

INSIDER

The Magazine of ACFSA
The Association of Correctional Food Service Affiliates

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Education Report

By Nancy Porter, RD, LDN

It seems as if the time to get an article into the next issue of the INSIDER always comes around very quickly.

Education is the ground work for better understanding of our profession of food service. Some people are not aware that food service requires many facets of expertise. Such as purchasing, storage of food, sanitary handling of raw products as well as cooked. The nutritional value of food is required as well as the total value of the menu. Also one needs the understanding of many illnesses and to be able to follow the Medical Prescription (diet order) as part of the equation.

ACFSA has provided the membership an opportunity to take a home study course (CFSM) to assist one to become more proficient in foods and nutrition. This course is the best value for your membership. It also provides certification which proclaims your professionalism to others in the field.

This will be my last article for the INSIDER as I am handing the Education Chair over to the incoming President, Major Jim Beach. It's been a great ride!

Nancy Porter, RD, LDN
Past President 2000



President's Message

By Benson Li, ACFSA President

It is my honor to be the President for ACFSA. It has been a great experience for me to spend two special years with my friends and peers in the correctional food service industry.

Part of the journey as a leader of the Association is to learn how to serve the membership. Leadership is trust. Leadership is a function of trust from those whom I have contact with. Being a positive leader is a commitment to set the right example and make a difference in people's lives. A leader must set the focus and standard for continuous improvement in himself and all those he influences in the industry. I thank you for your trust.

A leader is a care provider; people do not care how much you know until they know how much you care. Our founder of ACFSA **Al Richardson** (*see opposite page*) and many past presidents after him have this distinguished quality.

A leader must value and manage diversity at all levels of interaction. Leaders must first be self-aware and can control and make fair decisions. Sensing what people are feeling, being able to take their perspective, and cultivating rapport and understanding in a diverse organization is key. Our Board of Directors always has to put aside their personal opinions and make the right decisions for the Association.

A leader must have a vision and not be content with the status quo. Our Executive Director and the management company keep guiding the

Association toward the right direction of growth and prosperity. ACFSA received more recognition in the food service industry and is financially stable.

Leaders are prepared, but never satisfied. The will to prepare to succeed is the appropriate attitude for proactive leaders. There were many great leaders before me in ACFSA, too many to recognize. However, at the end of my term, there are great leaders such as Major Jim Beach, Phil Atkinson, and Robin Sherman who will make ACFSA a better association. I am glad to be part of ACFSA, thank you for your participation and making a difference in my life!

The ACFSA Mission Statement:



Develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge



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ACFSA'S FOUNDER REMEMBERED

By Jon Nichols, ACFSA Executive Director

Back in 1953, Al Richardson joined the American Correctional Association and began attending Regional workshops. He quickly realized that food service was not included on any agenda for any meeting and had virtually no voice in the planning or management of any correctional institution, be it State or Federal.

In 1969, Richardson started ACFSA and led Correctional Food Service Professionals who were looking for a voice in the industry. Richardson saw a need for education, networking and interaction with vendors within the industry to establish a standard in Correctional Food Service that continues to this day.

Our friends at Food Management Magazine provided us with some great photos of Al Richardson, circa 1980, when he was an IFMA Silver Plate winner.

Photos of Al Richardson Courtesy of Food Management Magazine. All Rights Reserved.

Executive Director's Message

By Jon Nichols, ACFSA Executive Director

So much has happened since we last met on the pages of *INSIDER* magazine and most of it is documented on the pages of this issue.

First, I want to remind you that our good friend and Past President of ACFSA, Ricky Clark, was the winner of the 2012 IFMA Silver Plate Award in the Specialty Food Services Category! The Silver Plate festivities take place in Chicago in connection with the Annual National Restaurant Association Show. I had the good fortune to be present along with ACFSA President Benson Li, ACFSA Vice President Major Jim Beach and Janine Nichols when Ricky was presented with his medal at the Annual Silver Plate Awards Luncheon. It was a proud moment for Ricky and the rest of us as the medal was draped over his shoulders and he received the accolades of peers within the industry. Congratulations to Ricky!

While in Chicago, we also attended the Annual Food Management Magazine's Networking Event,



helmed by FM Editor-In-Chief, John Lawn. This gathering of Food Service Association leaders is an outstanding opportunity to gauge progress of the previous year and garner ideas for the coming year. Benson, Jim and I sat in with leaders from the National Association for Colleges and University Food Services; Association for Healthcare Foodservice; School Nutrition Association; Society for Foodservice Management; Academy of Nutrition and Dietetics; and the Association of Nutrition and Foodservice Professionals (ANFP).

It was a great meeting and the information exchanged was beneficial for everyone in attendance. We also had a presentation from Shannon DiPaolo, who is an SEO (search engine optimization) specialist. Ms. DiPaolo gave some ideas on branding opportunities as well as social media ideas.

By the way, ANFP is formerly known as The Dietary Managers Association (DMA) and you may be acquainted with their current Chairman of the Board, Ricky Clark. Yes, that Ricky Clark! He was in Chicago pulling double-duty, so to speak, by representing ANFP and being shuttled around town as an honored IFMA Awardee.

This year, the NRA extended an invitation to ACFSA to participate in their Power of Partnership section of the Show floor. This also included an invitation to submit a presentation for one of the more than seventy breakout sessions. Benson's breakout submission was chosen and was a huge hit. With a title like, "Bed and Breakfast Behind Bars - Everything You Ever Wanted to Know But Were Afraid to Ask or Experience," how can you miss!? But, it wasn't the title that kept attendees interested, it was the content and expert delivery provided by our own Benson Li that kept them glued to their seats. It was a great presentation that we will work on streamlining to make available for future presentations.

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As I mentioned, we also had a booth on the NRA Trade Show floor. This was truly an excellent chance for ACFSA to gain some exposure in the industry and we took it and ran with it! With the help of Benson, Jim, Janine and ACFSA Secretary Robin Sherman, we had access to nearly 60,000 NRA attendees over the course of a four day show. To make our booth a little more exciting, Intersect USA provided some little “survival kits” containing peanut-butter, jelly and crackers to hand out as SWAG. We also had some safety box cutters to hand out provided by our friends at Federal Supply USA. These items attracted hundreds to our booth and we were able to inform and educate about the work that our members do each and every day. Thank you to both of our Professional Partners for their contributions!

Part of our goal was to introduce the profession to culinary students that might not be aware of correctional food service as a career choice or who may be interested but unaware of how to get in. We were very successful in this endeavor as dozens of students and young people stopped by to see what we were all about. We had a great deal of interest from new vendors, as well. It was an extremely successful show for ACFSA.

Speaking of culinary students, Rick Morris, ACFSA Professional Partner Representative-Food, set up a meeting with John Bowen, Dean of the college, University of Houston, so that we could discuss a partnership of sorts. One of the topics discussed was regarding some of our members giving presentations to classes and participating at job fairs. Keep your eyes and ears open for the chance to participate! We will continue to pursue this effort so that we can recruit young people to the profession.

In the end, the time in Chicago was beneficial and fruitful. Thank you to everyone that made it happen and that gave of their time and energy. I truly appreciate your effort.

I want to take a moment to say thank you to Nancy Porter for her dedicated service to the Association of Correctional Food Service Affiliates over the years. Nancy is a Past President of ACFSA and more recently has been Chairing our Education Committee. After years of tireless and selfless commitment to the Association, Nancy has decided to hand the reins over to somebody new. Lt. Tim Theilman, ACFSA Region III Director has agreed to take over the duties

and has some big shoes to fill. Thank you Tim, for stepping up and assuming the challenge! So, while I am sure we have not seen the last of our good friend Nancy Porter, on behalf of ACFSA I want to say how much we appreciate all of your help and guidance over the years and we wish you every success and happiness for all future ventures.

Speaking of education, if you’re looking to certify or re-certify for Safety Food Handling, look no further than New Orleans! ACFSA President Benson Li will be teaching a course at conference on Sunday August 19, 2012. The deadline for registration is August 10 so you’ll want to get your registration in right away! There is a form in this issue of INSIDER!

Next stop is New Orleans for our Annual International Conference! You will find all conference information later in this issue of *INSIDER* and also on-line at www.ACFSA.org. I hope you’ve already made plans to be with us as this is sure to be one of the best conferences ever! Our exhibit booths are nearly sold out, attendance is trending ahead of last year and this is a world class location! Book your hotel room before they sell out and get your conference registrations in!



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Bridging the Gap - Aging Inmates, News and Events

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

Greetings Corrections Experts!

It has been quiet on the listserv this quarter, which leads me to believe everyone is busy...I for one!

This June, I began my position as Chair of Dietetics in Health Care Communities (DHCC) one of the Dietetic Practice Groups (DPGs) of the Academy of Nutrition and Dietetics which houses the Corrections Sub-unit and the Home Care Sub-unit. Two other ACFSA members also sit on this board - Joanne Zacharias MS, RD, LDN is Treasurer and Marlene Tutt, MS, RD is the Corrections Sub-unit Chair and the ACFSA Network Representative, so Corrections is well represented.

I wrote about DHCC in the last Insider and the ACFSA Network relationship. This network is the formal relationship that keeps ACFSA and the Academy of Nutrition and Dietetics connected.

DHCC is predominantly a long term care (LTC) practice group with probably more than 95% of the membership (approximately 4000 members) working in nursing homes and other extended care facilities. When you think about it, we all work in extended care facilities. We just have a different audience!

Have you noticed, our populations are aging - we are long term care? A recent article in the Huffington Post addressed the aging inmate population: "Elderly Inmate Population Soared 1,300 Percent Since 1980s: Report"

Source:http://www.huffingtonpost.com/2012/06/13/elderly-inmate-population-soars_n_1594793.html
Accessed 6/14/2012.

It addresses a report by the American Civil Liberties Union (ACLU) noting the number of those incarcerated who are 55 and older is almost 125,000.

This opens the door to more considerations for our populations such as mechanically altered foods and nutritional supplements for more than a broken jaw, special feeding devices that typically pose a security risk and the consideration of feeding those who are unable to feed themselves. This doesn't even include the wheelchair access to the dining room. With this growth in population, I believe some of the roles of the dietitian might be expanding to address these needs of what was typically a short term, possibly security issue to a long term care quality of life position.

Continued on Page 8



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The aging inmate population and recent changes to the Child Nutrition program will be two of the topics at the Dietitians in Corrections Networking Luncheon. This brings me to some announcements about meetings and conferences:

AUGUST

Monday August 20th - ACFSA Dietitians in Corrections Networking Luncheon Please see conference information for details. Thank you in advance to Good Source for sponsoring this event. Please email me directly bwakeen@neo.rr.com, if you are planning to attend. I have heard from many already – looking forward to seeing you there!



OCTOBER

Academy of Nutrition and Dietetics
Food and Nutrition Conference and Exhibition
October 6-9, 2012
Philadelphia, PA
www.eatright.org

DHCC Events at FNCE

- **Saturday, October 6th** - DHCC hosts a PreFNCE Workshop scheduled for this is an all day workshop with various speakers including ‘our own’ ACFSA President, Major R. J. ‘Jim’ Beach, CCFP. Jim will be speaking on disaster planning, followed by a panel of registered dietitians sharing first-hand experiences of their geographic disasters. The conference theme is ‘Are You Ready...?’ 5.5 CPEs available and lunch is included.

- **Sunday - October 7th** - DHCC and Renal Practice Group (RPG) joint Member Networking Reception and Cruise

- **Monday October 8th** - Corrections Sub-unit Meeting

For details on all of these events, visit the DHCC website at www.dhccdpg.org.

NCCHC

National Conference on Correctional Health Care
October 20 – 24, 2012
Las Vegas, NV
www.ncchc.org

Membership Information

If you would like to be added to the Dietitians in Corrections networking EML, please email me directly at bwakeen@neo.rr.com. 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 or contact Marlene Tutt at lenetutt@yahoo.com. Emails communicated through this group are sent through a private email address.

Cheers To Accomplishment!!

By **RICKY CLARK, CDM, CFPP, CFSM, CCFP**

Having worked in the Food Service arena for over 30 years I have faced many challenges and met many obstacles. Those of you who work in this arena know exactly what I refer to. The daily hustle of getting three hot meals a day out, on time and in a professional manner, meeting an extremely tight budget, counseling your staff, attending meetings, working for micro-managers, dealing with staff issues, training staff, meeting sanitation requirements and the list goes on and on. But I haven't allowed any of that to stop me from meeting a goal that I set over ten years ago. I have been awarded the "Silver Plate Award!"

On May 3-7, 2012, I flew to Chicago to receive recognition for receiving this award and was inducted into the Gold and Silver Plate Society. This dream has come true for me and it hasn't come without a price. I have volunteered for many hours of service to the food service industry both through my work and through my associations. I have served on the national executive boards for both, ACFSA (The Association of Correctional Food Service Affiliates) and ANFP (The Association of Nutrition and Foodservice Professionals, formerly DMA) over the past decade as well as the state local chapters for both.

The time that I have served my associations have not been work at all to me, rather a joy to know that I can offer a small contribution to an industry that I learned to love at a very young age. I had my first job in a fast food restaurant, at the young age of seventeen. Following that, I washed dishes, and pots and pans at a college. From there I was promoted to an assistant cook. It was in this position that the manager saw potential in me and asked me if I would like to participate in the manager-trainee program. I was so excited to have the opportunity to promote within the industry!! I worked for that contractor for a short time and then was hired by a much larger company and went to the College of William and Mary to begin a manager-trainee program there.

I, very quickly, grew tired of so much moving during my time with contract companies. It was then I decided to look for a state job that would have benefits and stop the constant moving (8 times in 5 years). I also learned that if you were recognized as a person, who

took pride in their work and got the job done, management wanted you to work everywhere in order to share your work ethic with others. But during that time I had the opportunity to learn things I would not otherwise have experienced. Working at a college with over 25,000 students was quite a production. I worked with chefs and cooks who were highly trained and did catering which was on national TV, with honored guests. I also worked in a private high school, a military high school, two colleges and a retirement community. What diversity!!

The state job I landed was with the Department of Corrections at a road camp in Botetourt County. I worked there as the Food Service Officer (which meant I went through the basic correctional officer training, if you can imagine me with a gun) for six years and then moved to another correctional facility as a Food Service Supervisor until it was closed, at which time I returned to Botetourt and worked there as the Food Operations Manager for eleven years. Seeking better pay, I left the Department of Corrections and went to work as the Director of Food Services at the Albemarle/Charlottesville Regional Jail. Two years later a position that I had dreamed about for a long time came open and then I was off to a training academy as a trainer. Only one year later my supervisor there retired and I was promoted to the supervisor of the support services unit where I am now employed. Three years of this time I also doubled as a Culinary Arts Instructor at the Regional Jail. Wow!! I didn't realize how much time I had put into this industry!!

So for me to stand up and receive this award was quite an honor! I would like to thank each of you for giving me the opportunity to serve you and to afford me the chance to grow myself both professionally and personally. The family I have acquired on this journey will not soon be forgotten!! Thus, "Cheers to Accomplishment", not only mine but yours as well!!

Editor's note: I have always maintained that being a success in life is not how much money you make, but doing something you enjoy and getting paid for it..... and when you enjoy what you do; it is not work. We know that you have enjoyed climbing every rung on your ladder of success. Congratulations, Ricky!



Silver Plate Award Experience

BY RICKY CLARK, CDM, CFPP, CFSM, CCFP

Life is full of ups and downs that cause us to reflect or refrain from situations in our lives. Reflecting upon the winning of the Silver Plate Award releases pleasant thoughts and overwhelming sensations to my day. I still find it hard to believe that I was chosen to be honored in such a way. To be recognized among such leaders as Microsoft, Cruise Lines and Universities is the icing on the cake in the final years of my career.

From the time I arrived, I was chauffeured in a limousine from luncheons and dinners to celebrate all nine award winners. Chef catered dinners and fancy luncheons in historical buildings of grandeur were an everyday thing! But the most important part of all was having my family and friends there to celebrate my accomplishments with me. Even my son and his family were flown in, picked up and returned to the airport in a stretch limo (thanks to ANFP). The support I felt was unbelievable!! Our very own Jon and Janine Nichols, Benson Li and Jim Beach were in attendance to show their support as well. Also many staff members of ANFP (my other association) and an array of vendors I've known over the years.

Our first outing, as a group, was to the Union League Club to be treated as royalty by Chef Michael and his staff, at a special reception, on Thursday night. We returned there for the All Industry Luncheon on Friday. Then on to Gibson's Steak House – out of this world! More food than one could ever consume at one seating and maybe even two. Saturday and Sunday we were free to walk the NRA Show which was amazing

in itself. I never walked so much and got nowhere in my life. The displays were fantastic and Benson Li's presentation was spectacular! During this time I also took in a Cubs game at Wrigley Field, the Art Museum and the Aquarium.

Monday brought another eating event, the Gold and Silver Plate Society Reception and Luncheon in the JW Marriott Ballroom (this was the time I was inducted into the society). Monday night took us to The Great Hall at Union Station for the Gold and Silver Plate Award Dinner where we received our Silver Plate Award and were again treated like royalty unbeknown to a country boy like me. Here we were escorted by our spouses/friends (Karen Ford) and my sponsor (Bob Sala with DMA) to the center of this huge room with exalted columns and lights flashing to be center stage for pictures while a video highlighting our accomplishments was being played for all to see. All this was followed by dinner, dancing and a room full of desserts!!

The IFMA staff was extremely organized and most helpful throughout the entire event. What a splendid job they did! I'm not sure what else I can say except that the emails, letters, phone calls and face-to-face congratulatory communications have been heartfelt and so very much appreciated!!! This is a great industry we're in and I'm proud to see that recognition has begun to come our way!! Let's show the world what professionals we really are!! Thank you so very much to ALL who have touched my world!!!

Making a Difference

A large, leafy tree stands in a green field. The image is split vertically down the middle. The left half shows a grey, rainy sky with rain falling, while the right half shows a clear blue sky. The tree's leaves are a mix of green and yellow, suggesting autumn. The ground is a vibrant green field.

BY LT. TIM THIELMAN, CFSM, ACFSA REGION III DIRECTOR

Working in correctional food service is a demanding and fast paced industry that many times has few rewards. Foodservice operations are crucial and need to run like well-oiled machines to help keep institutions on schedule and to keep offenders content. This can be quite challenging when the operation functions on offender labor, especially when the offenders do not get paid. My operation encompasses food service at three facilities, a laundry that supports four facilities, and an inmate commissary and storeroom. Between all areas there are 75 offenders who keep it all going and do not get paid for what they do. Believe it or not, they volunteer for the jobs with their payback being time out of their cells and living units, and extra food. There are rarely any shortages of volunteers, which is great except many have little or no real world work experience.

This is not a problem with jobs that are fairly simple to learn such as washing dishes, folding clothes, or unloading trucks. But what about baking bread and pastries, or preparing meals that require weighing ingredients, and reading recipe cards? Or how about doing inventories? As I have learned over the years, many offenders have difficulty reading and have very little or no mathematical skills. This, as we all know, is essential for tasks such as cooking, baking, and filing commissary receipts alphabetically.

I have a staff of nine Correctional Officer/Cooks and one Correctional Officer/ Laundry Supervisor who have the difficult task of working with all these offenders and teaching them valuable skills. For all of them it comes naturally because of their passion for what they do. They all take great satisfaction in their job and have the ability to instill good work

Continued on Page 12

ethic into the offenders. All things considered, these offenders take their job seriously and display pride in what they do. Many days I'm approached by offenders who ask me questions such as: Did you see the cakes today, or did you see how clean the dish room is today? These aren't questions to gain points with me, rather these are questions from individuals who were given a task, taught a skill, and are proud of the job they did and need a little reassurance that they did a good job.

When an inmate who works for me is approaching their release date I give them a certificate of appreciation for their hard work and dedication, and also a document stating the details of their job and how long they had worked for me. The last sentence in my letter says that the individual displayed a great work ethic and that they were always willing to learn new skills in the industry. Many might think these pieces of paper mean nothing but when the offenders are given this you can see their face light up.

I have received letters and phone calls from former offenders who write or call to tell me thank you or to thank my staff for all they did for them while they were incarcerated. I have even received letters from former offenders who were released years earlier and wanted to tell me how good they have been doing since their release. I even sometimes run into offenders out in the community who come up to me to say hi and tell me how they are now working as a cook or baker thanks to the skill they learned from me and my staff. I have also received letters from former offenders who were now in prison and were writing me to apologize for letting me down. I would have never known that they went to prison if they had not written to me, but because of the way they were treated by me while incarcerated at my facility they felt obligated to notify me about their screw up. None of us did anything special for these offenders except we did our job. We may not realize that the words, please, thank you, and what a great job goes a long way with offenders and the way we carry ourselves at work and the way we treat offenders can have a lasting impression on these individuals long after they are gone.

I know that this is not a unique story because being a member of ACFSA has afforded me the opportunity

to get to know many other foodservice managers throughout the country and I have visited many of your operations and have seen firsthand or heard of these situations happening elsewhere. If you would like to share your story there are many of us who would love to hear how you are making a difference in offenders' lives.

The following is a letter from one of our former offenders:

April 29, 2012

Lieutenant Thielman-

I just wanted to take this time to thank you as well as Mr. Green, Amber and Mark Vancura for the opportunity to work in canteen while I was there.

It meant a lot to me that you all treated me with respect and as a human being, not just an "inmate". You all helped me gain some of my confidence in myself back, even in jail I could contribute something positive.

Thank you all again.

Sincerely, Jodi X



Editor's Note:

Do you have a "Making a Difference" story that you would like to share with your ACFSA friends and colleagues? Please submit your own unique experience to be published in an upcoming issue of INSIDER! See Page 52 of this issue for details on submitting a piece for consideration.

Safe Work Practices Can Lower Your Chance of Exposure to a Blood-Borne Disease

By Josie Maya, CFSM, Corrections Kitchen Supervisor,
Canteen Services, Inc., Iosco County Jail

Recently, ACFSA Secretary Robin Sherman and I attended a training class on Blood Borne Pathogens, at the Iosco County Sheriffs Dept. We learned the importance of disease control and prevention. We found out that you can also put yourself and others at risk if exposed blood is not handled or cleaned up properly. I have a blood borne pathogen kit at my facility, as do many of my fellow Canteen Services Supervisors, but until I took this class, I was unsure of how to use the kit.

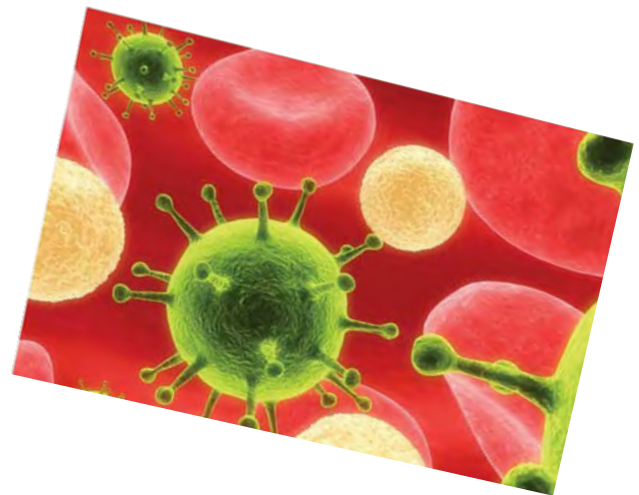
The class was taught by the District Health Department #2 in our area. The woman who taught the class was well informed about the facts of blood borne pathogens and how to lower our exposure to them. Blood borne pathogens are disease causing microorganisms that are present in human blood and bodily fluids that visually contain blood.

Transmission of blood borne pathogens in the workplace may occur due to: accidental puncture (contaminated object punctures your skin), broken skin (infected blood or body fluids come into contact with your already broken or damaged skin) or body openings (infected material comes into contact with your eyes, nose, mouth or other mucous membrane).

There are three steps to take when you are exposed to blood: Wash or flush the affected body part, report the exposure to a supervisor, seek medical attention, complete a follow-up evaluation. When dealing with sharps, such as glass that have come into contact with blood, put them in an appropriate sharps container.

To keep yourself safe from blood borne pathogens attend annual training, use appropriate personal protective equipment (PPE) and follow universal precautions, which is to treat all bodily fluids as potentially infectious any time you might be exposed to blood borne pathogens.

There are many ways you can protect yourself from bloodborne viruses, a few are: Get vaccinated against hepatitis B, (90% rate, with no cure). Hepatitis B is the most common virus in the world, one third of us have it, and it is fifty times more infectious than HIV. One in five people do not even realize they have HIV. It is a fragile virus meaning it does not live long outside the body. Hepatitis C is contracted by shared needles or needle pricks, and is only known by having a blood test. Currently, no vaccine exists to protect against hepatitis C or HIV.



Use protective barriers or personal protective equipment (PPE). This can prevent blood and other body fluids from coming in contact with your skin, eyes, and mouth. Appropriate forms of personal protective equipment (PPE) must be available, in good condition, and readily accessible to you in your blood pathogen kits, such as: aprons, face-shields, gloves, and bio hazardous waste bags.

Disinfect surfaces and objects that have been contaminated with blood or other bodily fluids. This can lower your chance of being exposed to a bloodborne disease through cross contamination. Remember, wash your hands properly. Proper hand washing can get rid of most viruses and bacteria.

NRA SHOW

Education Sessions Room S403b

Saturday, May 5

- 10:00am Eat or be Eaten: 3 Steps to Restaurant Nirvana
- 12:00pm Bed and Breakfast Behind Bars: Lessons From the Correctional Foodservice Industry
- 2:00pm Building New Income Streams: Package Your Products for Retail

Sunday, May 6

- 10:00am Kick Start Your Pricing Strategy
- 12:00pm Mature Millennials vs Mature Baby Boomers: Foodservice Similarities, Differences, Opportunities
- 2:00pm Hiring for Hospitality


Monday, May 7

- 10:00am The Health Care Law: What's On the Horizon?
- 12:00pm Boost Your Business Through Tourism Partnerships
- 2:00pm Menu Labeling: Where Do We Stand?

Tuesday, May 8

- 10:00am Challenging the Value-Chain to Transform Transport Packaging: Eco-Friendly, Wallet-Friendly Solutions
- 12:00pm How Cost Segregation Can Improve Your Cashflow

Sponsored by


MasterCard Advisors
Booth 5163

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NRA SHOW
Education Sessions
Room S403a

ACFSA Attends NRA Show at McCormick Place in Chicago

By Robin Sherman, ACFSA Secretary

What an amazing Show!! ACFSA President, Benson Li, ACFSA Vice-President, Major Jim Beach, ACFSA Executive Director, Jon Nichols, Janine Nichols and I attended this year's show, with a special visit from our Silver Plate Winner, Ricky Clark. We had really good traffic flow at our ACFSA booth.

The conference keynote speaker was President Bill Clinton who gave a special presentation on "Embracing Our Common Humanity." Benson Li was asked to do a session on Correctional Food Service for NRA attendees gave an awesome presentation titled "*Bed and Breakfast Behind Bars - Everything You Wanted to Know About Correctional Food Service But Were Affraid to Ask or Experience.*" There were over 58,000 attendees and about 1800 exhibit booths for the show.



This is the only event where a casual walk can lead you past top manufacturers that comprise the full spectrum of your foodservice operation. It is the only forum that lets you tap into more than 70 free education sessions. The convention showcases more products, services, innovative ideas and growth opportunities than any other industry event. It is the only environment where you'll network with leading operators and experts from all industry segments.

What an education! Wish you all could have been there with us!



The Power of Partnership Section of the National Restaurant Association Show in Chicago was our home for three days this May as we were able to talk to hundreds about the Correctional Food Service Industry



Jim McCarter was one of the many ACFSA Professional Partner Members that happened to be at the NRA Show and took the time to stop by the ACFSA booth to say hello!

Nutritional Guidelines for Dialysis



Being on dialysis while in jail presents some special challenges. When your food choices are limited due to kidney disease, you may be tempted to trade foods with others or order snacks from the commissary. While these foods may taste good and fill you up, many of them can be very dangerous for dialysis patients.

While in jail, it is EXTREMELY important to continue to follow a renal diet low in potassium, phosphorus, calcium, sodium and fluids so your levels don't build up in your body and cause serious heart, lung and other health problems.

Tips To Stay Healthy When You're On Dialysis

- Eat all of your meals the best you can.
- Take the right amount of phosphate binders with each meal. (PO^4)
- Eat only high-quality proteins, such as *low-sodium* meats, poultry, eggs and fish. (PO^4 , Na)
- Eat *low-potassium* fruits and vegetables, such as apples, grapes, pears, peaches, plums, berries, cherries, fruit cocktail, cabbage, lettuce, peas, carrots, green beans, celery, bell peppers, squash, cauliflower and kale. ($K+$)
- Eat only *low-sodium* and/or *unsalted* foods that do not have added potassium. (Example: The bologna served in jail contains extra potassium). (Na , $K+$)
- Limit foods that have added calcium such as calcium-fortified orange juice, foods made of whole grains and fluids. (F , PO^4 , Ca)
- Refer to the lists on next page to know which foods to avoid and which are OK. (PO^4 , $K+$, Na , Ca)
- If you are following your dialysis diet well and your potassium levels are still high, try eating only half of your fruits and vegetables. ($K+$)
- Follow the advice of your doctors and dietitians; they are monitoring your blood levels, medications and diet to help you stay well. Request a consultation if you have questions. (PO^4 , $K+$, Na , Ca)
- If you move, it may take time for your special diet to catch up with you. Let a deputy know so the kitchen staff can be informed of the move and get another meal bag for you if necessary.

Key: Dietary concerns regarding PO^4 = Phosphorus; $K+$ = Potassium; Na = Sodium; Ca = Calcium; F = Fluids

B. Nicholson, Student Dietitian, and L. Corrigan, MIT, RD

Nutritional Guidelines for Dialysis

WARNING!

BE VERY CAREFUL WITH FOODS FROM THE COMMISSARY AND FOODS TRADED WITH OTHERS!

AVOID:



- Chocolate
- Cola and other dark sodas
- Dairy products like cheese and milk
- Peanut butter, nuts and seeds
- Beans and bean products like refried beans and soy products
- *Whole grain* products like whole wheat, wheat germ, bran and oatmeal
- *High-potassium* fruits and vegetables like bananas, oranges, dark leafy greens, most fruit juices, and products made of tomatoes or potatoes
- *High-sodium (salty)* foods like beef jerky, regular bologna, canned meat/fish, chips, pork rinds, instant soups and noodle mixes

OK TO HAVE FROM COMMISSARY/VENDING:



- *Unsalted* popcorn
- *Unsalted* tortilla chips
- *Unsalted* crackers
- Graham or animal crackers
- Flour tortillas
- Dry cereals without whole wheat or bran (crisp rice, corn pops, etc.)
- Coffee (*no more* than 1-2 cups a day)
- Non-dairy creamer
- Tropical/fruit punch, grape drink or lemonade (if your doctor or dietitian approves)

IF A DIETITIAN SAYS YOU NEED MORE CALORIES:



- Shortbread or sugar cookies
- Vanilla or strawberry wafers
- Yellow or white cake
- Hard candies
- Fruit snacks
- Jelly
- Ask a dietitian if you qualify to receive a renal supplement (i.e. Nepro)

REFERENCES:

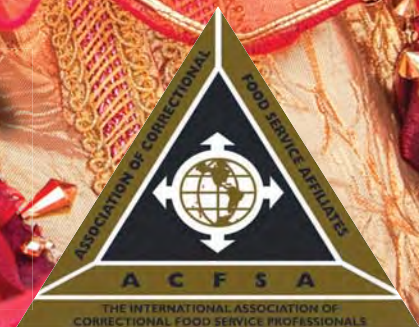
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The 2012 Annual International Conference & Vendor Showcase

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



ACFSA Will Jazz it Up New Orleans Style!

You'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 25 of this issue of *INSIDER*. If you're not a golfer, the New Orleans Conference Committee 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 your 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!





The theme of this year's conference in New Orleans is, what else? Mardi Gras! That's right, nothing says New Orleans more than Mardi Gras and ACFSA will take the town by storm as our Vendor Showcase and Awards Banquet and Party will all have a Mardi Gras theme.

For those of you that may not be well-versed in just what a Mardi Gras theme is... Well it's anything that you want. Essentially, the meaning is a Carnival, festival or simply a Celebration. The color scheme is typically purple, green and gold, but you will see a multitude of colors in any Mardi Gras party.

So, when you come to the 2012 ACFSA Annual International Conference, join in the fun by wearing a costume, a mask or dressing in the clothes that make you want to celebrate! Since there are no real rules to a Mardi Gras party - beyond having a good time - you can't go wrong!

The 2012 ACFSA Annual International Conference is a natural for you if you were making vacation plans for the summer! New Orleans, Louisiana is a destination visited by millions of people from around the globe every year. With our program taking place at the beautiful, newly remodeled Hyatt Regency New Orleans and a few short blocks from the World Famous French Quarter, you will be in the perfect location to ensure fun for the whole family! There are swamp, plantation and cemetery tours, museums, shops, restaurants and there is entertainment on pretty much every street corner. It's charming and diverse and you are certain to have a good time.

On February 3, 2013, Super Bowl XLVII will be played at the Superdome right across the street from The Hyatt Regency Hotel. That's less than six months from our Conference so you will be privvy to some of the preparations for the Big Game and will have access to some of the merchandise that the rest of the country will be clamouring for!

So, make it a point to consider turning your Conference trip to NOLA a dual-purpose affair and bring the family to enjoy a summer vacation before or after Conference. Who dat gonna have a good time in Nawlins? Dat's you!

As is the case every year, our Professional Partners will be exhibiting their newest products for you during the Annual Vendor Showcase and will be available for you to touch, taste and sample the items that will make your job a little easier to do and your budgets a little easier to manage in the coming year. They will be with us at a substantial cost with both their time and their dollars. As a courtesy, please make it a point to spend ample time with them and give them your serious consideration. Even if you think you may not need the products that they have available for you, it may be a pleasant surprise to find that new gadget that is going to save you time, make your kitchen more efficient or possibly save you hundreds or thousands of dollars. This will make you look like a star upon your return to your institution, so please let our Professional Partners know how much you appreciate everything that they do!





The Annual Basket Challenge & Silent Auction is a great chance for your State or Region to compete for Bragging Rights in the coming year, as well as a way to add needed dollars to the ACFSA Scholarship Fund! Proceeds from items sold go to the ACFSA Scholarship Fund. Dozens of members have benefited from the money raised, so let's help more members get to future shows!

We have had some spirited competition in the past, and this year should be no different. There really are no parameters and the items that you donate don't even have to fit into a "Basket." We have had items that were representative of an area or that were just fun and created a lot of buzz during Conference.

Artwork, jewelry, signed memorabilia, gift cards and food are just a few of the items that have been included in the past, so let your imagination run wild! Just remember that the winning bidder may have to bring the items home on a plane and they should be safe, secure and compliant.

When you know what will be in your basket or lot, please use the online form to write up a description as well as provide a value for the item(s). You will then want to bring the Basket with you to conference. Keep in mind that if you are flying, this could add extra weight to your bags. You will also want to make sure that it is safe, secure and compliant.

So now the ball is in your court! Let's make this the best year yet!



Patrick House
Biggest Loser Season 10 Winner
Monday Keynote Speaker

Photo Credit: NBC

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.



2012 Conference Schedule of Events



Sunday August 19, 2012

6am-Noon Golf Tournament

8 - 5pm Swamp Tour
Cajun Encounters Tours
Reservations 504-834-1770
www.cajunencounters.com
Book Directly with tour Co.

8 - 5pm **Food Safety Manager Certification**
You must register by Friday August 10, 2012
For more information contact **Benson Li**, CCFP
213-893-5866 or bpli@lasd.org

4 -5pm Chapter Presidents Meeting

5 -6pm **First time Attendees Reception**

6 - 8pm **President's Reception**

Monday August 20, 2012

8am **Opening Ceremony**
Presentation of Colors by OPSO Honor Guard National Anthem preformed by Jennifer Klein
Breakfast & Assn. Update
Welcome: Sheriff Marlin N. Gusman, OPSO

10:00 - 12:00 **Keynote Address - - Patrick House**, Winner, the Biggest Loser Season 10

12:00 - 1:30 Lunch on your own
12:00 - 1:30 Dietitian's in Corrections Lunch
12:00 - 1:30 CFSM Luncheon

1:30 - 2:30 **Opportunity Buys - Doing it Correctly**
Tracey Komata, National Food Group; **Wendy Shanks**, Corrections Division Manager, Global Foods, Inc.; **Sharone Story**, Vice President of Sales/Marketing Good Source Solutions; **Kristen D. Stoker**, Independent National Sales Executive, Rainmaker, Inc.

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

2:30 - 3:30 *Vendor's Meeting -Vendor's Only*

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

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

Tuesday August 21, 2012

8:00 - 9:00 **PREA Issues** - Senior OPSO Academy Instructor **Terrell Robinson** - With its standards formulated and reformulated, jails have been riding the PREA roller coaster since 2005. This workshop provides a comprehensive review of PREA legislation today and how it will look in full implementation. Participants will learn how to set up an investigative protocol and what to expect in audits.

9:00 - 10:00 **Diversity Management in Corrections** - Paul Scofield - North Central Regional Food Service Administrator, DOJ / BOP

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

2:15 - 3:15 **Screening Inmate workers for the Food Service Environment** - **Dr. Samuel Gore**, Medical Director of Orleans Parish Sheriff's Office. Class participants will understand the need for clear policies and procedures regarding the medical clearance for Inmates working in the food service environment. The discussion will cover blood borne pathogens and universal precautions.

5:30 - 6:30 **Conference Photo's - Hotel Lobby Grand Stairwell**

6:30 - 10:00 **Awards Banquet - DJ after Banquet**



Wednesday August 22, 2012

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

8:00 - 9:00 **Cooking Demonstration -**

9:15 - 10:15 **Certification - Continuing Education through ACFSA**
Teddie Mitchell, CCFP Food Service Manager, Shawano County Jail

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

9:15 - 10:15 **Equipment / food Specifications** - We have all experienced not getting what we wanted when purchasing equipment food. This class will give operators knowledge how to write specifications to ensure you "get what you want".

10:15 - 12:00 **Finding the Financial Leaks in Your Food Service Operation - Chris Musgrove**, National Food Service Coordinator, DOJ / BOP

12:15 - 2:00 Lunch

2:00 - 3:00 **Certification - Continuing Education through ACFSA**

2:00 - 3:00 **Menu Cost Saving Ideas**

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 - 12:00 **Tour of OPSO Jail Facility**

12:00 **Lunch at Jail**

1:00 **Return to Hotel/ Conference Concludes**

The Importance of the Food Show!

By Frank Shelton, ACFSA Region II Director

There 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 stretch 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 was 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 a 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 packaging 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.

Continued on Page 24

THE IMPORTANCE OF THE FOOD SHOW CONTINUED FROM PAGE 23

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, or to "whomever" if you need permission. 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 26 or visit 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

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**

Cost is \$ 90.00 per golfer. Please include your check for each golfer when returning this registration form. We will make every effort to keep 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*

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 After July 13, 2012	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED MEMBER	\$275	
	ACFSA NON-MEMBER <i>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</i>	\$350	
	GUESTS (INCLUDES FRIENDS, RELATIVES ONLY)	\$175	
	ONE DAY MEMBER AND NON-MEMBER - <i>DOES NOT INCLUDE BANQUET FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS PLEASE SPECIFY DATE:</i>	\$120	
	VENDOR SHOW ONLY <i>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</i>	\$30♦	
	SANITATION CERTIFICATION PROGRAMS NATNL REGISTRY OF FOOD SAFETY PROFESSIONALS CLASS INCLUDES BOOK AND ALL MATERIALS	\$50	
	SANITATION RECERTIFICATION PROGRAMS NATNL REGISTRY OF FOOD SAFETY PROFESSIONALS CLASS INCLUDES BOOK AND ALL MATERIALS	\$50	
TOTAL DUE <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**

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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.

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ServSafe® - What's New in the 6th Edition?
By
Linda Mills, MBA, RD, FADA
Corporate Dietitian – Community Education Centers

This spring the National Restaurant Educational Foundation released the 6th Edition of ServSafe®. This edition has new and revised content that is based on the 2011 Supplement to the 2009 FDA Food Code and industry best practices. Over one-third of the content is new, streamlined, revised or eliminated since the last edition. The key focus is on food safety preventative measures.

The additions in this edition include the following:

Reporting Health Issues – If a food handler has a sore throat with a fever, they must be restricted from working with or around food until they have a written release from a medical practitioner.

Role of People in Transferring Pathogens - Content has been added explaining the fecal/oral route of contamination since there is an emphasis on the role that people play in transferring pathogens to food.

Recalls – The manufacturer may recall food when contamination is confirmed or suspected, items are mislabeled or misbranded, or food allergens are not identified on the label. It is recommended that the operator monitor recall notifications by the FDA and USDA. Guidelines to follow in case of a recall are provided.

Key Drop Deliveries – Key drop deliveries are received when the facility is closed. Conditions for the products to be received safely are provided for the manager to use to inspect the delivery.

Labeling – New guidelines are provided for labeling food for use on-site, labeling food that is packaged on-site for retail sale, and bulk food in self-service areas.

Dating Food – Ready-to-eat TCS food can be stored for only seven days if properly refrigerated at 41°F or lower. Day one is the day the container is initially opened or the food is prepared.

Bare-hand Contact – Single-use gloves, deli sheets, or serving utensils are needed to touch ready-to-eat food. Bare-hand contact with ready-to-eat food is not allowed.

Emergencies – Emergencies such as power outages, fire, flooding and sewage backup are considered to be an imminent health hazard. There are times when these emergencies require immediate correction or closing of the facility due to a significant danger to health. If there is a significant danger to health, the local regulatory authority must be notified.

Cleaning Up After People Who Get Sick – Norovirus is highly contagious and can be carried in diarrhea or vomit. Procedures are needed for proper cleanup to prevent food from becoming contaminated. A list of items to consider is provided.

Cleaning Stationary Equipment - Equipment that holds and dispenses TCS food and has a cleaning and sanitizing solution pumped through them must be cleaned and sanitized every day unless otherwise noted by the manufacturer.

Changes in this edition include some of the following:

- Regulatory investigation and laboratory confirmation is needed for a foodborne-illness outbreak.
- Biological, chemical, and physical hazards are now classified as contaminants.
- The list of actions that can result in unsafe food has been changed to include poor cleaning and sanitizing.
- Pregnant women are no longer considered with high-risk populations.
- A broadened explanation of FAT TOM and reference to only how bacteria grow has been added.
- The content on pathogens now focuses on five major pathogens responsible for foodborne illness. There is less detail in the chapter on pathogens and an appendix has been added with more details about the pathogens.
- There is new information on chemical contamination, physical contaminants, revision of the section on deliberate contamination of food, and toxic metal poisoning has been removed.
- Hand washing information now includes new information about where and when to wash hands, rinsing hands, the use of hand antiseptics, and the application to prosthetic devices.
- Gloves are no longer required to be changed at least every four hours during continual use, but there is new information about how to put on gloves the correct way.
- The boiling point method to calibrate thermometers has been removed.
- The receiving temperature for milk and shellfish has been revised.
- The information on thawing food under running water has been revised.
- There is new information concerning the allowance for leaving food uncovered during storage to aid in cooling.
- The content on active managerial control has been refined to reflect current industry practices and crisis management information has been removed.
- The equipment section focuses on NSF's role in creating standards for equipment. There is new information on three-compartment sinks and how to set them up.
- There is new information on indoor garbage containers.

Another change with the 6th edition involves the name of the *ServSafe Essentials*. It has been changed to *ServSafe Manager*. This book has been reduced to 10 chapters. Every manager needs to review this updated information and make sure their operation is current with their procedures to keep everyone safe from a foodborne illness outbreak.

eat **Healthier**

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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



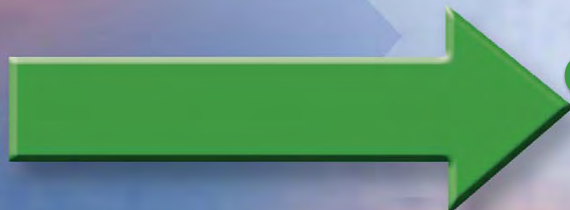
RED Utensil = Not So Healthy

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!

News Release

April 23, 2012

Contact: Sarah Rogers, Kitchen Corps Director of Operations and Sales Manager
srogers@kitchencorps.com, 757-487-8977.

Free disaster planning packet focused on food service, available through Kitchen Corps, Inc.

Does your organization have a plan for feeding its people when a tornado, hurricane, fire or other disaster strikes?

One of the keys to quickly restoring order to a disaster-stricken organization is the ability to keep stakeholders and disaster relief crews on-site – which means providing proper food service.

Kitchen Corps, Inc., headquartered in Virginia, is providing free Disaster Planning Packets to organizations that would like to include temporary kitchen/food service information in their Disaster Plan. The packet includes information on leasing a temporary kitchen, set-up timelines, pricing options, and other valuable information. Receive your free Disaster Planning Packet by calling Kitchen Corps at 757-487-8977.

Kitchen Corps, a national leader in the temporary kitchen facility industry, has answered the distress call many times throughout its 15-year history and has helped organizations quickly get back on their feet. They most recently provided disaster relief temporary kitchen facilities to:

- **University of Texas Medical Branch:** Rebuild after Hurricane Ike in Galveston, TX
- **Shaw University:** Rebuild after tornado damage in Raleigh, NC
- **Base Logistics:** Oil spill cleanup in Grand Isle, LA
- **Meadows of Dan Elementary School:** Rebuild after fire damage in Meadows of Dan, VA

More information about Kitchen Corps' disaster planning packets as well as their ongoing and past disaster relief work can be found at www.kitchencorps.com.

###

Editor's Note: For more information contact Sarah Rogers, Kitchen Corps Director of Operations and Sales Manager, at srogers@kitchencorps.com or 757-487-8977.

When Do Food Items Really Go Bad?

By Cindi Avila Published March 06, 2012 / FoxNews.com



How do you know when something in a cupboard or refrigerator has gone bad --or on the flip side --may look a little weird but is perfectly fine to eat? It can be easy to know when dairy and meat products go bad because of "use by" and expiration dates. Also our nose knows when those foods go bad. It can be harder, though, with everyday items that many of us keep stocked in our homes.

There's also the issue of flavor. While some products may not go bad per se, they may start to develop an odd taste.

Jay Weinstein, a culinary professor, at The Natural Gourmet Institute in New York City walks us through what to look for with some of the most popular items we have around our kitchens. Some of the answers may surprise you.

Oh, and get a garbage bag handy, you may be dumping a lot of things. The last thing anyone wants is to get food poisoning, especially when it can be prevented.

Butter

Salted butter has a longer shelf life than unsalted. After unwrapping, salted butter should last ten days in the refrigerator before its flavor is compromised. Within two weeks, a translucent layer develops indicating the start of rancidity. It could also have a cheese-like smell.

Eggs

While the Food and Drug Administration recommends refrigerating eggs, Weinstein points out bakers usually leave them out, and they can last up to a month that way. As for the FDA's recommendation, the organization says fresh eggs are good in the refrigerator for up to five weeks.

Juice

Non-pasteurized fruit juice starts to spoil within a week of opening, even if it's refrigerated. Consumers wouldn't notice much at first, since it doesn't take on the sour smell that milk or meat products do when they spoil. Eventually though, it will start to cause a tingle on the tongue, like soda. There's nothing harmful about drinking it this way, it's just starting to ferment. Most people don't like that taste and discard it.

Coffee

Coffee starts to lose nuance of flavor from the moment the beans are ground. Coffee's essential oils are air soluble, and dissipate quickly. Spoilage? That takes months. It's only spoiled when its remaining natural oils go rancid.

Brown sugar

Despite the fact that brown sugar goes rock hard within a week no matter how many layers of zipper-seal bags you pack it in, the stuff will keep for years in that petrified state. If you own a microwave you can pop it in there for about 30 seconds to loosen it up or put an apple peel in there to keep it moist.

Continued on Page 35

White sugar

Weinstein, author of *The Ethical Gourmet* jokes that “white sugar is so highly refined; it may have longer shelf-life than petroleum. I’ve never known white sugar to become spoiled, even stuff I’ve found in camping supplies from previous decades.”

Maple syrup

Maple syrup that’s been opened is susceptible to a mold spore that causes a powdery film to develop on its surface. The mold looks like cinnamon, and can give a mushroom-like undertone to the syrup. This may occur within three weeks of opening it, or might not appear for months.

Vinegar

Vinegar starts to let off sediments which settle to the bottom of the bottle within three months of opening. The problem is most pronounced with red wine and cider vinegars, but will happen with most natural vinegars eventually. Distilled vinegar won’t develop this problem. While the sediment clouds the vinegar and makes it unsightly, the taste isn’t affected. You can keep most vinegar for up to a year.

Olive oil

Most people use rancid olive oil most of the time. Even filtered olive oil starts to develop a rancid, cardboard-like smell after just four weeks of opening. Plenty of people open a bottle of olive oil and leave it in a cabinet for months, using it a teaspoon at a time. A lot of consumers think it’s *supposed* to smell dusty. Ideally it should smell like artichokes and freshly ground black pepper, or if it’s lighter stuff like the French, Tunisian or California varieties, it should smell like butter and tree fruit.

Vegetable oil

Processed vegetable oils keep for a long time before rancidity sets in. You could keep an opened bottle of canola oil for almost a year before you’d detect that dusty, cardboard-like odor of spoiled oil.

Peanut butter

Packaged peanut butter has plenty of preservatives to keep it shelf stable for over a year. Natural peanut butter starts to go rancid within three months. Putting it in the refrigerator slows but doesn’t prevent the peanut oil from going bad.

Salad dressing

Mayonnaise-based dressings like freshly-made Caesar should be consumed within a week. Vinaigrettes hold quite well for up to two weeks, assuming that there are no fresh herbs in them.

Ketchup & Mustard

Both are heavily seasoned with vinegar and salt and keep well for about a year.

Flour

This one could be a shocker to a lot of people. Weinstein says “flour is rancid so often that most people don’t even know what fresh flour smells and tastes like.” The chef trained at the Culinary Institute of America says “it should be used within three or four weeks of opening, but most people keep it in their cupboard for years and still use it. Fresh flour smells sweet. Rancid flour smells like cardboard and dust.”

Honey

Here’s one you can keep in your cupboard. While honey may crystallize it should last forever with the same great flavor and sweetness.

Jelly & Jam

Natural jellies and jams are perishable. Despite the preservative effects of sugar, open jams will start to grow mould or rot in about six months.

Dry pasta

Like beans, dry pasta contains a tiny bit of water content that helps it hydrate properly when it cooks. This ultimately can make the pasta go bad overtime, but it is likely that bugs would get to it first. It should be used within two years of purchase.

Rice

Wholegrain (brown) rice is more perishable than polished (white) rice. Brown rice should be used within two years of purchase.



Humor Behind Bars

A woman was at work when she received a phone call that her small daughter was very sick with a fever. She left work and stopped by the pharmacy to get some medication and returned to her car to find that she had locked her keys inside. Not knowing what to do, she called home and told the baby sitter what had happened. The baby sitter told her that the fever was getting worse and said: "Maybe you can find a coat hanger and use that to open the door?"

The woman looked around and found a rusty old coat hanger that had been left on the ground, possibly by someone else who at some time had locked their keys in their car. She picked it up, looked at the hanger and realized that she had no idea how to use it to open a car door. With her daughter getting worse at home and needing some divine intervention, she bowed her head and prayed for help.

Within five minutes a beat up old motorcycle ridden by a bearded man who was wearing an old biker skull rag on his head pulled up beside her. The woman looked to the heavens and thought: "This is what you sent to help me?" However, she was desperate and thus she was also very thankful!

The man got off of his motorcycle and asked if he could help.

She said: "Yes, my daughter is very sick. I stopped to get her some medication and I've locked my keys in my car. I must get home to her. Please, can you use this hanger to unlock my car?" He grabbed the hanger and said, "Sure." He then walked over to the car, and in a matter of seconds the door was opened.

She hugged the man and through her tears she said, "Thank You SO Much! You are a very nice man."

The man replied, "Lady, I am NOT a nice man. I just got out of PRISON yesterday; and I was in for car theft." The woman hugged the man again and with sobbing tears looked skyward and cried out loud: "Oh, thank you Lord! You even sent me a Professional!!"



Recruiting and Training for Success in Correctional Food Service

By Richard Karl, CDM, CCFM & Christine Berndt Althaus, RD, CD,
of the Wisconsin Department of Corrections

When new food service employees come into our kitchens, they must come to the job armed with basic food and sanitation knowledge. If the employee has to focus on learning how to cook, they cannot focus on the safety and security needed to protect staff and inmates. In Corrections, food and security go hand-in-hand.

Ideally, all who work in prison Food Service systems would become certified in the ACFSA program for Certified Correctional Food Service Professional (CCFP) or Correctional Food Service Systems Manager (CFSM)

Many people learn to cook from their mothers or grandmothers, but home cooking is very different from quantity cooking and does not provide basic nutrition or sanitation training. According to ACFSA President, Benson Li, in most states, prospective employees need only pass a civil service test and present current Serv-Safe certification.

Some states also require military or other quantity cooking experience. This should be considered a best practice in the industry.

Ideally, all who work in prison food service systems would become certified in the ACFSA program for Certified Correctional Food Service Professional (CCFP) or Correctional Food Service Systems Manager (CFSM).

These educational tools cover food preparation and nutrition, and allow the employee to clearly understand sanitation and safety. The learning modules also provide a good look at security issues in a prison, such as inmate con games and the criminal mind. Experience in other food service sectors simply doesn't prepare the new hire to work in a criminal environment.

We need to create more effective tools to screen, interview and hire staff so that they may be successful in our operations. This should be followed by continuous training and support as the employee adjusts to a new and different environment. This will *decrease* security concerns in our institutions and *increase* safety for all.



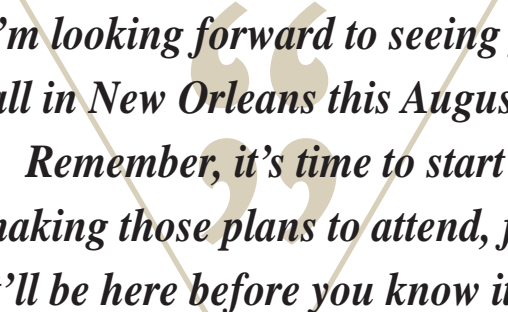
REGIONAL REPORTS

REGION I

by Linda Shear, ACFSA Region I Director

Summer is upon us once again and a new Board of Directors will be sworn in at the annual conference. As I reflect on my term as the Region I Director, I've tried to keep in touch with all our members and assist as needed. I've encouraged membership and am proud to have been part of the re-energizing of the MD/DE chapter. The VA chapter remains strong and stands on its own merits.

The ACFSA Mission Statement is: *Develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge.* Let this remind all of us why we joined ACFSA and why we advocate for more folks to join us. Whether you attend the International Conference or go to chapter meetings or read the INSIDER, we all strive to be professional and continue to learn.



“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!”

REGION II

by Frank Shelton, ACFSA Region II Director

Greetings,

As I write this we are just a few short months until our Annual International Conference in New Orleans. I hope you're looking forward to it as much as I am. It's gonna be good let me assure you!

There's plenty of great sessions planned to hone your skills and knowledge in our profession and plenty of great things to do in one of the truly great cities of the world. From renowned Bourbon Street to top the ranked Audubon Zoo and the Aquarium of the Americas, from Jazz and Blues to world class shopping, from some of the finest dining establishments in the world to the World War II Museum, New Orleans has it for you. Top all that off with some great speakers and programs, this isn't one you'll want to miss.

As far as news from the region, I've got to report that Ronda Walters, Tennessee's Chapter President had to step down and has been replaced by Jorge Blanco. I look forward to working with Jorge as the Tennessee Chapter continues to grow. I'd love to see some great things happen there.

Please remember the Regional Roundtables while attending the conference. These Regional "Breakouts" are very important tools in identifying the needs and desires of our members, which in turn strengthens the association to better serve you, the member.

See you in New Orleans!

REGIONAL REPORTS

REGION III

by Lt. Tim Thielman, CFSM

Greetings to you all from Region Three!

Like many of you, over the past couple of years my food service operation has been subject to budgetary cuts, reduction in staff, and the expectation of being able to do more with less. These conditions can take a toll on everyone from managers down to the line staff. At the end of the day the mission remains the same; provide nutritious and palatable meals that are cost effective and comply with DOC standards. With the rising cost of food and fuel this creates even more of a challenge for managers to keep food costs under control. Fortunately for us, as members of ACFSA, we have a strong network of food service professionals who are all enduring the same challenges and we don't have to figure it out alone. I use my ACFSA network weekly if not daily sometimes to get problems figured out. If you are struggling with an issue or looking for a solution to a problem, why not use the network that you belong to?

Membership in Region Three remains solid and continues to grow. There are some hopes that at least one new chapter will soon emerge in the region. Hopefully I will have more information in the next issue. It was certainly a beautiful spring in the Midwest Region. Spring arrived early after a nearly non-existent winter and flowers were already blooming in March in Minnesota. As we head into summer, all eyes in ACFSA are focused on New Orleans, Louisiana. Major Jim Beach is working like a mad man to bring this conference together. With a venue such as New Orleans I have got to believe that this conference is going to attract the highest attendance that an ACFSA conference has drawn in many years! I have been checking the schedule weekly for updates and it keeps getting better and better. I hope to see you there

Congratulations to Josie Maya, CFSM, Kitchen Supervisor from Canteen Services, Inc. in Tawas City Michigan, and Rhonda Duchesneau, CFSM, Food-service Manager from the Scott County Jail in Iowa. Region Three had a lottery for two scholarships for registration fees at the International Conference and Josie and Rhonda's name were selected on May 1st. Thank you to our generous vendors who contribut-

ed to the fund. I hope to make this lottery an annual event. Thank you to everyone who participated in the lottery.

REGION IV

by Laurie Maurino, RD

Greetings:

It is warm in California but our budget is still frozen! California is still in the midst of a budget crisis that keeps getting worse. State employees are expecting to get furloughed again, with a 5% pay cut. You would think we would have saved money by decreasing our total state inmate population from a high of 170,000 down to 124,000. The prisons are less full as the inmates are ending up staying in our county jails longer now. We expected crime to rise significantly but it really hasn't. So the state prison system is going through some adjustments as far as staffing. For Food Service, you still need a prison cook whether there are 200 inmates or 500 in a building but there is still some insecurity. There are some officers being laid off. Hopefully, it will settle down soon.

The California Chapter of ACFSA had a meeting on May 16, 2012 at Highland Wholesale Foods in Stockton. There was a presentation on Food Service Disaster Planning and Equipment Repair. They are also planning a State Conference this year to be held in Fresno on October 14-17 at the University Square Hotel.

I am going to be the Chair for the ACFSA International Conference in August, 2013. It will be in Reno, Nevada. If anyone would like to help with the conference or has any great ideas for speakers, please contact me at laurie.maurino@cdcr.ca.gov.

REGIONAL REPORTS

CHAPTER CHATTER

REGION V

by Connie O'Connor, ACFSA Region V Director

I would like to thank the ACFSA board for accepting me as interim Region V Director to fill in for Mr. Paul Fortier who had to step down for personal reasons. I look forward to representing the region on the Board. I know I will learn a lot in this new role!

The Ontario Chapter Spring Conference planning was in full swing with many great speakers and fun activities planned, but were postponed due to fiscal restraints, both provincially and federally in Canada. It was very disappointing for conference planners and members. It is anticipated the plans will be put to good use for next year's conference.

Ontario chapter board elections will be held in the fall. I encourage anybody interested in learning more about the Association and our chapter to consider becoming a board member! Please be on the look out for information on officer positions and instructions for nominations coming out shortly!

Connie O'Connor, RD
Senior Nutrition Consultant
705-494-3331



NORTHERN LAKES

by Diane Burczyk, Northern Lakes Chapter President

Greetings from Northern Lakes!!!

Since the last **INSIDER** was published, the Northern Lakes Chapter has had one chapter meeting. On April 10, 2012 we had short but very productive business meeting at the IFD Food show in Eau Claire, Wisconsin. At the meeting we made plans to have chapter raffles at the International Conference in New Orleans. We held nominations for two offices, Vice President elect and Secretary. We discussed our website (<http://www.acfsa-nl.org>) and how successful it is. Please take the time to visit our website. We also made some tentative plans to have a fun family weekend in Hayward, Wisconsin sometime in June.

I would also like to add that before and after the meeting we operated an ACFSA booth for a membership campaign. We had a lot of people stop by and express interest in the organization. Our next Chapter meeting will be in August at the New Orleans International Conference.

I have enjoyed my year as President of Northern Lakes and I'm looking forward to finishing it off at my first International Conference. I am looking forward to meeting many new people from other chapters. I am also looking forward to 5 days of relaxation and spending time with many of my fellow Northern Lakes Chapter Members. Hope to see you all there.

CHAPTER CHATTER



MICHIGAN

by J. Kevin O'Brien, CEC, Michigan Chapter President

ACFSA Michigan is so blessed with great venues for our Annual Spring Training Conference. We can and have covered the State by visiting numerous communities and enjoying the local sites, restaurants and activities. This year we are returning to The Presbyterian Camp on the shore of Lake Michigan at Saugatuck. We really cemented our relationship with this fine group of people after the very successful 2009 International Conference Opening Reception and the day on the beach. Many of you may not know that I was asked by Bud Chambers at the trade show in Grand Rapids if I wanted to take his display and test out the equipment and report back to him on how it was working. Well, I got to thinking about how hard the Presbyterian Camp folks worked for us and especially Brad Fries, Food and Beverage Director and I called and asked them if they could use this equipment. He responded positively and Louann and I took a drive back out to the camp and dropped off the display equipment and you all know the amount and quality of the Cambro products Bud displays every year. Well, Brad is still using the products and has communicated with Bud on how they are holding up and that really made us welcomed when I asked if we could hold a State Chapter Annual Meeting at the Presbyterian Camp. Thank you again Bud Chambers for your generosity.

Well, the meeting May 20-22, 2012 will be over by the time you read this and I'm certain we will have some very happy campers in both attendees and vendors. Our educational programs are excellent and the speakers we bring in from public and private food service operations generate a valuable mix of information for our members. I am especially proud to be the Chapter President this year and honor two fantastic contributors with our Chapter

Presidential Awards. Canteen Services, Inc. and I got together after the 2004 International Conference in Sacramento, California. I had lunch with Louann, Joe and Joan Montgomery and Barbara Wakeen in Old Town Sacramento and we talked a lot about growing chapters and our chapter was a main topic. Joe had visited our conferences in the past and knew we had some growing to do. He gave me some ideas, but Barbara Wakeen told me that I should contact Cindy Burns when I returned. She was an ACFSA member and was very active at one time. So, I called Cindy and talked to her and after a short discussion, she agreed to bring Canteen Services, Inc. back into the Chapter and all of a sudden we had some serious membership growth.

The things we have done as a chapter since then have been mind boggling, including hosting two International Conferences, bringing in keynote and other speakers (Canteen Services), sponsoring numerous members to conferences through scholarships, providing assistance to other chapters, pairing with the Ontario Chapter on joint conferences and supporting the International Organization by having our members on the Board of Directors for many years. Little of this would have been possible without the help of Canteen Services, Inc. and the Tiggelman family, but most importantly, Cindy Burns and Robin Sherman whom Cindy mentored for many years. Please congratulate Cindy and Robin on receiving The 2012 Michigan President's Award when you see them at the International Conference this year. Michigan is very proud of our chapter and I am privileged to have worked with the Canteen Services organization for many years and know first hand of the professionalism of the company. I would encourage all chapters to embrace the private food

CHAPTER CHATTER

service management groups in your states and invite them to become active members and leaders in your association. It is a winning combination and your meetings will be more vibrant with the resources a private management company can bring to your chapter.

As I mentioned, to Cindy Burns, with that initial phone call in the late summer of 2004, the ACFSA By-Laws state: *“Professional Foodservice Members: Any individual actively engaged in correctional food or farm service operations may become a Professional Foodservice Member of ACFSA upon completion of appropriate application and payment of dues. Professional Foodservice Members have voting privileges and may hold elected offices within ACFSA.”* There is no distinction in the above by-law between public and private food service professionals. We need to take a long look at the successfulness of the Michigan Chapter and what we have been able to accomplish over many years with the help and partnership of the private correctional food service management industry. Everyone has a place in the industry and I am very happy to have met and become friends with all the members of our chapter and this would not have happened without the ACFSA helping me out with networking at it finest in Sacramento. Thank you Joe, Joan and Barbara.



MICHIGAN

By Robin Sherman CFSM, CCFP, ACFSA Michigan Chapter President, ACFSA International Secretary Corrections Regional Manager, Canteen Services Inc.



MICHIGAN CHAPTER SPRING TRAINING RECAP

On May 20-23, the Michigan Chapter held their Spring Training Conference in Saugatuck on Lake Michigan at the Presbyterian Camps. The theme was Boot Camp Training. We had approximately 30 members attend over the course of the 3 days and an awesome display of Vendors.

The Michigan Chapter Board of Directors was very excited for all our Food Service Professionals and Vendors to be able to experience our Boot Camp Training Conference, and enjoy the interaction of both public and private food service staff.

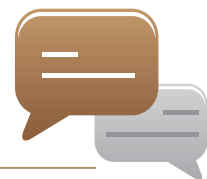
We began our Boot Camp Training with a Food Safety class, with 15 attendees, on Sunday with Diane Cammenga as the instructor. In the early evening we scheduled a short walk on the beach, with a bonfire and s'mores, but with typical Michigan weather, we were rained out.

Monday, we started the day with our amazing keynote speaker, Mary Anne Gale, Vice President, Global Production, Proctor and Gamble Co., Retired. President, Author CareerScape, who inspired us with her awesome motivational presentation.

We also had many other Boot Camp presentations and speakers designated to educate and challenge us:

- * Steve McLain, Food Service Director MDOC Oaks Correctional Facility – “Meat as a Boot Camp Operations Tool”
- * Major Sam Davis, JA of Ingham County Jail in Mason MI – “If I Can See It, Why Can’t You?”
- * Jim Muth, Owner, Custom Blends – “Bigger Is

CHAPTER CHATTER



VIRGINIA

by Linda Shear, Virginia Chapter Secretary

Not Necessarily Better, Dealing With A Small Local Company”

* Bill Haire, MDOC Cooper St. Correctional Facility, Master Trainer, Prisoner Management, Retired – “Security Threat Groups And Basic Self Defense”

* Tom Vogel, R.S., M.P.A. Manager Environmental Health, “Fire Safety and County Jail Services”

* Pat Willard, RD – “Boot Camp Training on Diabetes”

* Kevin O’Brien, CEC, Food Service Director, MDOC Lakeland Correctional Facility, Cold Water, MI; President Michigan Chapter ACFSA, President, Capital Professional Chefs and Cooks Association – “Food Costing, Old and New”

* Regional Managers, Canteen Services, Robin Sherman CCFP, CFMS and Scott Goetz CCFP, CFMS – “Inmate Manipulation”

Let’s not forget about our wonderful vendors. Our refreshment breaks were sponsored by National Food Group. Some of the vendors in attendance were Design Specialties, Cook’s Correctional, National Food Group, Polar King, Butter Buds, Cambro, Stoveshoes and Oscoda Plastics. Thanks again for all your continued support!!

The vendors also gave out tickets for the Michigan Basket when their booth was visited.

The Michigan Chapter BOD also voted on giving two \$500 scholarships to the National conference. Thanks to Cindy Burns Inc. who donated a \$350.00 scholarship.

I have been a member of ACFSA since 2005, on the Michigan Chapter BOD for the past 5 years, International Secretary for the past 3 years, and the current President of the Michigan Chapter. I am honored to be a part of this amazing Association and have taken full advantage of the educational programs provided to enhance my leadership skills and professionalism, not to mention the amazing correctional family that I have gained. Thank you ACFSA!!!

The VA chapter met in April at the Prince William Manassas Regional Adult Detention Center, hosted by Bobby McGill and Mary Malone. We welcomed our old friends as well as some guests to the meeting. Our training topic was the different methods of cooking and the use of cooking equipment for each method. Our trainer was Matthew Bee, corporate chef from Unified Brands. We learned a lot from him, and I think that he had some eye-opening education about corrections from us!

We started making plans for our annual \$500 raffle drawings at the conference in August. Bring your dollar bills and try to win – you’ll have two chances!! See you in New Orleans.

“Everyone has a place in the industry and I am very happy to have met and become friends with all the members of our chapter and this would not have happened without the ACFSA helping me out with networking...”

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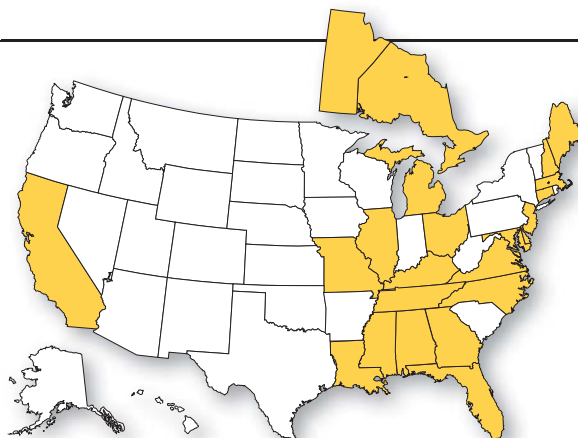
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Visit www.ACFSA.org for the Membership Roster!

Membership is required for access.

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

* Chapter President

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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.

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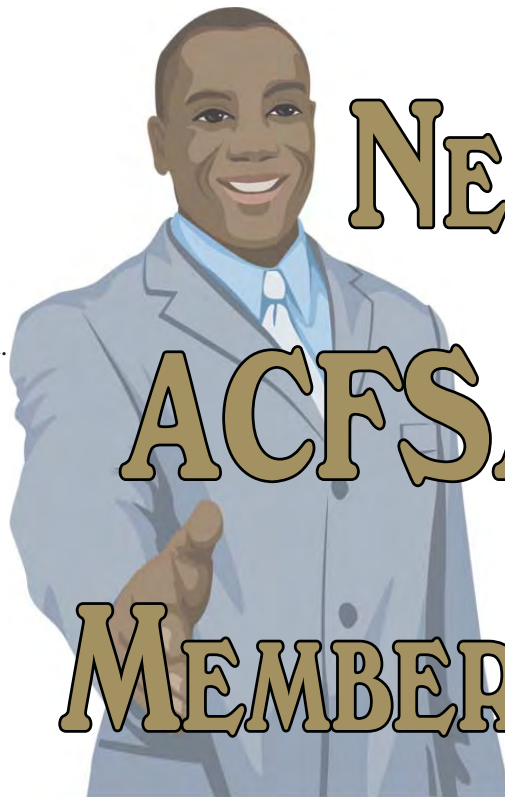
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ACFSA

MEMBERS





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 Association of Nutrition and Foodservice Professionals (ANFP) 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
Non-Member Fee \$374.00

CFSM for CDMs \$149.00
Non-Member Fee \$199.00

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Title _____

Company _____

Address _____

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Phone _____ FAX _____

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Check Number _____

Purchase Order _____

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

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Credit Card # _____ Expires _____

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



A Membership Opportunity for You!

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

By 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.

A Sampling of the 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 Annual 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, fellow members, and 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.)

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**

Student Member:

Student Members of ACFSA are those individuals who are currently enrolled in a Food Service program and considering the Correctional Food Service Industry as a career option. Student Members will have access to Professionals currently in the industry and have the opportunity to learn the industry and to foster important relationships. **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**

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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**



ACFSA MEMBERSHIP APPLICATION

To begin receiving the benefits of Membership in The Association of Correctional Food Service Affiliates, simply fill out this application and forward with dues to ACFSA Headquarters Office.

Name _____
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(If different from Directory Address)
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(If different from Directory Address)
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Employed by (For Food Service Professional Active and Institutional Members Only):

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* Depending on the month you join ACFSA, your dues may be prorated. Dues are paid annually. 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 2013, Dues will be paid through December of 2014

Member Type - Check One	January-March	April-May	June-September	October-December
<input type="checkbox"/> Food Service Professional	\$79	*\$139	*\$119	*\$99
<input type="checkbox"/> Institutional	\$134	*\$236	*\$202	*\$168
<input type="checkbox"/> Retired	\$34	*\$60	*\$51	*\$43
<input type="checkbox"/> Student	\$34	*\$60	*\$51	*\$43
<input type="checkbox"/> Professional Partner	\$384	*\$672	*\$576	*\$480
<input type="checkbox"/> Associate Professional Partner	\$109	*\$190	*\$163	*\$136
<input type="checkbox"/> Chapter Professional Partner	\$159	*\$279	*\$239	*\$199

Total Amount Due \$ _____

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V-Code _____ V-Code is the 3 Digit Code on the back of Visa and MasterCard and the 4 Digit Code on the front of AmEx

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Barbara Holly, CCFP, CDM, CFPF
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 Fall 2012 Issue:

1. Please send via e-mail by August 15, 2012 to:

ACFSA—INSIDER

Barbara Holly, e-mail: barbaraholly@bellsouth.net or

Chris Althaus, e-mail: Christine.Althaus@wisconsin.gov

2. ACFSA does not guarantee that submitted articles will be published. Articles may be edited, and placement is determined by the editor.
3. You may also include a photograph, simple graphics, charts, or pictures that you think may be useful to the article.
4. If you have submitted or will submit the article to other publications, please notify us at the time of submission of the publication name, editor, and phone number.

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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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