

# INSIDER

The Magazine of ACFSA  
The Association of Correctional Food Service Affiliates



▶ **INSIDE THIS ISSUE...**

- E. Coli & Raw Sprouts  
A Deadly Outbreak**
- Changes in Standards  
and Guidelines - The  
Impact on Corrections**
- Efficient Frying**
- 2012 Conference**



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# Food Waste Scrapping Solutions



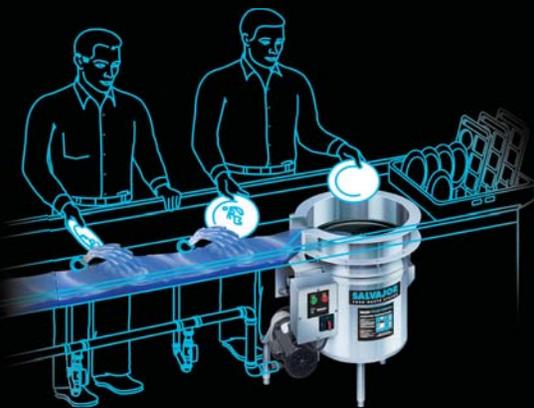
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Fall 2011

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## In Memoriam

### Billy Royce Bowers

Bill Bowers, Past President and good friend of the Association  
passed away on August 31, 2011 at the age of 73.  
Most of you knew Bill well, and I am sorry for your loss.

Bill is survived by his wife of 55 years, Nora Hunt Bowers, and children, Diane (Mark) Bennett, Sheryl (Frank) Spear, Susan (Rodney) Holmes, Walter/Bud Bowers, and Lori (Scott) Tucker, grandchildren, Amy, Jayson, Jennifer, Andrew, Timothy, Adam, Katie, Emily, Brittney, Jessica, Jacob. Also, great-grandchildren Dalton, Mackenzie, Isabella, Zac, Willow, Anna, Piper, Holt, Ava, Harper, Kinley, and Mabel. He is also survived by one brother, JC (Odessa) Bowers, two sisters, Dorothy (Hartie) Mason and Peggy (Wallace) Harrison

Visitation was Friday, September 2 and Services were September 3  
at the Jefferson Memorial Gardens in Birmingham, Alabama

The family has asked that any Donations be made in Bill's memory to the  
American Heart Association or the Leukemia and Lymphoma Society.

# Executive Director's Message

By Jon Nichols, ACFSA Executive Director



**A**s I write this, our Annual International Conference has just concluded. Most of the articles in this issue of INSIDER were submitted before Conference, so in the interest of keeping the time relative to issue, I won't go into much detail – but suffice to say, it was an outstanding show! Keep your eyes open for more information in a Conference Wrap-up email and in the threads on Facebook. Also, look for photos on our Shutterfly page. In the next issue of INSIDER, we will have a complete Conference write up for you. In the meantime...

ACFSA is looking strong as we close in on 2012 at full steam. Financially speaking, our reserves are firmly in the black and we are a healthy organization at a time when we truly need to be. It's time to seriously focus on our next steps as an Association to grow our membership. This year, a number of attendees mentioned a phrase that was apparently uttered late in the 1990's, "2000 in 2000!" It seems like a pretty lofty goal as we stand at roughly 800 members, but it is definitely doable. Sure, the Y2K target has come and gone, but that's no reason to give up on that goal. Let's take baby steps in the coming months and work to achieve 1000 members. I know we can do that! Maybe before the end of 2011! Then we can begin our march to 2000! You say it's impossible? Well, consider our new Region V. Last month, the Ontario, CN Chapter of ACFSA held their (very successful!) Annual Conference and brought 101 new members to the ACFSA ranks! YES, ONE HUNDRED and ONE! This was obviously an outstanding achievement and took a great deal of dedication and execution by the Ontario Chapter Board. But that's what was required and they did it. Great work! Congratulations to Region V Director and Ontario Chapter Past President, Paul Fortier!

I understand that 101 members might seem impossible for your State or Region. Well, then I submit our new Tennessee Chapter of ACFSA! Ronda Walters attended our 2010 Conference in San Diego and became excited and inspired. Ronda found a way to have a membership drive and Tennessee has 13 NEW members

and an additional 6 renewed members! This is great work and Ronda isn't finished. In addition to bringing new members into the fold, Ronda is eager to increase the benefits for Members. In an effort to increase the networking opportunities, the Tennessee Chapter has set up a Facebook Page of their very own. Visit the page when you have a chance and "Like" it to increase your personal network! (Search - ACFSA-Tennessee Chapter) So, I am asking that every member of ACFSA work to recruit at least one new member in the coming six months. Set up a Membership Drive in your State or Region. If you have a state that is ready to become a Chapter, contact the International Office or your Regional Director for information about the steps you will need to take. There's no better time than NOW to grow our ranks and enhance our network of Correctional Food Service Professionals. Together we can do great things! And that brings me to the Northern Lakes Chapter. I have mentioned the NL Chapter in the past for their great work in keeping members enthused and involved. They have a great website ([www.acfsa-nl.org](http://www.acfsa-nl.org)) and recently created their own Facebook Page. Visit them and "Like" to join their network. (Search - ACFSA-Northern Lakes) Special Note: With these efforts and their work at Chapter Meetings throughout the past year, Northern Lakes was named the 2010 ACFSA Chapter of the Year! Congratulations to all members in the Northern Lakes Chapter!

Take a look at the Board Page of this issue where you will see our new Board Members, Tim Thielman, who is taking the reins as Region III Director, and Rick Morris who is now the Professional Partner Representative (Food). Tim will be taking over for out-going Region III Director Phil Atkinson who ran unopposed for the Vice-President Elect/Treasurer position on the Board. Rick is stepping into the position that David Jacobs has held for two terms. With big shoes to fill in both positions, we could not have found two better choices to represent our Region III and Professional Partner (Food) Members!

I would also like to thank David Jacobs for his outstanding and dedicated service to the membership of ACFSA. David, as I am sure most of you are aware, is one of the nicest people that you will ever meet. What you may not know is that David sits on a number of Boards, is a public servant in his community and has a wonderful family. With all of this, he found time to ensure that our Professional Partners (Food) had a strong voice on the International Board. While we will miss his presence on the Board, I have received his assurance that he's not going anywhere. I recently was made aware that H. Fox Syrups, was the first EVER Professional Partner for ACFSA, so I am safe in assuming we will see David in New Orleans, if not sooner!

## The ACFSA Mission Statement

To develop and promote  
educational programs and networking activities;  
To improve professionalism; and to  
Provide an opportunity to broaden knowledge.

# President's Message

*By Benson Li, ACFSA President*



## Cultivating an Organizational Culture

**O**rganizational culture is an idea which describes the psychology, attitudes, experiences, beliefs and values of an organization. How is your food service operation rated in your law enforcement organization? The Association of Correctional Food Service Affiliates is your professional association that can help you to improve the organizational value of your food service operation.

Join us at our Annual International Conference, Chapter Conference, our Web-site discussion board, and the Insider Magazine. The Association of Correctional Food Service Affiliates offers educational seminars and training during our conferences. We encourage our professional members to be certified under the Certified Correctional Food System Program (CFSM); and the Certified Correctional Food Professional (CCFP) certifications. You also have networking opportunities with our Professional Members and our Professional Partners across United States and Canada to bring you the updated information of the correctional industry. Your participation will enhance your organizational value. Our goal is to improve your productivity, growth, efficiency, and reduce employee turnover and other counterproductive behavior. In return your organization will improve in:

- Acceptance and appreciation of your operations
- Regards for each employee's contribution to the organization
- Employees' pride, enthusiasm and work performance
- Realization of your full potential and that of your staff
- Strong communication which will lead to greater innovation
- Recognition of your leadership

On behalf of the Board of Directors, thank you for your participation. ▲

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# Education Report

by Nancy Porter, RD, LDN

## Inspiring Interest in the Field of Correctional Services

**H**ow does one become more motivated in FOOD SERVICE, especially in CORRECTIONS?

Not everyone is interested in the nutritional part of foods such as: “vitamins, fats, carbohydrates and proteins”. Not everyone wants to become a dietitian. Some people do not even like to cook therefore becoming a “Chef” is not appealing. How can we change these attitudes? Maybe we can, in another way.

There is so much more to FOOD SERVICE in 2011. The list grows faster than time itself: as food safety,



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*Those of us who have made Food Service their career already know the answers and are motivated to be active not only in their job but the ACFSA Association. But my concerns are with our capability to motivate our staff to carry out the responsibilities where we have set the standards.*

religious requirement for foods, medical needs which meet the doctors prescribed meds, food storage, as well as emergency plans for disasters of fire, water, and terror. This list has escalated during the past couple of years and we have seen how these changes have changed our lives. All of these subjects are going to require staff to become certified in these different areas. Then there is a complete other aspect of teaching inmates how to become better citizens, and “on the job” training so that they might be able to get a real job when they return to the “real world”. How many State /County Governments have cook schools set up in prisons? Eating meals away from home has become a necessity in this century and therefore there are more jobs in food service, even when the economy has changed. We are in need of trained food service workers. My question is, how does one get started? Where does training and education of staff begin?

Those of us who have made Food Service their career already know the answers and are motivated to be active not only in their job but the ACFSA Association. But my concerns are with our capability to motivate our staff to carry out the responsibilities where we have set the standards.

One of the beginning or starting points in a career is to get more education. Let’s make 2011-2012 the best years for CFSM participation and see who we can grow in our organization. ▲

# E. coli *and...* Raw Sprouts

*One of the **Deadliest Outbreaks** of all Time*



**Richard H. Linton**  
Professor of Food Safety,  
Purdue University

**O**ne of the deadliest foodborne outbreaks in world history has been linked to *Escherichia coli* in raw sprouts. Investigators have identified German vegetable sprouts as the source of the European E. coli outbreak. As of June 20, the outbreak has been linked to 37 deaths and 3,250 illnesses. Many (more than 750 people) have suffered from hemolytic uremic syndrome, a life-threatening complication of Shiga toxin-producing E. coli (STEC) infections. On June 9, the European Food Safety Authority (EFSA) published a 50-page report, “*Urgent Advice on STEC in Vegetables*,” in an attempt to share knowledge that might help mitigate the virulent outbreak. This report outlines the characteristics of the outbreak strain, E. coli O104, based on a study by Germany’s Robert Koch Institute. The outbreak strain seems to share virulence characteristics of both STEC (animal reservoir) and enteroaggregative E. coli (human reservoir). The full report and findings from this group can be accessed at: <http://www.efsa.europa.eu/en/efsajournal/pub/2274.htm>.

Sprout products include alfalfa, clover, sunflower, broccoli, mustard, radish, garlic, dill and pumpkin as well as mung, kidney, pinto, navy, soy beans and wheat berries. Raw and lightly cooked sprouts, especially alfalfa, clover and mung bean sprouts have been associated with a number of foodborne illnesses. Foodborne outbreaks associated with sprouts have most commonly identified *Escherichia coli* O157:H7, *Salmonella* spp. and *Bacillus cereus* as causative agents. Since 1996, there have been at least 30 outbreaks of foodborne illnesses associated with different types of raw and lightly cooked sprouts in the United States. Sprouts contaminated with pathogens, such as *Salmonella* or *E. coli* O157:H7, show no changes in appearance, smell or taste.

Microorganisms already on the seeds or introduced during the sprouting process can grow very rapidly during the germination and sprouting process. Sprouts are produced by placing the seed in a warm, humid environment for approximately 3-10 days for germination and growth. The pH and moisture conditions, and the long period of germination and growth, provide ideal conditions for bacterial growth. Contamination of seeds appears to be sporadic and usually at low levels. Seeds are easier to sanitize or disinfect than sprouts because contamination levels are lower, there is less debris present and seeds are generally more resistant to treatments than delicate sprouts. In addition, the roots may take up bacteria into the sprout tissue which makes the pathogens inaccessible to any surface sanitizer. Unfortunately,

*Continued on Page 6*

there is no effective step in the production of raw sprouts that will completely eliminate pathogens before consumption.

The concern over foodborne illness and its association with sprouts is not new. In the 1990s, there were several outbreaks that prompted the National Advisory Committee on Microbiological Criteria for Foods (NACMCF) to review the problem and to provide recommendations. The full report can be found at: <http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/FruitsVegetables-Juices/ucm078789.htm>. Six main recommendations were provided:

1. The knowledge of all interested parties pertaining to the microbiological safety of sprouted seeds must be enhanced; government and industry should develop education programs for seed and sprout producers on basic principles for microbiological food safety, good agricultural practices, good manufacturing practices, and hazard analysis and critical control point (HACCP) systems
2. Good agricultural practices should be systematically implemented to reduce the potential for microbial contamination of seeds for sprout production
3. Seed cleaning, storage, and handling practices that minimize the potential for microbial contamination should be developed and implemented
4. Seeds should be treated with one or more treatments that have been shown to reduce pathogenic bacteria that may be present. Intervention strategies that deliver less than a given 5-log reduction in levels of *Salmonella* spp. and enterohemorrhagic *Escherichia coli* O157 should be coupled with a microbiological testing program
5. Establish good manufacturing practices and food safety systems, including regulatory oversight, microbial testing, adoption of HACCP, and improved traceback, that systematically look for means to prevent seeds from serving as the vehicle for foodborne disease
6. Conduct research related to the microbiological safety of sprouted seeds, particularly in the ar-

eas of pathogen reduction or elimination, sources of contamination and its prevention, and preventing or retarding pathogen growth during sprouting.

Certainly, the best interventions against microbial contamination for sprouts are undertaken before they reach the retail food industry sector. Having good sanitary practices during production and manufacturing is critical to minimizing contamination. Good Agricultural Practices and Good Manufacturing

*Continued on Page 7*

PROCESS STEP	SOURCE OF CONTAMINATION	CONTROL MEASURES
Receiving (Seeds or Sprouts)	<ul style="list-style-type: none"> <li>• Bacterial contamination</li> </ul>	<ul style="list-style-type: none"> <li>• Approved source (purchase specifications - grown for human food, grown under Good Agricultural Practices (GAPs) including manure management, labeled with lot number for traceback to source</li> <li>• Stored and handled under sanitary conditions during distribution</li> <li>• Inspection for torn bags or containers, rodent evidence (feces, urine - fluoresces in UV light)</li> <li>• Product condition (not wet or moldy)</li> </ul>
Seed Storage at Retail	<ul style="list-style-type: none"> <li>• Cross-contamination</li> <li>• Rodent infestation</li> </ul>	<ul style="list-style-type: none"> <li>• Stored in clean, sanitized bins/containers</li> <li>• Seeds protected after opening</li> <li>• Have SSOPs in place (cleaning &amp; sanitizing, maintenance, pest control, etc.)</li> </ul>
Seed Treatment (Soaking & Rinsing)	<ul style="list-style-type: none"> <li>• Unsafe water</li> <li>• Physical contamination</li> <li>• Bacterial contamination</li> </ul>	<ul style="list-style-type: none"> <li>• Use a public water supply or test private well water on a regular basis</li> <li>• Screen for stones and other debris</li> <li>• Protect all seeds from contamination especially if scarification is done to change germination</li> <li>• Disinfection treatment</li> </ul>
Germination (Sprouting)	<ul style="list-style-type: none"> <li>• Dirty equipment</li> <li>• Unsafe water</li> <li>• Unsafe soil (if used for sprouts)</li> <li>• Airborne contamination</li> <li>• Bacterial growth</li> <li>• Ill employees with infections</li> </ul>	<ul style="list-style-type: none"> <li>• Hot &amp; cold water available</li> <li>• Use potable irrigation water for sprouting seeds</li> <li>• Clean &amp; sanitize all surfaces that irrigation water and sprouts contact</li> <li>• Wash hands before and after handling sprouts</li> <li>• No broken or cracked utensils or equipment</li> <li>• Building enclosed</li> <li>• Testing irrigation water for <i>Salmonella</i> and <i>E. coli</i> O157:H7</li> </ul>
Post-Germination (Harvesting/Packaging or Repackaging)	<ul style="list-style-type: none"> <li>• Unsafe water</li> <li>• Ill employees with infections</li> <li>• Inadequate label information</li> <li>• Unsafe packaging materials</li> </ul>	<ul style="list-style-type: none"> <li>• Use potable water rinse</li> <li>• Adequate and accessible restrooms and hand washing facilities</li> <li>• No bare hand contact with sprouts</li> <li>• Exclusion or restriction of ill employees</li> <li>• Sprout package label contains sprouter's name, address &amp; zipcode, lot code and "Keep Refrigerated" instructions</li> <li>• Food grade packaging materials</li> </ul>
Storage & Display	<ul style="list-style-type: none"> <li>• Bacterial Growth</li> <li>• Cross-contamination</li> </ul>	<ul style="list-style-type: none"> <li>• Store/display at 41°F/5°C or less</li> <li>• Protect sprouts from contamination</li> </ul>

***Good agricultural practices should be systematically implemented to reduce the potential for microbial contamination of seeds for sprout production***

Practices are key to this effort. As per the recommendation of NACMCF, seeds used for sprouting should receive a treatment that achieves a 5-log reduction in targeted pathogens. A common treatment used in the food industry is 20,000 ppm calcium hypochlorite.

The safety of sprouts will undoubtedly continue to be an important food safety issue in the future. The growing of sprouts presents significant food safety challenges that must be addressed by Good Agricultural Practices and new/novel food handling practices on the farm. We also need to have a better understanding of how we can handle sprouts more safely during manufacturing and within retail food operations. Ideally, more interventions, which can control and reduce pathogens on/in sprouts, will be available in the years to come.

FDA has provided recommendations for controlling contamination of raw sprouts in retail food establishments (<http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/FruitsVegetablesJuices/ucm078758.htm>). These recommendations are provided in the table on Page 6.

Additionally, FDA has a webpage dedicated to sprout safety. More information on the topic can be found at: <http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/FruitsVegetablesJuices/ucm078690.htm>.

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# GO GREEN

in the  
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The Los Angeles County Sheriff's Department, Food Services Unit along with the Employee Wellness Program are concerned with employee health and well-being. We are proud to introduce an Officer's Dining Room (ODR) Wellnews Program. The goal of the ODR Wellness Program is to improve employee health by empowering employees to make healthier food choices. Our ODRs will now utilize color coded serving utensils that will help identify healthier foods at a glance.

## Serving Utensil Color Codes



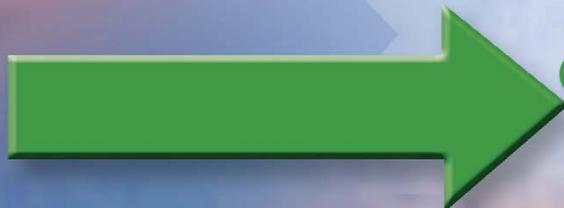
**RED Utensil = Not So Healthy**

Use Caution • Limit yourself • No more than 1 serving!



**YELLOW Utensil = Moderately Healthy**

Be Careful • Choose Selectively.



**GREEN Utensil = Healthy**

**Go for the Green & Go for Seconds!**

# *Changes in Standards and Guidelines...*

## *and The Impact on Correctional Menus and Diets*

*By: Barbara Wakeen, MA, RD, LD, CCFP, CCHP*

**R**ecent releases of 2010 Dietary Guidelines and other nutritional recommendations are drawing attention causing many of us to reevaluate our menus and medical diet programs. In striving to achieve these as goals, we face challenges in meeting these while maintaining budgets. Dietitians are maximizing their creativity to achieve both.

In January of this year the 2010 Dietary Guidelines for Americans (DGAs) were released. These DGAs contain some notable changes from the 2005 Dietary Guidelines and some recommendations remain unchanged.

The 2010 DGAs released in January 2011 focus on:

- Achieving and maintaining a healthy weight through balanced caloric intake, healthy eating and increased activity
- Foods and food components to reduce/limit
- Foods and nutrients to consume
- Specific populations
- Healthy eating patterns

Looking at **the foods and food components to reduce**, sodium and fats are high on the list presenting some new challenges and goals to consider:

*Continued on Page 10*

*Foods and nutrients to increase include those as part of a healthy eating pattern such as fruits and vegetables, whole grains, low fat dairy products, lower fat protein choices and healthy fats.*

- ↓ sodium intake to < 2300 milligrams (same as 2005)
- Further ↓ sodium intake to 1500 milligrams
  - for individuals 51 and older
  - for African Americans, any age group
  - for individuals with hypertension, diabetes or chronic kidney disease for any age group
  - According to the 2010 DGA, this recommendation applies to approximately half of the US population including children and the majority of adults
- Consume < 10% of calories from saturated fats (same as 2005), choose monounsaturated and polyunsaturated fats instead
- Consume < 300 mg/day of dietary cholesterol (same as 2005)
- Limit *trans* fats as much as possible (same as 2005)
- Reduce intake foods containing solid fats, added sugars, refined grains and high sodium

**Foods and nutrients to increase** include those as part of a healthy eating pattern such as fruits and vegetables, whole grains, low fat dairy products, lower fat protein choices and healthy fats. These foods provide potassium, dietary fiber, calcium and vitamin D which are nutrients of concern in the American diet in general and our corrections populations as well. Recommendations include:

- Variety in vegetables, especially dark-green vegetables, red and orange vegetables, and beans and peas
- At least half of all grains as whole grains
- ↑ intake of fat-free or low-fat milk and milk products, such as yogurt, cheese, or fortified soy beverages.
- Variety of reduced and 'good' fat protein choices including seafood, lean meat and

poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds

- ↑ consumption of seafood by choosing seafood in place of some meat and poultry
- Use oils to replace solid fats when possible

### **Specific Population Groups**

- Women capable of becoming pregnant
  - Choose foods that supply heme iron (more readily absorbed by the body)
  - Choose additional iron sources along with Vitamin C-rich foods that enhance the absorption of iron
  - Consume 400 micrograms (mcg)/day of synthetic folic acid (from fortified foods and/or supplements) in addition to food sources of folate from a varied diet
- Women who are pregnant or breastfeeding
  - Consume a variety of seafood, 8 to 12 ounces weekly with the following exceptions which *should not* be consumed: tilefish, shark, swordfish, and king mackerel
  - Limit white (albacore) tuna to 6 ounces per week, due to high methyl mercury content
  - During pregnancy, take an iron supplement, per obstetrician or other health care provider recommendation
- Individuals 50 years of age and older
  - Consume foods fortified with vitamin B12, i.e. fortified cereals, or dietary supplements.

### **Healthy Eating Patterns focus on:**

- Meeting nutrient needs over time consuming appropriate calories
- Accountability for consumption and assessment of how foods fit within a total healthy eating plan
- Food safety recommendations to reduce the risk of foodborne illness when preparing and eating foods

Currently, the Child Nutrition Standards - National School Lunch Programs (NSLP) and School Breakfast Programs (SBP) are under review with some proposed revisions that reflect the 2005 DGA. The proposed changes are based on recommendations

*Continued on Page 11*

*Overall we are seeing the aim toward healthy menus via food groups, reasonable calories and reduction in nutrients that can contribute to impaired health, such as salt and certain types of fat. Along with these changes come the additional challenges of offering foods on correctional menus that fit in the procurement, budget and security constraints.*

from National Academy of Sciences' (NAS) Institute of Medicine (IOM) report (2009) "School Meals: Building Blocks for Healthy Children". The proposed changes reference the increase of fruits, vegetables, whole grains, and fluid milk, both fat-free and low-fat. They address the reduction of sodium and saturated fat, *trans* fat and controlling calories in school meals. The goal is to improve dietary habits, meet nutritional needs and protect the health of school children. The 2010 DGA impact these recommendations further with sodium, saturated fat and the red and orange vegetable subgroup.

**Source: 2494 Federal Register** / Vol. 76, No. 9 / Thursday, January 13, 2011 / Proposed Rules

Some states have also imposed changes for their individual State's Department of Education which would impact Child Nutrition menus. Check with your individual state guidelines for these modifications as they may be more stringent than the proposed standards under consideration.

Overall we are seeing the aim toward healthy menus via food groups, reasonable calories and reduction in nutrients that can contribute to impaired health, such as salt and certain types of fat. Along with these changes come the additional challenges of offering foods on correctional menus that fit in the procurement, budget and security constraints. Although some of this is not new, the challenges continue as budgets get tighter:

- Procuring reduced sodium meats and possibly other foods to work toward achieving the 2300 mg and 1500 mg requirements is one of the biggest challenges. Menus tend to contain approximately twice this much sodium.

Given the caloric content of menus, one might consider items such as salt free bread, offering fruit and avoiding baked goods that may be high in sodium. This can contribute to a higher potassium menu, but also higher costs.

- Considering there are two levels for these restrictions, identifying those 51 years and older, African American, or with health conditions could present a challenge for medical to communicate with foodservice. This could constitute a standardized medical diet for these populations even though someone 51 years or older might be otherwise healthy.
- Added fruits and vegetables affect many of our budgets if there isn't a mandate to offer a specific amount. As mentioned above, added fruits and vegetables can have a positive impact on the nutrient quality of the menus for sodium, and especially potassium which has been a challenge since the last recommendations of 4700 mg. Further, serving of fruit is often limited due to security issues, particularly in jails.
- More and more products are available with no fat, reduced fat, no *trans* fats and healthier fats. Communication with our vendors and reading nutrition facts panels on products purchased enables us to be selective in this area.
- Increasing seafood presents a variety of challenges. Often fish is limited due to costs, dislikes or even removed totally from menus to reduce allergy diets. There are usually limited options in our environment in terms of variety.
- Milk and dairy products are easily accessible as low-fat or fat-free; however, the rise in cost is causing many to look at alternatives to liquid milk. Some of these are reconstituted powdered milk, milk alternates and fortified beverages containing desired nutrients of milk.

*Continued on Page 12*

## *Corrections Nutrition Standards are closer than ever...*

The American Medical Association (AMA) adopted a new policy at their spring meeting relating to nutritional standards for incarcerated populations. This is the outcome of Dr. Suzen Moeller's report to the AMA (as referenced in the last Insider) The AMA policy is as follows:

“our AMA: (1) urge the National Commission on Correctional Health Care, the American Correctional Association, and individual states to mandate adherence to the current Dietary Reference Intakes and Dietary Guidelines for Americans (with adjustments, as needed, for special populations) as a criterion for accreditation and/or standards compliance, until national dietary guidelines specific for adolescent and adult incarcerated populations becomes available, and (2) urge the Food and Nutrition Board of the Institute of Medicine to examine the nutrient status and dietary requirements of incarcerated populations and issue guidelines on menu planning for adolescent and adult incarcerated populations.”

For some institutions, accredited or not, this may impact current menu planning and standards of practice.

The ACFSA Dietitians in Corrections and DHCC Corrections Sub-Unit survey is in process on Nutritional Standards for Correctional Menu Planning. The goal is to reach all geographic areas and jurisdictional levels throughout North America. Look for results and discussion in a future Insider.

### Sources:

<http://www.cnpp.usda.gov/DGAs2010-SlidePresentation.htm>

<http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

Accessed 3/15/2011

## **New Standards**

**NCCHC Juvenile Standards**  
revision 2011 are now available.

For more information visit [www.ncchc.org](http://www.ncchc.org).

## **~ Announcements ~**

### **Webinar**

The first DHCC Corrections Dietitians Webinar led by Joe Montgomery, MS, RD, LDN, CCFP was held May 26, 2011. More than 125 signed up with 76 in attendance. The discussion focused on current trends and opportunities for “RDs in Jail and other Corrections Venues.” This **free webinar** has been archived and **is still available for viewing at <https://www1.gotomeeting.com/register/509170289>**. For details on future webinars contact Joe Montgomery at [diet-n-corr@wolfecreek.net](mailto:diet-n-corr@wolfecreek.net) and watch for e-blasts from the DHCC listserv.

### **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 DHCC 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.dhccdp.org](http://www.dhccdp.org) or contact Joe Montgomery at [diet-n-corr@wolfecreek.net](mailto:diet-n-corr@wolfecreek.net). Emails communicated through this group are sent through a private email address.

### **Upcoming Conferences and Meetings**

#### NCE

American Dietetic Association's  
Food and Nutrition Conference and Expo  
September 24-27, 2011 - San Diego, CA  
[www.eatright.org](http://www.eatright.org)

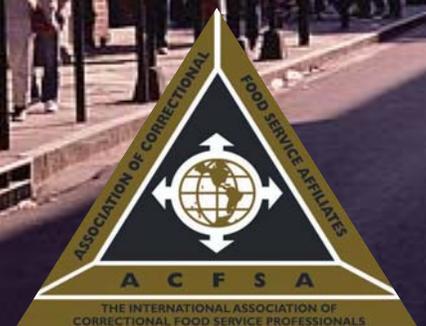
DHCC Corrections Sub-Unit Meeting (during FNCE)  
San Diego Marriott Marquis and Marina  
Monday, Sept. 26, 2011 - Torrence Room - 4 – 5 pm  
Contact Joe Montgomery at  
[diet-n-corr@wolfecreek.net](mailto:diet-n-corr@wolfecreek.net) for details.

#### NCCHC

National Conference on Correctional Health Care  
October 15-19, 2011 - Baltimore, Maryland  
[www.ncchc.org](http://www.ncchc.org)

**Who dat say dey  
gonna come to  
New Orleans?**

**ACFSA  
Dat's who!**



**J**ust who dat gonna come to New Orleans in August of 2012? ACFSA, dat's who! When you think of New Orleans, you probaly think of Mardi Gras, the Saints, great music, delicious food, but do you ever think ACFSA? Well this coming year you will! Why, you ask? Well, the answer is very simple. New Orleans is the chosen destination for the 2012 ACFSA Annual International Conference and we are poised to take the city by storm!

You will want to mark your calendars with **ACFSA** in big block letters on the dates of August 19-23, 2012 as the planning has already begun. Starting with the Annual Golf Tournament on Sunday, August 19 and ending with a tour of the new multi-million dollar state-of-the-art Correctional facility in Orleans Parish on August 23, you will be treated to outstanding breakout sessions, the ever popular Trade Show and tons of networking opportunities all with that world renowned New Orleans flair!

This year, Conference Chair Jim Beach is working on a special excursion for those attendees that may not be interested in golf, but want to have a decidedly "Louisiana" experience. So, even if you're not a duffer, you will still want to show up early Sunday to take part in what is sure to be a highlight of the Conference! Stay tuned for more details.

And speaking of staying tuned, Frank Shelton has reached out to a very special guest Keynote Speaker whom many of you may have seen on network television in 2010. It is a very exciting "get," and as soon as we confirm schedule, it will be announced.

This is shaping up to be a conference that you will not want to miss! Make your plans now to be with us in New Orleans in 2012! Use the registration form on the facing page, or visit us at [www.ACFSA.org](http://www.ACFSA.org) where you will find the most up-to-date information regarding speakers, program and schedule.

Also, visit the ACFSA Facebook page and sign in to the events page where discussions will take place through the coming year!

## *An Opportunity for Vendors!*

The 2012 ACFSA Annual International Conference is the best opportunity of the year for you to interact with the decision-makers of the Correctional Food Service Industry all under one roof!

Right now, ACFSA is offering an **EARLY BIRD** discount for booths to the 2012 Trade Show, but the price is only good until December 31, 2011. After that date, the regular price will apply and no exceptions will be made.

So, visit the website **TODAY** and fill out the **EARLY BIRD** registration form. If you have any questions, please call the office at (818)843-6608.

### August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
<b>A</b>	<b>C</b>	<b>F</b>	<b>S</b>	<b>A</b>		
26	27	28	29	30	31	

*NEW ORLEANS!*

# ACFSA 2012 Annual International Training Conference & Expo

August 19-23, 2012 • New Orleans, Louisiana - Hyatt Regency New Orleans



**OFFICIAL ACFSA CONFERENCE REGISTRATION FORM**

Name \_\_\_\_\_

Nickname for Badge \_\_\_\_\_ First ACFSA Conference? (circle) Yes No

Position \_\_\_\_\_

Facility/Company \_\_\_\_\_

Mailing Address \_\_\_\_\_

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

Email Address (MANDATORY) \_\_\_\_\_

Contact Phone (MANDATORY) \_\_\_\_\_

Phone for publication (OPTIONAL) \_\_\_\_\_

Guest Name \_\_\_\_\_

Guest Name \_\_\_\_\_

Guest Name \_\_\_\_\_

### REGISTRATION FEES

Number of Attendees	Type of Registration	Registering Before July 13, 2012	Registering After July 13, 2012	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED MEMBER	\$225	\$275	
	ACFSA NON-MEMBER <b>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</b>	\$300	\$350	
	GUESTS (INCLUDES FRIENDS, RELATIVES ONLY)	\$150	\$175	
	ONE DAY MEMBER AND NON-MEMBER - DOES NOT INCLUDE BANQUET <b>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS PLEASE SPECIFY DATE:</b>	\$95	\$120	
	VENDOR SHOW ONLY <b>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</b>	\$25♦	\$30♦	
	SANITATION CERTIFICATION PROGRAMS NATNL REGISTRY OF FOOD SAFETY PROFESSIONALS CLASS INCLUDES BOOK AND ALL MATERIALS	\$50	\$50	
	SANITATION RECERTIFICATION PROGRAMS NATNL REGISTRY OF FOOD SAFETY PROFESSIONALS CLASS INCLUDES BOOK AND ALL MATERIALS	\$50	\$50	
<b>TOTAL DUE</b> (FULL PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM)				

♦ - IF THERE ARE FIVE OR MORE ATTENDEES FROM THE SAME FACILITY ATTENDING CONFERENCE, THEY WILL RECEIVE A 25% DISCOUNT. THIS DISCOUNT APPLIES ONLY TO FOODSERVICE PROFESSIONALS ATTENDING THE VENDOR SHO

**\*\* ONLY FOOD SERVICE EMPLOYEES & EXHIBITORS WILL BE PERMITTED TO ATTEND CONFERENCE & TRADE SHOW. NON-EXHIBITING VENDORS WILL NOT BE PERMITTED TO ATTEND CONFERENCE OR TRADE SHOW UNDER ANY CIRCUMSTANCES.**

**CANCELLATIONS**  
CANCELLATIONS REQUESTED IN WRITING TO ACFSA WILL BE GIVEN A FULL REFUND IF RECEIVED ON OR BEFORE JULY 13, 2012. CANCELLATIONS RECEIVED AFTER JULY 13, 2012 & NO-SHOWS WILL NOT BE REFUNDED.

**REGISTRATION**  
REGISTRATION WILL BEGIN SUNDAY, AUGUST 19, 2012 AT 1:00 P.M. BADGES, PROGRAMS AND OTHER MATERIALS WILL BE PROVIDED AT THAT TIME. PLEASE BE AWARE THAT NO CONFIRMATIONS WILL BE SENT. PLEASE NOTIFY ACFSA OF ANY SPECIAL DIETARY REQUIREMENTS. SEND THIS INFORMATION WITH YOUR REGISTRATION AND WE WILL DO OUR BEST TO ACCOMMODATE YOUR NEEDS.

QUESTIONS? (818)843-6608  
WWW.ACFSA.ORG

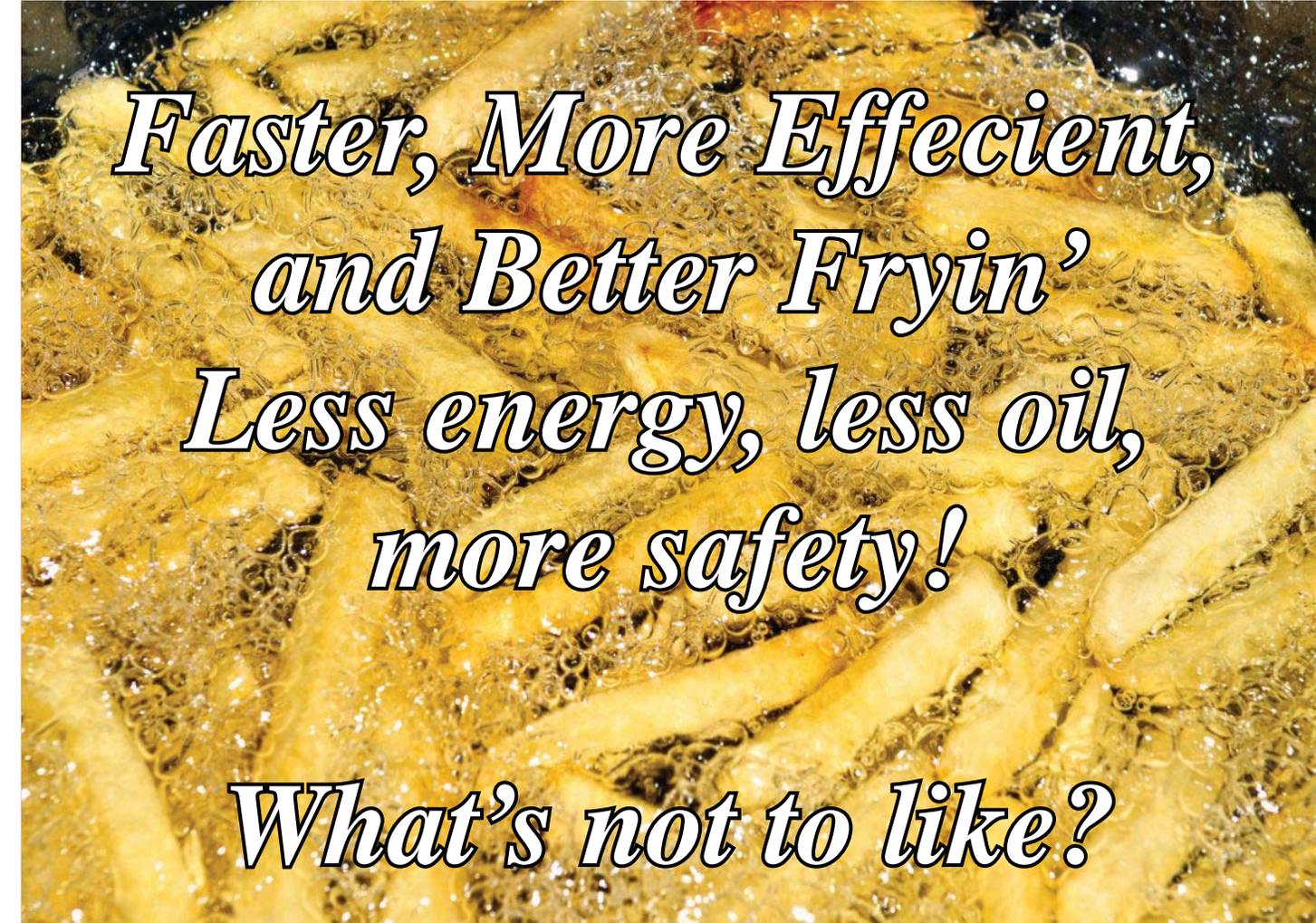
**PAYMENT INFORMATION** - If paying with a check, make payable to ACFSA. Check # \_\_\_\_\_

Send Payment to: **ACFSA, 210 N. Glenoaks Blvd., Suite C, Burbank, CA 91502**  
Those paying with Credit Card, Fill in information below and **FAX to (818) 843-7423**

Credit Card Number \_\_\_\_\_ Expires \_\_\_\_\_ V-Code \_\_\_\_\_

Billing Address \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature of Cardholder \_\_\_\_\_



*Faster, More Efficient,  
and Better Fryin'  
Less energy, less oil,  
more safety!*

*What's not to like?*

**By: Mike Sherer**

**J**amie Oliver's "Food Revolution" TV show notwithstanding, America's love affair with fried food isn't likely to abate any time soon. Let's face it, though we might not like being fat, we like eating it, or food fried in it. We're genetically disposed that way.

Our ancestors chased down fat with spears because it meant energy, a storehouse of calories that helped them keep warm. Okay, so we don't have to run a couple of miles to hunt french fries, but that doesn't mean we don't appreciate them as much as Thomas Jefferson did. After 200-plus years of putting fries on our list of favorite foods, we're not about to abandon them—or fried foods in general—for muesli.

The one concession we have made in this new century (with a little legislative help—sometimes a good thing) is a switch to trans fat-free cooking oils and shortenings. Better for the collective us, but not for us in the foodservice industry.

Trans fat-free oil costs more to produce than the old (bad for us) hydrogenated oils and shortenings, and it breaks down more quickly at high temperatures. That's added to the cost of fried foods, as has the rising cost of energy.

The good news is today's fryers are even more efficient than the breakthrough models we told you about when we last wrote about the category in 2008. Manufacturers have focused on improvements in three primary areas: energy efficiency, oil conservation, and safety. The result is a slate of new models that are good for you and your customers.

#### ***Oil's Well That Ends Well***

With the price of frying oil and shortening rivaling that of the stuff being pumped out of the ground in the Middle East, it pays to optimize every drop.

*Continued on Page 17*

There are a few things you probably already know about oil. It's a cooking medium, but it also imparts flavor to whatever food you cook in it, so if it's dirty or tastes "off," your food quality will suffer. The cleaner your oil, the longer it will last; conversely, the dirtier it is, the faster it will break down. Heat is not oil's friend, either, but used judiciously it can help prolong oil life, too. Here are a few of the innovations and observations manufacturers have developed to help save oil.

Use less. Seems like a no-brainer, but designing a fryer with a smaller vat isn't that simple. A few manufacturers now offer models with 30-lb. vats that produce the equivalent of traditional 50-lb. fryers. What they've done, essentially, is eliminate the cold zone, the bottom area in a traditional fryer where food particles can settle away from the food and away from the heat, keeping them from carbonizing and breaking down your oil.

Advances in filtration have made it possible to eliminate cold zones. Fewer particles mean less need for a cold zone. Manufacturers have made filtration much simpler, building it right into the equipment. These systems typically have large drains to allow food particles out of the frying vat, and two-step operation—a lever that opens the drain and one that switches on the filter pump.

These new fryers also usually have electronic controls that monitor the number of cook cycles, and prompts that encourage filtering before oil breaks down. Oil in a fryer vat can be filtered in a few minutes, even while other fryers in a bank are still cooking. Oil stays cleaner longer, which means it fries more efficiently, gives you better product quality and requires changing less often.

Use more. It seems counterintuitive to suggest using more oil will help you conserve oil, but it can. Here's how: Each time you cook foods in your fryer, the food absorbs some of the oil, reducing the amount of oil in your vat. Left unaddressed, the reduced volume in the vat gets contaminated with food particles and moisture more quickly, so it breaks down more quickly. You end up replacing your oil more frequently (or worse, putting out less than top-quality product).

To counter all that, several models now have an auto-fill feature. When the oil in the vat is depleted to a set level, fresh oil is pumped into the vat from an onboard jug-in-box (JIB). Continuously topping off with added fresh oil helps keep the entire vat less contaminated, extending the life of the oil in the vat and potentially reducing the frequency with which you filter the oil. In essence, a small amount of fresh oil can prevent or defer the degradation of a larger amount of oil.

Turn up the heat. Heat's the enemy, right? Excessive heat, i.e., heat exceeding an oil's smoke point, certainly is, and any high heat will eventually help break down oil or shortening. But on the flip side, quick recovery means product will spend less time in the vat, less time contaminating the oil. So the idea is more heat—but not too much heat—and quicker in-and-out.

Fryers with quicker recovery times typically have a couple of things going for them. First, they're able to transfer a tremendous amount of heat to the oil or shortening in a small timeframe. Second, they're not constantly lagging behind the demand for heat. Instead, they tend to be able to generate a higher average cooking temperature than run-of-the-mill fryers. Their temperature swings aren't as great, and ultimately they cook food faster.

There are a couple ways manufacturers can accomplish the former. One is adding serious input power—Btus or kW's. But by itself that's not an energy-efficient solution. What a couple of manufacturers have done is find ways to dramatically improve heat transfer, getting more of the input energy into the vat.

Open pot fryers, heated from below, use the bottom and/or walls of the fryer as heat exchangers, not optimal efficiency, but then again, a lot of these open designs these days have less oil to heat. Tube type fryers, on the other hand, run heat exchangers right through the oil in the vat much like the electric heating elements in an electric fryer. More transfer area, and/or better located.

If you send the hot gases straight through the tube, though, most of the heat still goes up the flue as exhaust. So what manufacturers have worked on is improving the heat transfer rate of the heat exchangers

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inside the tubes.

One manufacturer has created heat exchangers that force the hot gases to change direction multiple times, extracting more energy before they're finally exhausted up the flue. Others have created a series of baffles inside their straight tubes, directing more heat to radiants inside the tubes.

Newer electronic controls also help fryers adjust to demands for heat more quickly, which raises the average cooking temperature during recovery. That means food cooks faster and absorbs less oil.

Recycle it. A radically new type of fryer—a mash-up of a salad spinner and fryer—helps conserve oil in another way. When the cooking cycle is over, the circular fry basket is raised out of the oil and spins in

Turn up the heat. Faster recovery means faster cook time. That typically means you're getting increased capacity from the same amount of energy. Models with better heat exchangers put more energy into the oil and recover more quickly, ultimately saving energy.

Recycle it. That new type of spinning fryer not only recycles excess oil, but also recycles some of the heat used to cook product. Since the fryer is closed (to keep oil from flying around the kitchen when the basket spins), it retains heat from the oil, the manufacturer says. Cook times are faster, and recovery time is faster, too, since less heat is lost as product cooks. And that—yep, you guessed it—saves energy, as much as 13%, according to the manufacturer. An added benefit, says the maker, is that product crisps

*While a lot of the changes made by the factories are designed to improve performance and/or reduce operating costs, the manufacturers also have worked on safety. Some of the energy and safety improvements, in fact, have gone hand in hand, one the logical and practical result of another.*

the hot air above it. Excess oil spins off the cooked product due to centrifugal force and drips back into the fry vat.

#### ***A Btu Saved Is A Btu Earned***

Given all that, you already may have deduced that most of the oil-conserving improvements fryer manufacturers have made to new models also save you energy.

Use less oil. Even apart from improvements in engineering, the new generation of open pot fryers uses less oil, which means you need less energy to bring that oil up to temp. You'll see at least a 10% savings in energy on most of the new open pot fryers.

Use more oil. Models with an auto-fill feature help keep your oil as contaminant-free as possible. Fresher, cleaner oil cooks faster and more efficiently, which helps save energy.

even more in the moist convection heat, extending its holding time.

But manufacturers also have pulled other rabbits out of their hats in the past few years to improve efficiency, especially on gas fryers. Here are a couple more innovations.

Sit idly by. If your staff isn't cooking, there's no reason your fryers should be heating up your kitchen. Many models now have an idle mode so when your employees are idle, your fryers automatically shift into a lower gear, typically holding oil temperature at around 250°F instead of 350°F. Often, this feature gives you the option of how long you want your fryers to sit idle before they shift into energy conservation mode, say 20 mins.

Burn, baby, burn. Improved burner technology and design also has contributed to energy efficiency.

*Continued on Page 19*

One manufacturer touts its patented combination of burners and heat-transfer surfaces for its ability to recover quickly and cook at overall lower temperatures.

Another maker has a patented atmospheric burner that is up to 70% efficient without using complex power blowers, and the fryer is Energy Star qualified. A daily self-cleaning cycle keeps the burner operating at its most efficient, and the burner's simpler design keeps service to a minimum.

Look, ma, no pilot. Many gas models now use electronic ignition, eliminating the need for a pilot light. Using less gas means lower energy costs.

One manufacturer, though, says that one of the downsides of electronic ignition systems is when used frequently they tend to wear out quickly, requiring (expensive) replacement. Using electronic ignition to light a burner also takes a little more time than lighting it with a pilot flame. So, on some models it uses a combination of the two. Electronic ignition lights a pilot flame when the unit is turned on for the first time of the day. From then on, every time the thermostat calls for more heat, the pilot lights the burners. When the unit is shut down for the day, the pilot is extinguished.

### *Safety First*

While a lot of the changes made by the factories are designed to improve performance and/or reduce operating costs, the manufacturers also have worked on safety. Some of the energy and safety improvements, in fact, have gone hand in hand, one the logical and practical result of another.

Filter forays. In addition to making filtering easier, to encourage employees to filter more often, manufacturers have made it safer. While you can still purchase central and mobile filtering units, many fryer models now come with filtering systems built right in. Employees don't have to hook up hoses or handle them when they're hot.

As mentioned earlier, most systems are so simple, all employees have to do is open a drain valve and turn on a filter pump. That makes them safer, too. Employees never have to handle or move hot oil containers. Some of the filter systems include a feature that agitates the oil as it drains, essentially "washing" food particles down the drain so employees don't have to wipe out fryer vats when they're hot, either. And filtered hot oil is returned directly to the vat, so employees never have to touch it.

*Continued on Page 20*



Down the drain, sound the alarm. To eliminate mistakes and ensure employee safety, one manufacturer offers models that sound an audible alarm if more than one drain valve is opened at a time. Drain valve and pump handles are recessed, too, preventing unplanned filtration.

Another manufacturer offers a drain valve interlock that prevents the ignition system from lighting the burners if oil in the fryer is being filtered.

Bring the heat—but not too much. Several models, both gas and electric, have a high temperature limit control with reset switch that trips when the unit gets too hot, so you don't burn out elements or potentially start grease fires.

### ***I'm melting.***

A common feature found on fryers now is a melt cycle for semi-solid shortening. The fryer will cycle on and off, slowly increasing temperature to about 180° F. Once the shortening liquefies, and the melt cycle ends, the fryer will bring it up to cooking temp. The cycle is automatic on most models that have the feature.

One manufacturer has included a melt cycle as part of its auto-fill feature. You can add semi-solid shortening to the unit; the melt cycle will liquefy it and add it to the hot oil in the vat as needed. That way, employees don't run the risk of splashing hot oil by plopping shortening into the vat.

Take control. New digital electronic controllers give you the ability to customize and program cook cycles for each of your fried food items. All employees have to do is push a program button to cook fries, chicken strips, fish, etc. Better yet, these controllers prompt employees when it's time to filter oil and walk them through the process so they do it correctly and safely. The controllers also guide employees through other functions such as boil-outs to clean carbonized oil off the interior of the frying vat.

Beam me up, Scotty. Optional equipment like basket lifters makes frying safer for employees by automatically raising fry baskets when cook cycles are finished. That keeps employees away from fryers when baskets come out and product drains, minimizing the chances of hot oil splashing or dripping on employees and causing burns.

***Customers get a two-fold benefit, a product that tastes better because the flavor isn't masked by too much oil, and a product that's healthier because it has less oil.***

Another danger minimized by basket lifts is the potential to splash oil on the floor, making it dangerously slippery.

Keep a lid on it. The spinning fryer goes one better than models with standard basket lifts by spinning all the excess oil off the product while the unit's lid is closed. When the cycle is complete and the lid unlocks, no oil can drip on employees or the floor.

### ***Good For Customers, Too***

All these new features help you control operating costs by conserving oil, saving energy or increasing employee productivity and reducing potential injury. But all these features are great for your customers, too:

Faster recovery and faster cooking. Products that cook faster absorb less oil. Customers get a two-fold benefit, a product that tastes better because the flavor isn't masked by too much oil, and a product that's healthier because it has less oil.

Fresher oil due to more frequent (and easier) filtering and auto-fill features. Again, you'll see an improvement in product taste and quality because items will cook faster and will absorb fewer off flavors and odors. And foods will absorb less oil, making them healthier.

Just A Closing Thought: Show your customers fried foods that taste better and are better for them, and you'll increase sales. This new generation of fryers can help on both the operating-cost side and the revenue side, giving you a quick payback and more on your bottom line.

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# Looking Back and Giving Back



## A message from Cindy Burns

**2001-2011...** What a time of change in corrections! When I began my career, county jail inmate workers were mostly incarcerated for being drunk and disorderly, writing bad checks, small time breaking and entering and other low level crimes.

As food service workers we all had basic training in food safety. Allergies were few and far between. Diabetic diets were caloric levels and carbs were filling and not an area of concern. We had deep fat fryers in many of the county jails in Michigan and locking up the coolers and freezers was pretty much unheard of. It was easy to find employees with clean backgrounds and cleaner drug tests. Rules were simple and times were simpler. It was hard to find an inmate worker who had not held a job on the outside so it was easier to create a good work environment.

Times have changed; now, at times, it is difficult to find enough inmate workers to support our kitchens. There are more serious level offenders and finding workers can be difficult. Training inmate workers in the county jails is more difficult to attain. Deep fat fryers are used to quickly cook vegetables for the tray-line when one runs short. Medically enforced

*What lies ahead is a correctional mystery. Most likely, more challenges that will be met with that same smile and sense of humor from the professionals in corrections. The “Give Back” comes from the networking opportunities that make up this great organization. If any of us have a problem, there is someone who has experienced that same challenge and most likely has a solution for us.*

diets are, and always will be, a concern. Now there are many more areas that relate to allergies; peanut butter, gluten free, etc.

We are all asked to do more; balance rising costs and employee concerns. We rise to that challenge because we are correctional professionals. We do more with less than most professions and do it with a smile and a sense of humor.

What lies ahead is a correctional mystery. Most likely, more challenges that will be met with that same smile and sense of humor from the professionals in corrections. The “Give Back” comes from the networking opportunities that make up this great organization. If any of us have a problem, there is someone who has experienced that same challenge and most likely has a solution for us. Having a down day? Use your one phone call for a “final answer” from a friend. You will always find one in ACFSA.

Respectfully Submitted,

Cindy



## ASSOCIATION OF CORRECTIONAL FOOD SERVICE AFFILIATES

Dear Prospective ACFSA Member:

I would like to take this opportunity to invite you to become a member of the Association of Correctional Food Service Affiliates (ACFSA). YOUR membership is important in insuring a strong and viable association. Your investment in ACFSA will provide excellent opportunities to network and learn to be successful in your field. From its humble beginnings in 1969, ACFSA has grown into an International Association with members throughout the United States, Canada, Puerto Rico, and a number of other countries around the Globe!

What are some of the benefits that you can expect as a member of ACFSA?

- \* Notification of and discounts on state and regional conferences as well as the annual International Conference which provides educational hours for certification.
- \* Four issues of the *INSIDER*, giving you the latest on local and national foodservice news, details of upcoming meetings, recaps of past meetings as well as a wide variety of industry specific informational articles.
- \* Our Membership Directory with business names, contacts, addresses and phone numbers of all of our members can be found on our website.
- \* The opportunity to apply for scholarships.
- \* Opportunity to network with other correctional foodservice professionals.
- \* The chance to be nominated for our prestigious Operator of the Year and Employee of the Year Awards.
- Access to and information on nationally recognized professional certification programs (CCFP and CFSM).

ACFSA continues to educate and inform institutions, individuals, vendors and the media about the Correctional Food Service Industry as well as the professional members who make up the ACFSA. Thank you for considering membership in ACFSA. Together we can accomplish great things! I encourage you to become involved as we strive to support your career development within the Correctional Food Service Industry.

Sincerely,

**Benson Li,**  
ACFSA President





## A Membership Opportunity for You!

*The ACFSA is an International Professional Association created to serve the needs and interests of Foodservice Personnel in the correctional environment. The Association brings together highly-skilled Foodservice Professionals who are interested in the common goal of providing nutritious, cost-efficient meal service for confined populations.*

**B**y joining ACFSA, you will keep up-to-date on trends in the industry through INSIDER magazine and other special mailings. At ACFSA conferences, you will sharpen your leadership and management skills, as well as gather practical information to put to use in your daily operations. ACFSA publications and conferences will also expose you to new ideas concerning foodservice equipment, food products, specialized services, cost management and many other topics that are important to you. You will meet other professionals in your field with whom you will be able to exchange information and experiences and build a network of contacts who can be called upon--a network that includes many of the top correctional food professionals throughout the United States, Canada and a growing number of other countries. You will also be supporting ACFSA's effort to strengthen and increase recognition of correctional foodservice personnel as professionals.

### Membership Options

#### Professional Foodservice Member:

Persons actively engaged in correctional food or farm service operations is eligible to become a professional foodservice member. Professional foodservice members may vote for and hold Exec. and Reg. Director positions on the Board of Directors. **Annual dues: \$79**

#### Institutional Member:

Correctional Facilities. The membership is not carried in the name of a specific person, but the institution is entitled to privileges of active membership by appointing a representative who has the power of one vote for and may hold Executive or Regional Director positions on the Board of Directors. **Annual dues: \$134**

#### Retired Member:

Retired correctional foodservice professionals who are not currently industry consultants, manufacturers' representatives or employed in any capacity by Companies that could potentially sell to correctional foodservice professionals. Retired members may vote for Executive or Regional Director positions on the Board of Directors. **Annual dues: \$34**

#### Professional Partner:

Companies providing products/services that can be used in the correctional foodservice environment. Professional Partners may vote for and hold the office of Professional Partner Representative on the Board of Directors. **Annual dues: \$384**

#### Associate Professional Partner:

Individual employees or representatives of Professional Partner companies who want to receive all Association's mailings. Associate Professional Partners may vote for and hold the office of Professional Partner Representative on the Board of Directors. Manufacturers' Representatives may become Assoc. Professional Partners, in conjunction with a Professional Partner Co. if they use the membership to sell that professional partner's products only and are listed under that company's name only. **Annual dues: \$109**

#### Chapter Professional Partner:

Those companies that target a limited geographic area. Chapter Professional Partners will receive ACFSA's quarterly INSIDER Magazine, but not the International Membership Directory. They may not vote for or hold international office. They may participate in Regional or International Conferences without submitting Professional Partner membership dues or registering as a non-member Professional Partner if the conference falls within the geographic limits of their chapter. **Annual dues: \$159**

### Benefits of Membership

- Education programs which qualify for credit in the Certified Correctional Foodservice Professional (CCFP) program as well as a variety of other continuing education and certification programs.
- Reduced rates for ACFSA certification and re-certification (CCFP).
- Participation in state and regional educational seminars and conferences at reduced rates.
- Professional, high-quality membership certificate and card.
- Participation in the Association's International Conference and trade show at reduced rates.
- Subscription to ACFSA's quarterly INSIDER magazine, with news pertaining to correctional foodservice activities of the Association and your fellow members, as well as industry-specific educational articles.
- Membership in the growing network of state chapters.
- Communication regarding professional and organizational matters with your designated state representative.
- Listing in the National Membership Directory-- which includes you and all other individual members, institutional members and professional partners--in a convenient networking-index format with address, phone, fax, e-mail and web site information.
- Reduced rate on purchase of the ACFSA Food Service Manual, a practical guide for providing high quality food service, which was written by professionals for correctional and detention facility staff.
- Eligibility to apply for one of the annual ACFSA Scholarships of up to \$750, to finance continuing education and related professional development activities including attendance at conferences.
- Eligibility to apply for professional recognition awards (up to \$1000 to be used to attend the International Conference.)

**REGISTER TODAY!**

FORM ON BACK



# ACFSA MEMBERSHIP APPLICATION

Simply fill out this Application and forward with dues to ACFSA Headquarters.  
(Check, Money Order, Visa, MasterCard, American Express)

Name \_\_\_\_\_  
 Title \_\_\_\_\_  
 Facility/Organization \_\_\_\_\_  
 Phone \_\_\_\_\_ FAX \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Directory Address \_\_\_\_\_  
 Preferred Mailing Address (if different from above) \_\_\_\_\_  
 Preferred Billing Address (if different from above) \_\_\_\_\_  
 Recruited By \_\_\_\_\_

Employed by (for Food Service Professional Active and Institutional Members only):  
 Federal  State/Prov.  County  Private  Other \_\_\_\_\_

**ACFSA ANNUAL MEMBERSHIP DUES (IN U.S. FUNDS) Check box of Member Type Below**

*\* Depending on the month you join ACFSA, your dues may be prorated. Dues for members joining after March of the current Calendar year will include the remainder of the current Calendar Year AND the following FULL Calendar Year.  
 Example: If joining in June of 2011, Dues will be paid through December of 2012*

Member Type Check One	January-March	April-June	July-September	October-December
<input type="checkbox"/> <b>Food Service Professional</b>	<b>\$79</b>	<b>*\$139</b>	<b>*\$119</b>	<b>*\$99</b>
<input type="checkbox"/> <b>Institutional</b>	<b>\$144</b>	<b>*\$252</b>	<b>*\$216</b>	<b>*\$180</b>
<input type="checkbox"/> <b>Retired</b>	<b>\$39</b>	<b>*\$69</b>	<b>*\$59</b>	<b>*\$49</b>
<input type="checkbox"/> <b>Professional Partner</b>	<b>\$384</b>	<b>*\$672</b>	<b>*\$576</b>	<b>*\$480</b>
<input type="checkbox"/> <b>Associate Professional Partner</b>	<b>\$119</b>	<b>*\$208</b>	<b>*\$179</b>	<b>*\$149</b>
<input type="checkbox"/> <b>Chapter Professional Partner</b>	<b>\$169</b>	<b>*\$296</b>	<b>*\$254</b>	<b>*\$211</b>

**Total Amount Due \$** \_\_\_\_\_

Check Enclosed (Made Payable to ACFSA) Check # \_\_\_\_\_  Money Order Enclosed

Credit Card Payment:  VISA  MasterCard  American Express

Cardholder's Name \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Billing Address \_\_\_\_\_

V-Code \_\_\_\_\_ V-Code is the 3 Digit Code on the back of Visa and M/C or the 4 Digit Code on the front of AmEx

Authorized Signature \_\_\_\_\_

**PLEASE SEND COMPLETED APPLICATION WITH PAYMENT TO:**

ACFSA, 210 N. Glenoaks Blvd., SUITE C, Burbank, CA 91502

Credit Card Payments May be FAXED to (818)843-7423 • **Questions? Call (818)843-6608**

*\* Depending on the month you join ACFSA, your dues may be prorated. Dues for members joining after March of the current Calendar year will include the remainder of the current Calendar Year AND the following FULL Calendar Year.  
 Example: If joining in June of 2011, Dues will be paid through December of 2012*

# Regional Reports

## Region I



by Linda Shear, ACFSA Region I Director

Congratulations to the MD/DE Chapter slate of newly elected officers. Nina Hoy is the new President and Connie Shaff is the new Secretary/Treasurer. The revitalized chapter will be busy planning a meeting, writing a newsletter and brainstorming on the many ways to utilize all that ACFSA has to offer.

Congratulations to the VA Chapter slate of newly elected officers. Carla White is the new President, Robert Pennix becomes the Past President, Julie Hobbs becomes the new President Elect/Treasurer and Linda Shear stays on as Secretary.

Being an elected chapter officer is not an easy task. In addition to our full time jobs, we have to find the time to volunteer for our professional association. ACFSA provides each of us with many opportunities to learn and network with our peers. We all want to gain from our affiliation with ACFSA, but not enough of us are willing to give of ourselves to make it happen. The Association will only be as good as the time, energy and commitment we put in to it. So, think about your chapter, or the membership, in your state that doesn't have a chapter. Think about going to a chapter meeting or setting up a chapter. Let's make it happen!

## Region III



by Phil Atkinson

I consider this issue of the *INSIDER* as the "year end" issue. Here's what I like to call a recap of the year: Region III became quite a bit smaller this year as Canada was made Region V. I offer my congratulations to our members in Canada (especially the new ones) and to Paul Fortier as our new Region V Director. I know we are all looking for great things from our friends to the north. As a Region we have grown nicely. We have added many new members and I am particularly pleased to welcome our new Professional Partners.

*As a Region we have grown nicely. We have added many new members and I am particularly pleased to welcome our new Professional Partners.*

Michigan had another successful conference and has added to its membership. My thanks to all the hard working members who made the conference a success. I have heard through the grapevine that Michigan and Ontario will be having a joint conference next year.

A little bit of bad news. I was not successful in raising enough funds for Region III scholarships this year. We do plan to continue the effort next year and will be asking you to help. I think if we all work on this together we will be able to get it done. I would like to be able to award two scholarships next year.

Finally, some really good news: congratulations to Northern Lakes Chapter for being named ACFSA Chapter of the Year. This is the culmination of three years of hard work and dedication on the part of many people. We can all take pride in their accomplishments. Take the time to have a look at their website – Webmaster Tim Thielman has done a wonderful job.

Just wondering if you have seen the article about a Japanese scientist who has made an "artificial meat" from human waste. Initial tests have people saying it even tastes like beef. One question – who in the world would test it if they knew what it was? Now, all of a sudden, food loaf doesn't sound like such a bad deal! Check it out on Yahoo News.

I can't thank all of you enough for your contributions to ACFSA. Without you it wouldn't happen. So, until next year, remember one thing – keep smiling, it makes people wonder what you're thinking. And, as always, if I can help in any way, please let me know.

# Regional Reports

## Region V



by Paul Fortier, ACFSA Region V Director

As the Regional Director for the new Region V, I am happy to be putting out this very first report.

The Ontario Chapter has just closed off the June 5 to June 8, 2011 chapter conference which was held in London, Ontario. This conference was a great success, attendance was great and vendor support was awesome. As we know, these conferences could not be successful without our vendor participation. This was a great turnout with new vendors enrolling, and our regular vendors that always support us, also some vendors coming in from the USA.

I must thank all of those vendors for their support over all these years. This year we were very fortu-

nate to have in attendance, ACFSA President, Benson Li, a strong new membership enrollment from Corrections Canada, which is our Federal System, plus our own Provincial Members, and not forgetting some great friends from Michigan.

Due to my moving to Regional Director a few changes have been made to the Ontario Chapter Board members. We now have Mr. Steven Morgan as President, Mrs. Marcella Maki as President-elect, Mrs. Connie O'Connor as Committee Advisor, and Mr. Dave Sharma as the Treasurer. We do have to elect a Secretary in the near future as Dianne Rutherford has resigned. I do thank Dianne for all the great work in which she committed to in the past years.

During our banquet we held a drawing for a scholarship award and Mr. Daniel Boisvert from Brockville Ontario was the lucky winner. He is already looking

forward to the Virginia Conference. I would like to take this opportunity to thank all those who made this conference a great success.

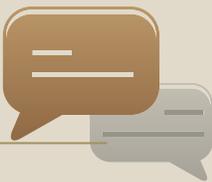
This year my main focus as the new Region V Director is to introduce myself to all the new and potential members from coast to coast and work on forming new chapters across the country.



**At the Ontario Chapter Conference:** (Left to Right): Dave Sharma, Benson Li, Robin Sherman, Dawn DeMelo, Marcella Maki, Paul Fortier, Steven Morgan

# Chapter Chatter

## Northern Lakes



by Lt. Tim Thielman, CFSM

Greetings from Northern Lakes! It has been a busy year for the chapter members of Northern Lakes. As I am nearing the end of my term as Northern Lakes Chapter President, I would like to reflect on the past year and tell you what Northern Lakes has been up to. This year we have had two successful fund-raisers, we operated an ACFSA booth at a food show, sponsored a ServSafe course at the Ramsey County Correctional Facility, and held several chapter meetings around Wisconsin and Minnesota. With Northern Lakes covering such a vast area, we have taken our meetings from the Eastern side of Minnesota, to the far Eastern side of Wisconsin.

One of my goals as NL President has been to get our professional partners involved with us, so we have spent the past year getting to know our professional partners. We did this by inviting them to come to our chapter meetings and to tell us all about their company. This has worked out great for me because until I met these professional partners, I never knew what they had to offer. Since meeting them I have been able to take advantage of what they have to offer. If you haven't spoken with your professional partners I would encourage you to do so. After all, the networking is one of the benefits of belonging to ACFSA.

I would like to be the first to introduce our new Northern Lakes President, Ms. Diane Burczyk. Diane is with the Wisconsin DOC and works at the Ellsworth Correctional Center, and wears many hats in her duties. Diane took a huge step forward when we asked for leadership volunteers from the chapter. Diane was elected NL VP in 2010. I would like to thank our outgoing Past President, Mrs. Janice Hurt from North Central Health Care Center for her superb leadership and dedication to Northern Lakes. Janice did a magnificent job as President and stayed just as active as Past President. I will still call on her as

my advisor as I transition into Past President. Best wishes to Diane as our New President and she will be able to depend on me, as I did with Janice. I would also like to introduce the new Vice President, Rick Karl from Waupun Correctional Institution. Rick has many years experience in institutional food service and joined ACFSA a few years ago, and has wasted no time jumping right in and getting involved. Best wishes to you Rick as you cycle through the VP and President positions. I would also like to thank our Treasurer, Roger Burczyk and our Secretary, Dixie White, for their dedicated service with NL Chapter.

Another highlight of the NL Chapter has been the creation of our website. It has really been a lot of fun creating and maintaining this site. All of our accomplishments together have been the perfect recipe for Chapter of the Year. This year at the ACFSA International Conference the Northern Lakes Chapter was recognized for Chapter of the Year. I'm very proud of the members of Northern Lakes and all of our accomplishments over the past couple of years.

## Virginia



by Robert Pennix

VA ACFSA Chapter met on July 15<sup>th</sup> at the Norfolk Waterside Marriott, the 2011 Conference hotel. We finalized all the plans for the conference and now eagerly wait for the festivities to begin. As you read this, the Chapter will be sitting back taking it easy after more than a year of hard work and preparation. We hope you enjoyed the conference, learned a lot, met some new folks and caught up with some old friends.

At the quarterly meeting, we installed new officers. Congratulations to Carla White who steps up to President, Julie Hobbs is the incoming new President Elect/Treasurer, Robert Pennix moves over to the Past President, and Linda Shear continues as Secretary. We look forward to great success with our new and ongoing leaders.

# Chapter Chatter

## Ontario

by Steven Morgan, CFSM



Monday morning - a new day and a new week. The first day back after a very successful Ontario Chapter Conference that took place in London Ontario. The conference was well attended with 92 attendees participating in the educational and social occasions.

We received delegates from the Provincial and Youth Justice systems in Ontario, delegates from the Canadian Federal Correctional System from all over Canada; from British Columbia in the West to New Brunswick in the East. Many thanks to our good friends in Michigan who also sent chapter representatives to our conference, and to the vendors who attended from the USA, and very special thanks to ACFSA President, Benson Li who flew in from

California to attend the conference and represent the International Association.

The conference held its annual International Cook Off with Ontario winning the top prize. A special thanks to Myron Wiley and Bill Remus for representing the USA in the cook off. As mentioned, we had a large educational agenda which included topics such as the History of Corrections and Violence in the Workplace. It was topped off with the Vendor Show with almost forty vendors in attendance. All in all a good time was had by all who attended.

As chapter executives we have already started to make plans for our next conference and have commitments from various correctional groups to attend the next conference, we will keep you all updated as plans progress.

## Meet Richard D. Morris

*Professional Partner Representative (Food)*

Rick is the owner and president of B&R Food Marketing, which he launched in 2007, adding Preferred Meal Systems to his client list in 2009. Preferred manufactures more than 100 million packaged or pre-plated meals a year, including breakfast, lunch, dinner, and snack items, as well as entrees, baked goods, pizza, sandwiches, and side dishes.

Prior to opening his own company, Rick spent thirty-five years in the food industry on both the manufacturing and distribution sides, holding executive level positions at IBP Corporation, Pilgrim's Pride, White Swan, and Standard Meat Company. In addition, he has served as President and CEO of Sam Hausman Foods, CEO of Premium Gold Angus Beef, and President of the Prepared Foods Group at Coleman Natural Foods.



Rick graduated with a Bachelor of Science from the University of Houston's Hilton School of Hotel and Restaurant Management.

Rick and his wife have five children and four grandchildren and live outside Atlanta, Georgia. Atlanta is a great area for Rick to enjoy his favorite major hobbies – golf, boating, and fishing.

# Meet Lt. Tim Thielman, CFSM



## ASSOCIATION OF CORRECTIONAL FOOD SERVICE AFFILIATES

**G**reetings from Region III!  
Please allow me to introduce myself. My name is Lt. Tim Thielman, CFSM from Ramsey County Correctional facility in Saint Paul, Minnesota, where I oversee food service for a 550 bed adult facility and two juvenile facilities that can house up to 100 juveniles. I also oversee the inmate commissary, laundry, and shipping and receiving for the adult facility. I have been in food service for most of my life and have been in correctional food service for 19 years. Prior to corrections, I served ten years in the military as a Food Service Specialist.

### **Tip of the Cap**

Currently, I'm the immediate Past President for the Northern Lakes Chapter of the ACFSA, and have been a member of ACFSA for five years. I cannot begin to tell you how honored I am to have been asked by Mr. Benson Li and the rest of the ACFSA Board to step in as the interim Region III Director to finish off Phil Atkinson's term as he moves into the Presidential succession. I would like to take a moment to applaud Phil for the work he has done for ACFSA as a whole. Phil is a great asset to ACFSA and will continue to uphold the high standards this organization is known for. I would like to make a pledge to you that as your Region III Director I will give it my all to promote professionalism and growth in this fine organization.

### **Expand Your Horizons**

I'm currently working on expanding membership in states without a chapter. If you are in one of these states and would like to take your ACFSA membership to the next level, please contact me at [tim.Thielman@co.ramsey.mn.us](mailto:tim.Thielman@co.ramsey.mn.us) or call me at 651.266.1498. If you don't belong to a chapter and don't attend the annual conference you are really missing some of the greatest benefits of being a member of ACFSA.

### **Elsewhere in the Region**

Northern Lakes continues to plug along. The Chapter met in September at the Indianhead Foodservice Distributor, Fall Buying Show in Eau Claire, Wisconsin, and has another meeting planned for October in Minneapolis at The Hennepin County Jail and hosted by ACFSA VP Elect / Treasurer, Phil Atkinson. Keep up the good work NL!

Michigan has a busy and exciting year coming up as they are planning on a Spring Joint Region meeting with Region V. Details are still unfolding and the tentative plan is looking like June. For those of you who have been around in this organization a while may remember that the Michigan and the Ontario chapters held a joint conference in Sarnia, Ontario, which is right across the US border from Port Huron, Michigan. That was pretty exciting as it was a first between two chapters from two different countries. Through all of the years that have passed, J. Kevin O'Brien of Michigan, and Steve Morgan of Ontario have built a strong relationship with their passion for ACFSA and are the driving force behind this event. This will be a spectacular achievement for Region III and Region V. If you missed the 2009 International Conference in Grand Rapids, Michigan, this is your chance to have a similar experience. As your Region III Director and fellow ACFSA member I'm putting the call out to all foodservice members and professional partners to come to Michigan in 2012 and support this function. This conference will help get you geared up for New Orleans in August! You can look for updates on this conference on the ACFSA website, the Northern Lakes website, and also on Facebook.



# ACFSA Board of Directors

2011-2012



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 Los Angeles County  
 Sheriff's Department  
 Los Angeles, CA  
 (213) 893-5109  
 BPLi@lasd.org



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**Region IV Director**  
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**Professional Partner  
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**Past President**  
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 hartmanj@acrj.org



**Region III Director**  
**Lt. Tim Thielman**  
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**Vendor Liaison (Food)**  
**Rick Morris**  
 Preferred Meal Systems  
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 rdmorrisga@windstream.net



**Executive Director**  
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2011-2012

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 (715) 460-4878  
 Teddie.Mitchell@co.shawano.  
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**Education Committee**  
**Nancy Porter**  
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 nporter2@nc.rr.com

**Dietitians in Corrections**  
**Barb Wakeen**  
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**Professional Alliance**  
**Joe Montgomery**  
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**Membership Committee**  
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**2012 Conference**  
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**Publications Committee**  
**Barbara Holly**  
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 barbaraholly@bellsouth.net

**Scholarship Committee**  
**Patti Whitlock**  
 (203) 824-4174  
 design.spec@snet.net



## Regional Vendor Liaisons

## Food & Equipment

**Region I**  
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 Good Source Solutions  
 Carlsbad, CA  
 (760) 746-7587  
 ann@goodsource.com

**Region II**  
 Open

**Region III**  
**Carrie Aldrich**  
 CJ Foods  
 Eden Prairie, MN

**Region IV**  
**Gil Hines**  
 Good Source  
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 (800) 735-4319  
 gil@goodsource.com

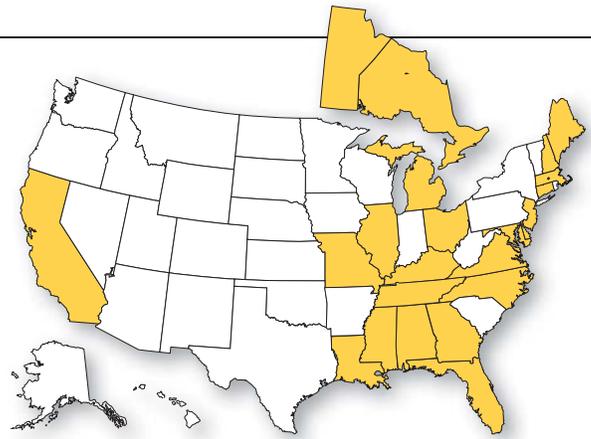
**Region I**  
**Tony Martino**  
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 (215) 624-4800 ext. 123  
 tmartino@insingermachine.com

**Region II**  
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 Chamblee, GA  
 (770) 458-2361  
 kevin.woods@hobartcorp.com

**Region III**  
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 Cooks Direct  
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**Region IV**  
**Bud Chambers**  
 Cambro Manufacturing Co.  
 Dewey, AZ  
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 camman@northlink.com

# Chapter Presidents & State & Provincial Contacts



## U.S.A.

### ALABAMA

Janice Bendolph  
Tuscaloosa County Jail

### CALIFORNIA

Don Perkins  
State Prison, Corcoran

### CONNECTICUT

Michael Gaughran, CCFP  
York CI

### DELAWARE/MARYLAND

Nina Hoy  
Maryland Correctional Institute, Jessup

### FLORIDA

Open

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Macon State Prison

### ILLINOIS

Helen Lewis, RD, LD  
Cook County DOC

### KENTUCKY

Larry Parshall  
Kenton County Detention Center

### LOUISIANA

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Orleans Parish Sheriff's  
Department

### MAINE

Spencer Smith  
Maine State Prison

### MASSACHUSETTS

Chris Gendreau, CCFP, CFMS  
Massachusetts DOC

### MICHIGAN

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MDOC Coldwater Complex

### MISSISSIPPI

Steven C. Holtz  
Mississippi DOC

### MISSOURI

Juanita Avery  
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Jeffrey Perkins  
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### NORTHERN LAKES

Diane Burczyk  
Wisconsin DOC

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

### TENNESSEE

Ronda Walters  
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### VIRGINIA

Carla White  
Rappahannock Juvenile Center

## CANADA

### ONTARIO

Steven Morgan\*  
Toronto Jail



Visit [www.ACFSA.org](http://www.ACFSA.org) for the Membership Roster!

Membership is required for access.

Call ACFSA Headquarters if you want  
contact information for any of the Chapters above  
**(818) 843-6608**

\* Chapter President

## ACFSA Regions

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

### Region I

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

### Region II

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

### Region III

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

### Region IV

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

### Region V

Canada

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# New ACFSA Members

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## **Professional Partner**

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Dallas, TX

Tim Kernosky  
Oliver Packaging & Equipment  
Walker, MI

Rob McAfee  
Seco Select  
Mooreville, IN

Ron Poe  
Mill Creek Brands  
Waxhaw, NC

Kevin Scott  
National Restaurant Association  
Chicago, IL

George Bushell  
Toronto East Detention Centre  
Scarborough, ON

Augustus Calder  
Elgin Middle Detention Centre  
London, ON

Paul Chiasson  
Atlantic Institution  
Renous, NB

Peter Coles  
Beaver Creek Institution  
Gravenhurst, ON

Maryann Craievich  
Elgin Middle Detention Centre  
London, ON

Michael Dann  
Mission Institution  
Mission, BC

Benedict Dayao  
Indian Creek Correctional Center  
Chesapeake, VA

Ray De Leon  
BOP, MDC Guaynabo  
Catano, PR

Charlotte Dorey  
Quinte Detention Centre  
Napanee, ON

Joey Duong  
Saskatchewan Penitentiary  
Prince Albert, SK

Joe Elliott  
Central North Correctional Centre  
Penetanguishene, ON

Royland Ellison  
Toronto East Detention Centre  
Scarborough, ON

George Freiha  
Roy McMurty Youth Centre  
Brampton, ON

Dianna Genteman  
Federal Bureau of Prisons-  
Springfield, MO

Rob Glaim  
Ferndale Institution  
Mission, BC

Debbie Johnson  
Brockville Jail  
Brockville, ON

George Joseph  
Toronto Jail  
Toronto, ON

Ron Kaban  
Edmonton Institution  
Edmonton, AB

Serge Kadziolka  
Riverbend Institution  
Prince Albert, SK

Andy Katsilieris  
Maplehurst CC  
Milton, ON

Cindy Kellett  
Sarnia Jail  
Sarnia, ON

Steve Kelso  
Kent Institution  
Agazzi, BC

## **Food Service Professional**

Cyril Allison  
Doirchester Penitentiary  
Dorchester, ON

Jack Anderson  
Rockwood Institution  
Stony Mountain, MB

Michelle Anderson  
Toronto East Detention Centre  
Scarborough, ON

Karl Bayer  
Regional Psychiatric Centre  
Suskatoon, SK

Steve Beasley  
Mountain Institution  
Agazzi, BC

Garry Blocker  
Community Education Centers  
W. Caldwell, NJ

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# New ACFSA Members

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Vanessa Khawam  
Joliette Institution  
Joliette, QC

Yvette Kloepfer  
Thunder Bay Jail  
Thunder Bay, ON

Nadine Kowalik  
Kenora Jail  
Kenora, ON

Marcel Labelle  
Brantford Jail  
Brantford, ON

Nadine LeBlanc  
RHQ Atlantic  
Moncton, NB

Benoit Limoges  
Montee St. Francois  
Laval, QC

Russ Longcrier  
Jefferson County Sheriff  
Port Hadlock, WA

Jean-Paul Maurice  
Owansville Institution  
Cowansville, QC

Bobby McGill  
Prince William Manassas Regional  
Adult Detention Center  
Manassas, VA

June McGivney  
Willow Cree Healing Lodge  
Duck Lake, SK

Audrey Michayluk  
Bowden Institution  
Innisfail, AB

Dave Millar  
Mission Institution  
Mission, BC

Joan Pelletier  
RHQ Prairies Institution  
Saskatoon, SK

Diane Picard  
Dorchester Institution  
Dorchester, NB

Michael Pigeon  
Brookside Youth Centre  
Codourg, ON

Kim Porter  
Kent Institution  
Agazzi, BC

John Potorieko  
Stony Mountain Institution  
Winnepeg, MB

Sophie Rochette  
La Macaza Institution  
La Macaza, QC

Gary Rolfe  
Grande Cache Institution  
Grande Cache, AB

Ron Sanford  
Mountain Institution  
Agazzi, BC

Randy Schaus  
Bluewater Youth Centre  
Goderich, ON

Donald Teed  
Springhill Institution  
Springhill, NS

Maxin Tenhagen  
Donald Doucet Youth Centre  
Sault Ste Marie, ON

Mike Twombly  
Springhill Institution  
Springhill, NS

Nancy Verbeek  
Bluewater Youth Centre  
Goderich, ON

Dumitru Vladau  
Stratford Jail  
Stratford, ON

Beverley Walker  
Maplehurst CC  
Milton, ON

Sandra Walker  
Thunder Bay Correctional Center  
Thunder Bay, ON

Heidi Wall  
RHQ Pacific Institution  
Abbotsford, BC

Robert Way  
Quinte Detentin Centre  
Napanea, ON

Christina Williams  
Rappahannock Detention Center  
Stafford, VA

## **Institutional Member**

Richard Lawrence  
Federal Correctional Institution  
Fort Dix  
Fort Dix, NJ

Mike Smearman  
VSP Hazelton- Bureau of Prisons  
Bruceton Mills, VA



# *Start Earning Your CFSM Designation Today!*

*To begin your journey of becoming a CFSM,  
fill out Enrollment Form found  
on the opposite page and send it in!*

CFSM maintenance insures that you remain active in the industry by logging your continuing activity in the industry.

### *Maintenance Period*

The maintenance period runs from August 1st of the first year you receive your CFSM designation to July 31st of year 2.

### *Maintenance Forms*

Each CFSM is responsible for submitting his/her own maintenance. When you were certified, you were provided update forms; if you require more, you can request them from the ACFSA Executive Office. With the forms, you must submit back-up materials showing proof that you actually did participate in the activity, such as copies of badges from shows, agendas of seminars, copies of articles you have written, etc. You may submit your forms throughout your maintenance period or all at once at the end of the period - whichever works best for you. Your forms will be acknowledged in writing.

### *Maintenance Fee*

You will receive an invoice for \$35 at the end of your 2-year maintenance period, at which time the maintenance forms will be due. Individuals who are currently certified by the Dietary Managers Association (DMA) as Certified Dietary Managers (CDM) are eligible to apply for the CFSM program with the following:

- Application to ACFSA for CFSM, designating current and active CDM status (proof of CDM certification must be included in the application).
- \$299.00 application fee - ACFSA Members  
\$374.00 application fee - Non-Members
- Completed Custody, Security and Working with Inmates module, following guidelines as delineated in CFSM Course Workbook. No exam will be required. CDM certified ACFSA members would be eligible to receive CFSM status under these guidelines.

# ***CFSM Enrollment Form***

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**CFSM for CDMs \$149.00**

**Non-Member Fee \$374.00**

**Non-Member Fee \$199.00**

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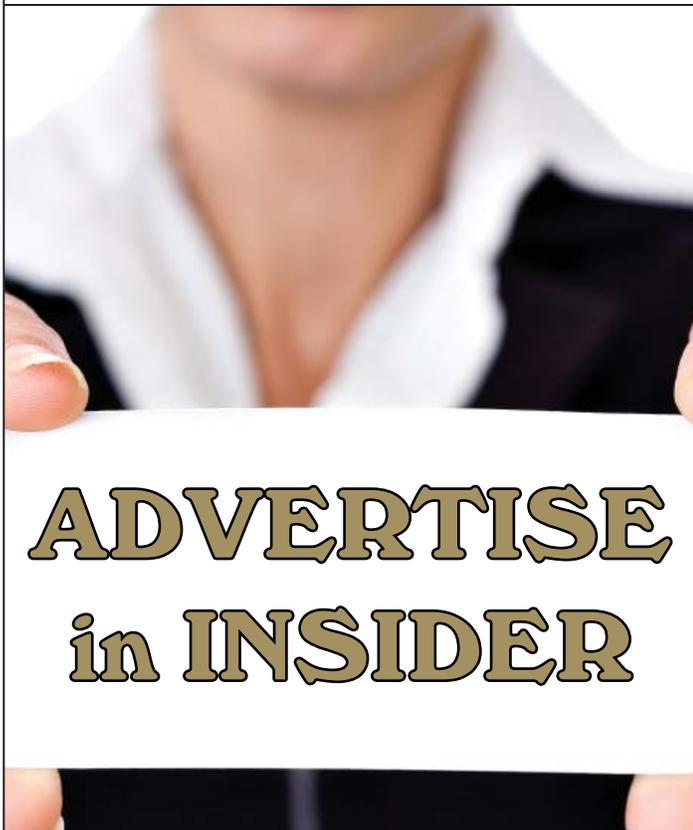
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## Inside INSIDER

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

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

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

### Editorial Statement and Procedure

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

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### To submit an article for the Winter 2012 Issue:

1. Please send via e-mail by October 15, 2011 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)

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3. You may also include a photograph, simple graphics, charts, or pictures that you think may be useful to the article.
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## Letters to the Editor

Please email your articles submissions and/or comments to the editors:

*Christine Althaus:*

**Christine.Althaus@wisconsin.gov**

or to *Barbara Holly:*

**BarbaraHolly@bellsouth.net**

Please specify that you are contacting us regarding the "Letters to the Editor" column.

INSIDER reserves the right to edit submissions for clarity and space.



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