glass of water again.

The next morning, my Uncle Cart and Uncle Tom Hoy gave me a ride to Woodville, MS, where my sister Patti Tourcotte, brother-in-law Randy, and my nephew Bert showed up and gave me a ride to Vicksburg, MS, to my father’s house. My family is full of quiet, every heroes who stopped at a moment’s notice and helped. I will forever be in their debt.

When we were finally able to hear the news of the “outside world” it was reported that 80% of the city was underwater, (540 square miles); 1,588 people were dead; and 4,000 men, women and children were missing.

At 11:00 p.m., Sunday, August 29, a 30-foot tidal surge came ashore just east of New Orleans—right where my home stood. Winds were recorded at 140+ mph and 12-16 inches of rain fell. Over 30,000 people took shelter in the Superdome and were as stranded as we were. Looting was widespread throughout the city while law enforcement officers were busy conducting rescue missions. The Coast Guard rescued over 18,000 people from rooftops (42,000 in all). Over 2.5 million households requested assistance following Katrina. 527,000 people were left homeless. 400,000 people lost their jobs. \$34.4 billion was the damage estimate.

Our home had \$123,000 worth of damage and has been a work in progress to redo. I have done most of the work myself with a little help from my friends and family. My sister Patti Tourcotte and my brother-in-law Bob Wise, took their vacations and came to my rescue hanging all the sheet rock in my house over the Thanksgiving holidays. My Uncle Cart Varanado came as soon as I called him and got my A/C running, my Dad and Stepmother came down with a new refrigerator and washer and dryer. Ordinary people were doing extraordinary things.

Things are getting back to normal now, three years later. We (the people of the storm) have gone back to shaking hands when meeting a friend instead of hugging, and questions about where you evacuated to are almost never asked. It is true—time heals all wounds, however sometimes it feels as if it happened yesterday. There are parts of this story that still make me tear up when I tell it, the pain is still there, and there are some parts I will never tell, not because there was any wrong-doing involved, but there are parts of my story that I want to keep private and close to my heart.

One day, months after the storm, my youngest son Max and I were riding through New Orleans when he saw a billboard of N.O.P.D. Officers rescuing people in boats. The sign read something about staying and being heroes and Max asked me, “Dad, were you a hero in the storm?” I had to pull over on the shoulder of the road after being overcome with emotion and as I looked at my son, I said, “No, but I served in the company of heroes.”

Major R.J. Beach, II works at Orleans Parish Criminal Sheriff’s Office.

What ACFSA Means to Me

by Cindy Burns, ACFSA Secretary



When I joined ACFSA back in the 90s, I thought being a member would really benefit my professionalism and help me be the best at managing my mid-sized jail. Fact: I didn't have a clue!

I came from a background of fine dining, McDonalds, and golf course management. Success to me in food service was making sure that a plate never left my dining room without the proper garnish. I had not even had a speeding ticket when I began working with Canteen in 1992, so jail food was way beyond my comprehension. I remember asking my boss, "What is different in there? What do I worry about?" As this was Canteen of Michigan's first correctional account, he sagely said, "Just treat them like you did the kids you worked with at McDonalds."

That was my training. I showed up the first day in an orange knit jumpsuit, no make-up and no hair-do. I could have passed for an inmate. I could have scared anyone to death. Never did wear that jumpsuit again. I was so not prepared to be a corrections professional!

Corrections surely is not McDonalds, but it is food service at its most creative and challenging aspect. Who else makes meals for under a dollar, for people who don't want to eat it, and has regular customers returning for three meals a day for years? We do...ACFSA members do!

Think about how special you are. No one else does what you do with so little money, working with unskilled labor, for people who don't want your services. Challenge anyone on the outside to prepare a meal for a family of four for only \$4. They will look at you like you have lost your mind!

No other service in your facilities touches every area with the regularity that you all do. You are true professionals... Yes—You! You in your hair net and gloves, with your apron covered with cake batter, and the oven rack scar on your forearm—You! You are ACFSA and we are proud of you!

We all come from such different backgrounds—Federal, County, State, Juvenile, Public, Private, Dietitians, Equipment and Smallware Vendors, Hourly Employees, Management, Administration, Opportunity Buy Providers—and yet we came together as

one in Charleston. We look at this differently but our end goals are strongly aligned. We all face cutbacks, need encouragement, look financial challenges in the eye meal-by-meal, our equipment breaks, and our inmates are a different and harder mindset than the last generation. We have so much in common. We are ACFSA.

It was wonderful to be a part of the problem solving that came together as we talked and shared in Charleston. That's what ACFSA means to me...you, me, all of us together solving problems, having fun while we do it, finding a new product, laughing at our mistakes while learning from them. That's ACFSA.

You are ACFSA...we are ACFSA. Together, we can do more and secure the future of Correctional Food Service Professionals throughout the world. At this time, there are just of 900 registered members. If attending ACFSA worked for you and you left feeling re-energized and refreshed, please proudly pass the message of our organization forward. Find just one member who will join you on the path to greater professionalism. You are ACFSA...we are ACFSA. Together we can do anything.

We are looking forward to seeing you all in Grand Rapids this August, 2009. If you have an area of professionalism you would like to speak about and share with others, please feel free to contact me at cburns@canteenservices.com or Gatha McClellan at MCCLELGW@michigan.gov. We welcome you to the best conference we can offer you in Grand Rapids next year. This is your Association...this is ACFSA.



You are ACFSA...we are ACFSA. Together, we can do more and secure the future of Correctional Food Service Professionals throughout the world.

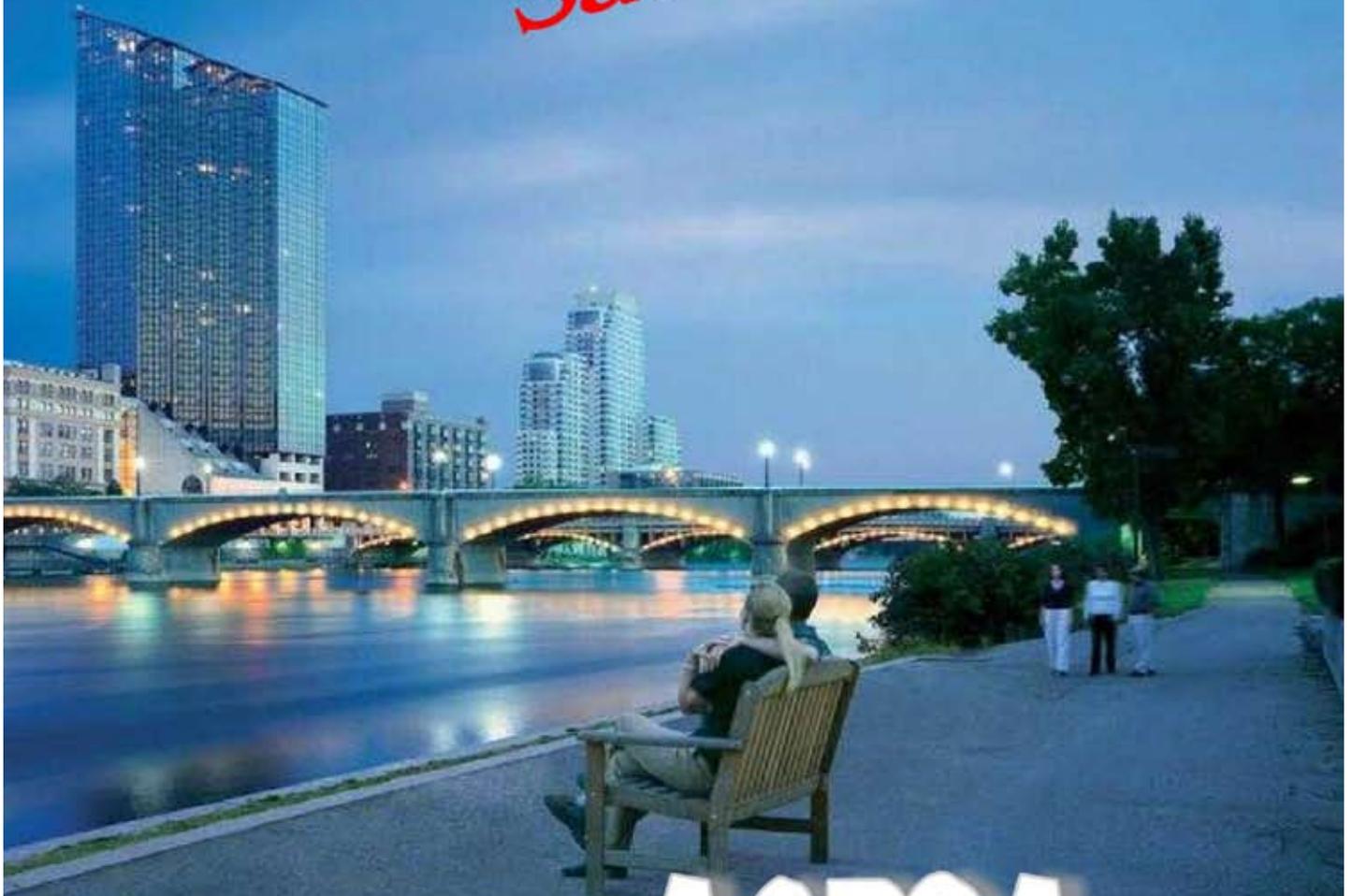


ACFSA ANNUAL CONFERENCE

GRAND RAPIDS, MICHIGAN

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Executive Director's Message

by Jon Nichols

Unsung Heroes

What a great time we had in Charleston, South Carolina! I do hope you had the opportunity to attend this year's Conference as it was truly a rewarding and entertaining event! Plenty of educational sessions to satisfy everyone's needs, networking opportunities and a multitude of evening affairs to keep you interested and busy!

I would like to take a moment to recognize some ACFSA members who went above and beyond to make this year's show such a success.

ACFSA President Ricky Clark. Ricky was instrumental in countless ways and I hope that you have an opportunity to personally thank him for his contributions. On-site handouts were all printed and delivered to Conference by Ricky and the Audio Visual equipment (LCD's, screens and computers) for our breakout sessions was provided by him. Leading up to Conference, Ricky had a hands-on role in contact-

care and passion. Many personal hours were spent making phone calls and putting people together to bring you a gratifying experience. Thank you to **Becky Ayer** and **Anita Carter** who both rolled up their sleeves and helped to sell raffle tickets and to dole out "goodies" for the conference bags.

And a huge thank you goes to **Amy Goldblatt and all of her Volunteers** who helped out at Registration throughout the Conference. There is nothing better than a friendly and knowledgeable face to greet you as you arrive at Conference and Amy and her team provided that and more.

All Participating Vendors. Thank you for your support of ACFSA and for your enthusiastic contribution to this year's Vendor Show. The booths looked great and there was a noticeable buzz throughout the floor. We couldn't accomplish this without you and the whole of ACFSA's membership appreciates everything you do!



Thank you to all the people who attended the conference in Charleston, SC. You are a dedicated bunch who obviously recognize the great benefits the ACFSA Conference has to offer.

ing the speakers, scholarship winners and various logistical players to insure that all attendees were taken care of.

Carol Thomas. Carol was a huge reason we had such a great Silent Auction at Conference. Gift Baskets were the order of the day and impressed everyone as the bidding was fierce and furious!

David Jacobs and Pattie Whitlock. Our Vendor liaisons for the 2008 Vendor Show worked behind the scenes leading up to Conference and were very much at the forefront during our event. Their enthusiastic involvement helped to make this a relatively seamless affair.

Bob Ayer and Fred Carter and the whole of the **Conference Committee.** As you can imagine, this is no small undertaking, and Bob and Fred met the challenge head-on with great

Speakers/Presenters/Room Monitors. Thank you to all of those that gave of their time and expertise to educate and enrich attendees in breakouts and at General Sessions. And, to the room monitors that may have sacrificed their own experience at times to ensure each session ran smoothly.

Finally, I want to thank all **Conference Attendees** for taking time out of their busy schedules, in many instances at some personal hardship. You are a dedicated bunch that obviously recognized the great benefits that the 2008 Conference had to offer! It was a pleasure to meet you all and I look forward to next year's Conference in Grand Rapids, Michigan!

Welcome New ACFSA Members



PROFESSIONAL FOODSERVICE MEMBERS

Linda Avilez
Canteen Correctional Services
La Verne, CA

Chris Chatterton
Summit Food Service
Las Cruces, NM

Carolyn Colvert
Tulare County Sheriff's
Department
Visalia, CA

Robert Conway
Salinas Valley State Prison/
California Dept. of Corrections &
Rehabilitation
Greenfield, CA

Johnny Davis
Cumberland County Sheriff's
Office Detention Center
Fayetteville, NC

Karrie Donabed
Tulare County Sheriff's
Department
Visalia, CA

Nina Hoy
Maryland Correctional
Institution— Jessup
Quantico, MD

Siemone Johnson-Boyd
Bay County jail & Annex, Canteen
Correctional Services
Panama City, FL

Jennifer Jonas
NYE County Sheriff's Office
Pahrump, NV

Sheila L. LeJeune
Lafayette Parish Correction Ctr.
Lafayette, LA

Barbara Liles
N.C. Dept. of Corrections
Kernersville, NC

Mary Malone
Prince William Manassas Regional/
Adult Detention Center
Manassas, VA

Marna Noe
North Carolina DOC
Greenville, NC

Betty Poff
Central Virginal Regional Jail
Orange, VA

Wanda Purser
Summit Food Service
Lovington, NM

Carolyn Reuben
Sacramento County Probation
Department Adult Drug Court
Sacramento, CA

Bernadette Thompson-Murray
Her Majesty's Prison
Nassau N.P, Bahamas

Felicia Voldahl
Summit Food Services

INSTITUTIONAL MEMBERS

Steve Bowles
Taft Correctional Institution
Taft, CA

Michael Hughes
J. Reuben Long Detention Center
Horry County
Conway, SC

Gary Schmidt
FCI Fort Worth
Fort Worth
Fort Worth, Texas 76119, TX

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TCM International
Santa Monica, CA

Otis Curtis
DSM Food Specialties USA, Inc.
Parsippany, NJ

Jamie Fisher
AUTOFRY/Motion
Technology, Inc.
Northborough, MA

Ken Rossillon
Stero, A Division of ITW
Petaluma, CA

David Salib
Benjamin Foods
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Cathy Scruggs
American Technical
Publishers, Inc.
Homewood, IL

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Regional Reports

REGION I REPORT

by Carol A. Thomas, CDM, CFPP, VCO

TWO THUMBS UP! *Let's see them...UP, UP!*

Wow! What a conference we had in Charleston, SC.

I am still talking with members about all of the fun we had at the conference. The "Low Country Boil" and the bands that entertained us (we have some really good dancers in ACFSA). Bob Ayer and Fred Carter set up some fun activities along with dynamic training sessions for all to attend. Thanks guys!

I was very excited to see so many first time attendees. Welcome to our great association, remember you are now a member of an international family. I look forward to seeing you all next year in Grand Rapids, MI.

My goal this year is to work closely with the Region I chapters to assist them in building membership and provide guidance as needed. Chapter officers' and members, I challenge you to re-dedicate yourselves to your chapters and your association. Remember our association is only as good as its members. I am here if anyone needs help. I can be reached at: (804) 784-6882 or Carol.Thomas@vadoc.virginia.gov.

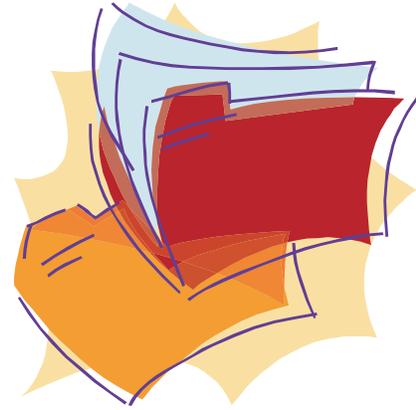


REGION II REPORT

by Jim Beach, CFPP

During the ACFSA International Conference in Charleston, Region II conducted a roundtable discussion including several topics. 12 members attended the meeting. Those in attendance were: Nathaniel Parker, Amy Barnett, Barbara Holly, Yvonne Ordoyne, Nancy Comardelle, Brad Babson, Sterling Bennett, Mike Tuminello, Mary Goodwin, Marietta Anmsty, James Maher, and Wayne Fish. Email addresses and phone numbers were exchanged. Let's all make an effort to attend the roundtable discussions in the future.

I would like to see the number of participants increase for the next conference. It is up to *us* to make Region II a valuable asset to ACFSA. I will be calling on each member of Region II in the coming month in an attempt to build membership within the region. Let's each try to get one new member to join ACFSA this year. Tell everyone about our association and the benefits of membership.



I have been invited to speak at the California Chapter Conference in October in Sacramento and am honored to do so. Looking forward to a productive year! Please feel free to contact me beachr@opcs.org or (504) 827-8529 anytime.

REGION III REPORT

by Philip Atkinson

Hello to all in Region III from beautiful Minnesota. Our fifth season—road construction—will be over soon and then the fun really begins: cold weather and wind with snow and ice.

First off, a little about myself. I have been in correctional food service for 14 years. I spent the first half as food manager at MCF-Stillwater: a 1,289 bed, level-5, maximum security prison in Stillwater, MN. For the past 7 years, I have been the Food Service / Laundry Programs Manager for the Hennepin County Sheriff's Office, which operates the Hennepin County Adult Detention Center: an 839 bed short term, pre-trial facility in downtown Minneapolis.

Two years ago, in an effort to find a source of information, support, and new solutions, I stumbled upon the ACFSA website. I liked what I saw, joined, and was lucky enough to be able to attend the 2007 Conference—two of the best decisions I have ever made. I think what has been most striking is the sense of validation a person can get discussing common issues. I am not the only one with the problem and my solution really isn't as goofy as some have said. I know I'm preaching to the choir, but sometimes these things need to be said.

It is an honor to serve as Region III director—many thanks for all your support. Over the next two years, there are several things I hope to accomplish—none of which I will be able to do without your help. First and foremost is to increase membership in Region III. If you have any suggestions, please get them to me. It is my plan to be in contact with each Region III member at least quarterly via an email group. I hope to use these email groups to establish an information sharing forum within the Region. I hope to shrink the regional boundaries and bring all of Region III together as a living, breathing unit—life leads to life.

Again, thank you for the privilege to serve. Please feel free to contact me at philip.atkinson@co.hennepin.mn.us.



Congratulations



Raul Aguirre
Head Cook
Twin Towers
Los Angeles, CA

Maria D. Arellano
Head Food Service Worker
Correctional Treatment Center
Los Angeles, CA

Felicitas G. Babaran
Head Food Service Worker
San Fernando, CA

Ferdinand Banayos
Head Cook
Men's Central Jail/ Food
Services Unit
Los Angeles, CA

Karen Candito
Correctional Food
Service Director
Santa Clara County Dept.
of Corrections
Milpitas, CA

Maria C. Gandara
Custody Assistant
LA County Sheriffs Dept.
Los Angeles, CA

Jennifer Henderson
Correctional Food
Service Officer
Ridgeway, NC

Victor Krajci
Head Cook
LASD-North County
Correctional Facility
Castaic, CA

Anthony Matthews
Head Cook, Food Service Unit
Twin Tower Correctional Facility
Los Angeles, CA

Emilio R. Mendez
Head Cook
LA County Sheriffs Dept.
Los Angeles, CA

Sidney A. Merza
Head Cook, PDC Ranch
Los Angeles Sheriffs Dept.
Castaic, CA

Amabel P. Patricio
Head Food Service Worker
MCJ-Dietary
Los Angeles, CA

Boris Rudnik
Senior Baker
NCCF
Saugus, CA

Ralph Serrano
Head Cook, Twin Towers
Correctional Facility
LA County Sheriffs Dept.
Los Angeles, CA

Edward Toles
Head Cook
TTCF Sheriff Department
Los Angeles, CA



Past President's Message

by Ricky Clark, CCFP, CFSM,
CDM, CFPP

Greetings Y'all

I would like to thank you all for your support during my reign as President. It was a great year and I think we accomplished a tremendous amount."

See what going to Charleston does for your vocabulary! I can't believe it has come and gone already and what a great conference it was! It was so great to see each one of you there, supporting your association. I think it was one of the greatest conferences ever. And, if you missed it, you missed a great time of learning and having fun.

Where has the year gone? As your Past President, I would like to thank you all for your support during my reign as President. It was a great year and I think we accomplished a tremendous amount. Your Board had to make some crucial decisions this past year and I know we made the right ones for the best of our association. Please note in the front of the magazine, who your Board is and take a moment to send them an email or give them a call to let them know that you appreciate what they do and share any concerns you may have about ACFSA.

I would like to challenge each of you to get involved in your association this year. Become a volunteer at the chapter or national level and watch as you develop and become a better leader and manager. The opportunities are abundant and endless if you are willing to make the sacrifice and give of yourself. The rewards are just as unlimited when you experience all that lies ahead for you. So take a little time and consider advancing your career in the Correctional Food Service field this coming year.

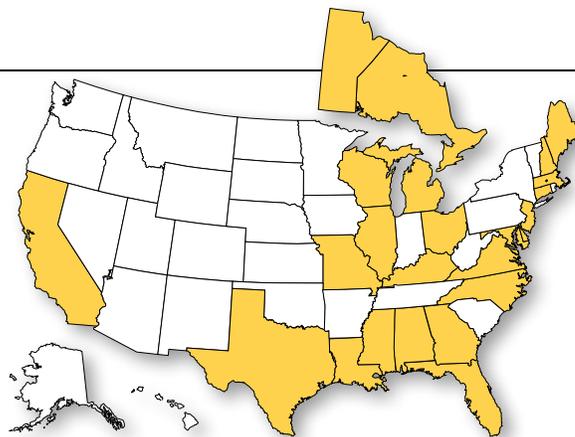
As always, I am here for each of you and wish you a great Fall and Winter season, as we move forward and continue to grow our association membership and pride.

Best to all!

Ricky G. Clark, CCFP, CFSM, CDM, CFPP is training and development coordinator supervisor for the Academy for Staff Development, Crozier, VA. He serves as 2007-2008 ACFSA International President. Reach him at (804) 784-6857 or ricky.clark@vadoc.virginia.gov

Chapter Presidents & State and Provincial Contacts

USA



ALABAMA

Rena McWilliams
Jefferson County Detention Center

CALIFORNIA

Laurie Maurino, RD*
High Desert State Prison

CONNECTICUT

Michael Gaughran, CCFP
York CI

DELAWARE/MARYLAND

Paul Downing, CDM, CFPP*
Delaware DOC

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James Johnston, CCFP, CDM,
CFPP, CJM*
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GEORGIA

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Macon State Prison

ILLINOIS

Helen Lewis, RD, LD
Cook County DOC

KENTUCKY

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Kenton County Detention Center

LOUISIANA

M. R. J. Beach, II, CCFP
Orleans Parish Sheriff's
Department

MAINE

Spencer Smith
Maine State Prison

MASSACHUSETTS

Chris Gendreau, CCFP, CFPM
Massachusetts DOC

MICHIGAN

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Canteen Services

MISSISSIPPI

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MISSOURI

Juanita Avery
St. Charles County DOC

NEW HAMPSHIRE

Jeffrey Perkins
New Hampshire DOC

NEW JERSEY

Yvette Knox*
River Front State Prison

NORTH CAROLINA

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TEXAS

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Manitowoc County Jail

CANADA

MANITOBA

David Wainwright
Dauphin CI

ONTARIO

Marcella Maki*
Niagara Falls Detention Center

Call ACFSA Headquarters if you want contact information for any of these individuals
(818) 843-6608



* Chapter President

ACFSA Regions

If you are an ACFSA member from outside the United States and do not know what ACFSA region you are in, call the Headquarters office for answers at (818) 843-6608.

Region I

Connecticut	New Hampshire	Vermont
Delaware	New Jersey	Virginia
Maine	New York	Washington DC
Maryland	Pennsylvania	West Virginia
Massachusetts	Rhode Island	

Region III

Eastern Canada	Michigan	Ohio
Illinois	Minnesota	South Dakota
Indiana	Missouri	Wisconsin
Iowa	Nebraska	
Kansas	North Dakota	

Region II

Alabama	Louisiana	Tennessee
Arkansas	Mississippi	Texas
Florida	North Carolina	Virgin Islands
Georgia	Oklahoma	
Kentucky	South Carolina	

Region IV

Western Canada	Hawaii	Oregon
Alaska	Idaho	Utah
Arizona	Montana	Washington
California	Nevada	Wyoming
Colorado	New Mexico	

2008

Outstanding Chapter of the Year Award



The Association of Correctional Food Service Affiliates is recognizing outstanding chapters. Did your chapter have an eventful year? You could be eligible for an international Award!

Please fill out the application form and return to the ACFSA office postmarked by February 1, 2009. Use additional paper, if necessary. Chapter Presidents will be notified by March 31, 2009.

1. CHAPTER INFORMATION:

A. Please indicate the location of your chapter: _____

B. Please indicate your Chapter's size:

Small: 25 members or less

Medium: 25-50 members

Large: 50 members or more

2. EDUCATION / PROFESSIONAL DEVELOPMENT:

A. How many educational / training meetings did your chapter hold in 2007? Please include an agenda for each meeting
(5 points per meeting)

B. Did your chapter host a multi-day conference and / or vendor show, either on your own or in conjunction with other chapter(s)? Please include conference agenda. (10 points for each educational session)

C. How many of each of the following has your chapter awarded in the past year? Please name all recipients. (10 points per category)

_____ Awards

Recipients: _____

_____ Scholarships

Recipients: _____

_____ Conference Registration and/or Expenses

_____ CCFP or CFSM fees

_____ Other Training Fees

(Continued on page 30)

2008 Outstanding Chapter of the Year Award *(Continued)*



3. LEADERSHIP:

- A. Are your chapter members involved in the ACFSA at the International level? If yes, please identify those members and their contributions. *(10 points per involvement)*

Board Members: _____

Committee Chairs: _____

Committee Members: _____

Presenters: _____

(please include a copy of program)

INSIDER Submissions: _____

(articles submitted by chapter members and chapter news does not count)

International Award Winner: _____

4. CREATIVITY AND INNOVATION:

- A. Does your chapter publish a newsletter (print or electronic)? If yes, how often: _____
(5 points per issue)

- B. Please include a copy of your chapter newsletter. Please indicate the following activities you promote in your publication:
(10 points per category)

Chapter Activities

International Activities

The Food Service Industry

Individual Member Profiles

5. MEMBERSHIP DEVELOPMENT:

- A. Does the Chapter have a specific membership recruitment plan? If yes, please briefly describe the plan and include applicable materials. Indicate your method for identifying prospective members. *(10 points)*

6. FINANCIAL MANAGEMENT:

- A. Are all quarterly reports submitted on a timely basis *(10 points if all reports have been submitted on time)* Yes No

- B. Briefly describe your chapter's sources of income. Include monies received from ACFSA International *(10 points)*

Fundraising Events: _____

Vendor Contribution: _____

7. MEMBERSHIP GROWTH:

- A. This will be determined by the baseline, established from December 31, 2007 through December 31, 2008. This section will be determined by percentage growth. *(10 points)*



Kitchen Warriors

by Ann Coppola, News Reporter

According to the United States Department of Agriculture, the average price for food is now six percent higher than it was one year ago. From meat to fruit, vegetables to coffee, consumers have to pay a lot more to put a meal on the table.

But, it's not just families that are hurting. The food costs issue was front and center for attendees and vendors at August's 39th Annual International Conference of the Association of Correctional Food Service Affiliates (ACFSA).

"Money is always a huge concern in correctional food service, but especially with the way the economy is now, it's just 'money, money, money,'" says Pattie Whitlock, president of Design Specialties, Inc., a Connecticut-based manufacturer of plastic reusable tableware items. "Just because food costs are rising doesn't mean state budgets are growing."

ACFSA, a U.S. non-profit dedicated to the professional growth of correctional foodservice employees, brought concerns like Whitlock's to the attention of its audience, which was comprised of more than 400 professionals from the United States and Canada. Attendees at the five-day event included correctional dietitians, foodservice employees, sheriffs, and other corrections leaders, as well as the vendors that supply food equipment to correctional kitchens.

The conference offered general and breakout sessions on everything from the current menu utilized by the federal corrections system, to tips on employee retention, and utilizing mobile kitchens during emergencies or renovations. The Registry of Food Service Professionals was on hand to run sanitation certification and recertification programs.

One of the more popular sessions addressed the growing restrictions religious diets are placing on facilities and food service personnel.

"Most of your religious diets are vegetarian-based, the big ones are mostly for Islam and Hebrew Israelites, and occa-

sionally Catholic," says Philip Atkinson, food service and laundry programs manager for Minnesota's Hennepin County Sheriff's Office. "I'm in the process of trying to put together a vegetarian diet that will handle our diabetic patients as well as 95 percent of our religious diets."

Atkinson says he gets new ideas from the networking he does at the ACFSA conference. His facility runs an average daily count of 750 inmates. Fifteen percent claim a food allergy, compared to the average of four percent of the general population in the U.S.

Like many facilities across the country, Hennepin is trying different measures to cut back on how much it spends on food.

"We have gone to a little bit more scratch cooking, because the ingredients quite often when combined are much less expensive than the prepared product," Atkinson explains. "We have eliminated milk once a day and are instead offering milk substitute. We use very tight portion control and delivery control. It's all about what you can get rid of or buy less of."

Even with a full plate of challenges ahead of them, Whitlock and Atkinson say the conference helps keep them positive and focused on solutions.

"The conference is terrific for vendors because there are so many opportunities to network with the attendees and get to know them outside of their own facility, to better learn what their needs are and how to accommodate them" says Whitlock.

"You get to talk to people that do what you do every day," Atkinson adds. "In the normal daily operations of your facility, that doesn't happen very often for the food service professional. Very few people know what we do, or what we deal with. This way you get to talk to people who are dealing with the same challenges. You feel so much better knowing there are people out there facing the same thing you are."

INSIDER

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Inside INSIDER

► *INSIDER* Editors: **Lavinia Johnson and Barbara Holly, CCFP, CDM, CFPP**

INSIDER is published four times annually by the Association of Correctional Food Service Affiliates.

The Fall issue mails in September, the Winter issue mails in December, the Spring issue reaches your mailbox in March, and the Summer issue will arrive in June. We welcome any suggestions or articles for future issues.

Editorial Statement and Procedure

The mission of the Association of Correctional Food Service Affiliates (ACFSA) is to develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge.

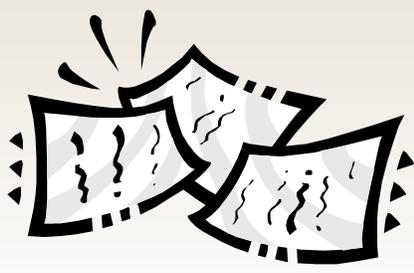
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To submit an article for the Winter 2009 Issue:

1. Please send via e-mail by December 15, 2008 to:
ACFSA—INSIDER
Lavinia Johnson, e-mail: laviniajohnson@aol.com or
Barbara Holly, e-mail: barbaraholly@bellsouth.net
2. ACFSA does not guarantee that submitted articles will be published. Articles may be edited, and placement is determined by the editor.
3. You may also include a photograph, simple graphics, charts, or pictures that you think may be useful to the article.
4. If you have submitted or will submit the article to other publications, please notify us at the time of submission of the publication name, editor, and phone number.

Letters to the Editor

Please forward your letters and comments to Lavinia or Barbara via e-mail at lavinia48@aol.com or barbaraholly@bellsouth.net. Please specify that you are contacting us regarding the "Letters to the Editor" column. We reserve the right to edit submissions.



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