




INSIDER

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

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 the Way**



Teddie Mitchell
 ACFSA President

Association of Correctional Food Service Affiliates **Fall 2009**

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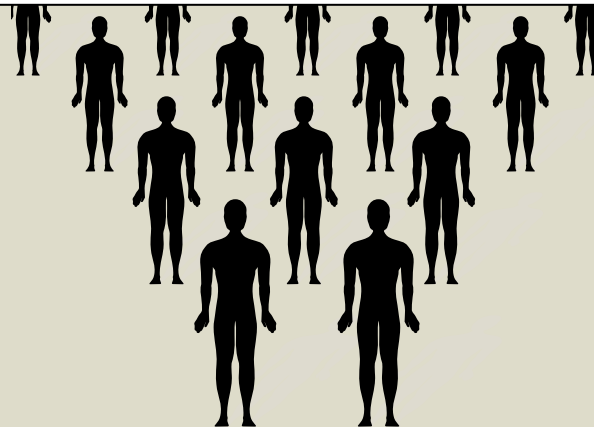


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INSIDER is published quarterly (Spring/March; Summer/June; Fall/September; Winter/December) by the **Association of Correctional Food Service Affiliates**, 210 N. Glenoaks Blvd., Suite C, Burbank, CA 91502; Phone: (818) 843-6608, Fax: (818) 843-7423 ▲ website: www.acfsa.org.

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President's Message

by *Teddie Mitchell, CCFP*

A Wonderful Year in Review

All of the sudden I realize that this will be my last message to you as your president; this has been a truly wonderful year!

As green as I was two years ago, when I suddenly found myself in the position of Vice-President (skipping the first “leg”) I now feel quite seasoned. We acquired a new management company, I worked my way through the bylaws, which you approved; the Board had monthly phone conferences where much was accomplished and I had the chance to meet lots of members at their own meetings. Thank you, California members, for your warm welcome, tours and friendship.

Besides my duties as president I have my day-job, managing the Food Service Department in a small county jail. It seemed over-



whelming at first but I now find that I’m better organized when there is a lot to do. I am also blessed with a wonderful staff. We employ four (4) civilian cooks, along with an ever changing crew of inmate workers. Rounding out my “support” are the Sheriff and Jail Administrator. They allow me to take time off for meetings and travel because they have seen first hand my professional growth and leadership through ACFSA.

I was proud to accept the invitation of our Sheriff Randy Wright to take part in the Badger State Sheriff’s Conference and speak about ACFSA.

One of my goals last year was to grow fresh vegetables for use in the jail kitchen. I presented examples of gardens in other cor-

rectional facilities to my boss, who thought it was a great idea. In 2003, Food Service Employees of the Virginia DOC were told to look for ways to save money and Linda Shear wrote about a “Wise Garden Project” in that winter’s issue of the Insider. I used that article to make my presentation. Yes, I still have every Insider issue since I became a member in 1994. Each issue highlights great achievements and has wonderful ideas. We can tap into these resources and use them for our own, individual needs.

I look forward to receive our quarterly magazine and read every article, written by my colleagues. When I was asked (expected) to write an article introducing Chapter Development, I was first scared, then anxious to see it in print. I ask all of you to share something about your job, institution or anything else of interest

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to your fellow members. It will give you great satisfaction and will benefit our readers.

At this writing, the next function on ACFSA agenda is the Annual International Conference in Grand Rapids, MI: our 40th anniversary! My first issue of the Insider was volume 3, 1994. How ironic that it happened to be the 25th anniversary issue with the conference to celebrate this occasion at the very same place as this year!

At the conference, it was my pleasure to introduce our new Board members, announce award winners, see old friends, and make new ones. It was a fantastic conference! We brought our tie-dye t-shirts and peace symbols, as we were brought back to the 60s.

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



Vice President's Message

by Jim Hartman, CDM, CFPP

Network and Share

By the time you get this issue of the INSIDER I hope you are either packing or have just returned from our International Conference in Grand Rapids, Michigan. It is hard to believe that a year has passed so quickly. It seems like just yesterday I was returning from Charleston, S.C. and talking about what a great time we all had there. What, you didn't make that conference? You missed out on some great training and networking with your correctional food service family. Looking at this year's agenda, I know we will have a rewarding time. We have contracted with Chef Jeff, an ex-offender, who learned to cook while incarcerated and went on to become a renowned chef. He has been on with Oprah and on other television shows, and is often called on to give talks at events like the ACA conference this year. I sure hope you didn't miss out on his talk.

I again call upon each member to recruit at least one new member this year. I know that the economy is not in the best shape and money for dues is harder to come by. But these are the times that we need to support each other by networking and sharing ideas on how to save money in our budget, and how to lower food cost and still provide a quality product each day. There is someone out there that has had the same problem or issue that you are facing now. So just call on your association members to help you work through these issues so that you don't have to reinvent the wheel.

We are here for you and any other food service person. Just go to our Web-site (www.acfsa.org) and find a board member and ask the question. We will see that it gets out to all the members. The website is a great place to see what is going on with this great Association, so visit it often and see what is new and let us know if we need to add something. I am looking for ideas for the location of the 2011 Conference site. We will be in the sunny state of California in 2010, and we need to find a location for the next great conference after that. What about the east coast? Or maybe we should be somewhere in the middle of the country like Tennessee, Texas, or Louisiana? We haven't been to any of these places in some time. Please let your Regional Director know what you think. I'm not sure who your director is or what region you are in, but just go to that great website I talked about earlier: www.acfsa.org.

Till next time, Keep a smile on your face and make people wonder what you have been up to.

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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'Con'- Posting

by Ilona Fordham RD

Reducing costs has always been important and no more so than now. One of the unique ways Correction facilities are saving money is through composting, and I'm not talking about your small backyard compost pile! Composting can be done on any scale, from backyard containers to large in-vessel composting technology that can handle anything from 6 pounds of waste to 60 or more tons every day. In these tough economic times composting has become an economic solution to a far reaching problem.

According to the Environmental Protection Agency, every year Americans throw away more than 25% of the food we prepare, a staggering 96 billion pounds of food waste. And every year 1 billion dollars is spent disposing of this food

waste¹. Not only is this food waste costly to dispose of but the current method of disposal is also detrimental to the environment. Along with all the other trash from daily life, food scraps usually end up in landfills where they decompose without oxygen, releasing a green house gas, methane. However, if these same food scraps are mixed with other organic materials and aerated in a compost pile, they become pure gold for soil and plants, without releasing methane gas in the process. It is estimated that for every 7.4 tons of organic matter that is composted green house emissions are reduced by the amount equal to the emissions of one car².

(Continued on page 6)

'Con'-Posting (continued)

Many institutions and communities across the country have discovered the many benefits of composting. Not only are they reducing their food waste diversion costs but as an added bonus they are also saving money in fertilizer and landscaping materials; much of the finished compost can be used as soil mixes, peat moss and mulches. One such example is the Georgia Department of Corrections where their recycling and composting program serves 39 prisons and facilities. In 2007 they diverted 4,974 tons of foods waste to composting, reducing their food waste diversion costs by \$198, 960.00 and creating nutrient rich compost, valued at \$455,620.00, in the process³. Washington State Department of Corrections is another example of how facilities are using a composting program to save money. From 2004-2006 food waste disposal costs were reduced by 15 %, in the five facilities involved in the food recycling program, and garbage reduced by a fourth. The compost is used in the on-site vegetable gardens or bagged as 'con-post' and donated to the community⁴.

In the community, San Francisco, with its self-imposed goal of diverting three-quarters of its waste from landfills in 2010, is leading the way in food recycling. About 2,000 restaurants, 2,080 large apartment buildings and 50,000 single-family homes are regular contributors to the city's new food scrap green bins. In one year 105,000 tons of green waste was collected and turned into enough compost for 10,000 acres⁵. This prized compost is purchased by the farmers and vintners in the surrounding areas at \$12 a cubic yard. One reason why the San Francisco compost is so sort after is because the restaurants in Fisherman's Wharf recycle their fish and crustacean scraps to the city compost pile. Both of these foods

provide key nutrients for the finished compost which otherwise would be very costly to purchase through a garden center. Vegetable waste like apple cores and peelings, as well as coffee grounds and tea leaves, make excellent compost too.

Whether you're interested in composting at home or starting a large scale operation there is a lot that must be considered: what materials are to be composted? How much space do you have? What is the current waste management system? How will the compost be used? Who will be involved? The best thing to do is to pick and choose a combination of the methods and tools available to create a compost system that will suit your budget and the type and volume of waste you have. Two common methods include worm bins and in-vessel containers; both can be used for large or small scale operations. Worm composting is a low cost, low-tech method where food scraps, mixed with paper scraps and wood chips, are broken down into nutrient dense compost by worms. An in-vessel composting system is a little more high-tech and unlike worm composting, where not all food scraps can be composted, this method allows all food scraps to be used, including meat, dairy and citrus scraps. Because this method allows more types of foods to be composted there is a higher potential for cost savings in food diversion fees.

But don't take my word for it! If you're looking for expert advice and direction I suggest you take a look at the links below. There are many great resources out there that will help you put together a technically sound and feasible plan for start-up success. Happy composting!

WEB RESOURCES AND REFERENCES

Web Links on Composting

<http://www.epa.gov/msw/compost.htm>
<http://www.mastercomposter.com/>
<http://www.earth911.org/master.asp?s=lib&a=organics/organics.asp>
<http://compostingcouncil.org/index.cfm>
<http://aggie-horticulture.tamu.edu/sustainable/slidesets/kidscompost/cover.html>
http://compost.css.cornell.edu/Composting_homepage.html
<http://www.musc.edu/recycle/vermicompost.htm>
http://www.fac.unc.edu/WasteReduction/Recyclables/animal_beding.asp
<http://darkwing.uoregon.edu/~recycle/Composting.htm>
<http://www.klickitatcounty.org/SolidWaste/default.asp?fCategoryIDSelected=965105457>

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2. Connecticut Climate Change – Composting, Climate Change and State Agencies. Retrieved April 1st 2009 from <http://www.ctclimatechange.com>
3. Georgia Environmental Protection Division – Community Environmental Management. Retrieved April 1st 2009 from http://www.gaepd.org/Files_PDF/fwd/CEM_Inc_GDC_Compost.pdf
4. Washington State Department of Corrections – Sustainability Goals – DOC's composting program. Retrieved March 31st 2009 from <http://www.doc.wa.gov/goals/sustainability/compost.asp>
5. SF Gate – S.F.'s scraps bring joy to area farmers. Retrieved April 6th 2009 from <http://www.sfgate.com>

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Get Involved

ACFSA May 3, 2009

by Lieutenant Tim Thielman, CFSM, Ramsey County Correctional Facility



Last month while I was at the Indianhead Foods, Buyers Show in La Crosse, Wisconsin I was talking with our Region III Director, Phil Atkinson, about the ACFSA. I told Phil that I had been a member for a few years and I thought it was time to quit sitting on my hands and become involved in the organization. I had completed the CFSM certification and I was planning on attending the annual ACFSA Conference in Grand Rapids, Michigan. I told Phil that I always read about chapter meetings in the ACFSA INSIDER magazine and so I asked Phil why we do not have a Minnesota Chapter? Phil replied that there are only a handful of members in the state of Minnesota and it would be too difficult to run a chapter with so few members. Phil then invited me to come along with him to a meeting with the Wisconsin ACFSA Chapter in Wisconsin Rapids at the Wood County Jail. I said yes without even hesitating, and I was already looking forward to the trip.

The meeting was fabulous! Dixie White of the Wood County Jail did a wonderful job of hosting the meeting. We received an informative presentation by Mr. Gregg Rasske from Oshkosh Correctional Institute on his successful horticulture and vermiculture program. Vermiculture programs are just starting to surface (no pun intended) in the twin cities so I was already interested in that subject. After the presentation the group conducted their business meeting and a discussion began about wishing there were more people involved in leadership roles. The group also discussed the possibility of combining ACFSA members from Wisconsin and Minnesota into a single chapter with the hopes that it would help get more members to participate and become involved. By doing so would also create a stronger and more viable chapter.

Lieutenant Tim Thielman, CFSM tells how his involvement in the ACFSA has enriched his career in correctional foodservice.

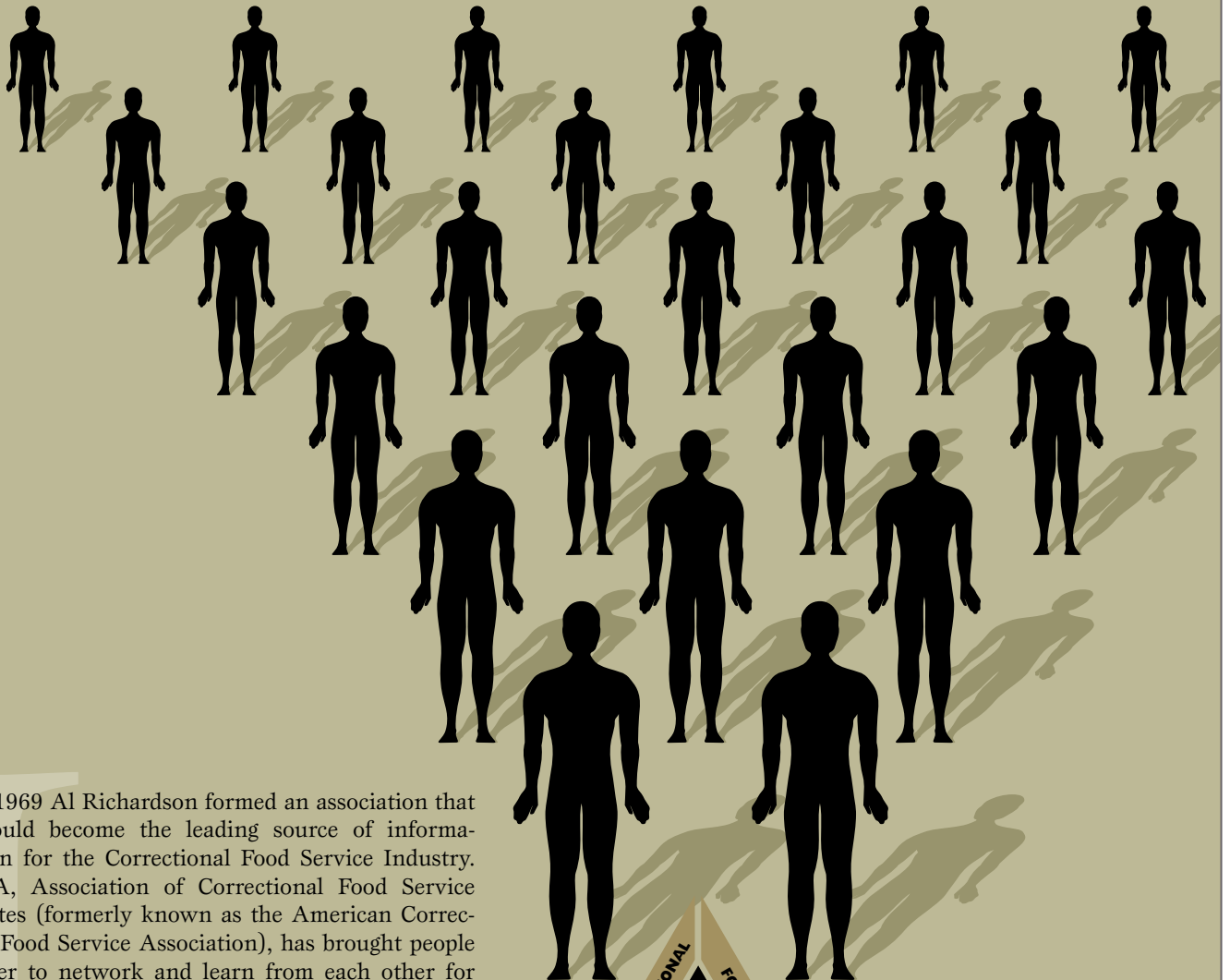
Janice Hurt from North Central Health Care expressed a desire to run for chapter president but wanted a full compliment of leaders to join her. Janice was then nominated for president and this is when my words to Phil Atkinson came back to “bite” me when ACFSA president Teddie Mitchell nominated me for VP of the Wisconsin Chapter. I humbly accepted the nomination as

I remembered what my mother always told me, “be careful what you ask for...” Actually, I was honored and thrilled that Teddie had nominated me. Also nominated for leadership positions were Becky Kirslenlohr from the Adams County Sheriff’s Department for Secretary, and Roger Burczyk of Wisconsin DOC, and Mary Hart from the Clark County Jail for treasurer. The chapter is now going through the official election process.

After the business meeting we received a tour of the Wood County Jail followed by a delicious meal that was prepared and served by Dixie’s foodservice reps from Sysco. I already told my foodservice rep what I have in store for him when I host a meeting this year at the Ramsey County Correctional Facility. After our scrumptious meal of lasagna, Janice gave a presentation on menu building where we discussed the hot topic of food cost and calories. All in all, I really enjoyed myself at the meeting. It was sure nice to be able to do some networking and pick the brains of other foodservice managers who face all the same challenges I face. After all, this is what ACFSA is all about. I look forward to attending the ACFSA International Conference in August to meet more members and do more networking and I also look forward to becoming a more active member of this fine organization.

ACFSA Leading the Way

by Ricky Clark



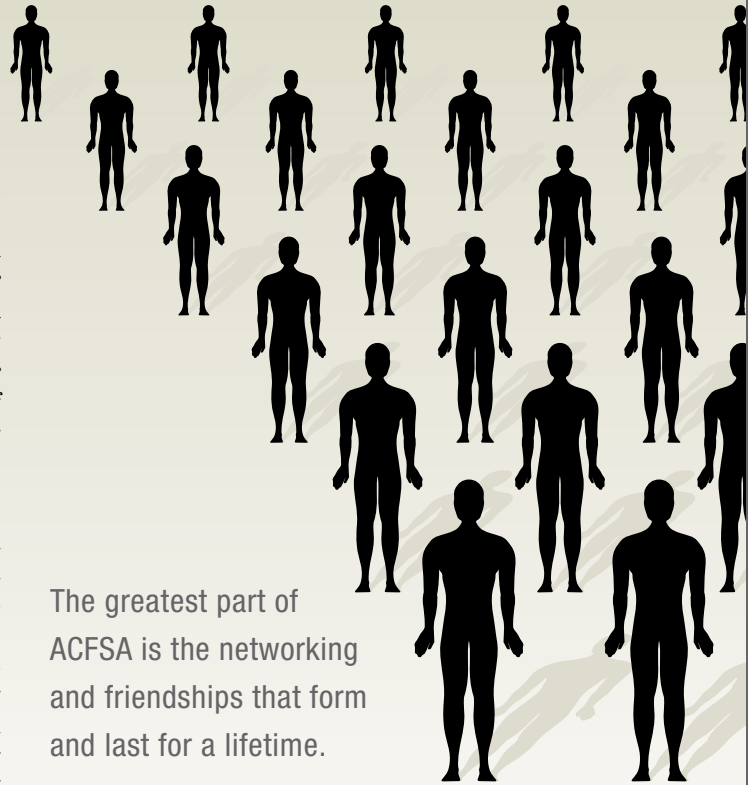
In 1969 Al Richardson formed an association that would become the leading source of information for the Correctional Food Service Industry. ACFSA, Association of Correctional Food Service Affiliates (formerly known as the American Correctional Food Service Association), has brought people together to network and learn from each other for 40 years. The pride we feel in this great association is something that can only be felt and not explained. This family of people has grown and supported each other through ups and downs and continues to march on triumphantly into its fifth decade.

(Continued on page 10)



ACFSA is a leader in food service training primarily because of a strong and seasoned membership and offers members Certification Training opportunities with two courses; the **Certified Correctional Foodservice Professional (CCFP)** (for individuals who work in correctional food service and have reached specific achievement goals) and the **Certified Correctional Food Systems Manager (CFSM)** (a study course and certification geared specifically for food service line supervisors). The access to this type of training is one of the greatest examples of why ACFSA is the best option for Correctional Food Service Professionals who are looking to enhance their personal and professional development.

ACFSA publishes a quarterly magazine called the INSIDER to keep members abreast of the trends and happenings in the Correctional Food Service world. This magazine focuses on changes that are continually taking place in the Correctional Food Service Industry and the leaders and specialists who are “in the know”. Vendors place advertisements in our magazine that provide ACFSA members with a place to turn when they are in need of equipment or food items. Also, any upcoming events with our association and our networking associations are published within the magazine. The ACFSA Board of Directors submits articles that express their views



The greatest part of ACFSA is the networking and friendships that form and last for a lifetime.

and concerns and to let you know what is going on with your Association.

As ACFSA entered the 21st century, the Associations’ “tool box” was enhanced with a web page that not only provides access to ACFSA’s current events, archived newsletters, and pertinent membership forms, but also includes contact information of all members through Membership Directory and Vendor Marketplace links. It is a virtual Rolodex that is loaded with all of the support that a member of the Correctional Food Service community could possibly want.

In addition to our great magazine and web site, ACFSA offers an Annual International Conference that is held in many different locations throughout the United States such as: Charleston, SC, Sacramento, CA, Orlando, FL, Savannah, GA, Grand Rapids MI and soon to be San Diego, CA, to name a few. These conferences are attended by hundreds of Correctional Food Service Professionals and Vendors from across the US and Canada as well as other countries working in the same field and that share the same concerns and problems as you do. So what better place to find your solution and meet some of the greatest people in the world than at one of ACFSA’s Annual International Conferences?

However, the greatest part of ACFSA is the networking and friendships that form and last for a lifetime. The knowledge, experience and learning that are afforded our members are very important but the fun we have is what keeps us coming back and seeking out new friendships. Al Richardson’s vision of a unified group of Correctional Food Service Professionals had continued to find new ways to improve the lives of members but it is the people have always made this association what it is and we will continue to take ACFSA to levels of professionalism that will be acknowledged by our industry throughout the world.

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2009 Entrepreneur of the Year Award

National Food Group President and Co-founder
Sean Zecman Named Winner of Ernst & Young
Entrepreneur of the Year

National Food Group, a nationwide wholesale distributor of packaged foods to institutional food service markets, today announced that President and Co-founder Sean Zecman was a recipient of The Ernst and Young Entrepreneur of the Year Award for the Michigan-Central Great Lakes region. Mr. Zecman was among 10 local entrepreneurs recognized for their leadership, vision, and entrepreneurial success.

Mr. Zecman is the President and Co-Founder of National Food Group. Founded in September 1990 with father Bud Zecman, National Food Group's story is a classic American tale of a dream and humble beginnings turning into success through hard work and innovation.

National Food Group has grown steadily over its history but has experienced significant growth in the last few years, marked by expansion into offices in San Diego, California. Mr. Zecman has been the driving force behind these achieve-

ments, combining leadership with passion, ethics and solid business acumen.

Mr. Zecman is married with two children and remains committed to the local community. He spends his spare time with family, playing sports and rooting for the Michigan State Spartans.

"I am deeply honored to receive such a prestigious award and accept it on behalf of the entire organization. This was a team effort and I would be remiss to not acknowledge each and every one of our hard-working employees and their tireless contributions," stated Sean Zecman, President and Co-founder of National Food Group. Our success is a testament to what can be achieved with opportunity and hard work. We hope this award inspires others in the community to pursue their own entrepreneurial ambitions and build a vibrant business sector in the State of Michigan."

(Continued on page 12)



“This was a team effort and I would be remiss to not acknowledge each and every one of our hard-working employees and their tireless contributions.”

Sean Zecman
President and Co-founder
National Food Group

The Ernst and Young Entrepreneur of the Year Awards recognize outstanding entrepreneurs for their vision, leadership, innovation and success in building vibrant businesses. The program is now in its 23rd year and in that time it has recognized over 7,000 individuals across 26 regions in the United States. The Entrepreneur of the Year Awards is presented in more than 135 cities worldwide.

The 2009 Ernst and Young Entrepreneur of the Year Awards for the Michigan-Central Great Lakes region were held on June 11, 2009 at the Ritz-Carlton Hotel in Dearborn, Michigan. The event was hosted by radio personality Paul W. Smith, host of “The Paul W. Smith Show” on WJR 760 AM. There were a total of ten winners for the region.

About National Food Group

National Food Group, founded in 1990, is a wholesale distributor of packaged food products for institutional food service markets. The company is based out of Plymouth, Michigan, with a branch office in San Diego, California. The company operates three divisions: CSV Sales, CSV Sales-West and United Commodity Group. CSV Sales – an acronym for “consistently supply value” – is a supplier of affordable and healthy packaged frozen food products to colleges, universities, corrections facilities, hospitals, convenience stores and food banks. At CSV Sales, products are branded under the labels Opportunity Buys™ and Menu Select™. Opportunity Buys® are items that reflect a foodstuff procurement process that ensures low prices, and Menu Select™ items are number one quality on-going offerings. United Commodity Group, founded in 1996, processes USDA commodities into finished food products and supplies them to schools, distributing agencies and manufacturers. The division also provides non-commodity commercial food products for K-12 school food service programs under the Menu Select™ brand. National Food Group has 4,100 customers in 50 states.

Learn more about National Food Group at <http://www.nationalfoodgroup.com>

An advertisement for American Technical Publishers (ATP). It features two workbooks titled 'FOOD PREPARATION' and 'FOOD PREPARATION Workbook' with images of food. A calculator is shown in the foreground with the number '6 1/3' on its display. The text reads: 'A savory blend of instructional technology and quantity food preparation.' Below the text are the ATP logo and the website 'go2atp.com'. At the bottom, it says 'AMERICAN TECHNICAL PUBLISHERS 708.957.1100 • Fax: 708.957.1101 • 800.323.3471'.

Winding Down

by Raymond H. Briggs

Congratulations Raymond H. Briggs on a wonderful 30 years in correctional food service

Winding down—that is what I am starting to do as a 30-year career is about to end. This is not very hard to write, but it sure is hard to do. A lot has happened over these 30 years, but this is part of life. You work to the enjoyment of reflecting back to the beginning.

In 1979, Belle Glade, Florida Jail was my first assignment in corrections. In 1982, Prince William-Manassas ADC was my first new jail, as a manager with Jail Food Service. The memories compiled over the next two years would give me strength and wisdom. In 1984, I went to work at the Kentucky State Penitentiary in Eddyville, Kentucky as an on-the-job instructor, OJT. I taught the inmates the basics of food service and instructed them in the preparation of all meals at the penitentiary. In 1993, I went to Joliet, Illinois to work the same basics program as in Kentucky. In 1994, I went back to Huntsville State Prison in West Virginia until I got the call from the Superintendent of the Prince William-Manassas ADC and in 1996, I once again returned to the ADC. I knew then the enormous task at hand.

In 2003, I witnessed the beginning of the transition from a very old kitchen to a more up-to-date one. The kitchen was serving five times more inmates than in 1982. The new Central Building and its kitchen are masterpieces of a complex, with only a few flaws.

In 2008, the Central Kitchen opened its doors for the preparation of meals, mode of travel to feed all of the inmates, and the opening of the Officer's Dining Room which the staff never had set up like this.

I have been blessed to have outstanding support staff in all of the kitchens and the respect of the ADC staff. My retirement date is set for July 31, 2009. Reflections are enormous and the memories countless. I wish you all the best, now and in the future.



RETIREMENT

Ray is a member of the Virginia Chapter of ACFSA. We wish him much happiness in his retirement but hope he realizes that (if he is like most retirees) he will be busier than ever before and wonder how he ever found time to work! Good luck, Ray, and we expect to continue to see you at the ACFSA conferences which you have just begun to enjoy.



Executive Director's Message

by Jon Nichols

Start Thinking of the Future NOW!

Well, by the time you read this, another great conference is behind us and now we will begin planning for 2010 in beautiful San Diego, California. You might think that it is too soon to think about having just returned from the 2009 Show, but it is really the best time to start thinking about the future. Institutional and personal budgets may be squeezed even tighter in the coming year and forethought and preparation are the keys to your ability to attend in August of 2010. Whatever it takes to get to San Diego, you are going to want to make it happen. San Diego is a tourist destination like no other and will provide you and your family a chance at a vacation along with your Annual Conference "Sojourn for Edification." Ray Bullock of the San Diego Sheriff's Department will helm the 2010 Conference Committee and I know will have a program that you will not want to miss, planned to keep you entertained and enlight-

Association Membership is essential to our Professional and Personal Development, and our membership numbers suggest you recognize those benefits. Soon it will be time to renew your ACFSA membership—plan ahead so you are not caught off-guard when you receive your renewal notice.

ened. Please continue to work conference into your plans and budgets where you can.

Our membership numbers are really looking strong as we power through to the end of 2009. Association Membership is essential to your Professional and Personal Development, and our numbers suggest you recognize those benefits. Soon it will be time for most of you to renew your membership for 2010. This may be yet another area where you will need to plan ahead so as not to be caught off-guard when you receive your renewal notices. I think of ACFSA as a machine that works only if all of the parts are in place and functioning together. Each and every one of you is an integral part of this machine and your inclusion is necessary to the health and prosperity of ACFSA. A well-oiled machine will take us where we want and need to go.

Traffic to the web site is steady, which is great to see. The **ACFSA Discussion Board** is heating up and some great threads are being created. If you have not yet made it to the Boards you are missing out on a tremendous benefit to your ACFSA membership where you can ask and answer questions about your institutions, recipes, or anything else related to the Correctional Food Service Industry. You can ask and answer questions about anything under the sun for that matter and have an audience of your peers at your fingertips to provide you with their experience and opinions. It is a truly specialized tool that you will not find anywhere else. Please take the time to utilize it. And, speaking of the web site, remember to use the **ACFSA Marketplace** for all of your Correctional Food Service needs!

I do hope that as you reflect on your summer season that it was a great one for you in many ways. You, no doubt, have been provided many challenges but have found that through family and friends nothing is insurmountable and I hope that you think of ACFSA as an extended family. Have a great fall season, and thank you all for your participation in and support of Your ACFSA family.



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Soledad, CA

Russell Batiste
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Soledad, CA

Jason James Easton
Adams County Adult Correctional Complex
Gettysburg, PA

Monique Faure
Metropolitan Correctional Center
New York, NY

Steven Fellows
C.T.F. Soledad
Soledad, CA

Henry Garcia
C.T.F. Soledad
Soledad, CA

Robert Gauthier
Pugsley Correctional Facility
Kingsley, MI

George Iannetta
Department of Services for Children, Youth &
Family
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Donnell Isaac
MDC Brooklyn
Paterson, NJ

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Steve Moore
BOP Montgomery

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Example: If joining in June of 2009, Dues will be paid through December of 2010*

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<input type="checkbox"/> Food Service Professional	\$79	*\$139	*\$119	*\$99
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Example: If joining in June of 2009, Dues will be paid through December of 2010*

Regional Reports



REGION I REPORT

by Carol Thomas

The Virginia Chapter has just held elections for its chapter officers for 2009-2011. I am proud to announce: Robert Pennix as President, Jean Golas as President Elect and Linda Shear as Secretary/Treasurer. Congratulations! I am sure each of them, through their dedication and devotion to the chapter, and ACFSA will keep the Virginia Chapter moving forward into the future.

Ricky Clark and I have started working with a member in New York that is interested in trying to get a chapter started. New York, Connecticut, New Jersey, Pennsylvania members if you are interested in getting a chapter off the ground, please get with me. I will keep you updated on our progress.

I have established an email distribution list for Region I members and I am periodically sending out messages to update the regional membership on upcoming activities.

I hope everyone attended our ACFSA International Conference, August 16th- 20th in Grand Rapids, Michigan. It was great seeing all of you who attended our Region I Roundtable.

As always, I am here if you need me. I can be reached by email at Carol.Thomas@vadoc.virginia.gov or by phone at 804-784-6882.



REGION III REPORT

by Phil Atkinson

When you read this Conference time will be behind us. Many thanks to all who have worked hard to make this a successful Conference—in particular those in the Michigan Chapter whose tireless efforts presented a warm and welcoming “face” for Region III.

Conference is a great time and wonderful chance to learn and share information. I hope many of you were able to also work in a family vacation—Grand Rapids is a beautiful spot.

Thanks to all who attended the Region III meeting on Monday, August 17, at 4:00.



We Need to Hear from You!

As of late, we have received very few Chapter and Regional Reports for the INSIDER. It's important that members hear from you to learn about chapter activities and other happenings in corrections food services.

I urge you to take a few moments to share your expertise with your fellow ACFSA members. Not only is it fun to see your name in print, there is even a greater satisfaction in knowing that you have touched someone else with your story or helped them to achieve greater success.

So get writing! Please submit articles to:

Barbara Holly: barbaraholly@bellsouth.net

Chris Althaus: Christine.Althaus@wisconsin.gov

Jon Nichols: jonnichols@acfsa.org

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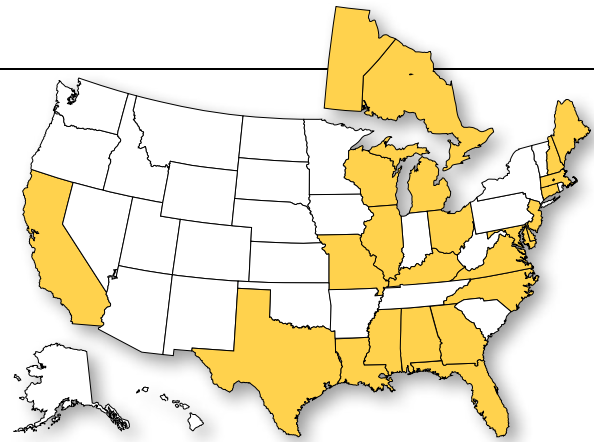
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* Chapter President

Call ACFSA Headquarters if you want contact information for any of these individuals
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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
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Region II

Alabama	Louisiana	Tennessee
Arkansas	Mississippi	Texas
Florida	North Carolina	Virgin Islands
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Region IV

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

Juvenile Voice

In this article, Judith Robbins, LCSW, JD, CCHP-A, talks with nutrition consultant Barbara Wakeen, MA, RD, CCHP, about nutritional issues specific to juvenile detention populations.

JR: *What are the special dietary needs of adolescents and how can corrections facilities meet these needs?*

BW: Adolescents require more calories, calcium, phosphorus and iron than most adult age groups. The key is to provide a balanced diet of adequate nutrients and calories.

In my experience and based on what I've learned from other corrections dietitians, most juveniles are receiving more than 3,000 calories per day, including snacks. Some facilities offer double entrees at lunch and dinner meals.

Many juvenile facilities participate in the USDA Child Nutrition National School Lunch Program/School Breakfast Program. These programs require certain food groups and quantities to be offered, along with some nutrient restrictions such as types and amounts of fats. Participants are also entitled to purchase commodity food items, which can help food budgets. Whether or not facilities participate, I have found that their meals are usually visually very balanced—that is, fruits and/or vegetables and milk at all meals.

Likewise, juveniles housed in adult facilities are usually recognized as having special nutritional needs and are served the adult menus augmented with milk, fruit and one or two snacks per day.

Unfortunately, even though nutritionally balanced meals are offered, adolescents often have not been exposed to some of the food served or dislike it and choose not to eat it. Thus, it can be challenging to ensure adequate intakes.

JR: *How can juvenile correctional facilities provide the most helpful guidance for kids with, or at risk of, obesity, diabetes and other conditions?*

BW: Classes, handouts and one-on-one counseling are good ways to provide education. The subject matter can address nutrition basics, therapeutic diets, activity, etc. Ideally, a registered dietitian is available to offer education, but most often the medical department performs that task.

Incorporating daily physical activity and structured exercise can also yield positive results for some kids at risk.

Educational agencies (including correctional facilities) that participate in the Child Nutrition Program are required to establish a school wellness policy that applies to all juveniles, not just those at risk. This is somewhat akin to NCCHC standards in their proactive stance for health during and after incarceration. Information on the wellness policy requirements can be found at www.fns.usda.gov/TN/Healthy/wellness_policyrequirements.html.

JR: *Registered dietitians are in short supply in many juvenile systems. When an RD is not on staff, how can professionals collaborate to improve dietary choices for kids?*

BW: RDs write and approve menus based on state regulations, accreditation standards, facility policy and other guidelines (e.g., the USDA Child Nutrition Program) with which the facilities must comply. However, unless we are there to monitor, we cannot guarantee the outcomes.

Start by reviewing the various requirements noted above. Look at what is offered in commissaries and vending machines, if these are available to the juveniles. Look at trends in weight gain, food waste, health and behavioral issues. Meet with the food service director to address any problems you find. If there is cause for concern, this can validate the need for a visit or consult from the RD to assist in modifications for compliance or healthier menu options. Ultimately, the RD will have to approve any menu changes.

JR: *Do you have any suggestions for maintaining healthy diets while managing tightening budgets?*

BW: Although it's not always popular with the kids, strive to omit or reduce "empty calories," such as candy, cookies, cake, soda pop or other calorie-dense, low-nutrient foods.

JR: *Most juvenile settings have a diverse population with very different food preferences. Do you have any advice about whether these preferences should be reflected in the menus?*

BW: Most correctional facilities in the United States do not honor personal food preferences in terms of likes and dislikes. I am in agreement with this. That said, standard menu planning usually does factor in preferences according to population demographics. Some accreditation standards require food preference surveys. Facilities use this information to incorporate popular foods on cycle menus when possible or to omit unpopular foods. Meal participation and plate waste are also indicators of food popularity.

Foods usually popular with juveniles are incorporated into menus that offer a variety of other foods that may be less popular but are nutrient dense. This approach results in healthy menus that introduce new foods into the diet.

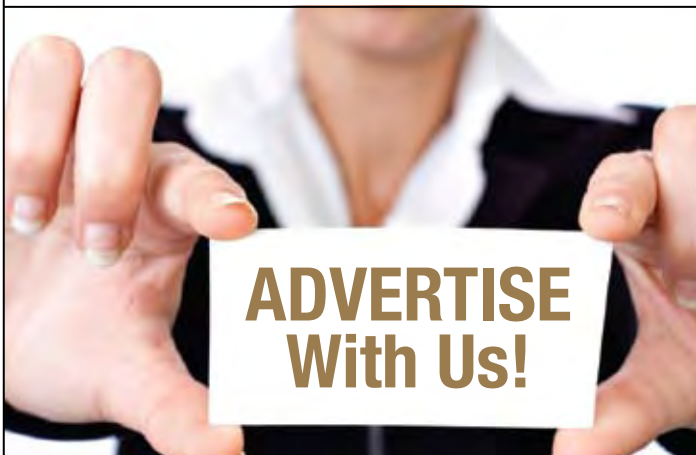
Barbara Wakeen, MA, RD, CCHP, is the principal of Correctional Nutrition Consultants, Ltd., based in North Canton, OH. She represents the American Dietetic Association on the NCCHC board of directors and serves on NCCHC's juvenile health committee. She is the author of Nutrition and Foodservice Management in Correctional Facilities. Reach her at bwakeen@neo.rr.com.

Judith Robbins, LCSW, JD, CCHP-A, represents the National Association of Social Workers on the board and chairs the juvenile health committee. She directs the Juvenile Detention Mental Health Program of Yale Behavioral Health, Department of Psychiatry, Yale Medical School, New Haven, CT.

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Inside INSIDER

► *INSIDER* Editors: **Barbara Holly, CCFP, CDM, CFPP and Chris Althaus**

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 2010 Issue:

1. Please send via e-mail by December 15, 2009 to:
ACFSA—INSIDER
Barbara Holly, e-mail: barbaraholly@bellsouth.net or Chris Althaus, e-mail: Christine.Althaus@wisconsin.gov
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 via e-mail to Christine: Barbara: barbaraholly@bellsouth.net or Christine: Christine.Althaus@wisconsin.gov. 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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