

# INSIDER

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

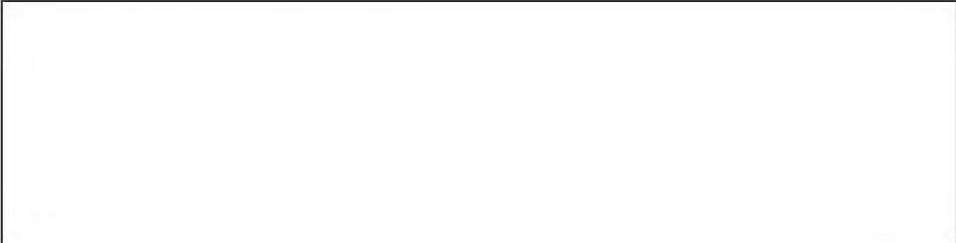


2010  
Conference  
Wrap-  
Up



INSIDE THIS ISSUE...  
2010 ACFSA Award Winners!

Association of Correctional Food Service Affiliates Winter 2010



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## President's Message

by Benson Li

### Take Advantage of ACFSA's Educational and Training Opportunities

The theme for our 41st Annual International Conference in San Diego was "Surviving and Thriving in a Difficult Economy." Our conference was a successful one with over 526 attendees and vendors. It was one of the most well attended conferences in recent years. THANK YOU to Ray Bullock and his conference committee. We received positive comments and everyone is looking forward to our next conference in Norfolk, Virginia.

ACFSA offers educational and training opportunities for its members plus networking with other professionals. I have recruited our industry leaders to chair different committees to promote education and training for our members. Please check the list of committees and start your participation. We are updating our ACFSA Food Service Manual which we are currently using for CFM certification, and developing a web-



*"ACFSA offers educational and training opportunities for its members plus networking with other professionals. Please check the list of committees and start your participation."*

Forty years ago, while I was attending college in Berkeley, California, I was working in a small coffee shop in San Francisco. I was making seventy-three cents an hour with some gratuities and a meal. After six months, I received a ten percent raise and made a whopping eighty cents an hour. I was not aware that our founder Al Richardson had started this great Association known as ACFSA.

The following year I was transferred to the University of Hawaii, and graduated with Degrees in Hotel Restaurant Management and Food and Nutritional Sciences. Since 1970, I have worked in restaurants, health care, wholesale, university, food and nutritional software, casino, and correctional food service industries. I have found the correctional food service industry to be challenging and rewarding. It is an evolving industry that keeps changing on a daily basis.

page link to the federal, state, and provincial laws and regulations pertaining to correctional food service for members only. Members will have appropriate resource materials via our website. Our Executive Director has been working hard to bring our finances back in shape and provide us with an informative website, please visit [www.acfsa.org](http://www.acfsa.org) or join us on Facebook.

I have posted the group picture from [acfsa.org](http://acfsa.org) as my computer's screen saver. I can see your picture each time I turn on my computer, and I look forward to seeing my ACFSA family at the next reunion in Norfolk, Virginia in 2011. In the meantime, please let us know how we can serve you as a valuable member to ACFSA. ▲



## Past President's Message

by Jim Hartman, CDM, CFPP

### Plans Already in the Works for 2011's Annual Meeting

I just want to take this time to thank everyone who made my past year as President a great experience. I have been a member of ACFSA for over twenty years and the last year was the best. It was a good year for our Association and working with such a great Board of Directors made it even better. Thanks to Jon Nichols and his team for their leadership and commitment to our organization, and showing us what can be done with a little hard work and dedication.

What about the team from California that put together a great conference for us this year! When you see Ray Bullock, be sure and thank him for a job well done. We had a "sell out" for the vendor show plus our membership attendance was great. I know it is hard to find time and money in today's economy but this association's members did show their support. I was proud to be with such a great group of folks.

I would also like to thank all the vendors who supported our association and provided us with entertainment while in San Diego. I would ask that we call our vendors and thank them for all they do.

Well if you haven't heard...the next conference for 2011 is going to be in Norfolk, Virginia, let me be the first to tell you. The Virginia Chapter is hard at work on the vendor show and training. They hope to make it a time to remember. We want to do things a little different next year and have a few surprises in store for those that make the trip to our great Commonwealth. So mark your calendars for August 14-18, 2011. Plan to share the experience with your friends and family at what we know will be the best conference yet.

The theme for the vendor show is Team Spirit, and we know that everyone has a favorite sports team that they like to brag about. So plan to wear a team jersey, a hat, or uniform, whatever you choose to show your team spirit. Paint your face or dye your hair whatever it takes but let everyone know who your team is. It might be your high school, or college or pro team. Who knows, there might be a prize for the "best dressed". There might even be some games like hoops, putting, bowling, or darts. The sky is the limit. I know we will have a great time and lots of laughs. So get ready to take part in this fun event.

We've been working on training but if there is something you would like to see in the way of training please let Ricky Clark or me know. Till next time, keep a smile on your face and make everyone wonder what you've been up to. ▲



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## Vice President's Message

by Carol Thomas

### The Success of ACFSA is Part of My Success

In June, my charming son Ethan (many of you met him last year in Grand Rapids) graduated from high school and for me it was a crowning achievement. Maybe that is what Moms are supposed to say, but I was very proud of his accomplishment. He faced many challenges getting through school, but he did it. There were many times over the past thirteen years I wanted to throw my hands up and say, "Forget it!" but I just could not do that as I knew his success, was a part of my success. Just like the success of ACFSA is a part of my success. I promise to work hard as Vice President to promote the ACFSA and its mission within the food service industry. I look forward to working with Benson and the rest of the Board of Directors to continue to build and grow our organization.

With work and family, I know we all have a lot on our plates and that it can be difficult to add anything else to the mix. However, it seems when something really needs to be done we can always find the time. I want to encourage and challenge everyone to find the time to make one phone call; send one e-mail; visit one food service professional and tell them about your experiences as a member of ACFSA and I guarantee the time will be well spent.

*"Just like the success of ACFSA is part of my success, I promise to work hard as Vice President to promote the ACFSA and its mission within the food service industry."*

I am very excited that ACFSA has had steady growth over the last three years and that has much to do with the guidance of Jon, Janine and their team. Their expertise in managing organizations has made a world of difference in our re-building. ACFSA is strong and getting stronger every day, that showed during the 41st International Conference held in San Diego. We had more professional members and vendor participation than we have had in a long time. To Ray Bullock and his conference committee I say, "Congratulations on a job well done!"

Please feel free to contact me by e-mail at [Carol.Thomas@vadoc.virginia.gov](mailto:Carol.Thomas@vadoc.virginia.gov) or phone 804.874.6882 if I can help in anyway. ▲

### LEAD *(Webster's Dictionary)*

- a. to guide on a way especially by going in advance
- b. to direct on a course or in a direction
- c. to serve as a channel for

Leaders are competent people, involved in planning their futures and the futures of others.

Contrary to the opinion of many people, leaders are not born. "Leaders are made, and they are made by effort and hard work." Vince Lombardi 1913-1970

*John Maxwell says...* Competent Leaders do FIVE things that take organizations to new levels of excellence and influence:

1. Show up every day!
2. Keep improving.
3. Follow through with excellence.
4. Accomplish more than expected.
5. Inspire others.

Just a few thoughts, the ACFSA Conference inspired me to want to be a better leader. Become a better leader yourself and lead the ACFSA into the future.

# LEAD



by Jean Golas, CDM CFPP, CCFP

Pattie Whitlock receives AI  
Richardson Founder's Award

# 2010 Conference Wrap-Up

*"Venimus, Vidimus, Vicimus!"*

*by Jon Nichols, ACFSA Executive Director*



Ricky Clark receives President's Award



Teddie Mitchell receives President's Plaque

**W**ow! So THAT happened! We came to San Diego with some pretty high expectations following two fantastic conferences in Charleston and Grand Rapids. I think it's pretty reasonable to say that the 2010 Annual International Conference of the ACFSA was another huge success. We had a sold-out Trade Show, outstanding Keynote Speakers, amazing Breakout Sessions and the real star, the city San Diego and the Town & Country Resort!

## SUNDAY

The Annual kick-off is traditionally the Golf Tournament and in San Diego, right across the street from the Town & Country is the Riverwalk Golf Course. The beautifully manicured course beckoned and the weather was perfect as our

golfers made their way to tee off for what all said was a perfect day on the links! A special thank you goes out to our sponsors. Without their generous support we could not have had such a great time! Golf Sponsors included;

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The Platinum Packaging Group

*(Continued on page 6)*



As our golfers swatted at the little dimpled orbs outside, we had 24 people taking Benson Li's Annual Food Safety & Sanitation Certification/Re-Certification Course indoors. There is no better teacher, as Benson knows the subject top to bottom and prepares his students for an otherwise daunting test-taking session.

As the sun began to settle into the Pacific Ocean, ACFSA members met for the ultimate networking session that is the Opening Reception which took place in the pool area of the

Town & Country Resort. Hors d'oeuvres were devoured and cold drinks were the order of the evening as a gentle breeze intermingled with the remnants of the warm California sun to make everyone comfortable and happy. The perfect ending to a perfect day!

## MONDAY

The day began with the Opening General Session generously sponsored by longtime Professional Partner **CAMBRO** complete with a delicious breakfast. Richard Weintraub was the Keynote Speaker and gave attendees in the audience a session that was talked about right through to the very end of Conference. Following the General Session, attendees moved on to Breakout Sessions throughout the day.

Monday evening was open for attendees to explore the city of San Diego and some great restaurants were discovered, shopping malls were filled to capacity and the San Diego Zoo was visited as well as a number of other prominent landmarks.

## TUESDAY

As we began "Trade Show Day" at the conference, we were treated to a General Session sponsored by **Adolph Foods** and featuring a Keynote address by ACFSA's very own, Cindy Burns. It was educational and motivational as Cindy shared insights about the Correctional Food Service Industry and personal well-being.

It was then on to the Trade Show, where 97 different vendors showed why they are Correctional Food Services' finest



## I look forward to seeing you in Norfolk Virginia

and invite you to visit [www.ACFSA.org](http://www.ACFSA.org) early and often for continuous updates on the 2011 Conference and all things Correctional Food Service!

partners! For the third year in a row, we had a “Scavenger” Lunch on the show floor where many vendors provided sandwiches, hot dogs, cold drinks and a number of other items that kept attendees energized and in many cases provided an opportunity to test products that will end up in Correctional Kitchens throughout the United States and Canada.

The floor buzzed with excitement from the time the doors opened until the closing bell was rung. Deals were made, cards exchanged and a great time was had by all. When the dust settled and tearing down of exhibits commenced, the left-over products were picked up by a local Food Bank with the help of Wendy Shanks from Global Foods, Inc. We are appreciative of the help in making this food that otherwise would have gone to waste available to those in need.

It was then on to the Annual Cook-Off Challenge sponsored by **Sysco San Diego** and **Cook's Direct** where teams competed in the ultimate challenge that included Oreo cookies as an ingredient! It was amazing how creative the teams were as

*(Continued on page 8)*



## 2010 Conference Wrap-Up (continued)

they prepared dishes that were attractive and actually edible! Well done Chef's! (See the story about the cook-off, and Oreo cookie recipe in this issue of INSIDER).

The day was not over as conference attendees had some time to ready themselves for the Annual Awards Banquet sponsored by **Computrition, Inc.** ACFSA President Jim Hartman honored ACFSA's shining stars for 2010 including; Employee of the Year, Rosetta Bowles; President's Award Winner, Ricky Clark; and Founder's Award Winner, Pattie Whitlock.

### WEDNESDAY & THURSDAY

The final two days of the conference were filled with more Educational Sessions and a Tour of the San Diego Sheriff's East Mesa Central Production Center.

Thank you to everyone involved including the conference committee, our fantastic Professional Partners and attendees alike! It really was a marvelous conference and I hope you were fortunate enough to be with us. If you were not, I hope that you are making plans to be with us in Norfolk, Virginia next year for a conference that is already shaping up to be another case of "one-upmanship!"▲





# San Diego: A Walk Through the Conference

by *Reneé Harvey*

On Thursday evening I diligently worked on clearing my desk; however, the harder I worked the more piles of paper seemed to float at eye level. I wanted to leave for the San Diego conference knowing I had been a top notch manager and did not leave a shred of unfinished business behind. There on my computer, taped to the side, were the confirmations for the airline and hotel. My last bit of unfinished business; just confirm everything one last time and I could leave....for sunny beaches, warm weather that did not blister my skin, and great people to meet. I grabbed my itinerary to review and at that moment I received an email from Jon Nichols. He wanted to confirm that I really did want my name to be listed as “Kitchen Lady” on my badge. “WHAT????”

I left for San Diego under my real name and not “Kitchen Lady”. I am so glad final confirmations were verified by Jon before I left; hopefully, my “friend” that signed me up for the conference believes I will forget his prank. Arriving in San Diego, I met up with Jan Wyatt-Lucha and Mark Campaigna to ride to the conference center. We planned our days to best utilize our time. First on the agenda: Monday morning breakfast and opening ceremonies with speaker Richard Weintraub.

Richard Weintraub’s speech, “Eat and Be Merry”, brought tears and heart wrenching chills to the audience. His thought provoking insight, on how to reconnect with people, created insight into what we are losing in a politically correct world. Richard reminded us to connect, touch, and care about those around us.

With the opening ceremonies over, breakout sessions began. Jan and I headed to Ricky Clark’s class “What’s in Your Baggage?” Now, before I divulge how Ricky’s class rated with me, I need to share something with everyone. I have seen Ricky’s picture in the ACFSA magazine and heard about him over the past few years. I wondered if I would be comfortable around him; after all, he is pretty important...his picture is in a magazine! Ricky not only taught an awesome class, he is the kindest, most down to earth person you could meet. He shared his

start and made you feel as if you can accomplish anything. His class connected with my own philosophy: follow your heart and the money will come. Never follow the money first.

I attended several other classes; they all were excellent, well prepared and fun. The class that I learned the most from was Shawna McNally’s “Celiac Disease and the Gluten Free Diet”. I wish she would teach my chemistry classes, she knows how to provide hard to understand material in a way anyone can follow. When she talked about what you couldn’t eat, she did not make you feel deprived but how to enhance your meals without gluten.

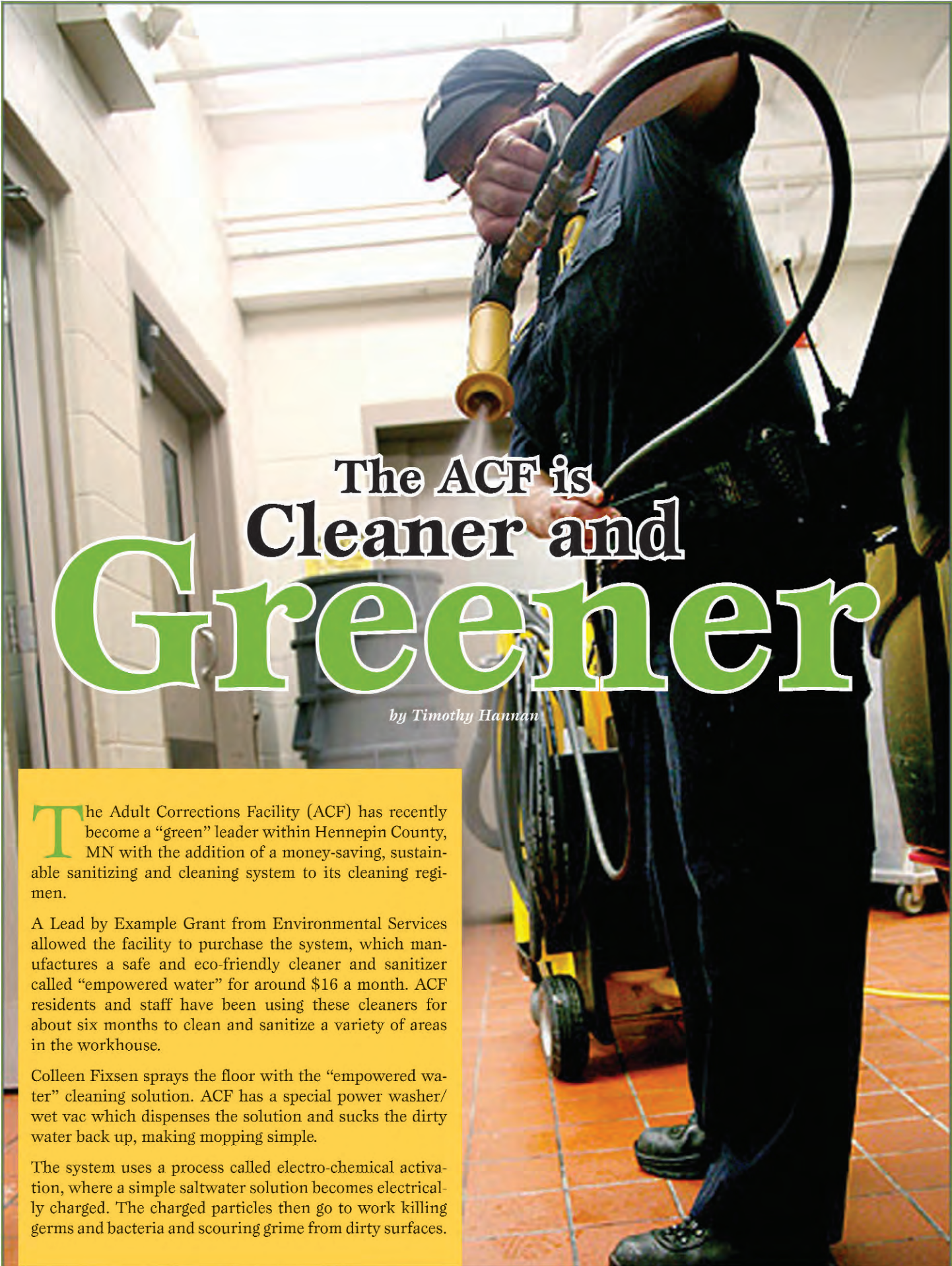
The big finale for me had to be the Chef cook-off. One region did not have a team to represent them and two vendors stepped up to the plate. What a great experience! Ray Bullock and Louise Mathews explained all the rules: the chef’s could utilize basic pantry items, they had to make two plates with all the ingredients from Louise’s surprise box, and they must include all the side dishes specified. They were given one hour; whew! It takes me that long to think of how to cook something!

Those of you that know Louise, knows she has an impish sense of humor. Her key ingredients in the surprise box: an avocado, a bag of Oreo cookies, two New York strip steaks, and salmon. I must tell you, I was amazed with the creations each team presented from Louise’s surprise box.

The excitement as the teams finished and presented their plates cannot be described! The vendor team started fifteen minutes later and still met the deadline. The judges were lucky to be able to taste everything, as our mouths were watering (I did sneak a snippet of one sauce from the chef; yummmmy)!

What a great conference! I was fortunate to attend and I want to thank ACFSA for selecting me to receive a scholarship. I met new friends, spent valuable, quality time with long standing friends; and most of all, had a great time while I learned!

Great job California Chapter, Laurie Maurino, RD and Ray Bullock! ▲



# The ACF is Cleaner and Greener

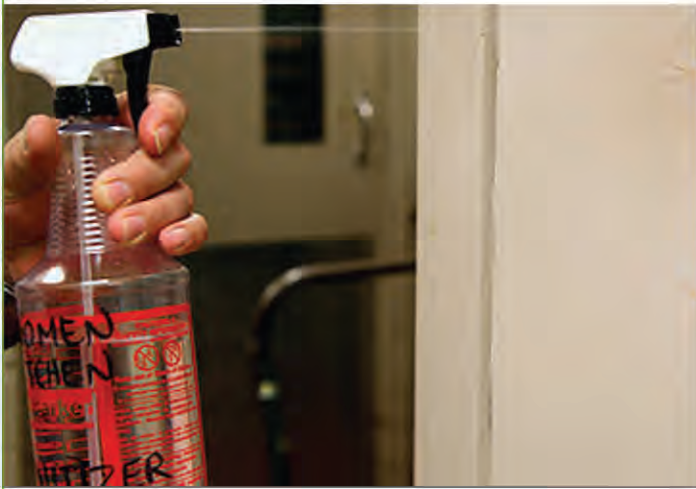
*by Timothy Hannan*

**T**he Adult Corrections Facility (ACF) has recently become a “green” leader within Hennepin County, MN with the addition of a money-saving, sustainable sanitizing and cleaning system to its cleaning regimen.

A Lead by Example Grant from Environmental Services allowed the facility to purchase the system, which manufactures a safe and eco-friendly cleaner and sanitizer called “empowered water” for around \$16 a month. ACF residents and staff have been using these cleaners for about six months to clean and sanitize a variety of areas in the workhouse.

Colleen Fixsen sprays the floor with the “empowered water” cleaning solution. ACF has a special power washer/wet vac which dispenses the solution and sucks the dirty water back up, making mopping simple.

The system uses a process called electro-chemical activation, where a simple saltwater solution becomes electrically charged. The charged particles then go to work killing germs and bacteria and scouring grime from dirty surfaces.



A bottle of sanitizer—both the cleaning and sanitizing solutions looks just like water—but they aren't slick like water and leave no residue.

Because the cleaner and sanitizer is crafted from saltwater, it is safe to handle without gloves or bulky cleaning equipment. It does little or no harm to the environment when it's flushed down the drain. It's so safe you can even drink it — if you can handle the salty taste.

The “green” aspect of the empowered water, coupled with its relative low cost, are two reasons why ACF kitchen supervisor Tim Hannan is a fan.

“I suppose our #1 Driver is cost,” said Hannan of the decision to purchase the machine. The new system has already saved the ACF \$21,000 in cleaning supplies this year, and is expected to save more.

He said it lightens the workload of ACF staff by reducing the need to supervise residents using the cleaner and make sure they are properly outfitted with gloves or masks.

A bottle of sanitizer. Both the cleaning and sanitizing solutions look just like water, but they aren't slick like water and leave no residue.

When the solutions dry, they don't leave residue, and floors wet with cleaning solution are safe to walk on because the solution isn't slick like water.

Senior Correctional Officer Colleen Fixsen also raves about the purchase, saying “even if the system weren't such a money saver, the benefit it brings the community by reducing harm to the watershed and environment is priceless.

“It's awesome that we do this,” she said. Fixsen even has been using a squirt of the sanitizer regularly to fight infection on a scratch on her wrist.

There's one problem with the new system. The cleaning and sanitizing solutions look just like clear water, and they don't carry the strong smell associated with most cleaners, so it has taken some convincing for many to believe they actually work. But compared to typical cleaners, they work overtime.

Like any building its age, the circa-1930s ACF main building has its share of grungy buildup. Since the introduction of the new cleaning system, however, spilled cleaner has been eating at the scum in nooks and crannies of the building, revealing perfectly white 70-year-old grout on the tile floors and cleaning out drains that have been gathering residue for decades.

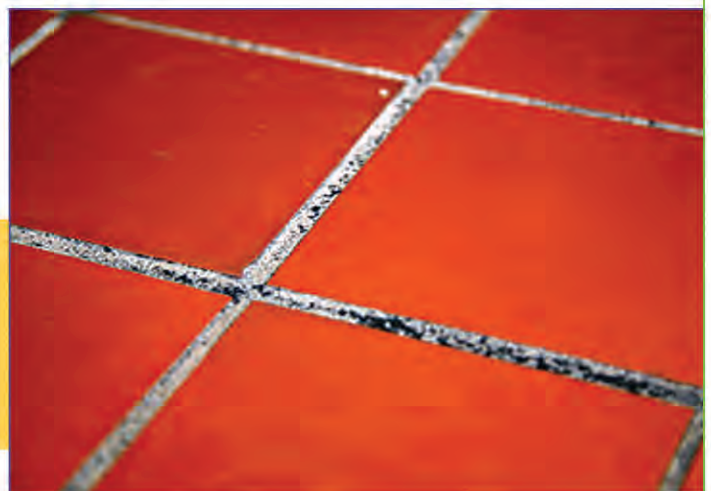
The super-strong cleaning solution eats away grime that has collected over decades, revealing the original white grout installed in the 1930s.

With the success of the new system, Hannan said he would like to see the ACF expand its use of empowered water, saying that with a few tweaks, staff could begin pumping water to other parts of the building, allowing ACF to use the water for dishwashing machines, laundry and hand washing stations.

But he said he's not sure when that might happen. The ACF is still waiting for approval to expand its “empowered water” operation.

“We're into an uncharted area,” he said. ▲

When the solutions dry, they don't leave a residue—and floors wet with cleaning solution are safe to walk on because the solution isn't slick like water.



## Dietitian Corrections Network

## Highlights

by Barbara Wakeen, MA, RD, LD, CCFP, CCHP

By now everyone who attended the ACFSA conference in San Diego is back in their groove and preparing for the changing seasons (well most of us anyway). This Dietitians' Corner is dedicated to those RDs who were not able to attend the conference and the dietitians' networking luncheon. Hopefully, I can summarize the luncheon events such that you will feel as though you were a part of it. I am not sure I can repeat the statistics from LT Holliday's presentation though!

I would like to extend a special 'thank-you' to Good Source for their support of Dietitians in Corrections (DIC) and for their sponsorship. We value the opportunity to network and your support makes this possible.

Twenty-three dietitians attended the luncheon this year, with 10 from California—what a great turnout!

Mitchel Holliday, MS, MSED, RD, Lieutenant USPHS, Nutrition Specialist for the Federal Bureau of Prisons was our guest speaker. LT Holliday, also a new ACFSA member, presented *DRI Planning for Groups: Estimated Average Requirement Application*. LT Holliday has had extensive communications with some RDs who worked on some of the DRI committees. A few of the major points he presented were:

Actual theoretical application of the DRIs is incomplete without appropriate intake data.

- Estimating the offering goals from menu dietary data is difficult and requires more time than traditional use of mean offering values in comparison to the RDA.
- The EAR is used in conjunction with the usual nutrient offering distribution to plan for acceptably low prevalence of offerings to a group. For most nutrients, the goal is to minimize the prevalence of offerings below the EAR.

This Dietitian's Corner is dedicated to those RDs who were not able to attend the conference and the dietitians' networking luncheon. This article summarizes the luncheon's events.

- The use of offering goals can be done with either the EAR Cut-Point Method or Probability Approach

Look forward to upcoming articles from LT Holliday on his work with the DRIs.

### DRI Project and Survey Status

I presented to the group the status of the DRI survey as discussed last year, with a review of updates throughout the year. As many of you have been following and/or involved as part of the DRI Committee, the DRI discussion has some new and exciting interest from other agencies, such that the survey has been put on hold for now.

The study recommendation by ADA on inmate nutrient deficiencies has been withdrawn.

The NCCHC Draft Resolution was also withdrawn, but the subject of inmate nutrition attracted the attention of the American Association of Public Health Physicians (AAPHP) as a public health issue.

The AAPHP submitted a revised resolution, "Resolution 420—Dietary Intake of Incarcerated Populations Recommendation", to the American Medical Association (AMA) House of Delegates that includes ADA, NCCHC and USDA. This resolution was "referred" for future action.

The resolution states:

*“Resolution 420 asks; that our American Medical Association Council on Science and Public Health be instructed to collaborate with the United States Department of Agriculture to establish and publicize appropriate standards for institutional menus for incarcerated adult and adolescent populations as recommended by the National Commission on Correctional Health Care and such other organizations advocating for optimal health care in correctional facilities, with a report back at the 2010 Interim Meeting of the AMA House of Delegates.*

*Your Reference Committee heard uniform testimony in favor of adoption of this resolution. Testimony expressed concern for the feasibility of applying existing U.S. Department of Agriculture dietary recommendations to this population, which has limited food access and options. Speakers cited the important work of the National Commission on Correctional Health Care on this issue. It was recommended that the American Dietetic Association be consulted on any recommendations regarding institutional menus for incarcerated adult and adolescent populations.”*

ADA is working on the development of a Practice Paper on the DRIs. Hopefully, it will be published in early 2011.

All of this combined demonstrates the impact our endeavors have made to generate the interest in our mission to determine a nutritional standards for our populations.

## Meetings

### 2010 FNCE

November 6-10, 2010

ADA's Food and Nutrition Conference and Exhibition

Boston, MA

[www.eatrightma.org](http://www.eatrightma.org)

## Membership Information

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at [bwakeen@neo.rr.com](mailto: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. You do not have to be a dietitian to be on the list.

If you are interested in joining the Corrections Sub-unit or if you are already a member and want to subscribe the DHCC EML or be listed in the directory, visit the DHCC web site at [www.dhccdpg.org](http://www.dhccdpg.org). Emails communicated through this group sent through a private email address.

## Notable News

Congratulations to **Joe Montgomery, MS, RD, LDN**, the new Chair DHCC Corrections Sub-unit and DHCC-ACFSA Network Representative! Joe brought us up-to-date on DHCC activities including the eml, DHCC membership benefits, upcoming webinars, and the FNCE schedule. Joe is also the newly appointed ACFSA Professional Alliance Committee Chairperson.

ACFSA now has available for sale Nutrition and Food Service Management in Correctional Facilities Manual, 3rd Edition. Contact ACFSA or [www.acfsa.org](http://www.acfsa.org) for more information. ▲

“...the DRI discussion has some new and exciting interest from other agencies, such that the survey has been put on hold for now.”



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# Opportunity Buys®

Opportunity Food Buys, once utilized only by mavericks within the correctional foodservice industry, are now mainstream and necessary to survive the ever shrinking budgets of food service operators. This now widely-recognized trend has become a flourishing cottage industry as governments have started to figure out how to procure these sale items within a purchasing system that heretofore could not operate in a speedy and flexible manner.

With the added complexity of reduced staffing and furloughs, the additional work required to take advantage of money-saving Opportunity Buys® means that each deal needs to be fruitful. At best, it should save the government agency money, improve overall meal quality, meet a specific need – for instance serving pies during a holiday dinner -or help with necessities such as kitchen remodeling projects or unforeseen emergencies.

Opportunity Buys® are America's surplus food items made available at deep discounts to correctional operators. While they may display slight imperfections by consumer industry standards, they are wholesome, fit for consumption and guaranteed by the manufacturer. Examples include prepared food items with slight cosmetic flaws (think color or breading imperfection); change-of-pack, revised formula or test run/prototype products; discontinued brands or sort-outs for length (think French fries or green beans). This is the repurposed food of our industry!

While we now recognize and accept the necessity of Opportunity Buys®, there is still room to learn and improve the processes with which we utilize these sale items. How do we re-

duce risk and improve the success of each deal? What role do agencies play in staffing, menu-writing processes, purchasing procedures and ordering food from this category? In summary, how do we modernize our systems?

First, the menu should be written in a manner to allow for flexibility and substitutions. Instead of naming a specific dessert such as "Chocolate Cake," a menu can simply reflect the word "dessert" (with a minimum calorie requirement). This allows for any dessert item to easily be served. Ideally, the dietitian should prepare a list of approved substitutions for as many categories as possible. If broccoli is on the menu – what other vegetable could be used in its place? You can do this for most vegetables, entrees, desserts, fruits and snacks. Chef's Choice is a fantastic menu term, leaving room for variety and therefore plenty of Opportunity Buys®. *The more aligned the dietitian and food director are, the more likely the agency will be to purchase these sale items.*

Next, review your storage space and consider those items which will have the greatest impact on your budget. If your freezer space is relatively small, reserve your frozen Opportunity Buys® for center-of-the-plate protein items which will offer the greatest savings. Freezers are like closet space, we never have enough! *Reserve your precious space for fantastic deals.*

Get to know your vendors. They're your partners and portal into the world of food deals. Use them to provide ingredients,

# The New Norm

by Tracey Mumford Komata

nutrition facts, free samples, expiration dates (if any) and **full disclosure** about why an item is available. Your vendor should be accessible, have a tested recall policy in place, and all facilities should have a HACCP plan. Vendors can also coach you on quantity discounts. *Quality of vendors is as important as quality of products.*

Consider utilizing a company with people who are experts in correctional feeding! Our industry is unique (think poppy seeds for drug testing) and with security issues (no glass or metal packaging) it will be even more helpful and time-saving to *partner with those vendors who understand your environment and only offer **relevant** food items.*

Meet with your purchasing and administrative staff to learn which purchasing vehicles will help you buy in a fast and timely manner. The trend has been toward the use of credit cards, while other agencies still utilize Blanket Purchase Orders and Opportunity Buy® contracts. Quick Bids (via telephone or fax) have been implemented in many agencies and allow for transparency and the documentation of competitive quoting.

The important thing to remember here is to create a system that will enable you to purchase rapidly! *Empower your Food Service staff* and provide them the tools to respond to the op-

portunities. *The best buys are often sold quickly so be sure you are set up to be successful in this fast paced market.*

What savings can be realized? Anywhere from 5 % to 30 % is typical. It depends on your basis for tracking savings and how lean you operate from day one. Just one jail in California cited savings of \$855,000 in their fiscal year! (See table 1 for a formula you can play with).

From this you can estimate that a 1,000-bed jail with a daily meal cost of \$2.33 per day, and a goal of 10 % cost reduction can realize savings of \$85,000 per year. As experience and success compound, cost reductions of 30 % can offer as much as \$255,135 savings per year! There is no limit to savings if the team, tools and initiative are in place.

What was once experimental is now essential. Necessity, budgets, and job security all have played a role in what has now become the new norm in correctional food buying. Opportunity Buys® offer the manufacturer a secure, preferred outlet for its wholesome and edible food and thankfully offer a solution to a modern budget crisis.

To learn more, or acquire a Checklist for Successful Opportunity Buying, contact Tracey Komata at National Food Group (858) 568-7025. ▲

Table 1

(Number of inmates)	X	\$ (Daily Meal Cost)	X	(% cost reduction)	= \$	
				Potential Savings		Estimated Savings per Day
						X 365 (Days)
					= \$	



The  
**NAFEM**  
Show®

11

February 10–12, 2011

Orange County Convention Center

Orlando, Florida, USA

### ***ACFSA Members:***

## ***Get your ticket to The NAFEM Show!***

Connect in person with the designers and manufacturers of the latest in foodservice equipment and supplies at The NAFEM Show. Check out the *WHAT'S HOT! WHAT'S COOL!*® new product gallery for a one-stop-shop spotlighting innovative products in those areas most important to you, including food safety, sanitation, life cycle costs and more. In addition to checking out the show floor, attend educational sessions focused on sustainability, innovative thinking and future food trends.

Members of the Association of Correctional Food Service Affiliates (ACFSA) are invited to apply for **complimentary badges and scholarship funds** to offset travel and lodging expenses for The NAFEM Show.

### ***Receive up to \$500 for hotel and travel – what a show-stopper.***

Scholarship funds to help defray travel and lodging costs to/from Orlando for The NAFEM Show are available to those who qualify:

- You must be a member in good standing of the Association of Correctional Food Service Affiliates (ACFSA).
- You must not have attended The NAFEM Show in 2009.
- You must currently be employed as a foodservice industry professional.
- You must reserve and stay in a hotel room under your name through Travel Planners, The NAFEM Show's official housing coordinator.

### **To apply for your free badge and/or scholarship:**

- Register for your free badge at [www.thenafemshow.org](http://www.thenafemshow.org) by January 11, 2011.
- Select **ACFSA11** from the drop down menu under "Source Code."
- If you'd like to apply for a travel scholarship to The NAFEM Show, please indicate this during the registration process.
  - Follow the prompts and complete information as directed.
  - Your eligibility will be confirmed by NAFEM Headquarters within 90 days and instructions to collect your scholarship (reimbursement check) will be shared at that time.

### ***For further assistance ...***

Visit [www.thenafemshow.org](http://www.thenafemshow.org) or contact Charlie Souhrada, CFSP, NAFEM Director of Member Services, +1.312.821.0212; [csouhrada@nafem.org](mailto:csouhrada@nafem.org).



# 2011 Policy Letters, Nomination Forms and Applications

## INSTRUCTIONS AND FORMS

*Included Within*

### SCHOLARSHIP POLICY AND APPLICATION FORM OPERATOR OF THE YEAR POLICY AND NOMINATION FORM EMPLOYEE OF THE YEAR POLICY AND NOMINATION FORM AWARD/SCHOLARSHIP NOTIFICATION FORM HEROISM AWARD NOMINATION FORM

#### ◆ INSTRUCTIONS

Read the applicable policy letter carefully. Separate form from this booklet. Read the form with care and supply all the information requested.

Return the completed form postmarked by Feb. 1, 2011 in the manner prescribed in the pertaining policy letter and on the form itself.

All application/nomination forms must be sent by Feb. 1, 2011 to the ACFSA Office 210 N. Glenoaks Blvd., Ste C, Burbank, CA 91502 Call with any questions: (818) 843-6608.

#### ◆ POLICY LETTER

##### *Scholarship Program Guidelines*

The purpose of this policy is to set forth guidelines and procedures under which the ACFSA Continuing Education Scholarship Program will be administered. These procedures will aid in the professional advancement of the ACFSA membership.

#### I. ACFSA Sponsored Scholarships

A. ACFSA will award scholarships of up to \$750 annually. The number of scholarships to be awarded will be determined by the amount of money donated to the scholarship fund.

B. Recipients will be selected from each of the four regions. The Board of Directors reserves the right to award scholarships to eligible recipients in other regions, should no applications be received from a specific region.

C. One new member (with less than one year of membership at the time of application) will be chosen annually through the New Member Scholarship Lottery to receive a scholarship for attendance at the International Conference.

D. The Immediate Past President or Designee acts as Chair of the Scholarship Committee along with an appointed Professional Partner.

#### II. Criteria for Application

A. Applicants must be currently employed in the field of correctional food or farm service on a full-time basis

B. Applicants must be members of ACFSA in good standing (dues paid). The applicant must also be a member in good standing at the time of award and use of the scholarship. The ACFSA staff will verify this. New members (those with less than one year of membership prior to the time of application) will only be eligible for the New Member Scholarship Lottery.

C. A completed, signed application (enclosed) must be postmarked on or before the designated date. The application must be completed in full and signed by the applicant and his/her supervisor. The supervisor's signature will be considered as both authorization and as a recommendation.

D. Scholarships are to be used to attend ACFSA conferences or for ACFSA-sponsored educational programs. The New Member Scholarship Lottery will award one scholarship annually for attendance to the International Conference.

E. Members of the ACFSA International Board of Directors are not eligible to receive scholarship awards while in office. No one directly involved in selecting recipients shall be eligible for an award.

F. The award of scholarship funds will be selected on a non-discriminatory basis.

G. A Scholarship Program recipient will not be eligible for another award for a minimum of three years.

H. If the awarded scholarship is not utilized within one year of award, the funds will revert to the Scholarship Fund. Under these circumstances, the recipient becomes exempt from the three-year eligibility requirement.

I. Scholarships are to be used by the applicant only and are nontransferable.

J. The following awards include a financial reward and as such only one per calendar year may be received: Scholarship, Correctional Food Service

Operator of the Year and Employee of the Year Awards. Regional Correctional Food Service Employee of the Year may be received concurrently with a Scholarship or Heroism Award. The Heroism Award may be received concurrently with any other award.

#### III. Criteria for Award/Selection

A. Award of the application for scholarship shall be considered on the basis of:

1. Benefit to the individual for professional growth;
2. Approval of employer to attend desired conference or ACFSA sponsored educational program;
3. An objective point system, based upon the pertinent facts of each application;
4. Scholarship program guidelines.

B. All expenses must be reimbursed according to the ACFSA Scholarship Reimbursement Instructions. Any unused portion of the scholarship award shall be retained by the ACFSA. Failure to attend a minimum of 75% of conference and/or continuing education program may subject the recipient to a reduction in scholarship funds or voiding of funds awarded.

C. Scholarship recipients will receive a Letter of Notification of the award of funds and a Letter of Commendation shall be sent to the Agency Head, Institutional Superintendent/Warden/Sheriff or Supervisor of the applicant. In addition, the recipients shall be recognized at the ACFSA International Conference and in *INSIDER* Magazine.

D. Scholarship recipients will be required to write a letter or brief article indicating how the use of the scholarship benefited them, their opinion of the quality of the conference or other training program and how it related to their performing their job better upon returning from the scholarship event. This article may or may not be used as part of an article for the *INSIDER* Magazine or in other ACFSA literature.

#### IV. Time Frames for Scholarship Policy

Feb 1: Application must be postmarked on or before midnight.

Feb 20: Completed applications from each region will be mailed to their respective Regional Director. The Regional Director will complete evaluation criteria for each applicant. The Regional Directors will then mail or fax back their evaluation forms with the completed applications and their selections to the rest of the Board of Directors.

Mar 15: The Board will note comments/concerns and forward these to the Chair of the Scholarship Committee (the Past President). Conflicts/concerns will be resolved at this level. The Past President will review/finalize and tabulate the final results. The Past President will then notify the Board of Directors of the final decision.

First week of April: Continuing Education Scholarship recipients for applicants who have been members for at least one year prior to application shall be notified by the President in writing of the award of the scholarship.

April 30: New members (members for less than one year prior to the application deadline) shall be eligible for a lottery drawing (conducted each spring), during which one name will be picked randomly each year and awarded a scholarship for attendance to the International Conference. The winner of the New Member Scholarship Lottery shall be notified by the President in writing.

*Participation in and/or fulfillment of requirements for the training program must be completed as the policy requires in order to receive the Scholarship Award.*

#### ◆ POLICY LETTER

##### *Correctional Food Service Operator of the Year*

*The purpose of this policy is to set forth guidelines and procedures under which the Association of Correctional Food Service Affiliates Operator of the Year award program will be administered. These procedures will honor Active or Life members for outstanding and significant contributions to the operation, management and administration of correctional foodservice.*

#### I. Operator of the Year

A. The recipient of the one Correctional Food Service Operator of the Year Award will receive up to \$1,000 for travel and expenses to attend the ACFSA International Conference and receive the award.

B. The recipient of this award will be a manager, director, or administrator who is

in complete charge of the foodservice department/division of a correctional institution or system. If the applicant's department consists only of the applicant, he/she is still eligible to apply for the Correctional Food Service Operator of the Year Award.

C. This award is non-transferable and must be used by the recipient in the year awarded and for the purpose intended.

#### II. Criteria for Application

A. Applicants must be currently employed in the field of correctional foodservice on a full-time basis and have been so employed for a minimum period of 18 months.

B. Applicants must be Active or Life Members of ACFSA in good standing (dues paid) since February 1, 2010. The applicants must also be active members in good standing at the time of award. The ACFSA staff will verify this.

C. Applicants may be nominated by their supervisors, another ACFSA member, or may nominate themselves, if approved by their supervisors.

D. A copy of the nomination form must be used to nominate a candidate for award consideration. The form must be completed with as much pertinent information as possible about the candidate's qualifications within the application requirements. No faxes will be accepted.

E. Completed nominations must be postmarked on or before midnight February 1, 2011.

F. International Officers and Regional Directors are not eligible to receive this award while in office. No one directly involved in selecting recipients shall be eligible for an award.

G. Recipients may be awarded the Correctional Food Service Operator of the Year Award only one time.

#### III. Criteria for Award/Selection

A. The award selection will be non-discriminatory and based on accomplishments.

B. Nominations/applications must be completed according to all directions and be neat and legible. If not, the nomination will be void.

C. The selection of the Correctional Food Service Operator of the Year will be completed by the ACFSA Board of Directors. Each member will submit their top three candidates from the list of nominated members to Ricky Clark, ACFSA Vice President; he will tally the

results/points. The applicant with the most points will be awarded the Correctional Food Service Operator of the Year Award. The Board of Directors may elect to not present the Correctional Food Service Operator of the Year Award in any year that they determine appropriate individuals have not been nominated.

D. The Awards Committee will use one or more of the following criteria in selecting an individual for the Correctional Food Service Operator of the Year Award:

- Exceptional Accomplishments
- Exemplary Leadership
- Creativity and Innovation
- Staff Development

E. The award recipient will be notified in writing by April 1st.

F. A Letter of Commendation shall be sent to the Commissioner, Warden, and/or Supervisor of the recipient. In addition, the recipient shall be acknowledged at the ACFSA International Conference and in *INSIDER* Magazine.

G. Only one International Award or Scholarship may be disbursed in a calendar year. If the award winner has also been designated to receive a scholarship, reimbursement is authorized up to the maximum limit of the largest dollar amount award. Recipients may not receive both in one year. The Heroism Award may be received concurrently with any other award.

#### IV. Time Frames for Operator of the Year Policy (reviewed on a yearly basis)

Feb 1: Applications must be postmarked by midnight.

Feb 20: The ACFSA Board of Directors will receive copies of all eligible nominations for review.

Mar 15: Ratings (on score sheets) by the ACFSA Board of Directors will be returned to the Past President. The Past President will tally points and notify the Board of Directors of the selection. Resolution of conflicts will be handled at this point.

April 1: Notification Letters will be mailed to the recipients and their supervisors from the ACFSA International President.

## ◆ POLICY LETTER

### *Correctional Food Service Employee of the Year*

*The purpose of this policy is to set forth guidelines and procedures under which the Association of Correctional Food Service Affiliates Employee of the Year award program will be administered. These procedures will honor Active or Life members for outstanding and significant contributions to the operation, management and administration of correctional foodservice.*

#### **I. Correctional Food Service Employee of the Year**

A. The recipient of the one International Correctional Food Service Employee of the Year Award will receive up to \$1,000 for travel and expenses to attend the ACFSA International Conference and receive the award.

B. Those who apply for but do not receive the International Employee of the Year Award will be considered for the Employee of the Year Award in their respective regions. The top rated person in each Region who does not receive the International Award will be named the Food Service Employee of the Year for their region at the International Conference. This is not a monetary award. Winners will be presented with an engraved award and will receive recognition both at the International Conference banquet and in ACFSA's *INSIDER* Magazine. If any of these award winners are unable to attend the banquet, arrangements will be made for the award to be presented within their agency, institution or chapter.

C. Recipients of this award are line staff (coordinators, cooks, etc.) or persons not eligible for the Correctional Food Service Operator of the Year Award.

D. This award is nontransferable and must be used by the recipient in the year awarded and for the purpose intended.

#### **II. Criteria for Application**

A. Applicants must be currently employed in the field of correctional foodservice on a full-time basis and have been so employed for a minimum period of 18 months.

B. Applicants must be Active or Life Members of ACFSA in good standing (dues paid) since February 1, 2011. The applicants must also be active members in good standing at the time of award. The ACFSA staff will verify this.

C. Applicants may be nominated by their

supervisors, another ACFSA member, or may nominate themselves, if approved by their supervisors.

D. A copy of the official nomination form must be used to nominate a candidate for award consideration. The form must be completed with as much pertinent information as possible about the candidate's qualifications. No faxes will be accepted.

E. Completed nominations must be postmarked on or before midnight February 1, 2011.

F. International Officers and Regional Directors are not eligible to receive this award while in office. No one directly involved in selecting recipients shall be eligible for an award.

G. Recipients may be awarded the Regional Correctional Food Service Employee of the Year one time. The person may continue to be nominated for the International Correctional Food Service Employee of the Year. Recipients may be awarded the International Correctional Food Service Employee of the Year one time.

H. The Board of Directors may elect not to present the Correctional Food Service Employee of the Year Award or a specific Regional Correctional Food Service Employee of the Year Award any year that they determine an appropriate individual has not been nominated.

#### **III. Criteria for Award/Selection**

A. The award selection will be non-discriminatory and based on accomplishments.

B. The ACFSA Awards Committee will consist of the Board of Directors. Nomination forms will be screened for eligibility. The forms for International Correctional Food Service Employee of the Year will be forwarded to all Board members for scoring.

C. Nominations/applications must follow all directions and be neat and legible. If not, the nomination will be void.

D. The Awards Committee will use one or more of the following criteria in selecting an individual for the Correctional Food Service Employee of the Year award:

- Foodservice and Operations
- Sanitation Standards
- Creativity and Innovation
- Personal Development

E. Award recipients will be notified in writing by March 1st.

F. A Letter of Commendation shall be sent to the Commissioner, Warden, and/or

Supervisor of the recipient. In addition, the recipient shall be acknowledged at the ACFSA International Conference and in *INSIDER* Magazine.

G. Only one International Award or Scholarship may be disbursed in a calendar year. If the award winner has also been designated to receive a scholarship, reimbursement is authorized only to the maximum limit of the largest dollar amount award. Recipients may not receive both in the same year. The Heroism Award may be received concurrently with any other award.

#### **IV. Time Frames for Employee of the Year Policy (reviewed on a yearly basis)**

Feb 1: Applications must be postmarked by midnight.

Feb 20: The Board of Directors will receive all applications determined to be eligible.

Mar 15: All scoring will be completed and forwarded to the Past President. The Past President will tally points and notify the Board of Directors of the selection. Resolution of conflicts will be handled at this point.

April 1: Notification Letters will be mailed to the recipients and their supervisors from the ACFSA International President.

### *The Heroism Award*

The Heroism Award will be given to those who have displayed valiant acts of heroism in their job or in their personal life.

This is not necessarily an award that is given on a yearly basis. However, more than one person can receive this award per year.

The Recipient will receive a certification of recognition/award to be presented at a State, Regional, or International level, whichever is most convenient to the recipient. A notification letter will be sent to all recipients' supervisors.

The deadline for submission for the 2011 Heroism Award is February 1, 2011.

Scholarship Application

Please fill out both sides completely, sign and mail to ACFSA Headquarters, 210 N. Glenoaks Blvd. Ste C, Burbank, CA 91502 (818) 843-6608 Fax: (818) 843-7423

The envelope must be postmarked on or before February 1, 2011.

Check one only:

- Continuing Education Scholarship (Member at least one year at time of application)
New member scholarship (Member less than one year)

To apply for the new member scholarship, please fill out this page only. One scholarship awarded by lottery drawing each year.

APPLICANT

Name
Title
Home Address
City/State/Zip
Home Phone Number
Social Security Number

EMPLOYMENT

Current Position / Since
Facility
Address
City/State/Zip
Work Phone Number
Facility Head
Title
Immediate Supervisor
Title

ELIGIBILITY

Are you currently employed full-time in correctional foodservice? Yes No

INTENT OF FUNDING (COMPLETE ONE SECTION ONLY)

Location/Dates of ACFSA conference for which this funding will be used
ACFSA-Sponsored Educational Program - specify program & intended date of completion



# Scholarship Application

Are you a current member in good standing of ACFSA?  Yes  No

In good standing for the past full year?  Yes  No

### PROFESSIONAL PARTICIPATION

How many years have you affiliated with Correctional Food Service? \_\_\_\_\_

How many years have you been a member of ACFSA? \_\_\_\_\_

How many International ACFSA Conferences have you attended? \_\_\_\_\_

Have you served as an ACFSA officer? International (previously), Chapter/State Representative (previously/currently)  Yes  No

Position \_\_\_\_\_

Date of Service \_\_\_\_\_

Have you served as Conference Chair/Co-Chair/Member (International, Regional, Chapter)?  Yes  No

Location \_\_\_\_\_

Date of Service \_\_\_\_\_

Have you served as Committee Chair/Member (other than Conference) International, Chapter?  Yes  No

Specify Committee \_\_\_\_\_

Position \_\_\_\_\_

Date of Service \_\_\_\_\_

Have you ever had an article printed in INSIDER Magazine or other industry publication?

Publication: \_\_\_\_\_ Date of Article: \_\_\_\_\_

Have you given presentations at foodservice or correctional conferences?  Yes  No

Specify topic, association & dates \_\_\_\_\_

Are you currently certified in any of the following areas? Please check all that apply.

ACFSA Certified Correctional Foodservice Professional

Dietary Manager's Association Certificate or License

ACFSA Certified Correctional Food Systems Manager

Certified Chef

ADA Registered Dietitian

Other Certification - Specify \_\_\_\_\_

What level of decision making do you have for the following?

Food (check one only)      Equipment (check one only)

- Final Decision       Final Decision
- Strong Influence       Strong Influence
- Limited Influence       Limited Influence

I hereby warrant the accuracy of the above information and authorize the investigation of the accuracy of facts herein noted. All regulation/guidelines of the ACFSA Scholarship Program are applicable.

Applicant Signature \_\_\_\_\_

Date \_\_\_\_\_

Recommendation of Supervisor/Agency Head \_\_\_\_\_

Date \_\_\_\_\_

NOTE: The signature of the supervisor will be considered both authorization to accept the scholarship, if applicant is selected; as well as recommendation for this applicant.

**Please fill out both sides completely, sign and mail to ACFSA Headquarters, 210 N. Glenoaks Blvd. Ste C, Burbank, CA 91502 (818) 843-6608 Fax: (818) 843-7423. The envelope must be postmarked on or before February 1, 2011.**

## Operator of the Year

The recipient will be a Manager, Director or Administrator

Please check one of the above which applies to your situation.

1. Criteria noted in each category must be typed, single or double spaced, and not exceed one-half page per Roman numeral.
2. Nominations must remain in the format provided. A copy of the official form provided must be used. Nominations must be neat and legible to be accepted. *No faxes will be accepted.*

**3. All Nominations must be postmarked by midnight February 1, 2011.**

They must be sent to ACFSA Headquarters, 210 N. Glenoaks Blvd. Ste C, Burbank, CA 91502 (818) 843-6608 Fax: (818) 843-7423

**On separate pages, typed (no more than one-half page per question) give the following information:**

- I. Describe your candidate's successful foodservice financial and operational techniques, such as cost and quality control or attainment of major agency program goals and/or objectives.
- II. Describe resource management initiated or utilized within the candidate's operation, including training programs, employee motivation and expansion of career opportunities for staff and/or inmates.
- III. What has the candidate done that distinguishes him/her as a leader in the areas of food quality, menu concept development, food preparation and delivery techniques, and presentation?
- IV. Outline the candidate's contributions to the prestige and public image of the correctional segment of the foodservice industry, through participation in community and civic involvement, interagency, governmental and/or professional foodservice organizations.

**Name of Nominee** \_\_\_\_\_

Title of Nominee \_\_\_\_\_

Agency/Institution \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Signature of Supervisor \_\_\_\_\_

Date \_\_\_\_\_

Phone of Supervisor \_\_\_\_\_

**Name of Nominator** \_\_\_\_\_

Title of Nominator \_\_\_\_\_

Agency/Institution \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_

## Employee of the Year

The recipient will be a Coordinator, Cook or other line staff professional. Anyone in the Correctional Food Service profession that is not eligible to be nominated for the Operator of the Year award is eligible for the Employee of the Year award.

Please check one of the above which applies to your situation.

1. Criteria noted in each category must be typed, single or double spaced, and not exceed one-half page per Roman numeral.
2. Nominations must remain in the format provided. A copy of the official form provided must be used. Nominations must be neat and legible to be accepted. *No faxes will be accepted.*

**3. All Nominations must be postmarked by midnight February 1, 2011.**

They must be sent to ACFSA Headquarters, 210 N. Glenoaks Blvd. Ste C, Burbank, CA 91502 (818) 843-6608 Fax: (818) 843-7423

**On separate pages (no more than one-half page per question) give the following information:**

- I. Describe your candidate's successful foodservice financial and operational techniques, such as cost and quality control standardization checks, HACCP controls, ServSafe management & procedures.
- II. Describe resource management initiated or utilized within the candidate's operation, including receiving standards, storage, product handling, and waste utilization.
- III. What has the candidate done that distinguishes him/her as a leader in the areas of food quality, menu concept development, food preparation and delivery techniques, and presentation?
- IV. Outline the candidate's contributions to the prestige and public image of the correctional segment of the foodservice industry, through participation in community and civic involvement, interagency, governmental and/or professional foodservice organizations.

Name of Nominee \_\_\_\_\_

Title of Nominee \_\_\_\_\_

Agency/Institution \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Signature of Supervisor \_\_\_\_\_

Date \_\_\_\_\_

Phone of Supervisor \_\_\_\_\_

Name of Nominator \_\_\_\_\_

Title of Nominator \_\_\_\_\_

Agency/Institution \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_

## Heroism Award Nomination Form

The ACFSA wants to recognize those members who have displayed unusual acts of valor or heroism either on or off the job. The person or persons will be given special recognition at the International Conference and within *INSIDER* Magazine. If they are unable to attend the conference, they will be recognized at the next State meeting.

### Nominee Information

Name \_\_\_\_\_

Company \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

### Why have you chosen this person to receive recognition for heroism or valor?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Nominator's Information

Name \_\_\_\_\_

Company \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_



# Rosetta Bowles Employee of the Year

Rosetta Bowles is presented with the prestigious Employee of the Year Award from Jim Hartman, Past President, Association of Correctional Food Service Affiliates.

On August 25, 2010 at a ceremony held at the 41st International Conference of the Association of Correctional Food Service Affiliates (ACFSA) in San Diego, California, Ms. Rosetta Bowles, Assistant Food Manager at the Albemarle/Charlottesville Regional Jail was presented with the Employee of the Year Award. This award is presented to the outstanding correctional food service manager each year for their hard work and dedication. They are judged in areas of financial and operational techniques, menu planning, quality control, meal delivery, participation in community and civic organizations and their contribution to the public image of the correctional food service industry. This is an International award as members from Canada; Australia; and the Bahamas were in the running for this year's award. Ms. Bowles has been employed at the Albemarle/Charlottesville Regional Jail for over twelve years and a member of ACFSA for five years. ▲

"I would like to express my sincere appreciation to the Association of Correctional Food Service Affiliates (ACFSA) for accepting my nomination for Employee of the Year. I am grateful to my Virginia Chapter and my supervisor, Jim Hartman, for believing in me and for their endless support. It was an honor to participate in and attend the 41st International Conference in San Diego, California and to be the recipient of this award. I have been a member of ACFSA since 2005, and it has been a pleasure to have the opportunity to network with other food service professionals and the vendors that support ACFSA. I will work hard to be an ambassador for ACFSA and to help in anyway, I can to promote the organization. I wish you and your organization continued success in providing outstanding services to those in your membership."

Sincerely,  
Rosetta Bowles



**Ricky Clark is Presented with the ACFSA President's Award**



**Pattie Whitlock is Presented with the AI Richardson Founder's Award**

# More ACFSA Award Winners!

*by Jon Nichols, ACFSA Executive Director*

**T**his past August, members of the Association of Correctional Food Service Affiliates (ACFSA) converged on San Diego, California for the ACFSA Annual International Conference. The conference brings together the finest Operators and Vendors in the Correctional Food Service Industry for four days of educational sessions, networking and, of course, the Annual Trade Show. The Conference is a unique opportunity for a very specialized group of individuals to exchange information and ideas with regard to the Correctional Food Service Industry to



enhance career advancement and meet the very specific challenges that they face each and every day.

This year's Conference was pretty special for a number of reasons, not the least of which was the beautiful location of San Diego. This city boasts one of the worlds' most temperate climates and ACFSA members from across the United States and Canada were treated to a respite from the typical August heat that keeps them indoors with air-conditioning and iced beverages. The trick was how to keep at-

tendees in sessions and away from the gentle summer breezes, warm sun and inviting resort-style pool that called to them as they made their way to and from General Sessions and breakouts. Problem solved! A fantastic program featuring Keynote Addresses by Industry Veterans Cindy Burns and Richard Weintraub and numerous breakouts that both enlightened and inspired members kept the seats full.

On Tuesday night, August 24, ACFSA held the Annual Awards Banquet. The Awards Banquet is probably the most important part of the Annual Conference as ACFSA members are acknowledged for the great work that they do within an Industry that is often over-looked when it comes to recognition. On this evening, Rosetta Bowles, Food Service Manager at Albemarle County Regional Jail was honored with the Employee of the Year Award for exemplary work at her institution (see Page 19); Pattie Whitlock from Design Specialties was presented with the Al Richardson's Founder's Award; and Ricky Clark took home the ACFSA President's Award.

### Ricky Clark

The President's Award is often very personal as the winner is chosen at the sole discretion of the President and is kept "Top Secret" until the announcement at the Banquet. There are any number of reasons for selection, but the recipient is or has been an inspiration, a mentor or simply a strong support and ally through the President's service on the Board and term in the top position. This year, ACFSA President James Hartman chose his friend and colleague Ricky Clark for this honor. Ricky is a Past President of ACFSA and is ever a champion of the core values of the Association. Ricky is often the "Go-To" Guy when questions arise regarding ACFSA policy and direction and is never one to say no. When the Treasurer's position became vacant this past year, Ricky stepped up to the plate without hesitation and, as he did as President, served nobly with energy and enthusiasm.

Ricky wears many hats. He sits on multiple Boards, is currently President of the Dietary Manager's Association, is the Committee Chair for the 2011 ACFSA Annual Conference, he teaches classes, is a father and grandfather... the list goes on and on! It's no wonder that Jim sees him as an inspiration and model and considers Ricky "his brother from another mother." I cannot think of anyone more deserving of the President's Award.

The President's Award is often very personal as the winner is chosen at the sole discretion of the President and is kept "Top Secret" until the announcement at the Banquet.

The Al Richardson Founder's Award was established to recognize membership for their dedicated service and promotion of ACFSA and each year, the Members of ACFSA are considered for the honor.

### Pattie Whitlock

Pattie Whitlock was presented with the Al Richardson Founder's Award. This Award was established to recognize membership for their dedicated service and promotion of ACFSA and each year, the Members of ACFSA are considered for the honor.

Al Richardson founded the American Correctional Food Service Association (later renamed the Association of Correctional Food Service Affiliates) and was a lifelong advocate for better prison food. Richardson's Food Service career covered nearly seven decades. Richardson served in the Navy Commissary during World War II, and then became a civilian employee for the California Correctional System. After a stint in University Food Service, he returned to the Correctional Food Service Industry at Utah State Prison. While there, food riots erupted at one of the state facilities and he recognized that no one was paying close attention to Food Service in the Correctional sector. Acknowledging the problem, 1969, Richardson made a decision to address the problems by creating the ACFSA.

Pattie has been around the industry and involved pretty much her entire life and is one of the ACFSA's most involved and vocal champions. Her company, Design Specialties, sponsors ACFSA events and provides funds for scholarships to ensure membership has every opportunity to thrive and that ACFSA continues to fulfill its promise to "develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge."

As a result of her tireless backing, Pattie was the perfect choice to be the 2010 recipient of the Founder's Award. We appreciate all that Pattie has done and continues to do on behalf of the organization and its membership.

ACFSA would like to congratulate Ricky Clark as the 2010 ACFSA President's Award winner and Pattie Whitlock as the 2010 Al Richardson Founder's Award winner. We are proud to have Ricky and Pattie as members and more importantly, as our friends. They are indeed an inspiration and model for us all. ▲

# Second Annual Regional Cook-Off

*by Louise Mathews, CFP, CCFP*



**O**n Tuesday, August 22, 2010, on a perfectly beautiful San Diego day, the ACFSA held the Second Regional Cook-Off Challenge. We added the word “challenge” as it truly was one due to not having the luxury of a fully stocked kitchen as we did last year. We were actually lucky to be able to rent the catering kitchen off the vendor hall; otherwise we would have had to use fire pits in the courtyard.

As the kitchen was stripped of everything except some cooking equipment, Ray Bullock and I faced our first challenge. There was only a 4 burner stove so two of the teams had to use tabletop induction burners; getting them to start and keep running was another challenge. Max Lecaros and his company, Cooks Direct, came to our rescue by donating such items as the pots, pans and cutting boards. SYSCO and their San Diego salesman, Chad Salda, kindly donated the food and mystery baskets. I happily

shopped for the food for them and selected the items for the mystery baskets. Since I was one of the judges, of course I bought all the food that I liked.

Our second challenge happened right before we started the Cook-Off as some of the small wares went somewhere else besides San Diego. Kurt Greiner, San Diego Sheriff Asst. Chief came to the rescue and ran as fast as he could to San Diego Restaurant Supply for knives and bowls. He made a sweep by one of the facilities to borrow some towels. Kurt said that he felt like he was in a Nike commercial; “Just Do It”! The next challenge was that we were missing a couple of Feds who were representing Region II. (We still do not know where they went or if they were ever found). Matt Fitzgerald with Good Source volunteered to step in and fill the spot. He called his trusty side kick, Betsy Gold and she came running back from home to assist him.

We now had 50, very patient, observers to entertain while we waited for the small wares to arrive. I suggested we have a sing along and that was all good old Myron Wiley with Jones Zylon had to hear; he broke into song. We were having a ball singing *Jeremiah was a Bull Frog* and almost forgot why we were there. We were finally ready to get started when Matt promptly cut his finger; Ray Bullock came to the rescue with the First Aid Kit. Betsy Gold rushed in the door to complete the Region II team and off we went.

The mystery baskets contained the next challenge; fresh catfish, sirloin steak, an avocado and Oreo cookies! You should have heard the moaning and groaning. We changed the rules and let the contestants have free reign of the pantry all through the contest to make up for it. The teams were charged to make a dinner plate with a duplicate plate and to use all the mystery items. I bought everything I liked such as Port Wine, White Wine, very fresh herbs and vegetables, yogurt, goat cheese and fresh fruit. They also had all the staples such as sugar, flour, oil, butter, sour cream and cornstarch. The Town and Country Hotel's Executive Banquet Chef, Darrell Furr and Chef Juan Negrete, who were judging the cook-off with me, were very impressed by the quality and kinds of food and told me what they would have done with it. I did explain to them that our folks are usually not "chefs" at the current time but ranged from dietitians to food service directors to sales directors. I let them know that these people feed thousands of meals each day while supervising inmates who are dangerous felons. We all were very impressed with the cooking skills and excellent sanitation practices of all the contestants. When they were done with the Oreo cookies, we passed them out to the audience who were very well behaved and deserved them!

Region I was very inventive with their chocolate cookie and pecan incrustated catfish; we loved it! All their food tasted great with that homey touch. Their colorful outfits were great and their antics kept the audience entertained. Region



III's medley of red, white and blue potatoes, zucchini, peppers and onions sautéed with a touch of lemon and lots of garlic were a knockout. Their delicate wine sauce for the steak was great too! Region IV made a very decadent port wine reduction sauce, flavored with crushed Oreo cookies, that was to die for! What is not to like about wine and chocolate? Their fried catfish was presented on a bed of rice with an amusing tasty salsa.

Our big winners, Region II wowed the judges with lightly Southern fried catfish with a delicate lemon white sauce, whipped sweet potatoes and proper Southern (fully cooked) green beans. Betsy rubbed the steak with fresh herbs and garlic; it was perfectly grilled and topped with delicious mango chutney. But the piece de resistance was their deep fried Oreo cookies that sent them over the top. The other two Chefs ate every one of them and looked for more. I have included the recipe for your enjoyment.

I was so proud of the professionalism and expertise of all the participants. We in corrections are among the best in the food service field as well as the corrections environment. I would like to offer my congratulations to everyone involved with the Cook-Off and a special thanks to Chef Furr and Chef Negrete for their excellent judging of the contest. A big thank you goes out to our Chef Teams:

- Region I- Linda Shear and Jean Golas
- Region II- Matt Fitzgerald and Betsy Gold
- Region III- John Frost and Rick Carl
- Region IV- Don Perkins and Myron Wiley

We can't wait to see the Third Regional Cook-Off in Virginia in 2011. See you all there.





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# Deep Fried OREOS



### Ingredients

- **Oreos:** 12 regular, but double stuff work too. Room temperature
- **Flour:** As needed, but start with 2 cups
- **Heavy Cream:** As needed, but have 1 cup on hand
- **Frying Oil:** Enough to have about 2 inches of hot oil in the bottom of a heavy bottom pot. Crisco shortening can also be used

### Method

Combine Flour with Heavy Cream to produce a batter the consistency of tempura batter. Thick, but not 'stand a knife in it' thick. Set aside.

Heat the oil in a heavy bottom pot or deep fryer. I prefer to use a 10" cast iron skillet with 3 inch sides. Oil should be at least 375 degrees.

Dip Oreo into batter one at a time. When fully coated, gently immerse in hot oil. If the oil is deep enough for the cookie to submerge, no need to turn the cookie. If using a shallow pan, cookie should be turned after 90 seconds. Total fry time should not exceed three minutes. I recommend testing one Oreo to make sure oil is sufficiently heated. Fry up to six Oreo's per batch.

Remove from oil and drain on a rack or paper towels. Serve as soon as possible. Best served with a tall glass of cold milk.

### Yield

Depends on how cold the milk is, and if you want to share. Somewhere between 1 and 6 portions.

Each year, ACFSA asks its Professional Partner Members and Conference participants to consider contributions in the form of Sponsorships to help off-set the burgeoning costs associated with putting on the major undertaking that is our Annual Show, and Scholarships to assist Members who may not have the means to attend. Like everyone else, vendors have been adversely affected by the state of the economy and, coupled with the outlay associated with attending and exhibiting at Conference, the request for additional monetary contributions can be extremely challenging. But, every year our ACFSA Professional Partners come through with flying colors and 2010 was no exception.

Please make it a point to read the following lists and take note of those companies that went the extra mile. They have made a commitment to enhance your experience at conference and to provide you an edge within the Correctional Food Service Industry in showing you their wares. If you have the chance to personally thank these vendors during sales visits or while placing orders, please do so. And don't forget to make the ACFSA Marketplace on the web site the first place that you look when you are fulfilling your Correctional Food Service needs.

ACFSA appreciates and thanks our Professional Partners for their support! ▲



# 2010 ACFSA Annual International Conference Sponsors

by Jon Nichols, ACFSA Executive Director

## Event Sponsors

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- CAMBRO Manufacturing

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- Adolph Foods
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### Silver Sponsors

- Design Specialties, Inc.
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## ASSOCIATION OF CORRECTIONAL FOOD SERVICE AFFILIATES

### A Struggling Food Service Person Needs Help Today Are You Ready to Change Someone's Life?

An Open Letter to All Vendors:

The ACFSA International Conference provides vendors a unique opportunity to meet the people that make decisions on food service for correctional facilities. While the actual vendor show time is short, I hope all vendors take advantage of the networking time over the 4 days of the conference to better understand the needs of food service in the correctional environment. Nothing takes the place of a face to face meeting.

Food service people also understand the value of the ACFSA International conference and there are many who would like to attend but simply cannot afford it. In these tough economic times, the conference is a great way for people to learn from others how to save money. But with such deep budget cuts, there is just no money for education. Many food service people recognize the value of the conference and pay their own way. But with furlough days and pay cuts, some of these people just can't afford to come.

Budget cuts are not just happening in the facilities. I am sure every company is looking at every dollar spent and cutting back where they can. Conferences are expensive and we need to make sure we get the maximum value whenever we go to one. Getting more potential clients to the 2011 ACFSA International Conference in Norfolk, Virginia is obviously important.

ACFSA offers scholarships to food service people to help defray the conference costs. In order to qualify for a scholarship, the employee must meet the necessary criteria. Scholarships are given to current food service personnel only. People that make decisions about food service purchases.

If every vendor would make some contribution to the scholarship fund, more decision makers can attend the show. Please make a pledge for this scholarship fund today.

ACFSA will accept any donation but for any donation of \$250 or greater, you will receive:

- Acknowledgement in each issue of Insider Magazine prior to the conference
- An invitation to a reception where you will meet the Scholarship Recipients
- Group Picture and Listing in the INSIDER magazine after the conference
- Recognition at the opening reception and again at the Banquet

This is an incredible value. Your company will receive exposure to all food service people and additional potential clients will be at the conference. Get the maximum exposure by making your pledge today!

Thank you for your generous and thoughtful support of ACFSA!

Benson Li  
ACFSA President

Jon Nichols  
ACFSA Executive Director



## REGION I REPORT

by *Linda Shear*

The conference in San Diego was excellent and the folks in attendance from Region I enjoyed the many opportunities to learn, network and see the sights on other coast. We saw old friends and welcomed some new members as well. We did some business at our roundtable meeting. Mike Robertson from Jones Zylon, our regional vendor liaison, has moved up to the National Board of Directors as the new Professional Partner Representative for Equipment. We needed to fill his position and a new vendor member, Tony Martino, from Insinger Machine Co, volunteered to be our new regional liaison, with Mike as his mentor. Welcome aboard Tony. During roundtable we also discussed plans to increase membership and brainstormed about the upcoming 2011 conference in Norfolk. We want to get all of Region I involved in the plans for next year.

The DE/MD members will continue to move forward with the election of officers in an ongoing effort to revive their chapter. The members in New York are showing some interest in getting their chapter back together as well. What great news to have so many folks thinking long and hard about the value of their association. It takes a commitment of time and energy to get a chapter going and to keep it alive and well. Let's all help them to be successful. ▲



## REGION II REPORT

by *Frank Shelton*

I just returned from a most enjoyable and informative conference in San Diego. If you missed it, well, you missed it. The bunch from California and Region IV did an excellent job and my hat goes off to them. Ray Bullock and his committee members are to be commended.

If you didn't get to attend this year's conference you missed a wonderful opportunity to not only network with your peers and friends in the correctional food service industry, but there was loads of information to be had on a wide range of subjects, everything from equipment efficiency standards to what's new with religious diets. And our vendor partners put on a great show with all kinds of products and information for us to look at and learn about.

While at the conference Region II held a breakout session for its members and sadly I report it wasn't nearly as well attended as it needed to be. If you attend a conference you really do need to make your regional break out session, for that's where we can meet and network with our close neighbors, share information

ACFSA INSIDER

on what's going on around us, and plan for and participate in what's happening within our own region.

In our meeting much discussion was held about the need to grow our regions and various states membership. A big part of my job is helping with that, but to do so I need leads! If you know of a new facility being built in your area get me that info. If you know someone at another facility that isn't a member get me that name and address. Better yet, invite them yourself. Point them to the ACFSA website. Give them my name and number. The ACFSA is an important resource and we need to promote it.

To close let me say that I'm already planning for next year's conference in Norfolk Virginia. While San Diego is going to be hard to top I know that Virginia bunch and Region I will do a great job! And, also, I want to thank Jim Hartman, and the rest of the board for making my first year representing Region II a most enjoyable experience. I'm looking forward to this coming year. ▲



## REGION III REPORT

by *Phil Atkinson*

Well here it is, summer is over and, at least here in Minnesota, fall has arrived. I hope that you have all survived the summer and were able to get some time away for a little personal rebuilding and recharging.

As I'm sure you all know the 2010 ACFSA International Conference is history. It was a wonderful opportunity for me and about 500 others to do a little rebuilding and recharging: a wonderful experience. It was great to see familiar faces and particularly gratifying to meet the large number of new members and first time attendees – there were a bunch of them. I was able to have extended conversations with members from Region III during which we were able to lay the ground work for growing the region and maintaining the vitality we, as a Region, are experiencing. The conference committee is to be commended for doing a great job. And, as always, the vendors did a superb job; we couldn't do it without them.

Here are just a few of the things I was able to bring away from the Conference:

- A. Our perspectives can often impede our ability to deal with people effectively. It is important that we understand what influences are shaping another person and make adjustments in our perspective to more affectively and effectively work with them.
- B. Celiac disease is much more common than first thought affecting one in every 300. Do the math for your institution and see where you should be. Celiac disease may also affect behavior without showing any intestinal signs. It is important that we have available the tools to manage effectively those in our institutions that suffer with this disease.



C. Managing people isn't easy. I have yet to figure out why, at least once a year, I need to have my backside kicked to remind me how important it is to deal with employee issues fairly, consistently and immediately. "You can't ignore the mark on the wall".

These are just a few. All of the presenters were excellent and are to be thanked and applauded for sharing with us.

Well, they're lining up at my door. I'm looking forward to working with you for another term and can't thank you enough for giving me the opportunity. There are some exciting things in the future for Region III and I will do my best to keep you informed. As always, if I can be of any assistance, please do not hesitate to contact me. ▲



### REGION IV REPORT

by Laurie Maurino, RD

As I am sure this issue has indicated, the ACFSA Conference in San Diego was a great success. I would like to thank Ray Bullock and Benson Li for all the hard work they put into it. It was a good time to network with peers and enjoy the Cali-

ifornia atmosphere.

In our region, we just had the first planning meeting for the Northwest Chapter of ACFSA. It was held in Newport, Oregon on September 17, 2010, and had representatives from Oregon and Washington. The group invites all interested parties from Oregon, Washington, Idaho and British Columbia to be involved in the new Chapter. People from other nearby states are also welcome. The current members are working on forming a board and getting people to volunteer to be officers. Thanks to Myron Wiley from Jones Zylon who has been instrumental in getting the chapter going and has volunteered to be vendor liaison. Please contact me at [laurie.maurino@cdcr.ca.gov](mailto:laurie.maurino@cdcr.ca.gov) for further information.

The California Chapter of ACFSA planned a meeting in October to install the new Board. Don Perkins, from the California Dept. of Corrections and Rehabilitation in Corcoran will take over as President. Don plans to have a state conference in October, 2011 in the Sacramento, Northern California area. We thank Ray Bullock, our outgoing President for a job well done.

California is still steeped in budget problems. The deadline for the state budget to be signed has come and gone. It is 79 days overdue right now. Meanwhile, our vendors, to the prisons, have not been paid in 6-8 months. The vendors are threatening to cut off food deliveries very soon. Some of the small businesses cannot absorb such debt incurred by the state. It is a challenge for our Food Managers to coordinate these financial strains. ▲



## A Message from Our Northern Lakes Past President

**W**e (been with Teddie a bunch) have returned from San Diego where we attended a FABULOUS international conference!!! Start saving your money now so YOU can attend the next one August 14-17, 2011 in Norfolk, VA. It's an incredible time of networking, education, vendor relationships, and a regular family reunion for those of us who attend every year, all taking place in a great city which you can explore. One of the events that took place is the Award's Banquet, where the president hands the reigns over to the vice president. Our chapter also passed the gavel at the same time; so now "Mr. President" is Tim Thielman. We spent lots of time discussing the future of Northern Lakes, BUT for now let's reminisce about the past year.

It was quite a whirlwind and we actually had 6 meetings after the 2009 Grand Rapids conference. We grew from 12-40!!! Bringing those 2 guys from MN into fold and the lovely lady from IA, mix in some WORM POOP and watch us blossom. We've acquired new members and vendors and one of my goals is to provide the venue where all of us can meet each other, and form our own Northern Lake's bond. I could go on and on about all the plans we've talked about for the future, but that's Tim's thing so I will turn it all over to him. I am still in the fold as the past president (and advisor-LOL) and will continue to stay very active with the Chapter.

So Ciao for now and Rock On. ▲

# Chapter Chatter



## CALIFORNIA

by Ray Bullock

While I am writing this from my vacation in the wilds of East Texas, the California Chapter continues to move forward. We are currently running an election for the three positions of President-Elect, Secretary and Northern Region Director. We are also finalizing the details for our next chapter meeting in October, where we will install the new officers.

Thanks again to all the folks who made it out to San Diego for the ACFSA International Conference and to all the committee members who made it such a success. I received many positive comments on the conference and it was the hard work and dedication of the whole committee that made it possible. And a very special thank you to the vendors who helped out the California Chapter with scholarship sponsorships; Cambro, Legion Industries, Global Food Industries, Design Specialties, ABC Ventures and... I would also like to thank Dan De La Isla from the San Diego Sheriff's Senior Volunteers for graciously donating his time and talents to provide us with the fabulous photos of our conference.

It has been my distinct pleasure to serve as President this past year and I am eagerly looking forward to handing the reigns over to Don Perkins in October. Don has previously served on the Board and we are very pleased and honored to have him back. ▲

## MICHIGAN

by Pamela Nelson, CFSM

Well summer is coming to an end and Fall will soon be here. In Michigan the weather has been 70 degrees one day, and high of 50 the next, but that is Michigan.

We would like to invite you to our Spring Conference May 1st through May 4th, 2011 in Battle Creek, Michigan. Our theme is ZERO-TOLERANCE. The vendor's show and closing ceremonies will be on May 4th. We hope to see some new faces at the Spring Conference. We have put together a few new things for the conference. If anyone is interested in being on the committee for the Michigan Spring Conference please email me at pamel46pj@yahoo.com

Had a great time at the ACFSA 2010 International Conference in San Diego, California. It was great to get together with the old members and new ones. I would like to thank all the vendor's for everything they do and everyone who had a hand in putting together the conference. The Keynote speaker, Richard Weintraub, PHD was one whom I will always remember.

Here are a few notes I took while he was speaking:

- **Clarity:** We have to know what we need
- **Development:** What we have to do

- **Responsibility:** Let go give it to God. We don't run the show, God does

Six things to do to change:

- 3 x a week Improve your mind
- 3 x a week do something to improve your body
- 3 x a week improve your eating
- 3 x a week what are you doing to help other people
- 3 x a week ask for help
- 3 x a week change a bad habit

Put these things into your life and see if you can see the change. Hope everyone has a great winter! Stay Positive and remember, one small step at a time and you will get there. ▲

## NORTHERN LAKES

by Lt. Tim Thielman, CFSM

My first couple of years as an ACFSA member I only read the INSIDER. I then enrolled in the CFSM course and I was discussing the program with my food vendor. I was explaining how I had to visit a cook chill facility as part of my course work. My problem was that I did not know where there was one. My vendor told me that Phil Atkinson, from the county across the Mississippi River from me, operated a cook chill facility and he gave me his phone number. Later that week while I was trying to work up the nerve to call this guy I received my latest edition of the INSIDER and lo and behold right there on page 6 was an article published by none other than Phil Atkinson. For some reason that was reason enough for me to call this guy.

Phil and I have been cronies ever since. Phil even got me in deeper with ACFSA as he and I have traveled around Minnesota and Wisconsin running an ACFSA booth at various conventions and food shows. One of the best things he did for me was take me to a Wisconsin chapter meeting at the Wood County Jail where I met several more ACFSA members, one of which was the ACFSA President, Teddie Mitchell. Wow, I knew her from all the Insiders! That was way cool! By the time I had left there that day I was nominated for vice president of a soon to be Northern Lakes Chapter. The next month I was elected VP and Janice Hurt was elected President.

Today, Northern Lakes continues to "rock and roll". Last year at this time we were under the spell of our Madam President. Janice lit a fire under the chapter and I'm not sure if it was her superb leadership or Dr. Phil's worm poop that made us grow! Last year we had a dwindling Wisconsin chapter and two states without a chapter that consisted of about a dozen. Today however, we have the Northern Lakes Chapter that is pushing four



dozen. Northern Lakes has held meetings from Minneapolis to Milwaukee and we will soon take the meeting down to our sister, Rhonda's jail in Davenport Iowa!

Northern Lakes has three goals this year: First goal is to continue the growth within the chapter and bring new members to ACFSA and really get to know one another; our second goal is to build strong relationships with our professional partners and local partners. Northern Lakes has several professional partners and many of us don't even know them or what they sell. So, this brings me to our third goal, which ties into the second. Northern Lakes has several members who are registered dietitians, we have members who operate unique facilities, and all of our members have something to teach one another so we are going to get together as much as we possibly can with our professional partners and learn from one another. If any of you who reads this is doing what we did, please take some advice; get to know the other members of ACFSA! We all can learn from one another. This is especially important at a time when we are told we have to do more with less. Don't try to reinvent the wheel! Start networking and I guarantee you will find a solution to whatever it is you are dealing with or trying to do! I hope everyone has a fantastic and safe holiday season. Please visit our website at <http://www.acfsa-nl.org/> beautiful. Congratulations to both of you for your outstanding representation of Region III.

The Wisconsin Chapter and the Minnesota members got together and have joined forces in a new chapter. The chapter has been named the Northern Lakes Chapter. They have had good meetings and are looking forward to much activity in 2010. The

last word I got was the Michigan and Ontario chapters will be joining forces for a spring conference. Really looking forward to this; watch the *INSIDER* and check the web site for more information.

I hope you all have a good winter and a blessed Holiday season and, as always, got a problem or a question don't hesitate to contact me. ▲

## VIRGINIA

by Linda Shear

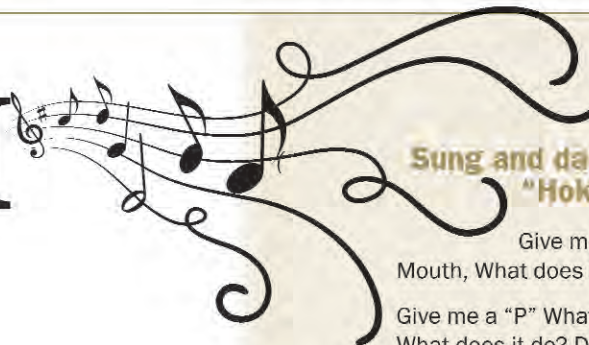
The ACFSA Virginia Chapter quarterly meeting was held at Blue Ridge Regional Jail on July 17, 2009. Robert Pennix, our incoming chapter President, hosted the meeting. After a tour of the jail and training from the Health Department, we had a business meeting. The new chapter officers were sworn in by outgoing President, Paul Hawkins. We congratulate Robert Pennix, President, Jean Golas, President Elect and Linda Shear, Secretary/Treasurer.

Some of the big excitement recently for our chapter was the retirement of Ray Briggs. He's been an active and enthusiastic member for what seems like forever! We gave him a big retirement party on September 12th.

The other big news, of course, is that we won the ACFSA Chapter of the Year at the conference in MI. We are so proud of our big, happy Virginia ACFSA family!! ▲

# CFSM

by Robin Sherman CFSM



## Sung and danced to the "Hokey Pokey"

Give me a "M" What do ya got?  
Mouth, What does it do? Chew!

Give me a "P" What do ya got? Pharynx,  
What does it do? Directs food to the  
esophagus

Give me an "E" What do ya got? Esophagus. What does it  
do? Passes food to the stomach

Give me a "S" What do ya got? Stomach. What does it do?  
Breaks down protein, churns and mixes food.

Give me another "S". What do ya got? Small Intestine. What  
does it do? Makes enzymes, digest foods

Give me a "L" What do ya got? Large Intestine. What does it  
do? Passes waste, reabsorbs water and some minerals

Give me a "R" What do ya got? Rectum

Give me an "A" What do ya got? Anus

Goooooooo Digestive System!!!

For those of you who want to enhance your correctional education, CFSM, Certified Correctional Food Systems Manager, is the way to go.

I took the CFSM course with a team of 10 managers, and what a difference it made for our career in corrections. CFSM has given me a more professional outlook and the knowledge and understanding of correctional and dietary food service in all aspects and has helped me become more successful in my position of training correctional food service to my Team of managers. My CFSM Team even stepped it up a notch to enhance our learning and make it more memorable for test time. We made up a cheer to remember the digestive system and how it works. We really had a lot of fun.



## Executive Director's Message

by Jon Nichols

### Participate in your Association's System



As the sun sets in San Diego, California on the 2010 Annual International Conference, the California Chapter of ACFSA heaves a collective sigh of relief and celebrates a job more than well done! California Chapter President and 2010 International Conference Chair headed a committee that included; Co-Chair, Benson Li, Ron Baldwin, Louis Flores, Kurt Greiner, Melissa Hobbie, Louise Mathews, Laurie Maurino, Don Perkins, Carlos Salazar, Wendy Shanks, Kristen Stoker, Jan Wyatt-Lucha and Myron Wiley. You all did a wonderful job in making this conference a success on so very many levels.

*“My call to you, as this new chapter begins, is to Participate! Your participation is vital to Benson Li’s agenda this year. We have so many exciting developments in the pipeline...”*

We had incredible Keynote presentations and breakout sessions that were topical, educational and interesting, led by industry experts. We had a sold-out Trade Show that buzzed with excitement from start to finish. We had stellar networking opportunities with stereotypical San Diego weather every day. But most of all we had each other. I make the last point because it is more important now than maybe ever before. Our institutions are facing financial crunches never seen before and our personal finances have all taken a hit. Nevertheless, our members showed support for each other by showing up in record numbers in San Diego.

What is an Association but a support system? And ACFSA is exceptional in that we have a very specialized craft where individuals face unique challenges that, in most cases, only their peers can fathom. Judging by the participation at our Annual gathering, you get the message loud and clear. Your willingness to make sacrifices in order to join together shows the commitment you all have to your career development, your industry and your colleagues.

As we begin a new chapter in the ACFSA, President Benson Li is devoted to growing membership, updating and stream-lining certification and making the tools of the Association more accessible and relevant to members. Now is the perfect time to undertake these goals as the Association’s finances are solidly in the black, we have strong leadership in place and a passionate and motivated membership.

My call to you, as this new chapter begins, is to Participate! Your participation is vital to Mr. Li’s agenda this year. We have so many exciting developments in the pipeline from new and/or revitalized chapters to a pledge to offer members ever greater benefits from their association. You have been asked over the past year to recruit one new member to join in the fun. Of course, you’re more than welcome to recruit numbers greater than that, but if you only have one prospect then please take the time to introduce ACFSA to them. It’s one more person that can benefit from ACFSA and share their experience with the rest of our members.

Don’t forget to visit your web site at [www.ACFSA.org](http://www.ACFSA.org) to contribute to the Message Boards, post job openings, keep tabs on local and regional meetings and to utilize the specialized “toolbox” which includes the all new State Regulations Page. If you have not visited lately, you’ll be excited to see what’s new and available to you. ▲

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*New Members As of October 31, 2010*



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Dena Walker  
SYSCO  
Pleasant Grove, CA

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Robert T. Behm  
Northern CA Youth Center  
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Anne Cisek  
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St. Anthony, MN

William Gillette  
VA Dept of Corrections  
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Linda Mills  
Community Education Centers  
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Ted Paluch  
FCI Ashland  
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Wayne K. Ryan  
Federal Bureau of Prisons USP Canaan  
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Alfonso Salazar Arzola  
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CWF Solutions  
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Justin Webb  
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David Nau  
FCI Allenwood  
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Joseph Williamson  
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Jefferson County Detention Center

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San Diego Sheriff's

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York CI

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Paul Downing, CDM, CFPF\*  
Delaware DOC

### FLORIDA

Madison Parish Sheriff's  
Department

### GEORGIA

Charles Barnes\*  
Macon State Prison

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Cook County DOC

### KENTUCKY

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Kenton County Detention Center

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Department

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Maine State Prison

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North Central Health Care

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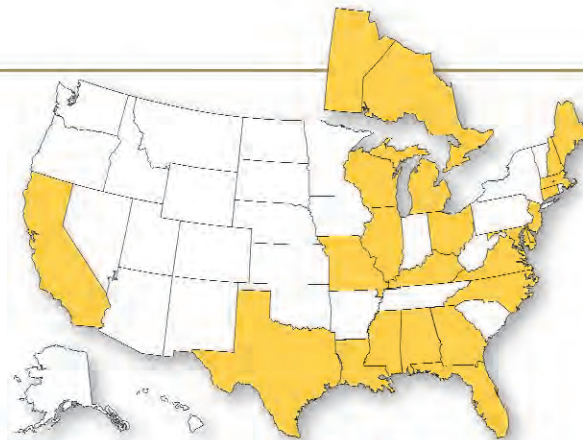
Vivian Hawkins, CCFP\*  
Ohio Dept. of Rehabilitation & Correction

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Gail Wood-Toulmin, CFPF  
Collin County Sheriff's Office

### VIRGINIA

Robert Pennix  
Blue Ridge Regional Jail Authority



## CANADA

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David Wainwright  
Dauphin CI

### ONTARIO

Paul Fortier\*  
Elgin-Middlesex Detention Centre

\* Chapter President

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



## 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	

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Eastern Canada	Michigan	Ohio
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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.

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### 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.

Statements of fact and opinion in this publication are the responsibility of the authors alone and do not imply an opinion on the part of the members, directors, or staff of ACFSA. The Association reserves the right to edit submissions. Materials may not be reproduced without written permission, so please obtain permission to reprint from its source when submitting an article.

### To submit an article for the Spring 2011 Issue:

1. Please send via e-mail by December 15, 2010 to:

#### ACFSA—INSIDER

Barbara Holly, e-mail: [barbaraholly@bellsouth.net](mailto:barbaraholly@bellsouth.net) or

Chris Althaus, e-mail: [Christine.Althaus@wisconsin.gov](mailto: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 email your articles and/or comments to Christine: [Christine.Althaus@wisconsin.gov](mailto:Christine.Althaus@wisconsin.gov) or Barbara: [barbaraholly@bellsouth.net](mailto: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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