

# INSIDER

The Magazine of ACFSA  
The Association of Correctional Food Service Affiliates

## NEW ORLEANS, LOUISIANA 2012 ACFSA ANNUAL INTERNATIONAL CONFERENCE



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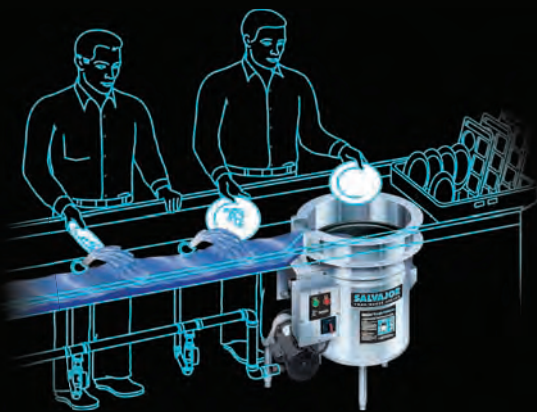
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## The Principles of Leadership

By Robin Sherman, ACFSA Secretary

**W**ith technology developing and the global competition, and as the leaders in corrections, our future is forever changing. Our success is based around what we consider to be the Principles of leadership... Integrity, Growth, Profit, Professionalism, Superior Customer Service, Positive Attitudes, Accountability, and never risk or compromise the quality of our products and services.

Also,

A BIG Congratulations from Canteen Services to the following:

New CFSM - Josie Maya

New CCFP and Re-certification CFSM:

- Dawn Demelo
- Holly Martin
- Diane Cammenga
- Robin Sherman
- Scott Goetz
- Diane Cammenga





## President's Message

By Benson Li, ACFSA President

One of our most famous prisons in history was the Tower of London. William the Conqueror and the Normans invaded England in September 1066 and commenced their strategy of building castles. A timber Motte and Bailey castle were first built on the site of the Tower of London. In 1078 a stone built, fortified, Tower was commissioned by William the Conqueror replacing the timber tower - they called it the Great Tower which was later re-named the White Tower. It was completed in 1097.

Here in the United States, the Commonwealth of Virginia, from the time of the first settlement at Jamestown to the relocation of the state capital

to Richmond in the late 18th century, relied upon corporal and capital punishment as its penal measures. Gradually, Virginia began to use small county jails for sentences of confinement.

After the Revolutionary War, [Thomas Jefferson](#) began to urge the Virginians to construct a "penitentiary house" as was being done in Europe. At that time, penitentiary house's were being used throughout Europe to confine and reform criminals.

Today, there are 1821 Federal and State Prisons and 415 private prisons. We have a captive audience of around 2.4 million inmates behind bars in prisons and jails nationwide. In 2010, the confined inmate population in county and city jails (748,728) declined by 2.4% (18,706 inmates). On June 30, 2010, adults represented 99% of all jail inmates. Males accounted for 87.7%, and females accounted for 12.3%. The

*Continued on Page 3*



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*President's Message Continued from Page 2*

estimated rated capacity for all jail jurisdictions at midyear 2010 reached 866,782 beds, an increase of 2.0% (16,887 beds) from midyear 2009.

As President of ACFSA, I will do my best to introduce ACFSA to the potential operators and vendors to this unique industry. I will be doing a presentation at the National Restaurant Association Show in Chicago on May 5 at noon. The NRA Conference is one of the best attended shows by the Food Service Professionals in North America.

In another interview by the Chef Association Newsletter, I tried to introduce to the chefs the benefits for working in the correctional food service industry. We need newcomers to the industry, and great members like you who have wonderful

ideas, to participate in our Chapters as well as the International Board of Directors

Iconic it may be, but the Tower of London is a facility of the past. For a look at the future, come and visit Major Jim Beach's new \$95M state-of-the-art Cook Chill facility in New Orleans during our Annual International Conference. It is a Leadership in Environmental and Energy Designed (LEED) certified facility with all the latest equipment and technology. Additionally, the 2012 ACFSA Annual International Conference will provide you with training and information about what is new in the correctional food service industry. I know we can count on your input and participation! See you in New Orleans this August!

## **Executive Director's Message**

*By Jon Nichols, ACFSA Executive Director*

**I**t's been a while since we've been in touch, and so much has happened since then. You can read all about it in this issue of INSIDER, but I wanted to mention the highlights so that you are looking out for them.

The first and most important order of business is our open Board positions. The Vice-president Elect position, Odd-Numbered Regions I, III & IV and Professional Partner-Equipment will all be vacated and I urge you to throw your name in the hat. It is not only an honor to serve your fellow members, but can lead to some outstanding opportunities. Please take a look at the forms in this issue of INSIDER or visit the ACFSA website for more information.

Speaking of opportunities based on service (AND hard work, to be sure), ACFSA Past-President, Ricky Clark, has been awarded the 2012 IFMA Silver Plate for the Specialty Food Service category. This is a very big deal and I am certain that you are with me when I say that I could not be more proud and happy for him. Congratulations Ricky!

Conference is coming! I am sure that you have marked your calendars for August 19-23 to be with us

in New Orleans, right? Well, that's great news for you because I have had a chance to see the Hyatt Regency first-hand and let me tell you - it is a BEAUTY! Just completed at the end of 2011, the Hyatt Regency is sparkling new and with numerous restaurants and bars, you won't have to leave the facility to have a good time! Coupled with our agenda for the Conference, you are in for a treat, so book your room and send in your Conference Registration NOW!



Finally, our membership numbers are growing and our financials are strong. The Association is poised for the future, thanks to the hard work of your Board and your participation. With things so bright, we might start to get a little lax in our efforts. I ask that you do your best to keep recruiting new members to share the benefits of ACFSA Membership. Greater numbers will ensure that you have the best access to information in the industry. Thank you for your time and enjoy INSIDER!

# Past-President's Message

By Jim Hartman, ACFSA Past-President



**B**y the time you read this it will be getting close to spring and the flowers should be blooming and the grass turning green. That means more time to get outdoors and enjoy the fresh air. It has been quite a winter for folks here in Virginia or should I say, what winter?

*“We are always looking for people to run for our elected offices. There are three Regional positions and a VP/Elect to fill this year.”*



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The 2012 Conference in New Orleans is coming together nicely and everyone is working hard to make it one of the best ever. The folks working on the vendor show have some great ideas. It looks like they have a good time planned for all. There will be the usual golf tournament, and planned this year, for those who don't play golf, is a Swamp Tour that sounds like a fun time. I know that money is tight again this year; we would love to see everyone make the trip. So start putting that loose change in a jar and before you know it you will have saved a couple hundred bucks.

We are always looking for people to run for our elected offices. There are three regional positions (I, III, & V) and VP/Elect to fill this year. So step up and be part of helping shape the future of this great organization. It is up to you! There is talk of a new chapter being formed and more could be added, if we would just get out there and let folks know what we are about. Talk to your co-workers and see if you can get them to join. So that they can share the fun and educational experience that ACFSA offers each year.

We need your and their support to keep us strong and growing. So let's all pledge to bring in one new member this year.

Till next time.

Jim Hartman  
ACFSA Past-President

# The Time is Now!

By Phil Atkinson, ACFSA VP-Elect/Treasurer

Last year at the International Conference in Norfolk it was suggested that it is time for ACFSA to get more visible on the national front. We are large enough to have some impact on the way things are done. I have two requests that I would like all of you to seriously consider and act on.

For at least a year now ACFSA President Benson Li has been asking us to provide a link to the DOC and/or Sheriffs' Office regulations governing food service in the correctional institutions in our location. I'm not sure how many of us have responded to this request; I know I haven't and for that I apologize. There always seems to be something more pressing. This year, one of my more easily accomplishable goals is to provide that link to ACFSA so we can get Minnesota on the map of states that have provided the link. I would encourage you to do the same. These links can be a great resource for manufacturers as well as other state or local agencies that need assistance in establishing new policy or updating outdated ones.

I have a request of my own. We are all dealing with an ever increasing number of religious diets. The courts and Congress have, at least in appearance, tied our hands in many cases. They have, however, left justifications very vague; they did not define or instruct as to how we are to determine "sincerely held beliefs". Many of the smaller jails and pre-trial facilities cannot "bury" the cost of special meals. The impact on their operating costs is too great and the larger the institution, the more we have to deal with.

I am asking you to provide me with the procedure by which your Chaplain uses to determine the sincerity, of the "sincerely held beliefs", of an inmate requesting a religious diet. I would also like to know if these procedures have ever been challenged in court and, if they have, what was the outcome. My goal is to establish a list of questions that can be used



by any correctional facility to determine the validity of an inmate's claim to a religious diet. This is not as daunting a task as you might think, if you will provide me with your guidelines. Please talk to your Chaplain and get him to write down how he does it.

I know, I know, this may be Don Quixote tilting at windmills **but** we will never know if we don't try and what a wonderful thing for all of us if it has an impact. Please give serious consideration to both of the above requests and send your information. Send your internet links to Jon Nichols at [jnichols@acfsa.org](mailto:jnichols@acfsa.org) and send your religious diet information to [philip.atkinson@co.hennepin.mn.us](mailto:philip.atkinson@co.hennepin.mn.us).



*The time is now!*

*Let's bring ACFSA to its full potential.*

# New Names and New Regulations for Historical Organizations

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

**H**appy New Year!

This Dietitians' Corner brings you news and updates for professional organizations that impact our world – the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) and the School Nutrition Association.

With more than 72,000 members, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. ADA was founded in 1917 during World War I after working to feed the troops healthfully. Today, the new name reflects the Academy's continued focus of protecting public health and the nutritional well-being of the American public.

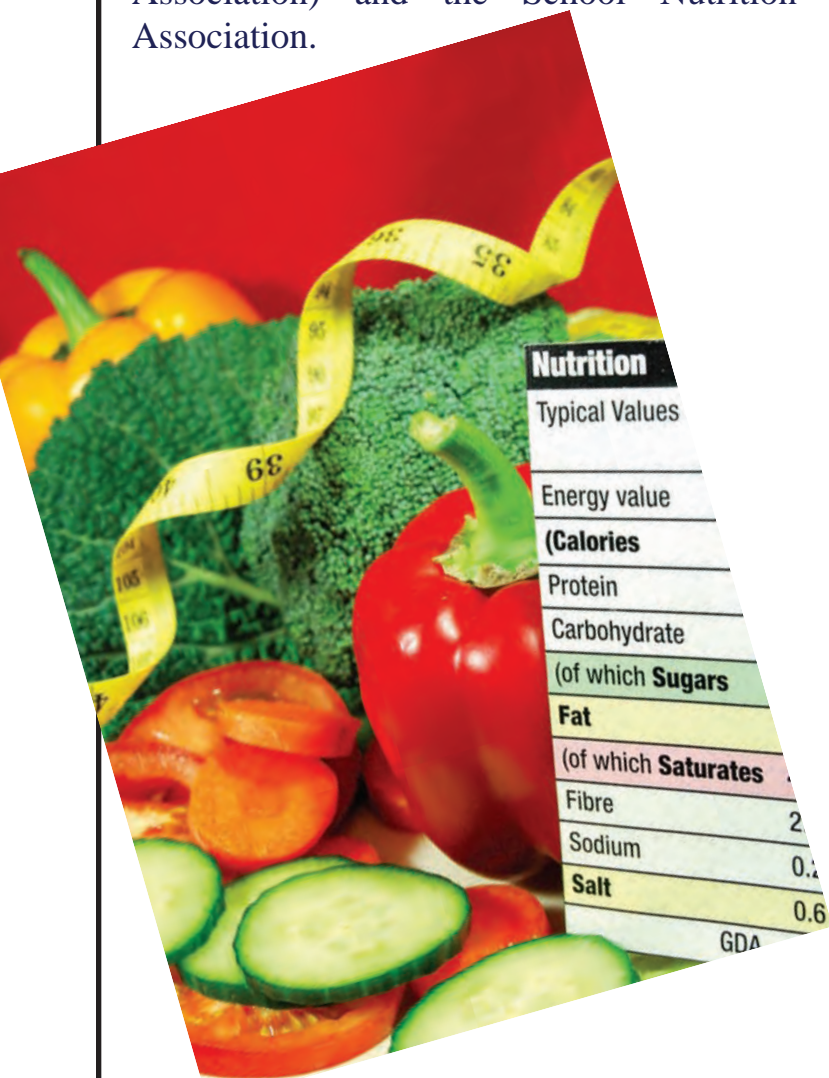
Within the Academy are more than twenty-five Dietetic Practice Groups (DPGs) including Dietetics in Health Care Communities (DHCC) which houses the Corrections Sub-unit. DHCC has had a network (formerly alliance) relationship with ACFSA for many years. The Network Representative as well as the Corrections Sub-unit Chairperson to ACFSA has been Joe Montgomery MS, RD, LDN, CCFP for the past few years. Beginning in June, Marlene Tutt, MS, RD will begin her term as the new DHCC Network Representative and Corrections Sub-unit Chairperson. Thank you for all of your hard work Joe and congratulations to Marlene!

## National School Lunch Program (NSLP)/ School Breakfast Program (SBP) Changes

In January 2012, the U.S. Department of Agriculture (USDA) released updated

*Continued on Page 8*

Ringing in the New Year was the name change of the American Dietetic Association (ADA) to the Academy of Nutrition and Dietetics (now referenced as the "Academy").







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nutrition standards for school meals – NSLP/SBP. This is a result of the [Healthy, Hunger-Free Kids Act](#) and is the first major change in school meals in more than 15 years.

The new standards are consistent with the 2010 Dietary Guidelines and further offer



maximum and minimum nutrient levels for calories, sodium, fat and food group servings, to name a few. They mandate that school meals include more fruits and vegetables, more whole-grain breads and pastas, and more low- and non-fat milk.

These standards will directly impact those facilities participating in the SNLP/SBP regarding nutritional guidelines and meal patterns offered and ultimately budgets. In general, SNLP standards become effective for the 2012-2013 school year. SBP is delayed until 2013 – 2014. The staggered dates are to allow for gradual budget adjustments to meet compliance.

For detailed information on these new regulations visit and <http://www.fns.usda.gov> [www.schoolnutrition.org](http://www.schoolnutrition.org)

Source: <http://www.fns.usda.gov/cnd/Governance/Legislation/comparison.pdf>  
[Accessed 2/19/2012.](#)

### **Conferences:**

**NCCHC**  
**Updates in Correctional Health Care**  
**May 19 – 22, 2012**  
**San Antonio, Texas**  
[www.ncchc.org](http://www.ncchc.org)

### **Meetings:**

**Stay tuned for information on the**  
**ACFSA Dietitians in Corrections**  
**Networking Luncheon and the DHCC**  
**Corrections Sub-unit meeting at FNCE in**  
**Philadelphia.**

### **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.dhccdpg.org](http://www.dhccdpg.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.

The following tables show the comparison of the current standards to the new standards.

*Continued on Page 9*

National School Lunch Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit and Vegetables	½ - ¾ cup of fruit and vegetables combined per day	¾ - 1 cup of vegetables <u>plus</u> ½ - 1 cup of fruit per day <small>Note: Students are allowed to select ½ cup fruit or vegetable under OVS.</small>
Vegetables	No specifications as to type of vegetable subgroup	Weekly requirement for: <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• beans/peas (legumes)</li> <li>• starchy</li> <li>• other (as defined in 2010 Dietary Guidelines)</li> </ul>
Meat/Meat Alternate (M/MA)	1.5 – 2 oz. eq. (daily minimum)	Daily minimum and weekly ranges: Grades K-5: 1 oz. eq. min. daily (8-10 oz weekly) Grades 6-8 : 1 oz. eq. min. daily (9-10 oz weekly) Grades 9-12 : 2 oz. eq. min. daily (10-12 oz weekly)
Grains	8 servings per week (minimum of 1 serving per day)	Daily minimum and weekly ranges: Grades K-5: 1 oz. eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz. eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz. eq. min. daily (10-12 oz weekly)
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

School Breakfast Program Meal Pattern		
Food Group	Current Requirements K-12	New Requirements K-12
Fruit	½ cup per day (vegetable substitution allowed)	1 cup per day (vegetable substitution allowed) <small>Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.</small>
Grains and Meat/Meat Alternate (M/MA)	2 grains, or 2 meat/meat alternates, or 1 of each per day	Daily min. and weekly ranges for grains: Grades K-5: 1 oz. eq. min. daily (7-10 oz weekly) Grades 6-8 : 1 oz. eq. min. daily (8-10 oz weekly) Grades 9-12 : 1 oz. eq. min. daily (9-10 oz weekly) <small>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.</small>
Whole Grains	Encouraged	At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Variety of fat contents allowed; flavor not restricted	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

Nutrient Standards	New Standards K-12		
<b>Sodium</b> Reduce, no set targets	<b>Target 1: SY 2014-15</b> Lunch ≤1230mg (K-5); ≤1360mg (6-8); ≤1420mg (9-12) Breakfast ≤540mg (K-5); ≤600mg (6-8); ≤640mg (9-12)	<b>Target 2: SY 2017-18</b> Lunch ≤935mg (K-5) ≤1035mg (6-8); ≤1080mg (9-12) Breakfast ≤485mg (K-5); ≤535mg (6-8); ≤570mg (9-12)	<b>Final target: 2022-23</b> Lunch ≤640mg (K-5); ≤710mg (6-8); ≤740mg (9-12) Breakfast ≤430mg (K-5); ≤470mg (6-8); ≤500mg (9-12)
<b>Calories (min. only)</b> <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12) Breakfast: 554 (grades K-12)  <i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 774 (optional grades 7-12)  <i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3) Breakfast: 554 (grades K-12) 618 (optional grades 7-12)	<b>Calorie Ranges (min. &amp; max.)</b> <i>Only food-based menu planning allowed</i> Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)		
<b>Saturated Fat</b> <10% of total calories	<b>Saturated Fat</b> <10% of total calories		
<b>Trans Fat:</b> no limit	<b>New specification:</b> zero grams per serving (nutrition label)		





# Ricky Clark 2012 IFMA Silver Plate Winner!

**BY JON NICHOLS, ACFSA EXECUTIVE DIRECTOR**

**O**ur good friend and colleague, Ricky Clark has been named as one of nine recipients of the 2012 the International Foodservice Manufacturers Association (IFMA) Silver Plate Award. As most of you know, Ricky is a Past-President of ACFSA and is the training and development coordinator and supervisor for the Academy for Staff Development, Virginia Department of Corrections, Crozier, Va.

If you are not aware, this is a very prestigious award within the Food Service Industry. For more than 50 years, IFMA has sponsored the Gold and Silver Plate Awards program. The Silver Plate honors excellence by recognizing the most outstanding and innovative talents in nine segments of Food Service operations. Ricky was selected in the Specialty Food Service category.

Each year, a distinguished jury of trade press editors and previous award winners weighs the merits of hundreds of candidates before selecting the executives who are honored with the Silver Plate Award. From among these nine, one is chosen by secret ballot to receive the industry's most coveted recognition, the IFMA Gold Plate. The awards will be presented by IFMA on May 7 in Chicago, during the National Restaurant Show. At that time, when the Gold Plate winner will be revealed.

All past winners of IFMA's Gold and Silver Plate Awards are members of the International Gold and Silver Plate Society, a group that is dedicated to the advancement of the foodservice industry.

A Correctional Food Service director for many years, Ricky is responsible for the training of all support services staff who work for the Virginia DOC. He also is the current chair of the Association of Nutrition and Food Service professionals (formerly the Dietary Managers Association).

Ricky is the 2nd ACFSA Member to win the prestigious Silver Plate Award in the last 3 years. In 2010, Major Jim Beach, current ACFSA Vice-President was a Silver Plate winner! We could not be happier or more proud of this great accomplishment. Congratulations Ricky!

Again, these awards will be presented by IFMA on May 7 in Chicago, IL in conjunction with the National Restaurant Show during a lavish spectacle befitting this great accomplishment. If you are in the area or planning to attend the NRA Show, I hope that you will consider being a part of the festivities to show your support for Ricky. And, I hope that we have many Silver Plate Winners to salute in the coming years!

# Nine Easy Steps to



# Bad Management

**BY PHIL ATKINSON, ACFSA VICE-PRESIDENT-ELECT/TREASURER**

**I** recently took a short class in “Bad Management”. Sounds funny and it was presented with humor but the items discussed were not. Although the ideas below are not new to any of us, I found, and I hope you will too, that a reminder of what not to do is always valuable and many times needed.

There’s more to being a boss than just telling people what to do. It’s about building a rapport and fostering a real relationship with your employees, so that you trust each other and can get things done. Unfortunately, many managers don’t care about their employees’ morale, and spur them on by any means necessary. Many managers fail to realize that everything they do has an impact on how well the operation runs, productivity, talent retention and the bottom line. In these tough economic times many managers have the attitude, “Why should I care, there are 100 people out there dying to have this job.”

There’s no one-size-fits-all method, since every company has a different corporate culture and every manager has their own unique style. But there are things that should be avoided in most situations if you want employees to not hate coming to work every day. There will always be those that do and will, but managers don’t need to do things that encourage this attitude.

Here are nine ways to completely ruin employee morale. Many of them come down to two basic ideals: treat your employees with respect and dignity, and that’s how they’ll treat you.

## **Not accepting responsibility for mistakes**

If a subordinate makes a mistake, the blame shouldn’t fall solely on him or her – it’s on the whole team. That includes the others working on the project and especially the person in charge.

Frequently the boss refuses to accept responsibility for their employee’s mistakes and dumps all the blame on the single person. That can ruin not only their morale, but makes their colleagues timid and fearful. The idea is to fix a problem, find out why something happened, not asses blame.

## **Calling employees out in public**

There’s no reason to publicly put people on the spot. Don’t try to teach people a lesson or make an example of them – they aren’t children. Instead, pull them aside and deal with the situation in private. Public embarrassment can only serve to make employees scornful and ruin the office environment. Always try not to succumb to the “if they’re going to act like children, I’m going to treat them like children” reaction.

*Continued on Page 12*

## **Dishonesty**

Tell your employees the truth always. It's okay to keep things from your employees if they're sensitive topics, but never lie to your employees about them or their nature. This includes promises that you make to your workers. Honor the rewards that you've committed to (like a promotion or raise you promised). Once you start down that slippery slope, it's difficult to ever earn that trust back. Employees will never work to their full potential for someone that they don't trust.

## **Setting impossible goals**

Goals exist to encourage people to perform. When employees are consistently coming up short because the bar is set too high, their morale is going to plummet. They'll feel like they're underperforming, even though they probably aren't.

## **Threatening their jobs**

Making someone fear for their livelihood only causes fear, anxiety and distrust. When you make people feel like they're instantly replaceable, they have little incentive to perform. It's easy to crush someone's spirit if you treat them like a number and not a unique individual with distinct abilities.

## **Giving vague or incomplete instructions**

Clarity is important in the workplace. Some managers feel like they're entitled to give instructions that lack specific direction because they're busy. Their employees' time is equally as important as theirs. It's frustrating not knowing exactly what you're being asked to do. Then, when you do make a mistake and your boss reprimands you, it only makes things worse.

## **Micromanaging**

There are few ways to demoralize a worker faster than micromanaging their every move. Nobody wants someone looking over their shoulder, combing through everything they do and second guessing their work. When you micromanage an employee you're telling them that you don't trust their abilities. That sort of discouragement is enough on it's own to make someone hate coming to work and not perform to

their abilities, even if they like everything else about their job.



## **Never offering any praise**

Most people need some reinforcement that they're doing a good job. If they go through their entire work life without any, it can take a toll on their spirit. That's not to say you should constantly be showering your staff with compliments. Be able to identify when your staff goes above-and-beyond the call of duty, and recognize them for their efforts. Don't fall into the trap of "that's the way I'm treated and I'm doing pretty well, they should be able to as well". Whether we like it or not our employees are our children and every good parent always wants better for their children than they had.

## **You aren't the only one that's ever had a good idea**

It's frustrating for someone when they feel bottled up. If people have initiatives they want to propose or ideas to make things better at least let them have their say. Every once in a while there will be good ideas out there that you can use. Employees love to see their own ideas in action. Let them own the idea and give credit where it's due.

# Soy Protein Utilization in Meat-Food Processing Systems

(An abbreviated summary of key considerations for soy proteins used in meat-food processing systems.)

By Steven Moore

A variety of soy protein products are available for use in meat processing. Soy proteins are generally categorized with regards to the type of soy protein (protein content), and the granulation/configuration (form).

## Types available:

- |  |    |   |     |
|--|----|---|-----|
| • Soy Flour protein (as is basis)                | 52 | – | 54% |
| • Soy Protein Concentrates protein (as is basis) | 62 | – | 69% |
| • Soy Protein Isolates protein (as is basis)     | 86 | – | 88% |

The food industry usually generalizes these three types when discussing protein contents as: Flours – 50% protein, Concentrates – 70% protein, Isolates – 90% protein.

## Flavor

In addition to the obvious differences in the nutritional protein content noted above, these 3 soy protein types also display functional, and flavor differences in the end product. Soy flour based products will tend to have a stronger soy flavor profile, while soy protein concentrates are significantly blander in flavor, and soy protein isolates usually display the least soy flavor.

## Recommended usage levels:

- Soy flour based proteins 20% (on a hydrated basis)
- Soy protein concentrates 30 - 40% (on a hydrated basis)
- Generally powdered concentrates and isolates should be incorporated in the range of 2-3% dry basis dependent upon application and standard of identity.

## Form

There are usually 2 forms of soy proteins offered for use in the meat/food industry:

1. Texturized soy proteins – which emulate ground meat fibrous textures.
2. Powdered soy proteins – which allow usage levels in a variety of food systems at a lower level.

Texturized soy proteins are generally offered using either soy flour or soy protein concentrate as the base material. While there are some unique texturized soy protein isolates these are not common and usually are very expensive. Another form that exists in flours and concentrates is a granular form, which in soy flour, is called grits. These are less common ingredients for meat - food application.

## Functionality

Generally, soy flours will hydrate (absorb) approximately 2 times their weight in water, while standard concentrates absorb 3 times their weight and soy protein isolates absorb 4-5 times their weight in water. In addition to water absorption, both concentrates and isolates demonstrate fat holding capabilities. These attributes are especially beneficial to emulsified meats such as hot dogs, luncheon meats, and sausages.

## Nutrition

The School Lunch program does stipulate the hydrated proteins (with water added) be a minimum of 18 percent protein on a hydrated basis, therefore most concentrates and textured soy protein concentrates are only hydrated 2.5 parts water to 1 part protein, even though they could hold more water in most meat/food processing systems.

## Key nutrition points to consider:

- Soy Flour based products have more soluble carbohydrate remaining which contributes to off flavors and can cause intestinal flatulence with some consumers
- Soy Protein Concentrates contain significantly lower levels of the soluble carbohydrates while making a contribution toward dietary fiber
- Soy Protein Isolates do contain higher levels of sodium, specialty versions are available if sodium level is a key criteria

## Allowable usage levels – standards of identity:

Some traditional meat-food products have a standard of identity which USDA limits the use of soy proteins as examples:

*Continued on Page 14*

- Meatballs, meatloaf, and Salisbury steaks can contain a maximum of 12% (on a dry basis) of these soy products or bread crumbs/fillers, these regulations allow the use of any combination of these “farinaceous materials” just so the total stays under 12%.
- Other products such as chili have a limit of 8% soy protein addition.
- It is possible to use more of such binders/proteins if you call the final product by a fanciful name or in some cases you can qualify the product with the name “Style” at the end of the product name, such as “Salisbury Steak Style Meat Pattie”.
- Standardized sausage products can utilize soy proteins usually up to 3.5% flours or concentrates or 2% soy protein isolates with proper label declaration.

For further detailed regulatory and labeling information go to: <http://www.soyfoods.com/manufacture/Regulations.html>

#### Why use Soy Protein?

- Cost – generally the cost of hydrated soy protein is about \$.25 - .30 per pound
- Juiciness in pre-cooked meats – absorption and control of meat juices throughout cooking and upon re-warming pre-cooked products
- Less physical shrinkage per portion - increase bun coverage- visual presentation
- Ability to formulate with lower salt and phosphate levels thus decreasing the sodium content while maintaining juiciness
- Improved performance/forgiveness if abused in the re-heating or holding process
- More uniform cooking of products with less internal temperature variance
- Visual enhancement of products cooked and held such as chili and pasta sauces – preventing the fat separation surfacing on top of product

#### Processing: General Guidelines and Tips

- The soy protein powdered forms are commonly added as a dry ingredient to the blender/mixer and properly dispersed.
- Each supplier may have their preferred method of introduction or blending, usually adding with or just following water or liquid portion of the formula is preferred or recommended.
- Textured soy proteins are in almost all situations required to be pre-hydrated with water before incorporation to a mix.
- Hydration of water and textured soy protein

should be done in a vessel that allow water to come into contact with all of the dry texture soy protein, or be mixed to allow the water – protein interaction

- Cold water is preferred and usually required in USDA production facilities
- Foodservice hydration of the textured soy proteins can be achieved overnight in the cooler or refrigerator to assure proper water absorption
- Formulation of textured soy proteins in hot applications such as chili, pasta sauces can be executed with dry addition of proteins into cooking vessel with agitation to optimize liquid absorption and minimize burning

In summary there are a variety of soy protein products available today which can enhance the value, nutrition, juiciness, and overall processing attributes of meat/food items. For more detailed information and references please go to: [www.soyfoods.com](http://www.soyfoods.com)

*About Steven Moore: A 36 year veteran of global new product development; Worked at Staley, Central Soya, Holly Farms, Tyson and Golden West Foods (McCormick) before starting own business, Peaks Quality Technical Services in 1996. Clients include Burger King, ConAgra, Sara Lee, Butterball, Delta Pride, Smithfield, Quik-to-Fix, National Cattlemen’s Beef Association, Perkins, Solae, Coleman Natural, Hain Pure Protein/Plainville Farms & Orval Kent. Expertise across the protein spectrum: deli meats (sliced and bulk), pre-cooked whole muscle/ground meat items, sausages, breaded & glazed items, custom proprietary chain restaurant center-of-the-plate, appetizers, and side items; and across protein sources: beef, chicken, pork, turkey, seafood, veal and soy. Specialty products experience span dough-enrobing, vegetarian foods, sandwiches, pizzas, gluten free, pies/cobblers (both meat and fruit), frying oils, cheeses, sauces, gravies, condiments and dips. Has created products in all meal-parts, in both foodservice and retail channels, including club stores. He has also worked with clients on industrial applications. His responsibilities in product development have included managing the selection and oversight of co-packers, developing product specifications, providing labeling and nutritional recommendations and assistance and specifying packaging and sourcing suppliers.*

- Member – IFT(Institute of Food Technologists), AMSA(American Meat Science Association), AAMP (American Association of Meat Processors).
- Education – B.S. Animal Husbandry University of Illinois, M.S. Animal Husbandry/Meat Science University of Illinois, Meat Lab Manager – University of Illinois, Member 1971 U of I Meats Judging Team



# Making a Difference

By PHIL ATKINSON, ACFSA VICE-PRESIDENT-ELECT/TREASURER

**T**here are a few times in our lives when events happen that keep us coming back; hitting that one perfect golf shot in the middle of a lousy round or making the perfect back hand shot to the far corner when we're down 30 – Love, three sets to nil. We've all been there.

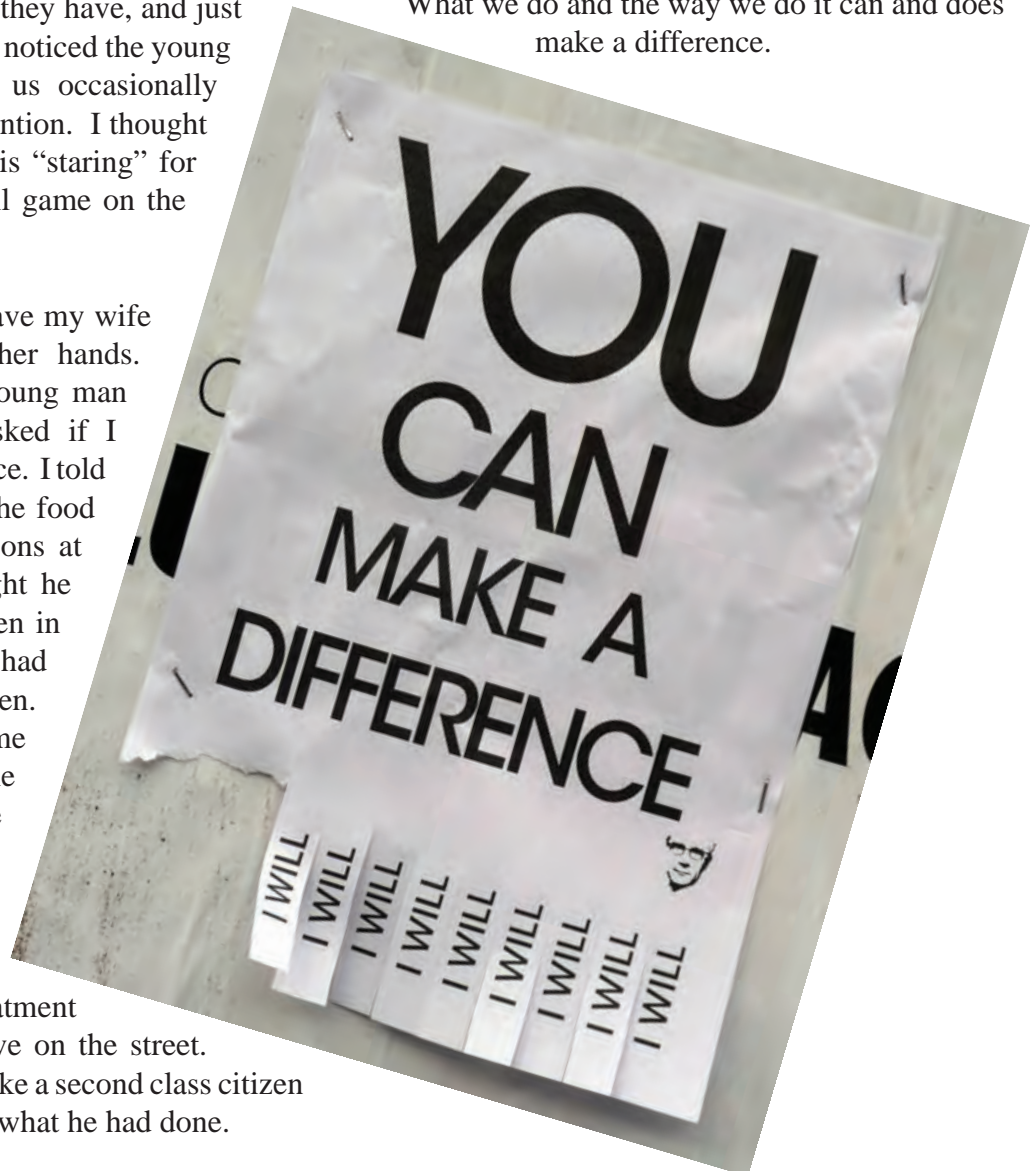
Last Saturday evening my wife and I were enjoying a dinner out at our favorite wing and beer joint. We were playing trivia, chatting with the staff and management, watching a little college basketball on one of the 45 televisions they have, and just having a good time. We had noticed the young man in the booth next to us occasionally staring at us but paid no attention. I thought I was probably mistaking his “staring” for his looking at the basketball game on the television over my shoulder.

As we were preparing to leave my wife excused herself to wash her hands. When she was gone, the young man leaned over to me and asked if I worked for the Sheriff's Office. I told him I did, that I managed the food service and laundry operations at the Jail. He said he thought he recognized me. He had been in jail several years ago and had worked for me in the kitchen. He then proceeded to tell me how much he appreciated the way he was treated when he was here – not only in the kitchen but by everyone in the Jail. He said he was treated fairly, with respect and dealt with honestly, treatment that he didn't always receive on the street. He stated he wasn't treated like a second class citizen because of where he was or what he had done.

He has been married for three years, has a baby girl and, possibly his biggest accomplishment, he has been sober for 5 years. He credits much of his success to the way he was treated while in Jail.

Those of us that have been here for a while can become discouraged when we see the “revolving door” inmates; those that return time after time. My hope is that the story above can become our perfect golf shot. We were able to make a difference in this young man's life before he became institutionalized.

What we do and the way we do it can and does make a difference.



# Food Safety and Sanitation Update

By Linda S. Mills, MBA, RD, FADA

Corporate Dietitian – Community Education Centers

**T**he latest numbers from The Centers for Disease Control and Prevention (CDC) for food-borne illness in December 2010 is 3,000 deaths, 12,000 hospitalized, and 48 million ill annually. We have all seen headlines like these:

*“E. Coli Outbreak in Michigan  
Linked to Restaurant Employee”*

*“146 Norovirus Cases Linked to Illinois Restaurant  
Norovirus at Indiana Subway Restaurant”*

*“Restaurant Outbreak Went  
Unreported in San Francisco”*

*“19 Ill in Drug-Resistant Salmonella  
Ground Beef Outbreak Listeria”*

Some of the most significant food safety stories of 2011 were:

†*Cantaloupe Outbreak Ends As Most Deadly in 100 Years* – This outbreak took the lives of 30 of the 146 people sickened and was the top story in 2011. A multistate outbreak of *Listeria monocytogenes* was associated with consumption of cantaloupe that had been grown in the Rocky Ford region of Colorado and shipped by Jensen Farms.

†Cargill’s 36 million pound multi-drug resistant *Salmonella* ground turkey recall was the largest class 1 meat recall in history and 136 people became sick.

† USDA Food Safety and Inspection Service decided to lower the cooking temperature for pork from 160° F to 145° F

† Food Safety Modernization Act of 2010 (FSMA) is the biggest overhaul of the US food system in the past 70 years. The act gives greater over-

sight and power to the Food and Drug Administration (FDA) when it comes to preventing food-borne illness and comes with a \$1.4 billion price tag to fully fund the Act. Its intent and focus is on the safety and preventive controls of imported foods, farms, and manufactured/processed foods.

And don’t forget there can be problems inside a correctional facility. Inmates of a Utah State Prison developed botulism after drinking pruno, a drink made from various fruit, potato, bread, water, table scraps and sugar, which are then fermented to make alcohol. Three of the 12 who became ill were critically ill.

Hopefully you will never see the name of your correctional facility in this type of headline. Every food service department must be vigilant in order to prevent food-borne illness outbreaks. This includes during purchasing, receiving, storage, preparation, cooking, service, cooling. Food poisoning not only sends many Americans to the hospital each year, it can also have long-term health consequences. Hemolytic-uremic syndrome (HUS) is a serious illness that usually occurs when an infection in the digestive system produces toxic substances that destroy red blood cells, causing kidney injury. HUS may occur after a gastrointestinal infection with some kinds of *E. coli* bacteria. It also been linked to other gastrointestinal infections, including shigella and salmonella. HUS can require intensive care, kidney dialysis, and transfusions.

But where do you start? Does the food service manager in every kitchen have a current sanitation certificate? Actually the more employees and inmates who are trained in food safety, the better. Sanitation certificate programs are available from the National Restaurant Association’s ServSafe program or the National Registry of Food Safety Professional. Know your state’s regulatory requirements and in some cases the regulations of the county or city.

Become familiar with the Food and Drug Administration (FDA) Food Code. From 1993 through 2001, the complete Food Code was issued every two years.

## *Food Safety and Sanitation Update Continued...*

With the support of the Conference for Food Protection (CFP), FDA currently issues a new Food Code every 4 years. The next complete revision of the Food Code will be published in 2013. Until that time, the 2011 Supplement provides a means of incorporating into the Food Code several changes with which there is substantial concurrence among the federal agencies and the other stakeholders. The Supplement ensures that the most current food safety provisions are available and the most up-to-date information of how to best mitigate risk factors that contribute to food-borne illness.

Food service employees and workers need to be trained in the “whys” of food safety. This will help employees and workers to have “buy-in” when it comes to food safety. When they understand why they are doing a certain task, they begin to change their bad habits. Knowledge is power. Does the individual understand the food they are working with? Is the food a Time/Temperature Controlled for Safety Food (TCS) or a Potentially Hazardous Food (PHF)? Both of these terms refer to foods that are capable of supporting rapid growth of bacteria. This includes dairy, meat, poultry, eggs, and shellfish. Other foods you may not think of as TCS foods are seed sprouts, cut melons, cut tomatoes, and cut leafy greens.

**FATTOM** is the acronym used to summarize what bacteria needs to grow.– food, acid, time, temperature, oxygen, and moisture.

Food - Microorganisms thrive on protein and carbohydrates.

Acidity – Most pathogens thrive between 4.6 and 7, if you can't control the acidity then there may be a risk if that food is not properly handled.

Time – Bacteria does not start to grow immediately. Once the lag phase is over bacteria grows exponentially and doubles every 20 minutes. That's why time limits are critical in controlling the growth of bacteria.

Temperature – The danger zone is 41°F - 135°F. Limit the time food is in the danger zone during preparation, holding and cooling.

Oxygen - Oxygen levels affect microbial growth. Many bacteria need oxygen to grow, but some don't need oxygen.

Moisture – all microorganisms need moisture to grow. This is measured by available water (Aw). Dry products have an Aw below 0.86

Time and temperature abuse is the number one issue. The more times food goes in and out of the danger zone and the longer it is in the danger zone, the higher the risk of bacterial growth and food-borne illness. Maintaining temperature logs, having a HACCP plan for all recipes, and good personal hygiene will be beneficial to keep your facility out of the headlines.

### **Resources:**

- National Restaurant Association's ServSafe program - <http://www.servsafe.com/>
- National Registry of Food Safety Professional - <http://www.nrfsp.com/index.php>
- State sanitation regulations - <http://www.servsafe.com/FoodSafety/regulations/>
- FDA Food Code 2011 Supplement - <http://www.fda.gov/Food/FoodSafety/Retail-FoodProtection/FoodCode/FoodCode2009/ucm272584.htm>
- Food Safety News - <http://www.foodsafetynews.com/>
- Centers for Disease Control - <http://www.cdc.gov/>
- USDA Food Safety and Inspection Service - <http://www.fsis.usda.gov/Home/index.asp>

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Linda S. Mills, MBA, RD, FADA is the Corporate Dietitian for Community Education Centers in West Caldwell, NJ and a ServSafe Instructor. She can be reached at [Linda.Mills@cecintl.com](mailto:Linda.Mills@cecintl.com) or 484-345-8811.

# The 2012 Annual International Conference & Vendor Showcase

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



# ACFSA Will Jazz it Up New Orleans Style!

**Y**ou're going to want to plan on being with us in New Orleans as we are throwing the Party of the Year! It will be the best opportunity to network and visit with your friends and colleagues in the Correctional Food Service industry as ACFSA visits The Big Easy. The Hyatt Regency, newly re-opened after being slammed by Hurricane Katrina, is an absolute gem! You will not have to leave the property to have a good time, but I am sure that The World Famous French Quarter will beckon and it is a few short blocks away.

The Conference will kick off, as usual, with the Annual Golf Tournament. This year the California Chapter will be your host at the Stonebridge Golf Club. The course is a beauty and it is sure to be a good time, so bring your clubs along or plan to rent them and enjoy a great day on the links! Proceeds benefit the California Chapter and Registration Form is on Page 24 of this issue of *INSIDER*. If you're not a golfer, the New Orleans Conference ommittee is suggesting a Swamp Tour - *a decidedly New Orleans Experience if there was one!* This option will be available all day and the Tour Company has other experiences, too, so plan on being with us early on Sunday to get a flavor of the city!

Our Opening Keynote Speaker, Patrick House, is sure to get you started the right way but our breakout sessions will keep you going through the conference with outstanding topics and presenters offering insights and education on the topics of the day. And don't forget the Annual Vendor Showcase! This is you best chance to meet with vendors exclusive to the Corrections Industry with products both time-tested and new to help make your job a little bit easier. Make it a point to spend some time with each of them as they are all making a very substantial commitment to be with us.

It's sure to be a great time, so if you have not made your reservations and filled out your registration, then it's time to do so before you miss out of the Correctional Food Service Show of the Year. We can't wait to see you in beautiful New Orleans, Louisiana!



**SUNDAY AUGUST 19, 2012**

6 am - 12 **Golf Tournament**

All Day **Swamp Tour**

Cajun Encounters Tours  
Reservations 504-834-1770  
[www.cajunencounters.com](http://www.cajunencounters.com)

*Please book directly with the tour company.  
Other New Orleans Experience tours available!*

8 - 5pm **Food Protection Manager Certification**

*You must register by Friday August 10, 2012  
For more information contact **Benson Li, CCFP**  
(213)893-5866 or email [BPLi@LASD.org](mailto:BPLi@LASD.org)*

4 - 5pm Chapter Presidents Meeting

5 - 6pm First-time Attendees Reception

6 - 8pm President's Reception

**MONDAY AUGUST 20, 2012**

7 - 4pm Registration

8am **Opening Ceremony**

Presentation of Colors by **OPSO Honor Guard**  
National Anthem: Performed by **Jennifer Klein**  
Breakfast and Association Update  
Welcome Remarks:  
**Sheriff Marlin N. Gusman**, Sheriff of Orleans Parish

10:00 Keynote Address -

**Patrick House**, Winner of *The Biggest Loser* Season 10

Noon - 1:30 Lunch on your own

Noon - 1:30 Dietitian's in Corrections Lunch (*invitation only*)

Noon - 1:30 CFSM Luncheon (*invitation only*)

1:30 - 2:30 Vendor's Meeting

1:30 - 2:30 **"Opportunity Buys - Doing it Correctly"** - Panel

**Justin Sarrach**, VP of Procurement National Food Group  
**Wendy Shanks**, Corrections Div. Mgr. Global Foods, Inc.  
**Sharone Story**, VP of Sales / Marketing Good Source Solutions  
**Kristen D. Stoker**, Independent Ntnl Sales Exec. Rainmaker, Inc.

2:30 - 3:30 **"Trends in Nutrition"** - **Barbara Wakeen**

3:30 - 3:45 Break

3:45 - 5:00 **Regional Roundtables**

5:00 - 7:00 **Vendor's Reception**

**TUESDAY AUGUST 21, 2012**

7:00 - 4:30 Registration

8:00 - 9:00 **PREA Issues** -

**Terrell Robinson**, Senior OPSO Academy Instructor

9:00 - 10:00 **Paul Scofield** - North Central Regional Food Service Administrator DOJ / BOP

10:00 - 2:00 **Vendor's Showcase**

2:00 - 2:15 Break

2:15 - 3:15 **"Screening Inmate workers for the Food Service environment"**  
**Dr. Samuel Gore**, Medical Dir. of Orleans Parish Sheriff's Office

5:30 - 6:30 Photo's in the Hotel Lobby Grand Stairwell

6:30 - 10:00 **Award's Banquet and Gala Banquet**

**WEDNESDAY AUGUST 22, 2012**

6:30 - 7:30 Fun Run / Walk - *Sponsored by Good Source Solutions*

7:00 - 4:30 Registration

8:00 - 9:00 Cooking Demonstration - New Orleans Chef

9:00 - 9:15 Break

9:15 - 10:15 **"Certification - Continuing Education through ACFSA"**  
**Teddie Mitchell**, CCFP, FS Mgr., Shawano County Jail

9:15 - 10:15 **"Menu Cost Saving Ideas"** - **Kevin O'Brien**

9:15 - 10:15 **"Equipment / Food Specifications"**

10:15 - 12:00 **Chris Musgrove**, National Food Service Coordinator

12:15 - 2:00 Lunch on your own

2:00 - 3:00 **"Certification - Continuing Education through ACFSA"**  
**Teddie Mitchell**, CCFP FS Mgr., Shawano County Jail

2:00 - 3:00 **"Menu Cost Saving Ideas"** - **Kevin O'Brien**

2:00 - 3:00 **"Equipment / Food Specifications"**

3:00 - 4:30 **"Can Your Jail Survive a Natural Disaster ?"**

4:30pm Certificates of Attendance

**THURSDAY AUGUST 23, 2012**

8:00 - 11:00 **Tour of new Cook Chill Facility**

11:00 - Noon **Tour of OPSO Jail Facility**

Noon - 1:00 Lunch at Jail

1:00 Return to hotel

Please note that Schedule is subject to change before the event. Check the ACFSA website often for the latest updates! *We'll see YOU in New Orleans!*



*Vendors, Are you interested in the Correctional Food Service Industry? Here's an Opportunity for You!*

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 has great space available for you on the show floor, but those spots are filling FAST! Make it a point to reserve your booth today before they are gone!

So, visit the website TODAY and fill out the Official Vendor Registration Form. If you have any questions, please call the office at (818)843-6608.

*Mark Your Calendars!*  
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** is proud to announce that we will have a very special Opening Keynote Address by Patrick House, the winner of The Biggest Loser Season 10! If you don't know Patrick's story, at his heaviest, he tipped the scales at over 425 lbs. He weighed in at an even 400 lbs. when he began his journey on The Biggest Loser Season 10. When the final bell rang, he was the last person standing having lost a total of 181 pounds, or more than 45% of his body weight! It was an incredible journey to witness as Patrick was a fan favorite from the beginning with his "take no prisoners" attitude to workouts, fierce competitive spirit, and his genuine care for his fellow contestants.

Much of Patrick's motivation for the weight-loss, aside from a need to be healthier, was his family. With young children and a wife to take care of, it was apparent that he needed to be around for the long-haul.

A Sales Rep in the Food Service Industry, Patrick has since left that career to begin helping others as he runs an academy that helps obese children tackle their weight issues. He has boundless energy, runs marathons and keeps an extremely busy schedule, but he is marking his date book for a morning with ACFSA in New Orleans. You will be inspired by his story and will no doubt be able to apply some of his techniques to your everyday life and in the work place.

# Food Show!

By Frank Shelton, ACFSA Region II Director

**T**here he stood, in front of the Starbucks with a little sign with my name printed on it, just like they said he would. I located my bag at the baggage claim and he took it from me and led me out of the airport to a stretched limo, my ride to the hotel. Country had come to town!

Recently I was invited to attend an ECRM “event” in Las Vegas. It was their first Institutional Foodservice Food Show and I was there to see what it was all about. First impression: Spectacular!

Arriving at the hotel, I first checked in at the ECRM reception area. After getting my badge and paperwork, I was met by a nice young lady who took me over and sat me down then explained what the show all about.

They had me scheduled to meet, by appointment, various manufacturers and distributors at 10 or 20 minute intervals. I would be given an iPad to use that had my schedule pre-loaded and I was to take it with me, allowing me to make notes and comments about products I would see. Later I’d be able to download the information into whatever form I wished for review. It had product info preloaded and available to review at my leisure, either before an interview or afterward. They also handed me a little barcode scanner that I could use to grab info on specific products I saw and would save it for me to review later. Again, I was impressed.

Now I’m an old hand at tradeshow. I was more or less raised in the clothing industry, traveling with my family to tradeshow large and small as they purchased the latest items for their store. And with an uncle in the business on the vendor’s side I would sometimes be left to help him in his booth, pulling items and demonstrating products, so when I got into foodservice tradeshow they were old hat. This, however, is a whole new deal.

The next morning, the first morning of the show, with iPad in hand, I made my way to my first ‘appointment’. My first thoughts were that it was going to be a waste of time. I wasn’t expecting that particular manufacturer to have anything I might be interested in. I was wrong.

While I probably won’t be doing any business with that particular company for now due to their lack of a distribution network, it certainly gave me some ideas and possibilities for the future. It was an all natural, heart healthy, breakfast food with a great flavor profile and reasonable cost that I’m pretty sure has a bright future.

That was just the beginning. All in all I saw plenty of new products and came away with a lot of new ideas from many new sources. Some things were relevant, some weren’t. Found a few “deals.” I even got some valuable inside info on future trends on a couple of products, which is a big plus!

Don’t get me wrong, this type of show isn’t play. It’s professionally run and you have to be prepared to keep to the schedule. And they even schedule and run your “down time” with meals, entertainment and such provided..., but even that was refreshing in a strange, but well thought out way.

Trade shows (food shows) can be what you make of them. To me they are extremely valuable tools, even if I don’t purchase a lot of merchandise, because there is nothing like seeing what’s out there in the marketplace. What’s new, what’s trending, what might be in short supply, or perhaps a bargain.

I’m able to meet with brokers and factory reps that won’t normally walk in my door. Sometimes I’ve walked away with a sweet deal on some product I can use that a vendor needed to move. Overruns, new products, or remaining inventory can be the source of pretty good savings and you need to put yourself in position to take advantage of those when and if you can.

I can’t tell you how many valuable contacts I’ve made over the years just by walking those aisles at a food show. And along the way I’ve marketed correctional foodservice as an institution to be catered to - even promoting the ACFSA along the way.

I’ve talked up everything from the need for special products customized for corrections, to better packag-

*Continued on Page 23*



ing more suited to our volume of cooking, and it's paid off. Apparently manufacturers have taken notice of the corrections industry. It used to be schools and hospitals where the big volume buyers, but now correctional foodservice is seen as a player, too.

If you aren't attending trade shows, you need to be. Even if you have to finagle your way to get invited to one, do so. They are a great educational resource for you if nothing else. Here in Louisiana, the Louisiana Restaurant Association puts on a great one and I'm sure wherever you live your state's probably does, too. And don't forget, our annual conference vendor's show is something you should not miss either!

I understand that many of us aren't in a position to buy on the open market, are restricted by bid processes, or perhaps work for companies or government bodies that have their own supply chain, and think that a food show wouldn't be a benefit to them. I disagree. In today's world knowledge is key to almost everything.

Talk to your supervisor, your Warden, your "whoever" if you need permission. from. Tell them it's a fact finding mission that might just save them some money. How else will you know what you don't know if you can't go?

You'll see what's new and the cutting edge in product and equipment, if nothing else. Chances are you'll see stuff you didn't know was available, or get an idea about something new to do with something you're already using.

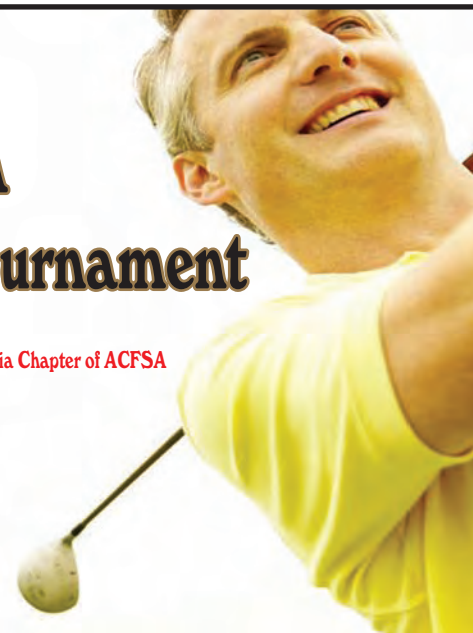
Ask questions. Even if you don't think you can use a certain product it may open a door to something you can. If you see something you like but can't use, tell them why. I can't tell you how many phone calls I've gotten a week later that started with "We were thinking about what you said. What if..."

There is something to be said for mingling with your peers in the foodservice industry also. Fresh perspectives and insights, and just getting out and getting a look at the big picture of the food service world will add much to your professional life and skills. Besides, we all need that breath of fresh air that getting out and seeing what is beyond the kitchen door brings.

Food shows may not be as prevalent as they used to be, but relevant they still are. I attend every one I can. You should too.

# ACFSA Golf Tournament

Presented by The California Chapter of ACFSA



**August 19, 2012**  
**4-Person Scramble**  
**Stonebridge Golf Club**

The Stonebridge Golf Club is located at:

1500 Stonebridge Drive  
Gretna, LA 70056  
Phone: (504)463-4195

**Tournament Open to  
all Members, Vendors,  
Friends & Family**

**\$90 Entry Fee**

*Includes Golf Cart, Range Balls, Food & Prizes*

**Contacts:**

**Don Perkins (559)992-7100 x5762**  
**email: donald.perkins@cdcr.ca.gov**

**Myron Wiley (559)280-8115**

*Registration Form on Page 24 or visit [www.ACFSA.org](http://www.ACFSA.org)*



## Golf Tournament Registration Package

Tournament is scheduled for August 19, 2012 (Tournament Registration Deadline August 3 2012)

To register for the golf tournament please fill out this form. All checks must be made Payable to the **California Chapter - ACFSA** and mailed in care of:

Myron Wiley  
926 W. Petunia  
Farmersville Ca. 93223  
Ph: 800-848-8160 ext. 192 Fax: 559-747-8316  
e-mail [myronw@joneszylon.com](mailto:myronw@joneszylon.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**MEET AT 6:45 A.M.  
FOR RIDE TO THE GOLF CLUB**

**TEE-OFF AT 8:00 A.M.**

**TRANSPORTATION TO AND FROM THE  
GOLF CLUB IS BEING PROVIDED BY THE  
NEW ORLEANS SHERIFF'S DEPARTMENT**

**PRIZES INCLUDE:**

- I. TOP THREE TEAMS**
- II. LONGEST DRIVE**
- III. CLOSEST TO THE PIN**

**FOR ADDITIONAL COURSE INFORMATION:  
[WWW.STONEBRIDGEGOLFOFNO.COM](http://WWW.STONEBRIDGEGOLFOFNO.COM)**

***Cost is \$ 90.00 per golfer. Please include your check for each golfer when returning this registration form. We will make every effort to keeps teams together, so get your registration in early, and plan on having a great time.***

If you have any questions or need any additional Golf tournament information please contact  
Don Perkins @ 559-992-7100 ext 5762 or Myron Wiley @559-280-8115

***Remember, all checks must be Payable in U.S. currency to the {California Chapter - ACFSA}. We thank you for Your contributions, your donations make the difference to our success!  
We look forward to seeing you at the Golf tournament in New Orleans***



Conference Hotel  
**Hyatt Regency New Orleans**

The **Hyatt Regency New Orleans** was beaten and battered by Hurricane Katrina in 2005 and forced to shut its doors for a remodel. The hotel remained closed until October of 2011 when they opened the doors after completing a \$275 million renovation. The result is a clean, contemporary look with cascades of natural light, splashes of marble and brass and an overall feel of sophistication.

ACFSA attendees will have no trouble finding dining options within the hotel as the Hyatt boasts five restaurants, a full-service **Starbucks** and **Lagniappe Exchange**, a 24-hour fresh market and convenience store. Restaurants include; **8 Block Kitchen & Bar**, a 360-seat, full-service restaurant and bar; **Vitascope Hall**, a media/action bar outfitted with 25 flat-screen TVs; and **Borgne**, the latest restaurant by Chef John Besh, a rising culinary star in New Orleans; **Whole Hog Café**, featuring award winning barbecue; and **Pizza Consegna**, a pizza delivery-only program that will prepare and deliver savory, hand-tossed pizzas directly to guest rooms.

Venturing outside the hotel, the World Famous **French Quarter** is an easy six-block walk away where there are hundreds of dining and shopping options as well as unlimited entertainment. There is also the World Class **World War II Museum** a short walk away.

The **Hyatt Regency New Orleans** is a perfect home for ACFSA's 2012 Annual International Conference!

### **Hyatt Regency New Orleans**

601 Loyola Avenue  
New Orleans, Louisiana 70113  
Phone: (504) 561-1234  
Fax: (504) 523-0488  
[www.neworleans.hyatt.com](http://www.neworleans.hyatt.com)

Single/Double Rate -  
Prevailing Government per diem  
(currently \$98)

Hotel rooms and exhibit space fill up quickly. The sooner you register, the more likely you are to get the arrangements you want. You can access complete conference and registration information by visiting the ACFSA website or on the pages of INSIDER.

Questions? Call (818)843-6608

# 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 \_\_\_\_\_

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

♦ - 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 SHOW.

\*\* 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 \_\_\_\_\_

*Vice President-Elect/Treasurer*

*Region 1 Director ● Region 3 Director ● Region 5 Director*

I/We Nominate \_\_\_\_\_

as a candidate for office of \_\_\_\_\_

*The Candidate has read the Job Description for which the individual has applied and is willing to accept these responsibilities upon election.*

Candidate's Name \_\_\_\_\_

Candidate's Title \_\_\_\_\_

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

Work Phone \_\_\_\_\_ FAX \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

◆ QUALIFICATIONS

For Vice President-Elect/Treasurer

Currently a Member of ACFSA in Good Standing for three (3) years:  Yes  No

For Secretary or Regl Dir.: An ACFSA member in Good Standing for one (1) year:  Yes  No

Date Joined (Month/Year) \_\_\_\_\_

◆ OFFICES HELD

*International Board of Directors*

Office Held \_\_\_\_\_ Year \_\_\_\_\_

*Chapter Officer*

Office Held \_\_\_\_\_ Year \_\_\_\_\_

Nominator's Name \_\_\_\_\_

Nominator's Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact Phone \_\_\_\_\_ Email \_\_\_\_\_

*Please submit application with a picture of candidate and a 100 word summary to appear on ballot. Summaries of more than 100 words will be edited down to 100 words.*

*No faxes will be accepted.*

*Candidate will also be required to follow campaign guidelines.*

SEE  
BACK  
SIDE



*2012 Officer Nomination*

Position \_\_\_\_\_ Year \_\_\_\_\_

*Please submit application with a picture of candidate and a 100 word summary to appear on ballot. Summaries of more than 100 words will be edited down to 100 words. Candidate will also be required to follow campaign guidelines.*

**TO WHOM IT MAY CONCERN:**

**I HAVE REVIEWED THE REQUIREMENTS WITH THE CANDIDATE FOR THE INTERNATIONAL ACFSA OFFICE OF \_\_\_\_\_**

**WE HAVE DISCUSSED THE AMOUNT OF TIME INVOLVED, THE TIME REQUIRED AWAY FROM THE JOB SITE, AND THAT IT WILL BE CONSIDERED PROFESSIONAL DEVELOPMENT.**

**I AM SUPPORTIVE OF THIS ENDEAVOR.**

SIGNATURE OF SUPERVISOR \_\_\_\_\_

TITLE OF SUPERVISOR \_\_\_\_\_

DATE \_\_\_\_\_



Return to:

Jon Nichols  
ACFSA  
210 N. Glenoaks Blvd. Ste C  
Burbank, CA 91502  
or fax to ACFSA (818) 843-7423

Due by April 27, 2012

**Equipment**

**Partner Representative**

I/We Nominate \_\_\_\_\_

as a candidate for office of Professional Partner Representative

*The Candidate has read the Job Description for which the individual has applied and is willing to accept these responsibilities upon election.*

Candidate's Name \_\_\_\_\_

Candidate's Title \_\_\_\_\_

Company Address \_\_\_\_\_

Work Phone \_\_\_\_\_ FAX \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

◆ ELIGIBILITY DETERMINATION

Currently Professional Partner of ACFSA in Good Standing for one (1) year:  Yes  No

Date Joined (Month/Year) \_\_\_\_\_

Has served one complete term as:

International Professional Partner Liaison Year \_\_\_\_\_

Regional Professional Partner Liaison Year \_\_\_\_\_

State Professional Partner Liaison Year \_\_\_\_\_

International Committee Chair Year \_\_\_\_\_

SEE  
BACK  
SIDE

Nominator's Name \_\_\_\_\_

Nominator's Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please submit application with a picture of candidate and a 100 word summary to appear on ballot. Summaries of more than 100 words will be edited down to 100 words.**

**No faxes will be accepted.**

**Candidate will also be required to follow campaign guidelines.**



**2012 Professional Partner Nomination**

Position \_\_\_\_\_ Year \_\_\_\_\_

*Please submit application with a picture of candidate and a 100 word summary to appear on ballot. Summaries of more than 100 words will be edited down to 100 words. Candidate will also be required to follow campaign guidelines.*

**TO WHOM IT MAY CONCERN:**

**I HAVE REVIEWED THE REQUIREMENTS WITH THE CANDIDATE FOR THE INTERNATIONAL ACFSA OFFICE OF \_\_\_\_\_**

**WE HAVE DISCUSSED THE AMOUNT OF TIME INVOLVED, THE TIME REQUIRED AWAY FROM THE JOB SITE, AND THAT IT WILL BE CONSIDERED PROFESSIONAL DEVELOPMENT.**

**I AM SUPPORTIVE OF THIS ENDEAVOR.**

SIGNATURE OF SUPERVISOR \_\_\_\_\_

TITLE OF SUPERVISOR \_\_\_\_\_

DATE \_\_\_\_\_



Return to:

Jon Nichols  
ACFSA  
210 N. Glenoaks Blvd. Ste C  
Burbank, CA 91502  
or fax to ACFSA (818) 843-7423

Due by April 27, 2012



# Qualifications for Officers for the Board of Directors

## I. A candidate for the office of Vice President-Elect/Treasurer:

- A. Shall have served for one complete year (prior to the return date on the nomination form) as a member of the International Board of Directors, Chapter President, or International Chairperson.
- B. Shall be a foodservice or institutional member in good standing (dues paid for one year).
- C. Shall have been a member of the ACFSA for three consecutive years including the year of election.
- D. Must have a completed nomination form submitted by the due date specified.
- E. Must provide credentials as well as written permission from their superior to accept the position.
- F. Must be willing to accept the position if elected.

## II. A candidate for the office of Secretary or Regional Director:

- A. Shall be a foodservice or institutional member in good standing (dues paid for one year).
- B. Shall be currently holding or shall have previously held office at a chapter, state, regional or international level or shall have served as International Chairperson.
- C. Must have a completed nomination form submitted by the due date specified.
- D. Must provide credentials as well as written permission from their superior to accept the position.
- E. Must be willing to accept the position if elected.

## III. A candidate for the office of Professional Partner Representative:

- A. Shall be a professional partner or associate professional partner whose membership has been in active status for one year prior to the return date on the nomination form.
- B. Shall have served at least one term as Regional Professional Partner (Vendor Liaison), State Professional Partner (Vendor Liaison), International Professional Partner (Vendor Liaison) or International Committee Chair.
- C. Must have a completed nomination form submitted by the date specified.
- D. Must be willing to accept the position if elected.

◆ *Job descriptions are available upon request from any member of the Board.*

## Nomination and Election Procedure

*The purpose of this policy is to establish a procedure governing nomination and international ACFSA elections.*

### I. Nominations

- A. Nominations are according to ACFSA by-laws.
- B. Nomination forms (enclosure) will be sent to the International Office and forwarded to the Chair of the Nominating Committee. The Nominating Committee consists of the Past President and the Regional Directors.
- C. Nominations will be reviewed for eligibility by the committee. In the event that there are not two qualified candidates for each office, the committee will work to find qualified candidates to submit to the Board of Directors for review.
- D. The Past President will forward an official list of candidates to the Vice President.

### II. Ballots

- A. Ballots will be prepared by the International Office and sent out by the designated date.

B. All current members of the ACFSA will be mailed a ballot. Foodservice or institutional members will receive a ballot for Executive Officers and Regional Director positions. Professional Partners will receive a ballot for Professional Partner Representatives.

C. All ballots will be on letterhead and checked off of a list of eligible respondents. No photocopies are permitted.

D. Elections will be conducted by secret ballot.

E. Ballots are to be returned in a sealed single inside envelope by the designated date. The outside envelope will be required to have a legible signature or symbol and a printed name on the outside. This is essential in order to verify those who have voted.

F. The signatures on the outside envelope of the ballot will be validated by the Vice President.

G. The envelopes will be given to an independent person/company selected by the Board of Directors for counting. The person/company will present an official tabulation to the Past President and the Vice President.

## III. Announcement of Results

- A. The official results will be sent to the President and the President will notify the rest of the Board of Directors.
- B. The President will send an official letter to the winning candidate and the candidate's sponsor. Letters also will be sent to the other candidates.
- C. Official results will be announced at the International Conference.

## IV. Candidates are to follow Campaign Policy Guidelines

### V. Time Frames

*March:* Nomination forms appear.

*April 29:* Completed Nomination Forms are to be postmarked by midnight.

*May 10:* An official e-ballot will be sent to each voting member in good standing (dues paid on May 1) and posted on-line in the member only section for those without e-mail addresses.

*June 3:* All ballots must be submitted.

*June 15:* All Candidates are notified of results via phone or fax by the President. The President will send a letter of congratulations to the winners and their supervisors and letters to the other candidates thanking them for running for the office. The Board of Directors will be notified of election results

*August:* International Conference. The Chair of the Nominations Committee will announce the official results at the beginning of the conference. Officers will be installed at the international banquet and the new Board will convene at the next official meeting of the Board.

### VI. Offices

This year we are seeking nominations for:

Vice President-Elect/Treasurer, Region I Director & Region III Director and Equipment Partner Representative.

## Campaign Guidelines

*The purpose of this policy is to set forth guidelines and Association procedures under which the Association of Food Service Affiliates will monitor campaigns of persons nominated for International and Chapter Offices.*

### I. The Association of Correctional Food Service Affiliates cannot support candidates for State, Regional or International Offices.

- A. Association funds cannot be utilized to purchase postage or supplies to support candidates.
- B. ACFSA International or Chapter letterhead or a copy of the letterhead cannot be utilized in support of candidates.

**II. Personal recommendations on personal stationary, using personal finances, are acceptable. Current Board of Directors members on the chapter or international level are not to use their Board title in personal recommendations.**



# Go Green in the Officer's Dining Room

by Benson Li, ACFSA President

## EAT HEALTHIER IN LOS ANGELES COUNTY

**S**ome correctional facilities do not allow their staff to leave their facilities due to security issues. Safety personnel have to remain in the facility during their meal time--just in case they have to respond to an emergency or inmate disturbance. Meals are provided as part of the union agreement. Two years ago, when Lieutenant Joseph Badali was the Unit Commander of the Food Services Unit, he observed that our employee dining facilities were serving thousands of meals a day. The Los Angeles County has a wellness program that encourages county employees to be more aware of their health and fitness. Being a marathon runner himself, he wanted to roll out a new serving practice to help employees identify healthy foods at a glance. The new program incorporated color-coded serving utensils to help employees make healthier food choices. In the past two years, it was proven to be successful. Staff are more aware of their meal selections.

Utensils that are color-coded **GREEN** will identify healthy nutrient rich foods, based on guidelines set forth by the American Heart and Dietetic Associations. **YELLOW** color-coded utensils will identify moderately healthy foods; and **RED** color-coded utensils will identify not so healthy food choices...limit these choices.

The serving program will assist in the mission of hundreds of men and women assigned to the correctional facilities to improve their quality of life for themselves and their families. The health and well-being of our fellow employees are a priority.

So, go for the healthy choice ...**Go Green!** You are what you eat! Employees should be mindful when selecting their foods.

The following is Lieutenant Badali's Personal Philosophy:

*Ifelt it was my obligation to ensure that healthy options and nutritious foods are available for employees who dine in the pleasant and relaxed environment of the Officers' Dining Room.*

*Proper nutrition is critical to good health. But identifying which foods you need for a healthy diet can be challenging. Using the color coded utensils will assist those employees who plan on eating a healthier meal. By choosing the green serving utensil, employees will be persuaded to reinforce positive behaviors and enjoy the benefits of healthy eating while getting essential nutrients. What is also great about the utensil program is that we are suggesting voluntary behavior changes that reduce our employee's health risk, improving workplace skills, and enhancing their individual productivity and overall well-being.*

*In addition to making healthy choices in nutrition, physical activity must be incorporated into your lifestyle. Physical activity contributes to weight loss, especially when it is combined with calorie reduction. You do not need special skills or training to be physically active.*

*To get started, you should select activities that you **ENJOY** and can fit into your daily life. Personally, I stay active by competing in community racing events, the Baker to Vegas Challenge Cup Relay and most recently, the Western States Police and Fire Games. Speaking from experience, don't get discouraged if at first you miss a day or two; just keep trying and do your best to make it a regular part of your life. You will soon realize how great it feels to be physically active and healthy.*

*Make fitness and proper nutrition a priority...  
**COMMIT TO IT!!!***

eat **Healthier**

# GO GREEN

in the  
ODR!

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!**

# breaking into jail

*A career in corrections can be lucrative while offering a standard-hour workweek.* / BY JODY SHEE

**W**hile everyone else is out enjoying productive careers, family, friends—and life in general, there is the hidden-away mass of 2.4 million inmates incarcerated across the country in federal, state and county correctional facilities. Whether in jails, prisons, penitentiaries or juvenile detention centers, they eat, too, and someone has to see to it.

Granted, there aren't many culinary professionals out there developing their dream dishes in prisons, but plenty are directing foodservice operations, keeping everything in motion. So for those who like to be involved in planning, supervising, purchasing and training, corrections can offer a rewarding career.

One of the biggest beasts to contend with, however, is an ever-shrinking budget. It drives everything that is happening in corrections foodservice. But salaries are safe—and comparable, if not better, than many other foodservice jobs. That's because those in corrections are either employed by the government (with nice salaries, standard workweeks and fringe benefits, including a pension) or they work for contract management companies with their own benefits packages.

But, back to the beast of reduced spending. With the tough economic times, government cutbacks are taking a toll on corrections foodservice, all the way from what prisoners eat for dinner to who runs the program. It looms over the head of government-employed workers in self-run operations, who, while building their pensions, could be out of a job in an instant if officials decide to outsource foodservice operations. Contract management companies come out the winners, as they are hired to run the program, instead.

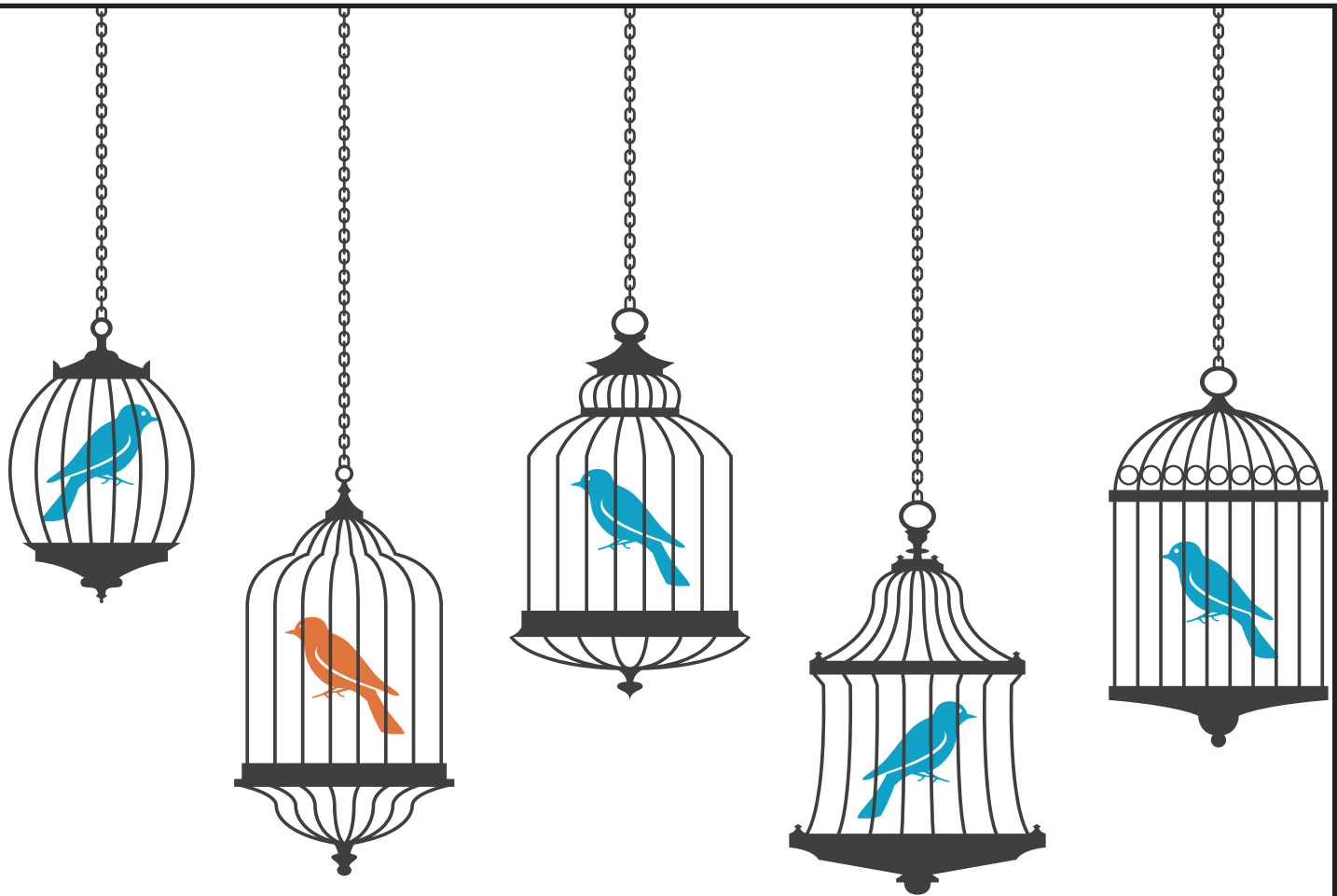
## government operations

While he has worked for the Michigan Department of Corrections (MDOC) for more than 19 years, for nearly four years, J. Kevin O'Brien, CEC, has served as foodservice director at MDOC's Coldwater Prison Complex, and is responsible for feeding more than 3,300 prisoners and 700 staff members daily.

The corrections culture is certainly about monitoring, controlling and securing. In many cases, inmates are involved in the food preparation. “Knives are usually tethered to the table when prisoners are working, and signed in and out by staff,” O'Brien says. “We lock and

“  
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”



unlock doors all the time, allowing prisoners access to areas for food storage and holding.”

Cabinets are also constantly locked and unlocked to get out cookware, dishes and utensils.

In spite of safety precautions, things happen. Matt Dunaj, CEC, commissary supervisor at the Macomb Correctional Facility, Lenox, Mich., recalls an incident on his watch around the 100-gallon steel kettle. Two inmate cooks each had 4-foot-long stainless steel paddles and ended up in a scuffle. He called for help to break up the bloody fight. It was back to business as usual after wiping down the whole kitchen. “That’s the kind of thing we work with, and it could happen any part of the day,” he says.

The Macomb correctional facility inmates eat in shifts, which for lunch begins at 11 a.m. and for dinner, 4 p.m. The food has to be prepared exactly on time or the whole prison schedule is thrown off, Dunaj says.

The biggest career benefits to Dunaj are—well—the benefits. He only works 40 hours a week, leaving him with family time. At age 42, he’s looking forward to retirement at age 50, just hoping the facility doesn’t privatize the foodservice operations before then.

He also enjoys teaching. “Not all the inmates are bad, I don’t think. They have different circumstances that got them here. I try to teach them skills so when they do get out there’s a possibility for them to get viable employment,” he says.

And, Dunaj has opportunities to test new recipes and to create menu schemes that go across corrections throughout Michigan.

Most facilities cook in bulk using convection ovens, kettles, tilt skillets and steamers. “Fryers are disappearing due to concerns of the dietitians for fat levels, and the menus are all nutritionally analyzed,” says O’Brien.

He spent more than 18 years in hotels, hospitals and restaurants before joining the Department of Corrections. “It has changed my life, and, I believe, for the better,” he says. His normal work schedule has left him time to be involved in the American Culinary Federation (ACF), even serving on the board of his local ACF chapter. He also is chapter and state president for Michigan for the Association of Correctional Food Service Affiliates (ACFSA).

Specifics of food preparation in government-run facilities depend on the type of facility, says Benson Li, manager of the Sheriff’s Food Services Unit for Los Angeles County,

Los Angeles, and president of the ACFSA. In federal facilities, most handle their own food preparation. State prisons also do their own production, though some states have a central production kitchen. In some cases, facilities may have a culinary-arts training program to teach the inmates skills so they can find jobs when they get out.

There's always a need for trained culinary professionals in corrections, whether it's on the federal, state, county, city or private level, Li says. Each unit handles three meals a day that must comply with national nutritional standards. "When you plan a menu, you have to plan with the different food groups and consider calories. The menus have to be approved by a dietitian."

### contract management

The fact that contract management companies serve a variety of segments (education, business and industry, health care, etc.) makes them adept in several areas, including purchasing, which is most useful in low-budget corrections. They also can share expertise and initiatives across platforms.

Fred Dement retired from Aramark the first of the year as foodservice director at the Adams County Detention Center in Brighton, Colo. The facility has 12 Aramark employees and 60 inmate workers who worked under Dement, serving about 1,300 inmates three meals a day. While he oversaw the kitchen, financials and food purchasing, staff training is where he shines, made possible through Aramark's IN2WORK vocational training program, which he helped develop for its Correctional Services division.

The culinary training classes take several weeks to several months to complete, depending on the type of facility, ending with graduation and a certificate of completion. Only inmates screened, allowed to and currently working in the kitchen can participate in the program. They receive hands-on training and classroom instruction in proper food production and food retail operations, as well as ServSafe training and certification.

Dement has held five group graduations after teaching the inmates fine-dining cooking. "For graduation, they pick the menu, order the food, cook and serve it to the staff," he says.

Graduation is a big deal, and Dement presents the graduates with white chef's coats and hats embroidered with their names

## what it takes

Not everyone is suited to a career in corrections. Those in the industry offer their insider insights.

You need to be certain of yourself and your expertise in the field. Corrections is typically filled with "type A" personalities, so you really need to be humble and just go about your work and get the job done.

—J. Kevin O'Brien, CEC, foodservice director, Michigan Department of Corrections Coldwater Prison Complex

The residents can be a challenge. They are frustrated with their situation in life. They are not happy being incarcerated. Trying to make them happy with a meal is difficult.

—Tom Lawrence, district manager, Lintons Managed Services, Community Corrections division, East Norriton, Pa.

Training inmates in the kitchen is a rewarding experience—to see someone learn something and use that knowledge to their gain for future employment. Also, chefs can use basic ingredients to make a lot of items not familiar to other people.

—Benson Li, manager, Sheriff's Food Services Unit, Los Angeles County, Los Angeles, and president of the Association of Correctional Food Service Affiliates

The type of person best suited for a job in corrections would be one who is thick-skinned, as you're mainly dealing with inmates, and they can really wear on you sometimes.

—Fred Dement, retired foodservice director for Aramark at the Adams County Detention Center, Brighton, Colo.

Food in federal prisons, where those with white-collar crimes are serving time, may be a bit more upscale than what is available in county jails. Sheriffs are on a tight budget.

—John Covert, executive vice president for Senior Services and Corrections Services, Valley Services Inc., Jackson, Miss.

In the dining room, the inmates get Permaaware utensils and plastic compartment trays. You'd be surprised how crafty the inmates are and what they can make weapons out of.

—Matt Dunaj, CEC, commissary supervisor at the Macomb Correctional Facility, Lenox, Mich., for the Michigan Department of Corrections

before they serve a meal to the sheriff staff. In the graduation festivities observed by Sarah Jarvis, Aramark's director of communications, "All other inmates in the kitchen surrounded the students and made sure their creases were right and their jackets were straight," she says. Then, the graduates received a standing ovation from the other inmates when they went out in the dining area in their chef's whites.

Working for Lintons Managed Services, East Norriton, Pa., which does more than 20% of its business in corrections, Tom Lawrence has found job satisfaction in developing a culinary-arts vocational training program for juvenile detention centers (JDCs). He spent 25 years in the restaurant business and owned his own restaurant when the economy went downhill. He and his wife sold the restaurant, and he went to work for Lintons in 2008 as foodservice director at a JDC in Pennsylvania. Soon, the company's Community Corrections division expanded, and he became district manager in charge of the division, serving 17 facilities.

The upside of corrections, he says, is that you know how many customers you will be serving, so you can schedule and order appropriately. Among the challenges, quality meals are expected with limited resources, including lack of equipment and diet/calorie restrictions. The facilities also are subject to strict regulations and inspections by such entities as the USDA, health department and Department of Public Welfare.

Most of the JDCs are part of the National School Lunch Program, and, therefore, are required to meet those dietary standards. The difference is that in a public school, students can forego parts of the meal and choose to purchase extra food from the a la carte lines, which is not possible in JDCs.

For the JDC vocational training, Lawrence developed classes and educational resources to train the residents in kitchen skills, with certification presented along the way in case a resident is released before completing the whole program. "We help support what the facility is doing to help steer the kids in the right direction," Lawrence says. Additionally, the vocational training helps the JDCs meet necessary qualifications for accreditation as a school, allowing for more federal funding.

A job simply cooking for inmates in a corrections facility probably wouldn't be any chef's dream job, even with a contract management company, says John Covert, executive vice president for Senior Services and Corrections Services for Valley Services Inc., Jackson, Miss. He estimates that food costs per inmate in a county facility amount to 70-80 cents per meal, leaving no room for creativity. However, each facility must have an onsite foodservice director responsible for daily foodservice operations, which is a job perfect for a culinary professional. For Valley Services, that amounts to 50 county jails in Georgia alone, plus a few other facilities in other states.

## dinner anyone?

Given the low government funding for foodservice in corrections, it's no wonder that the menus are basic. But for the culinary professional working in this venue, the trade-off is the work schedule—usually, 40 hours a week.

"Anyone working in corrections has a very good possibility of doing something else on the side," says J. Kevin O'Brien, CEC, foodservice director at the Michigan Department of Corrections Coldwater Prison Complex. "Many correctional foodservice staff have second jobs, and catering is probably the most frequent one."

Following is a sample dinner menu for two nights in the Lakeland Correctional Facility.

MONDAY
Scalloped potato with ham or soy
Collard greens
Cornbread
Whipped margarine
Orange or sugar cookie
Skim milk or other beverage
TUESDAY
Polish sausage on hot dog bun with catsup/mustard or
Spinach au gratin and whole-wheat bread
Simmered Western beans
Steamed cabbage
Whipped margarine
Orange or bread pudding
Skim milk or other beverage

One of the main advantages of a foodservice director job for Valley Services (and other contract management companies) is the possibility of switching to any of the other divisions within the company throughout the country—health care, business and industry, education and seniors.

Covert has observed growth in the number of self-operating county jails switching to contract management for their experience and purchasing power. "The sheriffs realize their business is to serve and protect the public, and they are not foodservice people," he says. ■

JODY SHEE, AN OLATHE, KAN.-BASED FREELANCE WRITER AND EDITOR, PREVIOUSLY WAS EDITOR OF A FOODSERVICE MAGAZINE. SHE HAS 20 YEARS OF FOOD-WRITING EXPERIENCE AND WRITES THE BLOG [WWW.SHEEFOOD.COM](http://WWW.SHEEFOOD.COM).

# DMA Changes to Association of Nutrition & Foodservice Professionals (ANFP)

**T**he Dietary Managers Association officially changed its name to the Association of Nutrition & Foodservice Professionals (ANFP). The new name was voted on and approved by DMA members last June. ANFP launched its new identity on January 1, 2012.

It has been announced to ANFP members working in correctional facilities that the new name is part of a strategic rebranding effort that began in early 2010. It is designed to better align the association with the needs of its members and a changing professional environment. ANFP President and CEO William St. John, CAE, said the name change reflects the organization's new strategic vision and better conveys the work that its members do in the workplace.

“Our organization is at a pivotal moment in its history; having just celebrated its first 50 years,” he said. “We recognize that, like so many other organizations, ANFP must evolve and grow with the changes that are occurring around it.”

“There is a growing demand for individuals who have the skills needed to navigate the increasingly complex foodservice environment, and are able to combine that skill with a solid understanding of how to implement nutrition care plans,” he said. “Our new name reflects the unique combination of skills our members have, and it also highlights the concept of professionalism. A key component of our updated strategic plan is a new emphasis on promoting professionalism and excellence in career development.”

St. John said the re-launched brand will seek to raise its visibility in key nutrition and foodservice sectors, including corrections, long-term care, hospitals, senior living, and schools.

Focus groups, surveys, and other research conducted during ANFP's strategic rebranding process indicated that the name “Dietary Managers Association” had become outdated and did not accurately describe the work responsibilities of its members, said ANFP Chair Ricky Clark, CDM, CFPP, who was part of the task force that led the process.

“We asked a diverse range of people connected with this profession to tell us about the nature of their jobs and how our organization could serve them better,” Clark said. “Our research clearly indicated a change was needed and that our members supported the idea of updating our name.”

The new strategic plan calls for expanded educational offerings for members, including the opportunity to develop advanced-level skills. Also planned is work with ANFP chapters to improve educational offerings and communications at the chapter level. Enhanced leadership training will also be provided, to help ANFP members advance into more senior positions within their organizations.

St. John stressed that the switch to a new name will not affect the association's Certified Dietary Manager (CDM) program. The CDM name will remain intact, and its educational requirements will not change. “Eventually, the name will be updated to reflect the association's new brand identity,” he said, “but that will happen down the road, and our members will receive plenty of advance notice.”

An ANFP Information Center, with more information about the new name and brand, is available at [www.ANFPonline.org](http://www.ANFPonline.org). It will be updated periodically with news, information, and answers to frequently asked questions.



## 2011 ADA Leadership Institute

Dana Fillmore, RD, CP-FS

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

*Takin' it to a Higher Level....one of the take-away points of the 2011 ADA Leadership Institute held in Scottsdale, AZ this past June.*



**Dana and Barb atop Camelback Mountain**

DHCC nominated Barbara Wakeen, DHCC Chair Elect and Dana Fillmore, DHCC Membership Coordinator to attend this spectacular event. Not the typical conference with lecture sessions and PowerPoint slides, this was a high energy, empowering, interactive workshop, with compulsory participation in designated sessions and groups, so that at the end of the conference we had the opportunity to converse with most of the approximate 200 attendees. The general topics addressed leadership through skills, strategic influencing, powering one's career, facilitating and cross-generational communications.

This Institute presents a forum for learning, dialogue and sharing of perspectives. Participants actively engage in the exploration of ideas and discovery of new leadership concepts. The Leadership Institute supports ADA's commitment to develop its members by ensuring they embody a leadership mindset for innovation, adaptability, empowerment and risk-taking.

Attendance to this spectacular event is by nomination from a DPG/MIG or self-nomination. DHCC was represented by Barbara, Dana and many

other members. In fact, the sheer size of the group of DHCC members in attendance demonstrates that DHCC members are born leaders!



**DHCC Members at 2011 ADA Leadership Institute**

There were five major speakers including enlightening humor from the Second City Communication group whose theme revolved around many RD's 'hot buttons' (such as spelling dietitian with a 'c'). The speakers addressed leadership from interpersonal through group environments and touched on decades of generations.

Some of the session highlights included **Déjà vu or Vuja de'?**, **Leadership Challenges**, **The Model Leader**, **Strategic Influencing – the 4 Box Model to Change**, **White Space**, **Tribal Leadership and Generational Differences**. One session incorporated an assessment of individualized leadership skills that were a result of a leadership pre-test all attendees took prior to the conference. Following the conference, there was a post-test which resulted in an ADA Certificate of Training in Leadership and 16 CPEU's.

Having attended this high energy event, we encourage you to get involved with ADA and DHCC, and to consider nominating yourself to reserve a space in a future meeting. Visit [www.eatright.org](http://www.eatright.org) for information for 2012.

Reprinted with permission of DHCC a dietetic practice group of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association)

# Education Report

## *Inspiring Interest in the Field of Correctional Services*



*by Nancy Porter, RD, LDN*

**H**appy New Year to all.

This time of the year always seems like a good time to start something new, a time to reflect on self improvement... If you watch in your newspaper, there are always articles on making resolutions. Making resolutions in CORRECTIONS can be ones in self improvement.

Those of you who have not taken the CFSM course may be curious about what is studied. The following are a few course questions that appear on the final. On page 52 of this edition of INSIDER you will find the answers. How many right answers did you make?



1. The carbohydrate available in the blood for energy to be used by the cells is:
  - a. Glucose
  - b. Glycogen
  - c. Fructose
  - d. Insulin
2. The goal of using the FIFO stock rotation is to ensure that:
  - a. Proper foods are served
  - b. Food service operators do not overload shelves
  - c. Food service managers keep track of what foods must be ordered
  - d. Old supplies are used before new ones
3. The recommended temperature for dry storage is:
  - a. 40°F-60°F
  - b. 50°F-70°F
  - c. 60°F-80°F
  - d. 50°F-60°F
4. When cleaning electrical equipment in place:
  - a. unplug, wash thoroughly and dry with a clean dry cloth
  - b. ensure the piece of equipment is off, disassemble and leave parts on counter/table
  - c. Unplug, wash, rinse, sanitize, air dry and reassemble
  - d. Unplug , wash, rinse, and reassemble

Now is the time to take a positive step in improving your management skills. Become a better teacher to staff as well as inmate employees. Good luck in your 2012 resolutions to be a better employee, teacher and or leader.



# *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

Please Type or Print Clearly

CFSM Course Fee \$299.00

CFSM for CDMs \$149.00

Non-Member Fee \$374.00

Non-Member Fee \$199.00

Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ FAX \_\_\_\_\_

Email \_\_\_\_\_

## Payment Information

Check Number \_\_\_\_\_

Purchase Order \_\_\_\_\_

*Include processing instructions and contact name & phone number.  
Materials will be sent after check is received*

Credit Card:  Visa  Mastercard  American Express

Cardholder Name \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expires \_\_\_\_\_

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

Billing Zip Code \_\_\_\_\_ V-Code \_\_\_\_\_

Signature \_\_\_\_\_

*V-Code is the 3 Digit Code  
on the Back of your Visa or MC  
or the 4 Digit Code  
on the front of your AmEx Card.*

*Please mail with payment to:*  
**ACFSA CFSM**  
**210 N. Glenoaks Blvd., Suite C**  
**Burbank, CA 91502**

If paying with a credit card, you may FAX completed form to (818)843-7423

Questions? Please email Gillian Newell at [GNewell@emaoffice.com](mailto:GNewell@emaoffice.com)  
or Call (818)843-6608

# REGIONAL REPORTS

## REGION I

by Linda Shear, ACFSA Region I Director

We welcome Bryan Waechter as our new Region I Equipment Vendor Liaison. Bryan has worked at Hobart for many years and has been actively involved with the VA Chapter. With Mike Robertson as his mentor, Bryan will establish communication with many equipment vendors in our region. Please congratulate Bryan on his new volunteer position and thank him for his time and commitment.

There are two active chapters in Region I. The MD/DE chapter has a renewed energetic spirit and plans to move forward with a late winter meeting. They are working with vendors in their area to increase membership and provide training as well as support. The VA Chapter meeting in January included training on blast chillers and setting the chapter business agenda for 2012.

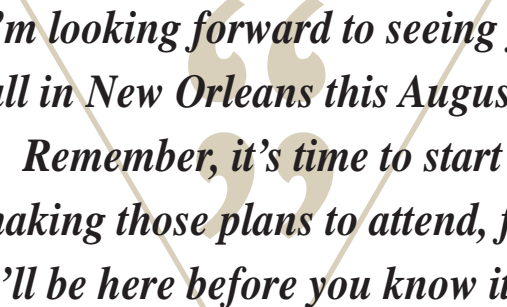
What about all the Region I members who don't belong to a chapter? Think about organizing a meeting to discuss the possibilities of chapter formation. There are many resources for you to contact. Talk with the existing chapters in the region to get ideas and assistance. Call or email your Regional Director and your vendors. Let's build up our region!!

Time sure flies. It seems like just yesterday that we were at the 2011 conference in Norfolk and now we're talking about New Orleans in 2012. Start making your plans now. Every day, put your change in a jar labeled New Orleans; it'll add up fast!!

## REGION II

by Frank Shelton, ACFSA Region II Director

The holidays are over and it's back to work, full steam ahead... but if you're like me, days off mean days of extra work to catch up. Still, I hope everyone's holidays were joyful, and everyone made a toast to the New Year!



*“I’m looking forward to seeing you all in New Orleans this August! Remember, it’s time to start making those plans to attend, for it’ll be here before you know it!”*

Here in Region II plans are well under way for the upcoming International Conference in New Orleans. You are planning on attending aren't you? It's going to be a grand time I'm sure. Jim Beach and his committee have put together a great schedule of informative programs, and there is nothing like coming together with one's peers to share our knowledge, enhance our abilities, and make us better at our profession.

There has been a change in leadership with the Tennessee Chapter with Jorge Blanco assuming the Chapter Presidency. We are looking for good things out of Tennessee. Perhaps one day we'll be enjoying a conference in one of the fine cities of that state. (Editor: maybe the Opryland Hotel again.)

We are still looking for growth in Region II. We have some great resources available now and we all need to do what we can to recruit. I'm ready, willing and able to do my part, so if you need me, just let me know what I can do to help. I'd love to see a bunch of new members at the conference!

I'm looking forward to seeing you all in New Orleans this August. Remember, it's time to start making those plans to attend, for it'll be here before you know it!

# REGIONAL REPORTS

## REGION III

by Lt. Tim Thielman, CFSM

**G**reetings to you all From Region Three! After many months of cold and snow, those of us in Region Three are ready to trade our snow shovels in for our garden tools! Spring is the season for new life. There is nothing quite like seeing tulips push up through the melting snow. This is going to be a fun year for ACFSA and Region Three. In 2011 we had some nice growth in members of Region Three despite losing all the Canadians to the recently formed Region Five. I would really like to see the formation of a new chapter in the region but I can't do it alone. We have enough members in a couple states to start up a chapter. Being a member of a chapter brings your network of people even closer to you. I can tell you first hand that I have turned to my fellow chapter members and Professional Partners for advise on something or for products that I sampled at a chapter meeting from one of our Professional Partners.

If you are interested in starting a chapter in your area you can contact me via email at [tim.Thielman@co.ramsey.mn.us](mailto:tim.Thielman@co.ramsey.mn.us)

### Happenings in the Region

Northern Lakes has had some good training and chapter meetings and has a full year of events planned. Michigan and Canada's joint conference is back on and they are working hard to get it ready to go by mid to late June. If you are able to, I would recommend taking a trip to Michigan to attend this joint conference. I will send out emails to the region as I receive new information. I will also see to it that information on the conference is posted on the Northern Lakes website in the news and events area. Never visited Northern Lakes website? Check them out at <http://www.acfsa-nl.org/>

### Goodbye Joe, Me Gotta Go... (You know the rest)

This years International Conference in New Orleans, Louisiana is going to be one that you will not want to miss! ACFSA Vice President, Major Jim Beach and his committee are going all out for the organization planning all the events. I have a feeling that after a week of New Orleans in August I will be wishing for some of that Minnesota snow to cool me off! Nonetheless, New Orleans will be an amazing time and I look forward to seeing you there!

### Scholarships and Awards

The deadline has come and went and I hope everyone has applied for a conference scholarship or for an award. There are many members of ACFSA that do remarkable things that should be recognized so hopefully you submitted your application for one of the various awards that ACFSA offers. If you forgot or have never considered please do so next year. In carrying on with what Phil started with wanting to award a regional scholarship for the International Conference I hope I can do it yet this year. We have taken in a little more scholarship money and I will be sending out an email to those of you in Region Three regarding the Scholarship. Watch your inbox!

### Get off Your Island

That's right, you heard me! Being a member of ACFSA you don't have to be isolated on that island trying to figure things out alone. There are hundreds of members near and far that endure the same challenges as you. So what is going on in your operation? We would all love to hear about it and there are a couple of ways to share that with all of us. You can start or join a conversation on the Discussion Board in the Member's Area on the ACFSA International website or you can submit an article for the Insider Magazine. Being a member of ACFSA I have had the opportunity to see a number of other facilities from other members and I know first hand that there is a lot of interesting things that many of you could write about.

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# CHAPTER CHATTER

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## NORTHERN LAKES



by Diane Burczyk, Northern Lakes Chapter President

### Greetings from Northern Lakes!!!

I hope everyone had a great winter. Since the last *INSIDER* was published, Northern Lakes Chapter had a very informative chapter meeting. It was held on December 9, 2011 at the Hennepin County Sheriff's Office in Minneapolis, Minnesota, hosted by our very own International Vice-President Elect/Treasurer Phil Atkinson.

We had a very nice presentation given by Debbie Zwiefelhofer, RD, LD, CFSM and Jeff Pribyl, Account Manager from Foodservice Express.

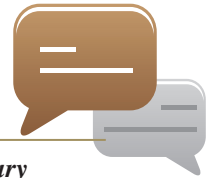
The presentation was called Survivor: Menu Island and it was awesome. I would recommend this to anyone. We then toured the Hennepin County pre-trial adult detention center and observed their cook-chill production operation.

We were served a delicious lunch and ended the day with a business meeting.

Our next meeting will be on March 12, 2012. We will tour Robert E. Ellsworth Correctional in Union Grove, WI. From there we will go on to the Wisconsin Restaurant Association Food Show in Milwaukee, WI.

Northern Lakes has a very exciting year planned. We are tentatively planning a family get together in Wisconsin Dells at one of the water parks. A meeting in April at the Indianhead Food Show in Eau Claire Wisconsin with a tour of Mullin's processing plant. And of course, many of us are planning on attending the August 19-23 International Conference in New Orleans, La. Hope to see you all there.

## VIRGINIA



by Linda Shear, Virginia Chapter Secretary

**T**he VA chapter is settled in for the winter. We had a great turnout for our annual holiday luncheon. Our quarterly meeting in January was held at the Headquarters for VADOC with training on blast chillers conducted by Bryan Waechter, manufacturer rep., from Hobart. Our schedule for 2012 is set and we look forward to meeting in beautiful southwest Virginia this summer.

Folks are fired up about New Orleans. We have chapter scholarships and hope that some Virginia members will qualify for the international scholarships as well.

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**Region II**  
 Open

**Region III**  
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**Region IV**  
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**Region I**  
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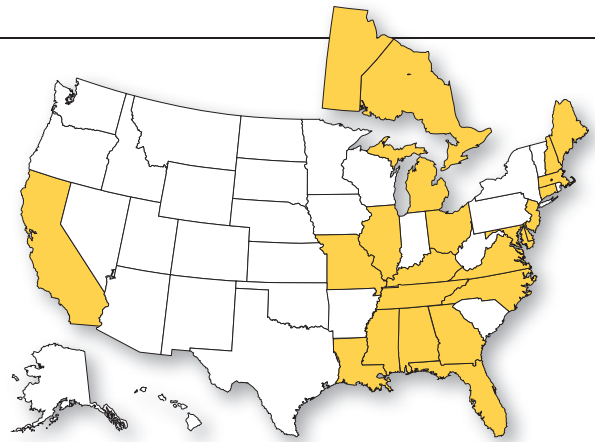
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### CALIFORNIA

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### CONNECTICUT

Michael Gaughran, CCFP  
York CI

### DELAWARE/MARYLAND

Nina Hoy  
Maryland Correctional Institute, Jessup

### FLORIDA

Open

### GEORGIA

Charles Barnes\*  
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

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Maine State Prison

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Chris Gendreau, CCFP, CFMS  
Massachusetts DOC

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J. Kevin O'Brien  
MDOC Coldwater Complex

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Steven C. Holtz  
Mississippi DOC

### MISSOURI

Juanita Avery  
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Jeffrey Perkins  
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### NORTH CAROLINA

James Maher\*  
Durham Correctional Center

### NORTHERN LAKES

Diane Burczyk  
Wisconsin DOC

### OHIO

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

### TENNESSEE

Ronda Walters  
Hardin County Correctional Facility

### VIRGINIA

Carla White  
Rappahannock Juvenile Center

## CANADA

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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

## Food Service Professional

Corey Cooper  
Nelson Coleman Correctional Center/  
St. Charles Sheriff Dept.  
Killona, LA

Michael Cousar  
Colorado DOC/Provate Prisons  
Monitoring Unit  
Colorado Springs, CO

Deborah Heffron  
Eastern Correctional Institution  
Onancock, VA

Alejandro Hernandez  
SD County Sheriffs Food Service  
San Diego, CA

Helena Silcott Williams  
Chino Institute for Men  
Chino, CA

Thomas Watson  
NC Dept of Corrections  
Erwin, NC

## Chapter Professional Partner

Tim Preiner  
Hollander Co. Foodservice &  
Equipment Mfg.  
Eden Prairie, MN

## Associate Professional

Steven Dubovsky  
Ristale Inc.  
Amherst, NY

Arturo Hervada  
Crystal Concepts  
Annapolis, MD

Richard Neimiller  
Admin & Comm. Director  
Hagerstown, MD

James Skefos  
Consolidated Poultry & Egg Co. Inc.  
Memphis, TN

## Professional Partner

Jessica Benton  
Calico Industries  
Annapolis, MD

Heather Crawford  
Nutrition Systems, Inc.  
Jackson, MS

Stephen Dowling  
Affinis Group  
Greenwood, IN

Chester Gibson  
Equipment Solutions Inc.  
Vienna, VA

Susan Ingram  
Mobile Fixture/  
D/B/A Destin Restaurant Supply  
Destin, FL

Thomas Johnson  
Johnson Diversified Products, Inc.  
Mendoto Heights, MN

Tracey Kennard  
Senators, Inc.  
San Diego, CA

Diane Martin  
M & B Products, Inc.  
Tampa, FL

Stacy Plunk  
Sysco Jackson  
Jackson, MS

Will Schuhknecht  
Tyson Foods, Inc.  
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Christian Yungbluth  
ITW Food Equipment Group  
Buffalo, NY



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## 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"/> Food Service Professional	\$79	*\$139	*\$119	*\$99
<input type="checkbox"/> Institutional	\$144	*\$252	*\$216	*\$180
<input type="checkbox"/> Retired	\$39	*\$69	*\$59	*\$49
<input type="checkbox"/> Professional Partner	\$384	*\$672	*\$576	*\$480
<input type="checkbox"/> Associate Professional Partner	\$119	*\$208	*\$179	*\$149
<input type="checkbox"/> Chapter Professional Partner	\$169	*\$296	*\$254	*\$211

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 AnEx

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

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

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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.

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## Inside INSIDER

► INSIDER Editors:  
**Barbara Holly, CCFP, CDM, CFPP**  
and **Christine Berndt Althaus, RD, CD**

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.

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

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

1. Please send via e-mail by May 15, 2012 to:  
**ACFSA—INSIDER**  
Barbara Holly, e-mail: [barbaraholly@bellsouth.net](mailto:barbaraholly@bellsouth.net)  
Chris Althaus, e-mail: [Christine.Althaus@wisconsin.gov](mailto:Christine.Althaus@wisconsin.gov)
2. ACFSA does not guarantee that submitted articles will be published. Articles may be edited, and placement is determined by the editor.
3. You may also include a photograph, simple graphics, charts, or pictures that you think may be useful to the article.
4. If you have submitted or will submit the article to other publications, please notify us at the time of submission of the publication name, editor, and phone number.

## Letters to the Editor

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

*Christine Berndt 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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