

INSIDER

The Magazine of ACFSA
The Association of Correctional Food Service Affiliates



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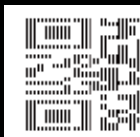


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Thank you Design Specialties!

By Lt. Tim Thielman, CFSM

On Monday August 20, 2012 the CFSMs that were in attendance at the International Conference met for a luncheon at 8 Block Kitchen and Bar at the New Orleans Hyatt Hotel. The luncheon was sponsored by Design Specialties President and long time ACFSA member and supporter, Pattie Whitlock. Region Three Director, Lt. Tim Thielman CFSM, and Pattie spoke to the CFSM group about her company and the CFSM program. It wasn't all business though as the group got to network with each other and share a delicious meal. Pattie was also joined by Design Specialties Sales Specialist, Pat Tart.





President's Message

By Major R. J. "Jim" Beach, ACFSA President

I would like to take this opportunity to thank each of you who made it to the International Conference in New Orleans. I am sure you have heard the old saying "If something can go wrong, it will", well the conference in New Orleans proved that to be true. Speakers were late, or did not show up; the roof leaked in the original exhibit hall which necessitated a move to a different exhibit hall at the last minute, and let's not even talk about the weather! But for all its short-comings, I think the conference went well. We raised over \$2,000 in the silent auction with the money going to the scholarship fund. The people who stayed for the Jail and Kitchen Tours got a brief glimpse of the obstacles we have to endure on a daily basis. The new cook chill kitchen was supposed to be completed and operational, but of course it wasn't. We were still able to tour the site as well as tour the Kitchens-to-Go temporary kitchen.

My first official act as President was to represent ACFSA at the NAFEM Allied End-User Leadership Summit in Chicago. Presidents from six associations including AHF, FCSI-TA, NACUFS, SNA, SFM, and ACFSA were present. We shared our concerns and challenges within each of our memberships.

As your President, I plan on expanding membership and I challenge each of you to assist in this endeavor. We all know food service professionals who are not members, and most have never heard of

ACFSA, and what the Association can do for them. Before I became a member in 1991, I had to figure out problems on my own (this was WAY before the internet). Now you can "Google" just about everything, but being an ACFSA member put me in contact with many great people who have the answers to most questions.

As your President, I want to let you know I am here for you, if there is anything you need, feel free to call or e-mail me, and if I don't know the answer, I guarantee I know someone who does.

This year seems to be flying by already and I hope I am able to live up to the responsibilities of this great Association. I am looking forward to a bigger and brighter future with many new members and many not-so-new members making ACFSA bigger and better. Always remember this is YOUR association, you have an impact on its future. Recruitment of new members and retention of old members is the key to growth. As members you need to get involved on the Board and have a say in the direction you want ACFSA to move. Get involved, the future of our Association is in your hands!

Your President,

Jim Beach

Jim "my first name is not Major" Beach



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& Vendor Showcase**



Past-President's Message

By Benson Li, ACFSA Past-President

Congratulations to Major Jim Beach and his Planning Committee for putting on an outstanding conference in New Orleans. As I was standing by my window in the Presidential Suite of the Hyatt Regency Hotel, overlooking the Super Dome, I must admire the citizens of New Orleans, their courage and perseverance to overcome major disaster and rebuild their community. When I returned to California, I reminded my food service staff how lucky we are to have nice kitchens to work in and plenty of luxuries and amenities to support our course. The men and women of Orleans Parish Criminal Sheriff's Office deserve the highest recognition for their dedication and professionalism.

The mission of ACFSA is to develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge. When you attend a chapter, regional or an international conference, you have an opportunity to learn from your speakers and the participants what are the challenges facing the food service industry. Doing more with less seems to be the norm. After the conference, do not forget to read the notes and handouts that you have collected. I hope you have learned a few ideas that you can implement in your facility to improve your operation. Share the information with your peers, so that everyone can benefit from your newly gained knowledge.

Did you find new items at the vendor show? There were 101 booths at the trade show. There was an ample supply of new products and ideas that will promote your food service operations. If you have a quest to look for products to improve your operations, you have one-on-one opportunities to discuss with the professional partners. They can help you to solve problems or refer you to other vendors that are prepared to serve your needs. Each year, I learn from our international conference. I brought new ideas to my operation. ACFSA is the most valuable source of information for correctional food service professionals.

Tell us what topics you would like to learn about in our 2013 Conference in Reno, Nevada. Together, we will learn from the best of the best.

The ACFSA Mission Statement:

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

THE INTERNATIONAL ASSOCIATION OF
CORRECTIONAL FOOD SERVICE PROFESSIONALS

Executive Director's Message

By Jon Nichols, ACFSA Executive Director



Welcome to 2013 everyone! If you're reading this message, I guess the Mayans were wrong about the whole "End of the World" thing and we'll have to find something else to worry about. I am sure those that take care of such things will have something for us very soon. In the meantime, I want to bring you news to excite and uplift and I think this Winter 2013 issue of INSIDER will do just that!

Look for the article about Jailhouse Gardens which ties in nicely with our 2013 Annual International Conference in Reno, Nevada. The concept is a very interesting one that has provided some institutions with a way to combat escalating food costs and has some positive effects on inmates by giving lessons that may improve diet, outlook and potential employment. The jailhouse garden is a concept that may not be feasible or work for every institution, but maybe it can give you some ideas about how you can begin to think outside of the box in an effort to meet your increasing demands to do more with less and possibly offer inmates occupational experience.

So, how does that tie in with Reno? Well, the theme for the conference is "Keeping Your Food Service Operation Sustainable." See Conference Chair, Laurie Maurino's article about conference in this issue of INSIDER for more information about what you can expect to learn at Conference. And just what does sustainable mean? Well, there are probably hundreds of answers to that question. And what the concept might mean to you or your particular situation may not fit your colleagues' idea or needs.

The first thought that comes to mind is "Going Green." And that IS a huge part of sustainability, to be sure. Produce and use only what you need, recycle, compost and try not to over-tax your resources. In 1987, the United Nations defined the idea as, "Sustainable development is development

Continued on Page 6

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Executive Director's Message - Continued from Page 5

that meets the needs of the present without compromising the ability of future generations to meet their own needs.”

The term “sustainability,” when referring to an institution, is a practice or management system that produces a robust economy and better quality of life as it *sustains* natural resources and protects the environment. It is having a commitment to environmental, social and economic matters and your participation impacting you whether you can see it or not.

“Sustainability” can apply to both individuals and institutions. To that end, our 2013 Conference is extremely important for you to attend. Our goal is for you to benefit personally and professionally. If you have already incorporated a “sustainability” program into your institution, that is great! But, are you letting the world know about it? Your commitment to a Sustainability Program may provide a perception of yours and your institution’s “integrity” in the eyes of your professional partners, customers and anyone that plays a hand in your operations. Your commitment could play a role in a new customer’s decision to do business with you.

If you have ideas that you have incorporated in your institution and would like to share, why not submit a breakout for Conference in August? Or, do you have an area relating to our theme that you’d like to know more about? Let us know and we will do our best to incorporate it. Finally, make it a point to register early for Conference this year. Reno is an exciting destination and you won’t want to be left out.

Remember, too, to utilize the Message Board on the Member’s Only Section of the ACFSA website and to visit us on Facebook and Twitter. These are all great avenues for you to interact with fellow members and exchange the latest concepts and ideas in correctional food service. If you haven’t visited the new Michigan website, then make it a point. A lot of hard work went into making that happen. And the Northern Lakes Chapter continues to impress with their efforts.

Enjoy the rest of your winter as we power towards spring.



“Your commitment to a Sustainability Program may provide a perception of yours and your institution’s “integrity” in the eyes of your professional partners, customers and anyone that plays a hand in your operations. Your commitment could play a role in a new customer’s decision to do business with you.”



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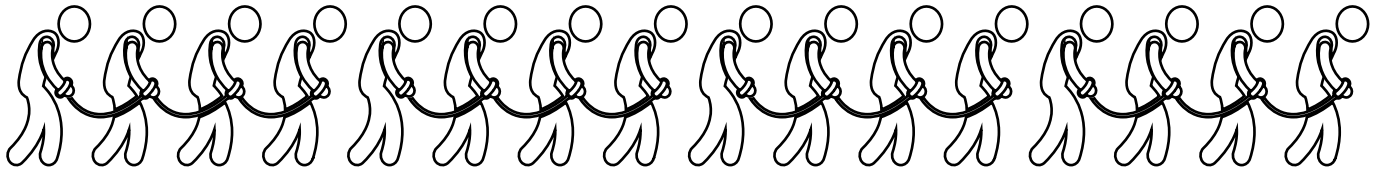
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The “Chain Gang” of the 21st Century Jailhouse Gardening

By Angela Lund, Correctional Officer



An increasing trend in society is to embrace a healthy lifestyle through changing eating habits and increasing physical activity. Our government and the healthcare industry continues to advocate for a positive lifestyle change and continually addresses issues such as obesity in American society. Unfortunately, eating healthy comes with a cost that may not be affordable for many. As a consumer, you know that purchasing fresh fruits and vegetables versus frozen or canned is significantly more expensive, organic items even more so. Now consider this, how do you supply a population of several hundreds of people with varying dietary and supplemental needs with nutritional meals on a daily basis, while making it cost effective?

“...there are numerous benefits for establishing a vegetable garden for a correctional facility. These benefits include contributing to the facility’s food budget, providing a way to feed the facility’s clientele healthier options, as well as a chance to positively impact those who are incarcerated by helping them to develop new skill sets that can be used to improve their daily lives.”

Institutions, such as correctional facilities across the nation, face this challenge, but are finding ways to become self sufficient, save money and provide their clientele with nutritious meals by establishing their own vegetable gardens. The purpose of this article is to introduce you to not necessarily a new concept, but one that is increasing in popularity. There are numerous benefits for correctional facilities that establish their own vegetable gardens. These benefits range from contributing to the facility and its budget, to contributing to the inmates who work in the garden themselves, both while they are incarcerated and when they are released.

The Ramsey County Correctional Facility began its first vegetable garden project in the spring of 2012 as an experimental garden. The idea was to provide fresh fruits, vegetables and herbs to be used by the facility’s kitchen to feed the staff and inmates, thus minimizing the department’s food cost. The fruits, vegetables and herbs were started from seed in a greenhouse in the spring and planted in larger containers as they began to mature. Because the garden was established as a trial garden, all plants were grown in containers, due to space constraints. The plants were grown in a structured environment within the greenhouse so that we could monitor and adjust the growing conditions for the plants in an effort to ensure ultimate success.

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employable upon release. The inmates assigned to the work crew were expected to report for work each day and were assigned tasks specific to the garden. These inmates were given the opportunity to gain a sense of work ethic, responsibility and structure, which many of them lacked in their daily lives. Throughout the course of the project several inmates expressed their appreciation for having a sense of “normalcy” in their day, a feeling of self worth, and a chance to learn something new. They were afforded valuable knowledge and hands on experience that can be used in the greenhouse industry upon their release, if they choose to seek employment, in the greenhouse/landscaping business.

The trial garden began on a small scale, providing approximately 2500 pounds of fresh fruits and vegetables to our facility. However, it gained such support from the facility that it is now developing into multiple gardens on our property, and is expected to be approximately ten times larger than our trial garden in the spring of 2013. The new gardens will consist of basic produce varieties, and will continue to be planted, maintained and harvested by inmates working on the Nursery work crew. It is our hope to increase the inmates’ opportunities to develop an even greater skill set as they are taught about irrigation, fertilization and weed/pest control, as well as basic life skills that they can refer in their daily lives.

As you can see, there are numerous benefits for establishing a vegetable garden for a correctional facility. These benefits include contributing to the facility’s food budget, providing a way to feed the facility’s clientele healthier options, as well as a chance to positively impact those who are incarcerated by helping them to develop new skill sets that can be used to improve their daily lives.

The garden was planted, maintained and harvested by minimum custody level inmates who were participating in an inmate work program. The vegetables and herbs were given to the facility’s kitchen throughout the summer, where all those incarcerated could benefit from the fruits of our labor. But the project did not only provide the physical and financial benefits of the harvest. The garden project provided an avenue to keep the inmates occupied, while contributing positively back to the facility while they were incarcerated. Many inmates working in the garden recognized when the facility staff used the fresh vegetables in their meals, and proclaimed their sense of accomplishment and satisfaction for their contribution.

It also provided an opportunity for the inmates to gain valuable skills in an effort to make them more



Dietitian's Corner

Menu Trends in Corrections

By Jessica Vanoni, Correctional Food Service Specialist, Good Source Corrections

Serving up menu solutions within Correctional Food Service has become increasingly challenging. An operator's ability to provide healthy, affordable, nutritionally balanced meals continues to be challenged by budget cuts, higher food prices, an aging inmate population and an increasing demand for religious and/or special diets.

Food costs have been on the rise for several years due to a variety of factors, including: increasing energy and fuel costs, stronger global demand for food, weather related production problems, increased U.S. agricultural exports and the overall economic climate. According to USDA forecasts, increases in major food price indexes will continue to rise in 2013:

Several Correctional Food Service trends appear to be emerging in answer to these challenges. Menus are being streamlined or standardized to aid in compliance, reduce grievances, improve controls and maximize cost benefits.

Health guidelines are being considered. Following heart healthy guidelines such as reducing overall caloric content, introducing low or reduced sodium products, (protein, soup bases, etc.), increasing whole grain products and fiber, limiting sugar (sugar free desserts or drinks, eliminate sugar packets, etc.), limiting fats (less saturated fat, no trans fat) and including fortified foods for increased nutrients.

CHANGES IN FOOD PRICE INDEXES	
Category	% Increase Forecasted for 2013
Beef and Veal	4.0 to 5.0
Pork	2.5 to 3.5
Poultry	3.0 to 4.0
Fish and seafood	2.5 to 3.5
Eggs	3.0 to 4.0
Dairy products	3.5 to 4.5
Fats and oils	2.0 to 3.0
Fruits and vegetables	2.0 to 3.0
Sugar and sweets	2.0 to 3.0
Cereals and bakery products	3.0 to 4.0

1 - http://www.ers.usda.gov/datafiles/Food_Price_Outlook/Food_Price_Outlook/CPIforecast.xls
Food Price Outlook: Changes in Food Price Indexes, 2010-2013

2 - A low sodium food has 140mg sodium per serving. A reduced sodium food has 25% less sodium than the original food.

3 - The Institute of Medicine recommends consuming 14g of fiber for every 1,000 calories consumed (a food with 2-3g of fiber per serving is considered a good source of fiber)

Continued on Page 11



An overall trend throughout food service includes serving trans fat free products or foods prepared with healthy fats, such as canola oil, olive oil, and plant sterols rather than using artery-clogging trans or saturated fats.

Another opportunity to standardize menu options being served is to incorporate meatless/no flesh foods for Kosher and Halal meal plans serving vegan meals (no meat, dairy, eggs, fish or poultry) in lieu of providing specific Kosher or Halal meals. Other facilities have been able to reduce the number of daily and/or hot meals offered in an effort to streamline food service.

“...dietitians and food service staff are utilizing social networking and industry contacts to educate and share best practices. Using recipe networks, nutrition message boards and other outlets to share and network makes a valuable and specialized knowledge base more accessible.”

Increasingly, dietitians and food service staff are utilizing social networking and industry contacts to educate and share best practices. Using recipe networks, nutrition message boards and other outlets to share and network makes a valuable and specialized knowledge base more accessible.

Introducing fortified functional foods into menus is one of the most cost effective methods to improve health and prevent nutritional deficiencies by providing an increase in Vitamins and Minerals.

As Corrections menus get healthier we are faced with the challenge of rising food costs. In an effort to prevent a nutrient gap in our meals, options such as Vitamin and Mineral fortified foods are vital. Not only will they help manage our costs, but inevitably will have a positive impact on the health of our inmates resulting in reduced healthcare costs.

Rewriting Leviticus

By Gary Friedman

This article is reprinted from *American Jails* magazine, courtesy of the American Jail Association, www.aja.org.

In a uniquely American phenomenon of almost biblical proportions, our Nation's jails and prisons are being overwhelmed by inmates who claim to be adherents of religions with demanding and problematic practices, frivolous lawsuits when accommodations are denied or do not meet expectations, and civil courts that drag out their litigation and make canonical decrees, while an economically depressed public is increasingly incensed over having to pay for the resultant costs, and frustrated corrections administrators are baffled by the folly of it all.

The "religion shopping" challenge may best be illustrated by a kosher diet craze that is rapidly escalating among inmates. Let's examine how this craze developed and what might be done to counter it.

In the beginning (pun intended), it was easy to provide for the kosher dietary needs of relatively small numbers of religiously observant Jewish inmates. For example, archives of several Jewish

organizations recorded the routine provision of kosher food to jails and prisons as far back as the 1850s. This practice continued well into the 20th century. In 1929, the world's first penitentiary—Old Eastern in Philadelphia—constructed a synagogue for Jewish inmates that included an area dedicated to the preparation of kosher meals. Even at Alcatraz—the super-maximum prison of its time—kosher food for Jewish inmates was brought in by renowned Rabbi Chaplain Rudolph Isaac Coffee, who proudly recounted those treks in his memoirs from the 1930s. A Yiddishe Heim (i.e., "Jewish Home") magazine article from 1974 related how a rabbi confined at the Federal Detention Facility in Manhattan was being taken out to kosher restaurants for his meals. Former Jewish offenders' stories abound regarding the quality of kosher meals produced at various jails and prisons where they served stints in the 1980s and 1990s. No problem: Jews to the kosher food line, everybody else to the main food line. But that all changed with a 1999 Federal appellate court decision.

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In *Jackson v. Mann* (Docket No. 97-2968—U.S. 2nd Circuit), the court ruled that an inmate’s “sincerely held belief” that he is a Jew constitutionally entitles him to a kosher diet. No matter that inmate plaintiff Nathaniel Jackson had previously stated that his faith was “None,” then “Muslim,” then “None” again before claiming to be Jewish, the justices rejected the New York Department of Correctional Services policy of having a Jewish chaplain determine eligibility for its kosher diet program “through a process of interview and review of documentation to substantiate the inmate’s Judaic background and intent to strictly observe Jewish dietary law.”

The court also established an extremely low threshold for sincerity by accepting that Jackson’s religiosity was genuine because he had (falsely) been declaring himself to be Jewish for some 7 to 10 years and that during that time he had been eating kosher food and reading the Torah. Beyond Jackson’s individual win, the wider effect of the case is that it set a legal precedent for correctional administrators having to treat all inmates as being of whatever faith they ascribed to.

The Jackson decision sent a shockwave across the country as jail and prison inmates began rampantly claiming belief in various faiths—sometimes multiple faiths simultaneously—to support mostly dishonest and often predatory agendas. That problem has now grown to include at least 20,000 inmates who are falsely claiming to be Jewish only to get kosher diets. At an additional minimum cost of \$5 per head per day to provide kosher food, this adds up to some \$40 million per year, a figure that is compelling corrections administrators to put the brakes on freely providing kosher diets.

Federal court records of the religious rights lawsuit of *Sylvester James Mahone v. Pierce County, et al.* [2011 WL 2360354 (W.D.Wash.)] furnish an exceptional look into what primarily drives the kosher diet fervor.

At one of his frequent bookings, Pierce County Jail inmate Mahone asked for a vegan diet to comply with his alleged Seventh Day Adventist beliefs. His professed sincerity went unquestioned and he was

granted a vegetarian diet. But when Mahone wanted a kosher diet during a later incarceration, jail personnel acted very differently.

According to documents, Mahone was booked on April 22, 2010. On May 10, he complained to a corrections officer about a hair in his food. Later that day, Mahone submitted a “kite” stating that he was now “of the Jewish faith” and asking for “a Jewish (i.e., kosher) Diet.” Jail staff reacted by examining Mahone’s claim of being an “African-American adherent of Judaism” by having him complete information forms, bringing in a rabbi to interview him, and even checking his commissary purchases for non-kosher items. Based on their findings, they concluded that Mahone’s request was not sincere, and they denied him the kosher diet. The following day, Mahone placed a telephone call to his mother. A court emphasis-added transcript of the call follows:

Mahone: I want to file a lawsuit. They’re denying me a religious diet, and they can’t do that.

Female: What kind you wanted?

Mahone: A Jewish diet.

Female: Why?

Mahone: Because it’s, uh, part of my religion.

Female: Jewish?

Mahone: Well I really can’t talk over the phone because they record it.

Female: Oh. Yeah.

Mahone: But, uh, one, uh, the other good reason is that, uh it’s, it’s pure, fresh. It’s not spit in and all that stuff like jail food is and stuff too.

Female: It’s not what?

Mahone: It’s not spit in, in, in...

Female: How you know?

Mahone: ...hair all over it and stuff like that. Because it comes from a, a place way out by the Jews and they make sure that their stuff is real...

Female: Kosher.

Mahone is hardly alone in his thinking about kosher food. In fact, every survey I have seen on this topic shows that at least 60 percent of consumers who specifically purchase kosher foods do so because they equate kosher with purity, wholesomeness, and safety.

Continued on Page 14

Like Mahone, they seek kosher food for non-religious reasons, something that is irrelevant in the free world but highly significant in correctional facilities, where inmate religious practices are accommodated only if requested for religious reasons.

“No matter how jail personnel decide to deal with inmate requests for religious accommodations, they need to do it in an even-handed, nondiscriminatory manner by applying the same process to all requests relating to all faiths.”

“Valid financial factors aside, they should have put Mahone through the same process when he requested a vegan diet as when he requested the kosher diet.”

From a Jewish perspective, the dietary laws—mostly outlined in the Torah’s Book of Leviticus—are not some kind of ancient health laws. No reasons are given for them, so they are simply accepted as godly commandments given to the Jewish people by Moses. As is the case with other such Torah-derived commandments, they are incumbent only upon those who are Jewish. In that regard, the traditional standard of Judaism is that a person must either be born Jewish or properly converted to be recognized as Jewish. No mainstream branch (i.e. denomination) of Judaism accepts that one can become Jewish by self-conversion. Unfortunately, this is in direct conflict with American civil law (e.g., the Jackson case), which trumps religious law in public (but not private) settings.

Although most corrections administrators are throwing up their hands in defeat at not being able to use Jewish standards to combat the kosher diet dilemma and blaming the Religious Land Use and Institutionalized Persons Act [RLUIPA] for it, the Jackson case actually pre-dated RLUIPA, and subsequent RLUIPA-related court decisions actually provide multiple means for controlling inmate abuses of religious requirements. One particularly useful method of control is discussed in the Mahone case decision:

The issue here is whether it was appropriate for Defendant James to deny Mr. Mahone’s request for kosher meals based on a determination that his beliefs were not truly held. The issue here is very clearly set forth in *Cutter v. Wilkinson*, 544 U.S. 709, 725 n. 13, 125 S.Ct. 2113, 161 L.Ed.2d 1020 (2005):

Although RLUIPA bars inquiry into whether a particular belief or practice is “central” to a prisoner’s religion, see 42 U.S.C.2000cc–5(7) (A), the Act does not preclude inquiry into the sincerity of a prisoner’s professed religiosity. Cf. *Gillette v. United States*, 402 U.S. 437, 457, 91 S.Ct. 828, 28 L.Ed.2d168 (1971) (“[T]ruth of a belief is not open to question; rather, the question is whether the objector’s beliefs are “truly held.” (quoting *United States v. Seeger*, 380 U.S. 163, 185, 85 S.Ct. 850, 13 L.Ed.2d733 [1965]).

Cutter, supra; See also, *McElyea v. Babbitt*, 833 F.2d196, 198 (9th Cir. 1987) (It is “appropriate for prison authorities to deny a special diet if an inmate is not sincere in his religious beliefs.”)

Reading between the case citations, it becomes clear that the objective is simply to determine whether the inmate is telling the truth about having a “sincerely held belief.” That is exactly what Pierce County Jail Lt. Marla James and her people did in arriving at a decision to deny Mahone a kosher diet. Their documentation backed up the decision, and the court affirmed their actions by ruling in their

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favor. Although this may seem to be a relatively straightforward process, jail personnel still need to proceed cautiously when determining religious sincerity because there are several potential pitfalls. It also must be done within acceptable parameters. For example, knowledge about a faith does not legally equate to sincerity in the faith, so employing tests of knowledge could get staff and their agencies into legal hot water. It is therefore advisable to learn the methodology properly and perform it with legal guidance.

No matter how jail personnel decide to deal with inmate requests for religious accommodations, they need to do it in an even-handed, nondiscriminatory manner by applying the same process to all requests relating to all faiths. Unfortunately, Pierce County missed the mark on this one and luckily the court did not catch it. Valid financial factors aside, they should have put Mahone through the same process when he requested a vegan diet as when he requested the kosher diet.

As for utilizing community resources, Pierce County again falls short. The agency's legal department will not defend volunteers who are sued by inmates. This is a serious consideration in asking clergy and others for uncompensated assistance because it could unethically place them in a position of legal jeopardy. For example, Mahone could have named the rabbi who interviewed him as a defendant in his lawsuit, and even though the rabbi would likely have been dismissed from the lawsuit (as not being a liable "State actor" for providing purely ecclesiastical advice), it would still have cost him considerable money in private attorney fees and caused him much aggravation.

Regarding the civil justice system's involvement, it is disturbing that courts are even accepting Jackson and Mahone-type lawsuits. There are many better uses for all the funds, effort, and time wasted on inmate litigation games—and, quite frankly, religious matters should be left to religious authorities.

On a more personal note, my major concern over the kosher diet phenomenon stems from seeing

how it is negatively affecting inmates who are truly attempting to be religiously observant under challenging circumstances. In particular, I am appalled at how some jails have been making kosher diets as unattractive as possible to discourage inmates from partaking. That is not only patently unfair, but inhumane.

Now that I have given you information to mull over, I also have to provide a closing disclaimer to the effect that I am not an attorney and am not providing legal advice. What I have related in this article is derived from more than two decades of experience as a Jewish corrections chaplain who has been extensively involved in assorted religious and kosher diet litigation, mostly as an expert witness. I have also been a defendant in several inmate lawsuits, and I must thank those plaintiffs for having provided me with great learning experiences.

And now, if you will excuse me, I have to get back to reading my not-so-Old Testament. ■

Editor's Note: Our thanks to Chaplain Friedman, who was instrumental in developing the content for this special issue of American Jails magazine.

Chaplain Gary Friedman currently serves as Communications Director of the American Correctional Chaplains Association, Advisory Board Chairman of Jewish Prisoner Services International, and an instructor for the American Jail Association's "Religious Issues in Jails" seminars. He has assisted numerous corrections systems in developing their religious diet programs and was honored in 2005 as the correctional industry's Chaplain of the Year. He can be contacted at GaryFriedman@msn.com



2012 Scholarship Recipient

By Robert Pennix

Every year ACFSA conferences offer moments that we can highlight, and store in our memories. What was yours? When we arrive at the conference each year, we immediately search for people that we have not seen in a year. Then we plan our activities based on what our friends would like to do. In between training everyone searches for events and things to do to place in their memory banks, to remind them of the city and the conference.

Certain classes stand out to us because of the dramatic speakers and subject matter. Over the years the classes that have stood out to me are classes that are not necessarily about food; classes like “surviving a disaster” or “what to do in a hostage situation”. The reasons that these classes have always interested me is because it draws everyone into the team concept, it crosses all lines, it does not only involve food service it involves everyone. Everyone steps up their game and takes the “me” out of the picture. It requires team work and all teams work well in survival mode. This makes me wonder why we do not approach every day in survival mode. How can we “pay it forward”?

Paying it forward brings me to one of the moments etched in my memory; it is a story that The Biggest Loser told about his journey. It doesn't involve the 850 calories that he ate daily. It doesn't involve the loss of his job and the struggles he had trying to find another one. It doesn't involve how he was turned down with his dreams shattered, only to be called again which must have been a roller coaster of emotions. It involves what one contestant did for him that showed the nature of human kindness. He talked about how he was not the contestant picked to win. He talked about how he struggled with every challenge. One challenge was a large number of steps, he said you could take the easy way by using the elevator or you choose to climb the steps which give the contestants the most points. Forgive me if I am a little fuzzy on all the details of the challenge because I have never watched “The Biggest Loser”. What stood out for me was his will to complete the task; his choice to not take the easy route.

The other thing that stood out to me was what he said one of the other contestants did for him. He said she

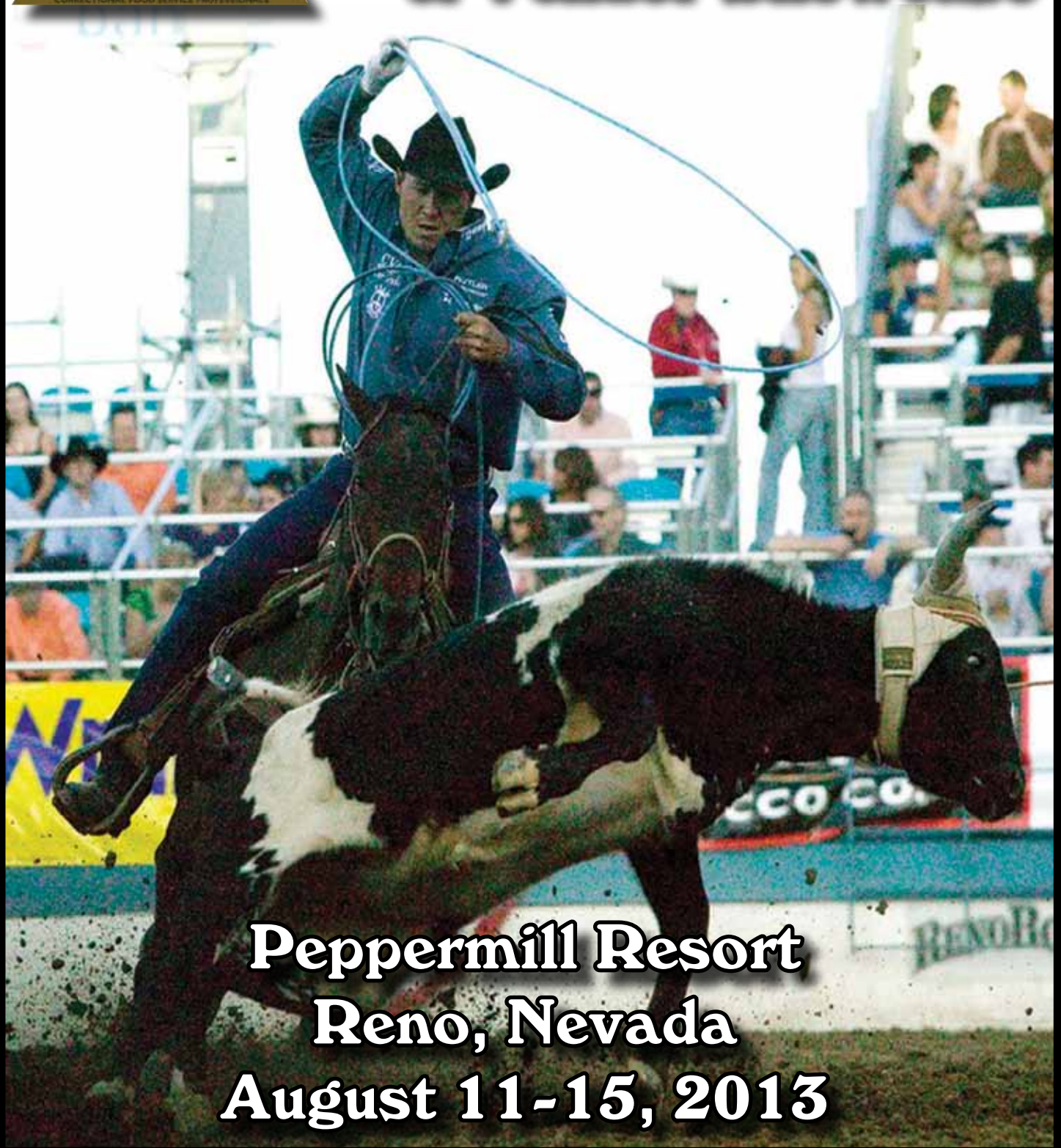
was the most motivated; she had the most drive. She started in a blaze on the steps and should have been done before any other contestant. During his last lap he noticed she had not returned to complete the task. She was waiting for him. She was there to encourage and push him to complete the task. She could have finished before anyone. She could have won the race. She could have collected the prize - a new vehicle! But she chose to do the thing that is hard for most of us; she thought of someone other than herself. She chose to pay it forward. Although he needed the vehicle, I am sure the effect of someone believing in him motivated him to achieve his dream. What did she receive? I believe she received a greater gift than the vehicle; the gift of knowing she had done the right thing and she knew she had lifted up her fellow man. Now they are connected with an unbreakable bond of trust. This makes me think about the connection we make each year.

Another moment that stands out to me at the conference did not involve a class. That moment was at dinner with a large group. We were all sitting there laughing and discussing the conference and past conferences. It was Wednesday night and we all knew it would soon be over and we would all return to our respected states. The conversation turned to retirement and we all started to talk about the number of years that we had to serve in our jobs. One person said one thing she would always remember about her job is that her facility allowed her to attend the ACFSA conferences even though it was fun. She learned a lot in the training. She felt the most important parts of this organization were the relationships and friends that she has gathered along the way. She felt that we were all family and with family you wish the once a year visits were more often.

So how would I promote this association? I would hope that I could say something as simple and as profound as the person I just discussed. I would say that ACFSA promotes educational opportunities and gives you the opportunity to connect with like-minded people who have the same goals. “Now does that sound like FAMILY?”



The 2013 Annual International Conference & Vendor Showcase



**Peppermill Resort
Reno, Nevada
August 11-15, 2013**

13 REASONS TO ATTEND THE 2013 INTERNATIONAL Conference in Reno

By Benson Li, ACFSA Past-President

Food service operations are required to provide a nutritionally balanced diet in accordance with government regulations and the required daily nutritional needs. Food service operations are sanitary and will meet the acceptable standards of food procurement, planning, preparation, service, storage, and sanitation. Attending the ACFSA International Conference is one of the few opportunities for food service professionals to receive the updated training and to network with other federal, state, county and local correctional facilities.

1. The International Conference emphasizes the importance of keeping your food service operation sustainable. Our speakers will share with you the meaning of being sustainable, why it is important to keep your operation sustainable and how to work towards this goal.
2. What is LEED? What documentation is required to qualify for a LEED project? Building a new facility or remodeling an old facility has new requirements. Do you know some of the new requirements?
3. What is Energy Star equipment? What are the advantages? Your professional partners can explain to you the rating and quality of a piece of equipment. Some states also provide rebates from utility providers. This can help you save your facility some money or make the kitchen renovation more affordable.
4. Composting by utilizing your food waste. You can reduce your trash or garbage fees and use less land-fill space.
5. You can also use the compost to fertilize your sustainable vegetables. You can supplement your food cost and have better vegetables for your staff and inmates.
6. Growing sustainable vegetables can be a vocational project for an inmate program. Not only is farming a skill, it can also provide fruits and vegetables for their family.
7. Fresh fruits and vegetables are important components for a balanced diet. Providing nutritious foods to the inmates promotes good health, reduces tension in custody and ultimately supports the safety and security of a correctional facility. All inmates should be provided nutritionally balanced meals that are planned and reviewed by a qualified nutritionist or dietitian to ensure they meet the recommended dietary allowances for the basic nutrition. Come and meet our Dietitians in Corrections Group.
8. A nationally known Jewish Chaplain, Gary Friedman, will be one of the speakers. He is an expert on the kosher diet. He will be discussing ways to handle various religious diet requests.
9. We will have training sessions about the different medial and religious diets, type of foods appropriate for those diets and the proper serving methods. Sample religious diet meals will be displayed at the trade show.
10. Food allergies are always a challenge. We will have a Registered Dietitian, Ellen Karlin, who is an expert on food allergies and institutional food service. She will address the gluten free issue also.
11. The National Restaurant Association will present inmate training programs for culinary skills and food safety training.
12. Network with other food service professionals and professional partners. Effective training will reduce the liability of the correctional facility.
13. The trade show will have new technology, equipment, and food products for all correctional facilities under one roof. It will help solve your food service needs.

This International Conference will provide you knowledge and tools to help develop the survival skills needed during this stormy budget weather. Register early and I'll see you in Reno, Nevada.

2013 ACFSA Conference Reno, Nevada

By Laurie Maurino, R.D.
ACFSA Region IV Director
& 2013 ACFSA Conference Chair

Planning is well under way for the Annual ACFSA International Conference in Reno, Nevada, August 11-15, 2013. This is a beautiful destination in the Sierra Nevada mountains very close to Lake Tahoe.

The theme of the conference will be: "Keeping Your Food Service Operation Sustainable." We are "Going Green!" We will discuss saving the environment, decreasing waste/trash, composting/compostable products, LEED designation, energy efficiency for appliances and recycling.

We will have several tracks with subject matter experts including:

1. Jewish Chaplain Gary Friedman, a leading expert in the nation on religious diets and how to handle them in the correctional environment.
2. Ellen Karlin, R.D., Nutrition Consultant specializing in how to handle food allergies, gluten and lactose intolerance in institutional food service.
3. The National Restaurant Association will present some curriculum to use for inmates to receive food sanitation and culinary arts training. This can help with inmate re-entry.
4. There will be a presentation on prison farming; growing their own produce. Also information on certifying produce and Farm to Fork programs.

The program will be jam-packed with useful information that can help with your everyday operations. Please plan now to attend. We look forward to seeing you in Reno!



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By providing quality product to markets that are challenged by budget constraints, we have become the industry leader in providing high value canned foods to the corrections industry, retail markets, non-profit food agencies and school programs.



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www.highlandwholesalefoods.com



**RENO, NEVADA
AUGUST 11-15, 2013**



Make it a point to be with us in Reno August 11-15, 2013 for our Annual International Conference!

A short drive from beautiful Lake Tahoe, Reno has a ton of exciting outdoor adventures, world class restaurants, sports, amusements, entertainment and spas.

Our theme for the Conference is “Keeping Your Food Service Operation Sustainable.” With budgets tight, food prices skyrocketing and demand for fresher, healthier foods, it is time to look at some of these cutting-edge ideas for your program. Of course, we will have our Annual Vendor Showcase to give you the opportunity to see some of the latest products and services on the market.

So make your plans to be with us come August! You can register using the form on the right, or find more information on our website:

www.ACFSA.org

ACFSA 2013 Annual International Conference & Vendor Showcase

August 11-15, 2013 ▲ Reno, Nevada ▲ Peppermill Resort & Spa



Name _____

Nickname for Badge _____ First ACFSA Conference (circle) YES NO

Position _____

Facility/Company _____

Mailing Address _____

City _____ State _____ Zip Code _____

Email Address (MANDATORY) _____

Contact Phone (MANDATORY) _____

Phone for Publication (OPTIONAL) _____

Guest Name _____

Guest Name _____

Guest Name _____

REGISTRATION FEES

Number of Attendees	Type of Registration	Early June 1, 2013	Regular July 12, 2013	Late July 13 - On-Site	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED	\$225	\$275	\$325	
	ACFSA NON-MEMBER <i>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</i>	\$300	\$350	\$400	
	GUESTS <i>(INCLUDES FRIENDS, RELATIVES, ONLY)</i>	\$150	\$175	\$225	
	ONE DAY MEMBER AND NON-MEMBER DOES NOT INCLUDE BANQUET <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i> PLEASE SPECIFY DATE: SUN MON TUES WED THURS	\$95	\$120	\$150	
	VENDOR SHOW ONLY <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i>	\$25♦	\$30♦	\$35♦	
	SANITATION CERTIFICATION PROGRAMS CLASS INCLUDES BOOK & MATERIALS	\$50	\$50	\$75	
	SANITATION RE-CERTIFICATION PROGRAMS CLASS INCLUDES BOOK & MATERIALS	\$50	\$50	\$75	

TOTAL DUE

(FULL PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM)

♦ IF THERE ARE FIVE OR MORE ATTENDEES FROM THE SAME FACILITY ATTENDING CONFERENCE, THEY WILL RECEIVE A 25% DISCOUNT. THIS DISCOUNT APPLIES ONLY TO FOODSERVICE PROFESSIONALS ATTENDING THE VENDOR 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 12, 2013. CANCELLATIONS RECEIVED AFTER JULY 12, 2013 & NO-SHOWS WILL NOT BE REFUNDED.

REGISTRATION

REGISTRATION WILL BEGIN SUNDAY, AUGUST 11, 2013 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 by check, make payable to ACFSA Check # _____

Send Payment to: ACFSA, 210 N. Glenoaks Blvd., Suite C, Burbank, CA 91502

For those paying with a credit card, please fill in the information below and FAX to (818)843-7423

Credit Card Number _____ Expires _____ V-Code _____

Billing Address _____ Billing Zip Code _____

Name on Card _____ Signature of Cardholder _____



Exhibitor Registration Opportunity 2013 Annual Conference

August 11-15, 2013

Peppermill Resort - Reno, Nevada

I am the AUTHORIZED REPRESENTATIVE (office contact person with address information) to receive all corresponding materials relating to Exhibits, Exhibiting at the 2013 ACFSA Conference in Reno, Nevada. (* Indicates a REQUIRED FIELD)

*NAME _____ TITLE _____

*Company/Organization _____

*Mailing Address _____

*City/State/Zip _____

*CONTACT PHONE _____ FAX _____

*Contact EMAIL _____ Website _____

*Phone for Publication _____ * Email For Publication _____

Please SIGN ME UP TO EXHIBIT AT THE 2013 ACFSA INTERNATIONAL CONFERENCE IN RENO, NEVADA

ACFSA Member \$1195 each Booth _____ +\$50 _____ = Total Amount _____
Corner Booths \$50 Additional Number of Booths Number of Corner Booths Total

NON- Member \$1675 each Booth** _____ +\$50 _____ = Total Amount _____
Corner Booths \$50 Additional Number of Booths Number of Corner Booths Total

Each Booth receives 3 Complimentary full conference attendees. Additional Booth Personnel \$200 per person.

I will need _____ Additional Full Conference Personnel @ \$200 each for a Total Amount of _____
Full Conference Personnel will have access to all Educational Sessions and Social Events Total
Vendor Show ONLY Additional Badges are \$50 per person. Allows additional Booth Personnel on Show Floor for Show ONLY

I will need _____ Additional Badges @ \$50 each for a Total Amount of _____
Total

**Non-Members pay the Member Booth Price if they JOIN ACFSA! ACFSA Membership \$384 Annually YES _____
Total

I would like to be a Sponsor for the 2013 Conference! Minimum Contribution \$250 YES _____
Exclusive Sponsorship Opportunities are available! Call (818)842-6608 or visit www.ACFSA.org for details. Total

I would like to be Scholarship Sponsor for 2013 Conference! Minimum Contribution \$250 YES _____
Total

I will need refrigerated storage _____

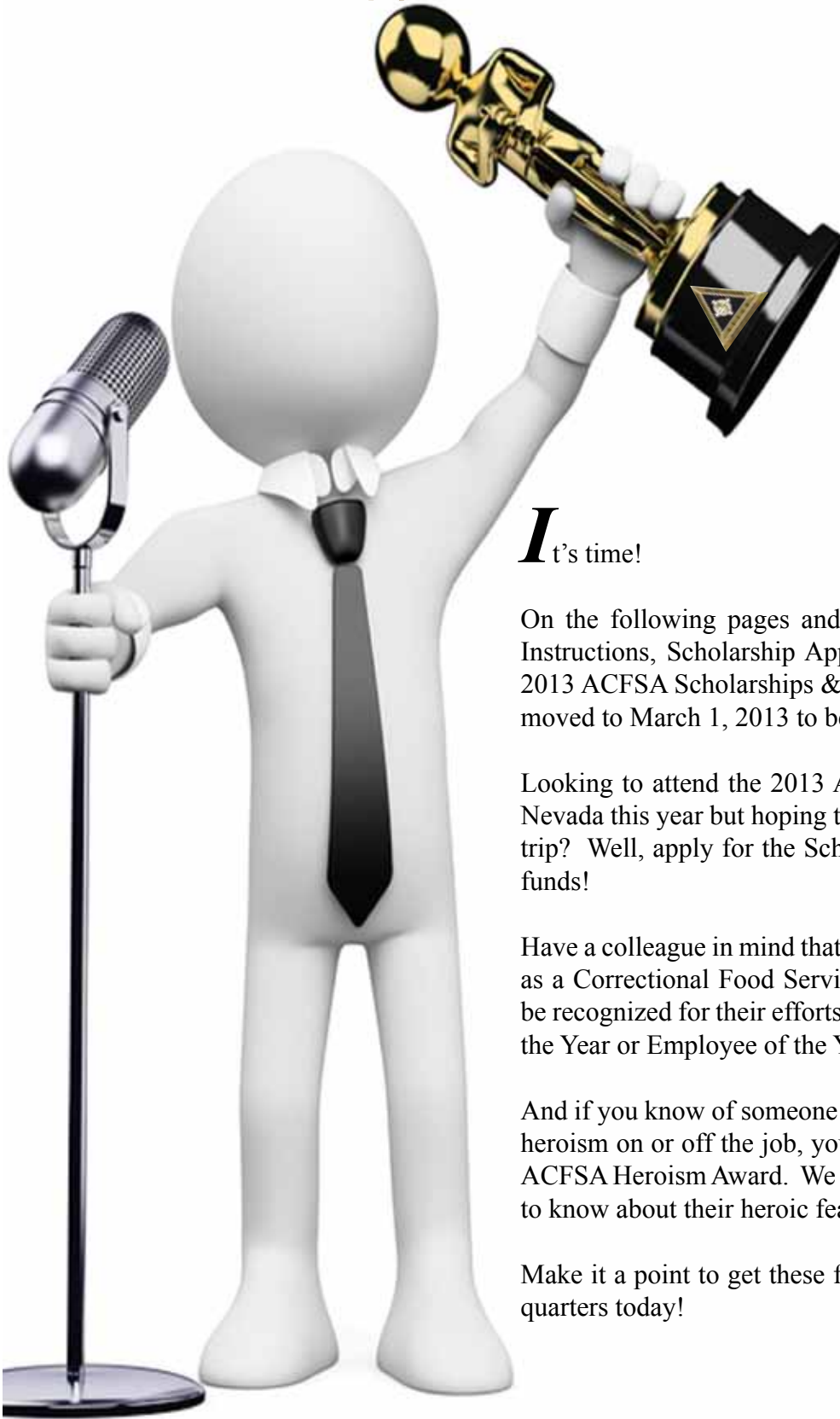
GRAND TOTAL DUE FOR ALL SERVICES \$ _____

CANCELLATION DEADLINE IS MAY 17, 2013 ~REQUESTS MUST BE MADE IN WRITING ON OR BEFORE MAY 17, 2013
NO REFUNDS WILL BE MADE AFTER THIS DATE
PLEASE RETAIN A COPY OF THIS FORM FOR YOUR RECORDS
Questions? Call ACFSA at (818)843-6608

Pay with a Check - Payable to ACFSA: Check Number _____
Pay with a Credit Card
Name on Card _____ Card # _____
Expiration _____ V Code _____ Billing Address _____ Zip _____
Signature _____

Send Completed Form to: ACFSA, 210 N Glenoaks Blvd, SUITE C, Burbank, CA 91502
If paying with a Credit Card, You may FAX your form to (818)843-7423

2013 Awards & Scholarships



*I*t's time!

On the following pages and also at www.ACFSA.org, you will find Instructions, Scholarship Applications and Nomination Forms for the 2013 ACFSA Scholarships & Awards. This year, the deadline has been moved to March 1, 2013 to better accommodate you.

Looking to attend the 2013 Annual International Conference in Reno, Nevada this year but hoping to have a little help with your financing the trip? Well, apply for the Scholarship that could provide up to \$750 in funds!

Have a colleague in mind that has impressed you with their performance as a Correctional Food Service Professional and think they deserve to be recognized for their efforts? Well, nominate them for the Operator of the Year or Employee of the Year Award!

And if you know of someone that has displayed unusual acts of valor or heroism on or off the job, you owe it to them to nominate them for the ACFSA Heroism Award. We want the rest of membership and the world to know about their heroic feats!

Make it a point to get these forms filled out and sent to ACFSA Headquarters today!



2013 Policy Letters, Nomination Forms and Applications

INSTRUCTIONS AND FORMS

Included Within

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

◆ INSTRUCTIONS

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

Return the completed form postmarked by Mar. 1, 2013 in the manner prescribed in the pertaining policy letter and on the form itself.

All application/nomination forms must be sent by Mar. 1, 2013 to the ACFSA Office, 210 N. Glenoaks Blvd., Ste C, Burbank, CA 91502

Call with any questions: (818) 843-6608.

◆ POLICY LETTER

Scholarship Program Guidelines

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

I. ACFSA Sponsored Scholarships

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

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

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

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

Professional Partner.

II. Criteria for Application

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

B. Applicants must be members of ACFSA in good standing (dues paid) and have been a member for at least the last 12 months. The applicant must also be a member in good standing at the time of award and use of the scholarship. The ACFSA staff will verify this.

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

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

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

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

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

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

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

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

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

III. Criteria for Award/Selection

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

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

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

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

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

IV. Time Frames for Scholarship Policy

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

Mar 15: Completed applications from each region will be mailed to their respective Regional Director. The Regional Director will complete evaluation criteria for each applicant. The Regional Directors will then mail or fax back their evaluation forms with the completed applications and their selections to the rest of the Board of Directors.

Mar 25: The Board will note comments/concerns and forward these to the Chair of the Scholarship Committee (the Past President). Conflicts/concerns will be resolved at this level. The Past President will review/finalize and tabulate the final results. The Past President will then notify the Board of Directors of the final decision.

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

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

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

◆ POLICY LETTER

Correctional Food Service Operator of the Year

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

I. Operator of the Year

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

B. The recipient of this award will be a manager, director, or administrator who is in complete charge of the foodservice department/division of a correctional institution or system. If the applicant's department consists only of the applicant, he/she is still eligible to apply for the Correctional Food Service Operator of the Year Award.

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

II. Criteria for Application

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

B. Applicants must be Active or Life Members of ACFSA in good standing (dues paid) since March 1, 2013. The applicants must also be active members in good standing at the time of award. The ACFSA staff will verify this.

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

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

E. Completed nominations must be postmarked or electronically time-stamped on or before midnight March 1, 2013.

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

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

III. Criteria for Award/Selection

A. The award selection will be based on accomplishments and on a non-discriminator basis.

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

C. The selection of the Correctional Food Service Operator of the Year will be completed by the ACFSA Board of Directors. The Board of Directors may elect to not present the Correctional Food Service Operator of the Year Award in any year that they determine appropriate individuals have not been nominated.

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

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

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

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

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

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

March 1: Applications must be postmarked by midnight.

March 15: The ACFSA Board of Directors will receive copies of all eligible nominations for review.

March 25: Ratings (on score sheets) by the ACFSA Board of Directors will be returned to the Past President. The Past President will tally points and notify the Board of Directors of the selection. Resolution of conflicts will be handled at this point.

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

◆ POLICY LETTER

Correctional Food Service Employee of the Year

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

I. Correctional Food Service Employee of the Year

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

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

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

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

II. Criteria for Application

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

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

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

D. A copy of the nomination form must be used to nominate a candidate for award consideration. The form must be completed with as much pertinent information as possible about the candidate's qualifications.

E. Completed nominations must be postmarked or electronically time-stamped on or before midnight March 1, 2013.

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

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

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

III. Criteria for Award/Selection

A. The award selection will be based on accomplishments and on a non-discriminator basis.

B. The ACFSA Awards Committee will consist of the Board of Directors. Nomination forms will be screened for eligibility. The Board of Directors may elect to not present the Correctional Food Service Operator of the Year Award in any year that they determine appropriate individuals have not been nominated.

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

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

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

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

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

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

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

Feb 1: Applications must be postmarked by midnight.

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

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

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

The Heroism Award

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

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

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

The deadline for submission for the 2013 Heroism Award is March 1, 2013.

Scholarship Application

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

The envelope must be postmarked on or before March 1, 2013.

Check one only:

Continuing Education Scholarship (Member at least one year at time of application)

New member scholarship (Member less than one year)

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

Application for Region _____ Scholarship

APPLICANT

Name _____

Title _____

Home Address _____

City/State/Zip _____

Home Phone Number _____

Social Security Number _____

EMPLOYMENT

Current Position / Since _____

Facility _____

Address _____

City/State/Zip _____

Work Phone Number _____

Facility Head _____

Title _____

Immediate Supervisor _____

Title _____

ELIGIBILITY

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

INTENT OF FUNDING (COMPLETE ONE SECTION ONLY)

Location/Dates of ACFSA conference for which this funding will be used _____

ACFSA-Sponsored Educational Program - specify program & intended date of completion _____

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

In good standing for the past full year? Yes No

PROFESSIONAL PARTICIPATION

How many years have you affiliated with Correctional Food Service? _____

How many years have you been a member of ACFSA? _____

How many International ACFSA Conferences have you attended? _____

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

Position _____

Date of Service _____

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

Location _____

Date of Service _____

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

Specify Committee _____

Position _____

Date of Service _____

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

Publication: _____ Date of Article: _____

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

Specify topic, association & dates _____

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

ACFSA Certified Correctional Foodservice Professional

Dietary Manager's Association Certificate or License

ACFSA Certified Correctional Food Systems Manager

Certified Chef

ADA Registered Dietitian

Other Certification - Specify _____

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

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

Final Decision

Final Decision

Strong Influence

Strong Influence

Limited Influence

Limited Influence

I hereby warrant the accuracy of the above information and authorize the investigation of the accuracy of facts herein noted.

All regulation/guidelines of the ACFSA Scholarship Program are applicable.

Applicant Signature _____

Date _____

Recommendation of Supervisor/Agency Head _____

Date _____

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

Electronic signatures ARE acceptable.

Please fill out both pages completely, sign and mail to ACFSA Headquarters, Scholarships
210 N. Glenoaks Blvd. Ste C, Burbank, CA 91502 (818) 843-6608 Fax: (818) 843-7423.
or email to jonnichols@ACFSA.org

The envelope must be postmarked or electronically time stamped on or before March 1, 2013.

Operator of the Year

The recipient will be a Manager, Director or Administrator

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

1. Criteria noted in each category must be typed, single or double spaced, and not exceed one-half page per Roman numeral.
2. A copy of the official form provided must be used. Nominations must be neat and legible to be accepted. Electronic versions are acceptable.

3. All Nominations must be postmarked or electronically time-stamped by midnight on March 1, 2013.

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

Typed (no more than one-half page per question) give the following information:

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

Name of Nominee _____

Title of Nominee _____

Agency/Institution _____

Address _____

City/State/Zip _____

Phone _____

Signature of Supervisor _____

Date _____

Phone of Supervisor _____

Name of Nominator _____

Title of Nominator _____

Agency/Institution _____

Address _____

City/State/Zip _____

Date _____

Phone _____

Email _____

Employee of the Year

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

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

1. Criteria noted in each category must be typed, single or double spaced, and not exceed one-half page per Roman numeral.
2. A copy of the official form provided must be used. Nominations must be neat and legible to be accepted. Electronic versions are acceptable.

3. All Nominations must be postmarked or electronically time-stamped by midnight on March 1, 2013.

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

Typed (no more than one-half page per question) give the following information:

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

Name of Nominee _____

Title of Nominee _____

Agency/Institution _____

Address _____

City/State/Zip _____

Phone _____

Signature of Supervisor _____

Date _____

Phone of Supervisor _____

Name of Nominator _____

Title of Nominator _____

Agency/Institution _____

Address _____

City/State/Zip _____

Date _____

Phone _____

Email _____

Heroism Award Nomination Form

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

Nominee Information

Name _____

Company _____

Phone _____

Fax _____

Email _____

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

Nominator's Information

Name _____

Company _____

Phone _____

Fax _____

Email _____

Remembering Where We Came From Will Help Us Get Where We Want To Go

By Phil Atkinson, ACFSA Vice President

To some, what I am going to say may seem like the rambling of a very tired, aging person; to others sage wisdom. And to others, a bunch of----! But, here it goes.

Some things have happened in both my personal and professional life that have caused me to pause and look a little deeper into things—and deeper into myself; not always fun, but always renewing and humbling. As this process was taking place, I began to see parallels with ACFSA and the struggles it has had over the past few years.

Since I joined ACFSA, we have gone through an amazing transformation. From an association on the brink of extinction to a strong, vibrant and growing group of talented and dedicated professionals. Our membership is steadily growing and we are getting financially stronger every year. For this, all of you need to give yourselves a pat on the back. This “pat on the back” however, needs to be a short term reward for the progress we have made in coming back from the brink and a reminder of what we have left to accomplish in the future.

I have been told that a popular saying at ACFSA Board meetings prior to 2000 was “2000 in 2000”. A lofty goal of 2000 members had been set and many thought it would surely be reached. As is many times the case with goals, things don’t work out the way we hope. Things happen that we can’t foresee and can’t control; usually life. The point being that it is not what happens to us but how we deal with what happens that decides if we will continue the struggle, learn from past mistakes and succeed, or go down in defeat.

Recently, a man by the name of Felix Baumgartner had some very lofty goals; to free fall from a distance higher than any human had previously done



(which he did, falling from 128,097 feet above sea level), and to break the sound barrier (which he did, reaching a speed calculated at 833.9 mph). His third and most lofty goal was to live through it—which he did. I think the most remarkable thing he said after his safe return was, “Sometimes you have to go up really high to understand how really small you are.” I believe that Felix was speaking from a personal standpoint because I know that he knew that he could not have done what he did without the team of people assembled to make it happen.

ACFSA did not reach the place it is now through the effort of only a few people. It has taken all of us to make ACFSA strong and vibrant and lead it into the position of prominence in corrections it deserves. As the caption under the picture above states, we are only “1/600,000,000 of this” as individuals. But, as a group, working for the same goal, we become much larger. All it takes is you adding your 1/600 billionth to the group. Just as Mr. Baumgartner needed the talents and expertise of his team, ACFSA needs your talent and expertise. Be proud of what you do.

Together, we can get where we want to go.

Managing Your Time

By Robin Sherman, CCFP, CFSM

Taking initiative can often mean taking charge of your own time. Time Management is not something you can do once and then forget. It takes on-going effort and commitment to ensure that you are always acting on the things that are most important and not distracted by the many trivial things that divert your attention. Below are some tips to use your time wisely more often than not:

1. At the end of each work day, before you go home, make a to-do list for the next day; prioritize by placing your most important tasks at the top and your least important tasks at the bottom.
2. Arrive at your office at least a half hour early (if you can) and reserve this “quiet time” to work uninterrupted on your highest priority task.
3. Don’t work on lower priority tasks before you are completely satisfied with the progress you have made on your higher priority tasks.
4. Buy and use a day-planning calendar system.
5. Go through your inbox at least once a day and prioritize the contents. Deal with it promptly instead of allowing it to pile up.
6. Attend any meetings or appointments that help you achieve your goals and objectives.
7. Focus on doing the work that you are qualified to do. Delegate the rest to your co-workers.
8. Set aside a couple of uninterrupted hours every week to think about the “big picture” and your long-term goals and objectives, and to develop strategies for attaining them.
9. Learn how to say no, politely, but firmly.



Canteen Celebrating 80 Years of Service

By Josie Maya, CFSM-CCFP,

Corrections Kitchen supervisor, Canteen Services Inc., Iosco County Jail

I recently attended Canteen's 80th year celebration at the MSA Fall Conference in Traverse City, MI. Canteen celebrated eighty years of hard work and dedication by providing its customers with superior food and service. Since 1932, the Tiggleman family has evolved from selling penny peanuts to being a major provider of food and commissary services. They have provided services to county jails, senior meals (meals on wheels), half-way houses, drug rehabilitation centers and other at-risk population centers.

Canteen is the oldest franchise of Compass Group, the world's largest food management company. They also offer the latest innovations in Food Service, Technology and Equipment, and serve approximately 150,000 meals per day in corrections which is done so at the highest level of quality and service.

Canteen's Correctional Services Division has been the undisputed leader throughout Michigan, Northern Indiana and Northern Ohio. Jeff and Craig Tiggleman have done a stupendous job of carrying on their family tradition of providing quality food and service and have shown their dedication in achieving leadership in their chosen markets. They have done this through constant pursuit of superior levels of quality, efficiency and service, and the total dedication of their associates

to reach this goal, which is also their mission statement.

Canteen's certified ServSafe trainers provide knowledge to staff and inmates within each facility. Each facility gains ServSafe certified food service workers, and also the inmates who are provided with valuable marketable skills, for when they return to the general work force, and will assist them in gaining employment. This will ultimately reduce recidivism.

Canteen's team leaders are always finding new ways to enhance our learning experience through training, seminars and conferences which help us to grow so that we are productive in what we achieve everyday in our facilities. They have high standards in that we all achieve excellence in reaching our common goal as a company. Jeff and Craig Tiggleman are very involved in every aspect of the company. They have a "hands on" approach not only in the company, but with us as "Canteam" members. It has been very rewarding to me personally to be a part of this growing Company.

*Jeff and Craig Tiggleman,
owners of Canteen Services pose with
Michigan's Lt. Governor, Brian Calley
at MSA's 2012 Trade Show*



Did You Know.....?

Opportunity Buys

By Linda Mills, MBA, RD, FADA

Corporate Dietitian - Community Education Centers

Food costs continue to rise and opportunity buys can be a way to save a lot of money. They can provide menu enhancement and better nutrition in some cases. Some vendors do only opportunity buys and for others it's part of their product offerings. However, there are risks involved and a number of questions to consider.

- Why is it an opportunity buy?
- Was a frozen item refused because it was temperature abused?
- How is the product held prior to receiving it?
- Are you getting what you expected?
- Is it floor loaded or on pallets?
- Are the product dates readable or have they been tampered with or smudged out?
- Is there a warranty from the producer that the supplier can provide to you?
- Does the item have a short date or is it expired? Suppliers can decode dates if there is an issue determining the expiration date. The USDA standard for meat is that it is good for 1 year after packed for frozen food. It can be re-inspected by the USDA for potential extension. Know the vendor you are dealing with and trust the vendor.
- What is the total cost?
- Are there fees involved?
- Are free samples, label and nutritional information available for the products?
- Who was the intended audience for the product?
- Is the purchase being made from the manufacturer or a trader?
- What are the payment terms? Do not accept COD or cash up front terms?

- Does the vendor have a recall process to protect you?
- What is the vendor's policy on problems with the product?
- What is the minimum order quantity? You might be able to mix and match products or have a slightly higher fee for smaller quantities.
- Can you develop an approved substitution list which keeps the nutritional values close?
- Does your foodservice committee evaluate products before going on the menu?
- Are the products uniform or irregular?

Let the vendor know what you will take. Give them a copy of your menu to review so they can give you a good proposal. They need to be aware of the equipment the facility has, and the warehouse and storage space available. Build a good working relationship with the vendor's representatives. Make sure the vendor knows the driver restrictions for the facility. For a really large facility, handling opportunity buys can easily be a full time position which will pay for itself with the savings on food. Reinvest the money you save with opportunity buys to purchase new equipment.

*Editor's note: Linda Mills is an international speaker, educator, and author. She is a Registered Dietitian, holds a Master's degree in Business Administration and is a Fellow of the Academy of Nutrition and Dietetics. INSIDER is fortunate to have Linda as a contributor. With this article we will start a new feature, **DID YOU KNOW.....?** In which she will offer articles which will benefit our membership with their food service operations.*

REGIONAL REPORTS

REGION III

by Lt. Tim Thielman, CFSM

As we near the end of another year I would like to take a moment to reflect on what a great year 2012 has been for the ACFSA. Our organization is strong in both membership and financially. All regions have picked up new members, and new chapters are being created. Our two chapters in Region III; Michigan, and Northern Lakes had a great year with many meetings, educational sessions, and a conference in Michigan. At the International Conference this past August, Region III was definitely “in the house” in New Orleans with 50+ members in attendance! At the Awards Banquet Dixie White, Josie Maya, Becky Kirsenlohr, and Rick Karl, all from Region III, received either CFSM or CCFP Certification. Additionally, Teddie Mitchell received the Founder’s Award and Barbara Wakeen received the President’s Award. Our region has a lot to be proud of!

Thanks for the Memories

I would like to thank our International President, Major Jim Beach and his committee for conducting a magnificent conference despite the many glitches that were encountered behind the scenes. The New Orleans Conference was informative and educational. I would like to thank all of our generous Professional Partners for putting on a remarkable Vendor Show in New Orleans. I can speak for all of us Food Service Members when I say how much we appreciate the support you give to the ACFSA.



Keeping Your Food Service Operation Sustainable

With the many challenges, how do we keep our operation sustainable? That will be the central focus in Reno next year at the 2013 conference. Laurie Maurino and her committee have already been pulling it all together and it is definitely not too early to start making plans. I would like to encourage everyone who qualifies to apply for one of the many scholarships available. I would also like to encourage you to submit applications for one of the many awards offered to the members. Our organization is full of members who do amazing work and deserve to be recognized. Every year it seems as though the deadline for the scholarships creeps up on us and many who intended on applying run out of time. Please don’t delay. The applications are in this issue so fill them out and get them in.

Looking ahead

2013 will also bring another regional conference by the Michigan Chapter which is set for May 5 – 7, 2013, in Lansing, Michigan. Many of you in the Region are within driving distance to Lansing so hopefully you can attend this event. Knowing the folks from the Michigan Chapter, I can tell you that it will be a great time!

Have a safe and pleasant holiday season!

Please don’t hesitate to call or send me an email if I can do anything to assist you!

651.266.1498

tim.Thielman@co.ramsey.mn.us

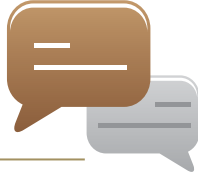
CHAPTER CHATTER

The Wisconsin group took New Orleans by storm! Braving the rain on Sunday, they chose the Swamp Tour activity and it rained on them but they still had fun! And managed to avoid the jaws of the gators lurking about in the muddy waters their boat was floating in. The guide fed these prehistoric beasts raw chicken and marshmallows. Later, the group took to the streets - Bourbon Street to be exact! - where they visited galleries, coffee houses and braved a beast of a different sort - Lobster! Don't worry, the crustacean had been boiled to delicious perfection and no fingers were lost when they went to eat him!



CHAPTER CHATTER

NORTHERN LAKES



by Rick Karl, CFSM, Northern Lakes Chapter President

Since the last INSIDER was published the Northern Lakes Chapter has had some terrific things happen for us. First the Northern Lakes Chapter had the best turnout at an International Conference in years, with several who were first time attendees. We are grateful to our Professional Partners who joined us at the conference for their participation and financial support. Having their support is a great step in the right direction toward our chapter's growth.

At the conference we all cheered as our very own Teddie Mitchell received the 2012 Founder's Award. Teddie has done so much for ACFSA, this award is well deserved. Everyone from Northern Lakes also cheered as Dixie White received her CFSM, and Becky Kirsenlohr and I received our CCFP. At the vendor show I was thrilled when my name was drawn for the 60-quart mixer donated by Prison Belt of Milwaukee, WI. I was proud to bring it back to Wisconsin for the DOC.

We all learned so much at the educational sessions and the tour of the OPSO kitchen facility. Thank you Major Jim Beach, staff of the Orleans Parish Sheriff's Office, and Region II members for hosting a successful conference in the amazing city of New Orleans. We are all looking forward to next year's conference in Reno.

After the International Conference the Northern Lakes Chapter conducted a successful meeting in Eau Claire, Wisconsin. Becky Kirsenlohr joined the members present on Skype from her institution. Don't you love technology!!! During this meeting we discussed fundraising to replenish our scholarship fund, tentative plans for a chapter meeting in Milwaukee, WI in March 2013, and strategies for increasing our Food Service Professional membership. Our International Vice President, Phil Atkinson led a discussion of preliminary plans for Region III to host the 2014 International Conference.

VIRGINIA

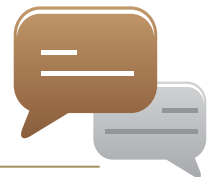


by Linda Shear, Virginia Chapter Secretary

Chapter of the Year Award!!! In Virginia, we are so excited to once again win the coveted award for most outstanding ACFSA chapter. It was wonderful to be called up to the stage during the conference banquet to accept the award. We challenge all chapters to work towards that goal.

Our autumn chapter meeting was held mid-October at US Foods in Salem VA. Can Cutting was the training topic and it proved to be very educational. It is always beneficial to get a fresh look at a process we do every day in our facilities. Can you remember the last time you conducted a can cutting session? You may be surprised at what you learn!

MICHIGAN



by J. Kevin O'Brien, CEC, MI Immediate Past-President

EDUCATION THROUGH EXPERIENCE

Michigan is in the process of planning our 2013 Spring Conference. As I mentioned before, we have been having these educational conferences in the spring for many years and once in a while we have a joint conference with the Ontario Chapter. Over the years great friendships have been made between our chapter members from both countries. Can you imagine how lucky we are to have Ontario in close proximity to Michigan and have the opportunity to work together, plan and learn from each other? Well that is how it is and over the years you can literally put one of these conferences together with a core group of members. However, the process is the same with a larger convention, such as a national conference but you need to build in a lot of redundancy.

Continued on Page 39

CHAPTER CHATTER

Michigan - Continued from Page 38

Back to next year's Michigan Spring Conference and my thought that I started to tell you. We are having at least monthly conference calls and Steve McLain and Robin Sherman are going to be in charge of the conference. This past week during our conference call I somehow ended up as the hotel liaison. I guess that is because we are in Lansing this year and just a few miles from my home.

The expertise in conference management that I have gained over the years has been in part due to lessons learned from many people, but mostly because it was something I was interested in doing. It really is a lot of fun to visit a new place, meet hotel sales people, tour their facility and plan your conference right down to every detail. Once in a while you'll get a free lunch out of the trip.

Before you go to visit the prospective hotel, call ahead for an appointment with the sales manager. You will probably be greeted by that person and assigned a contact person within the sales office. Have your agenda on hand or at least last years or an approximate idea how many rooms you will need. Over the years we have changed our speaker arrangements from 2-3 different speakers at the same time to just one speaker at a time for the whole group. We need fewer rooms for this and it makes scheduling speakers all the easier. Always have a member or two who are absolutely attending the conference, ready with a presentation because you will have cancellations. You should have a theme for the conference ready so the hotel can begin their paperwork and help you with ideas for decorating. Assign only one person to the hotel liaison; any more will just get confusing. Your committee can meet on a regular basis with this person, on what to tell the hotel sales office, regarding any changes in the program.

This year we are going back to Chefs on Display during our vendor trade show. Capital Professional Chef's Association Members will join us and demonstrate their talents. We want to always try new things

to keep our members in the trade show. The vendors appreciate this and it also keeps the attendees busy, if they have visited all the booths, and gives them a place to rest. We will be having our annual awards banquet at lunch right after the vendor show. Last year we were fortunate that several vendors stayed and participated in the luncheon. This really made for a successful event and with the nice venue of Lake Michigan in the background it was very pleasant dining.

So, volunteer for your chapter conference and learn how to put together a chapter, State or International program and conference. The way to make it successful is to have a great conference committee and assign everyone a job. Event chairs are a good way to get everyone involved and you will have that chair report to the conference chair at each planning meeting. The event chair forms their own committee and can meet through conference calls, Skype or even in person if necessary. Set up a budget that everyone can agree on and try some new ideas, they may be big hits.

Several years ago Steve Morgan and I wrote a presentation on How to Run a State, Chapter or International Conference. If you need any additional information, contact either one of us for more information. Enjoy the fun of participating in planning a successful conference as it is really an easy way to get involved. Just ask Ricky Clark or Jim Hartman. The two were always running around helping the management company with set ups, packing gift bags, gathering donated items for the food bank, running errands and tearing down after the conference. I learned a lot from those two and look how they turned out. There are many jobs that can be done just to get your feet wet in the process of running a conference. Ask about what you can do and jump in and enjoy the learning process. Thank you in advance for your help.

J. Kevin O'Brien, CEC
Michigan Immediate Past Chapter President

Education Report

*Inspiring Interest in Field of Correctional Services
Submitted by Lt. Tim Thielman, CFSM*

This past August at the International Conference in New Orleans, Louisiana, Dixie White, the Food Service Manager from the the Wood County Sheriff's Office in Wisconsin Rapids received her Certified Correctional Food Systems Manager (CFSM) designation. I want to take the opportunity to publicly recognize and congratulate Dixie once again for her accomplishment. Dixie made the decision to get her certification to better herself professionally, and to show her administration that she is serious about her job. For those of you that have ever wondered what the CFSM Course entails, here is a summary of how it works.

Becoming a Certified Correctional Food Systems Manager (CFSM) is no easy task. The course requires a minimum of 88 hours of "classroom" and home study. That work will require reading, discussion with peers, observations and assignments. There is also field experience that requires at least 80 hours and an equal amount of contact hours with a preceptor. The preceptor is usually a registered dietitian, CFSM, or Certified Dietary Manager (CDM) who evaluates and signs off on the coursework and is also the one who will proctor the final exam.

The areas covered in the course include the following: Menu development, Nutrition, Food Production, HACCP, Warewashing, Safety, and Security. Once all of this is complete and signed off by the preceptor the student will be sent the final exam. After passing the exam the student will be able to use the CFSM designation with his or her name. The CFSM designation shows that the individual is a leader in the profession of correctional food service. The CFSM designation looks great on a business card, letterhead, and included with a signature in a letter or email.

Certifications are awarded every year at the ACFSA International Conference. It is important to stay current in the ever-changing field of correctional food service, so the recertification period for the designation is every two years and activities are tracked as points. Points are received not only for training but also many other correctional food service related areas such as: being involved in ACFSA on the Chapter or International level, writing articles for The Insider or other trade magazines, attending conferences and trade shows, and so on. No matter what field a person works in, it is essential to keep current in that field if he or she ever wants to advance.

If you are ready to join the ranks of CFSMs, enroll today and get started. If you have any questions regarding the CFSM Certification you can contact Lt. Tim Thielman at 651.266.1498 or tim.thielman@co.ramsey.mn.us



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

CFSM for CDMs \$149.00

Non-Member Fee \$374.00

Non-Member Fee \$199.00

Name _____

Title _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ FAX _____

Email _____

Payment Information

Check Number _____

Purchase Order _____

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

Credit Card: Visa Mastercard American Express

Cardholder Name _____

Credit Card # _____ Expires _____

Billing Address _____

Billing Zip Code _____ V-Code _____

Signature _____

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

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

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

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

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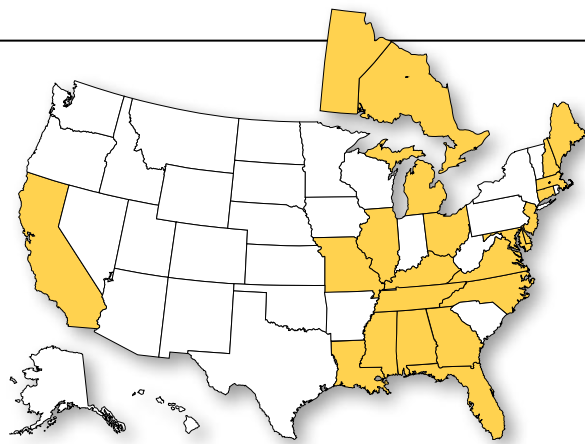
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Visit www.ACFSA.org for the Membership Roster!

Membership is required for access.

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

* Chapter President

ACFSA Regions

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

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Maine
Maryland
Massachusetts

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New Jersey
New York
Pennsylvania
Rhode Island

Vermont
Virginia
Washington DC
West Virginia

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Indiana
Iowa
Kansas
Michigan

Minnesota
Missouri
Nebraska
North Dakota
Ohio

South Dakota
Wisconsin

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Florida
Georgia
Kentucky

Louisiana
Mississippi
North Carolina
Oklahoma
South Carolina

Tennessee
Texas
Virgin Islands

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California
Colorado
Hawaii

Idaho
Montana
Nevada
New Mexico
Oregon

Utah
Washington
Wyoming

Region V

Canada



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**

Chapter Professional Partner:

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



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 _____
 Title _____
 Facility/Organization _____
 Phone _____ Fax _____
 Email Address _____
 Directory Address _____
 Preferred Mailing address _____
(If different from Directory Address)
 Preferred Billing Address _____
(If different from Directory Address)
 Recruited by _____

Employed by (For Food Service Professional Active and Institutional Members Only):

Federal State/Prov. County Private Other _____

ACFSA MEMBERSHIP DUES (IN U.S. FUNDS) Check box for Member Type below

* 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 \$ _____

Check Enclosed (Made Payable to ACFSA) Check # _____

Credit Card Payment: VISA MasterCard American Express

Cardholder's Name _____

Card Number _____ Exp. Date _____

Billing Address _____

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

Authorized Signature _____

PLEASE SEND COMPLETED APPLICATION WITH PAYMENT TO:

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

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

* Depending on the month you join ACFSA, your dues may be prorated. Dues for members joining after March of the current Calendar year will include the remainder of the current Calendar Year AND the following FULL Calendar Year.

Example: If joining in June of 2013, Dues will be paid through December of 2014

WELCOME NEW ACFSA MEMBERS

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Frank's Restaurant/Newton County Detention
Center
Covington, GA

Diana Hoff
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Joseph Loftgren
Clark County Sheriff's Office
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Associate Professional Partner

Robert Kasabian
American Jail Association
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We are delighted to have you join the ranks of the finest food service professionals in the industry!

Please make the most of your membership. Share your knowledge and ideas about the food service industry and your personal experiences with the rest of the ACFSA membership! Utilize the ACFSA Message Board, ACFSA Facebook Page and on Twitter.

Do you know other professionals that could benefit from membership? Pass this copy of INSIDER along and/or share the Membership Form on the right.

Thank you for your participation in ACFSA!

INSIDER

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Inside INSIDER

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

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

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

Editorial Statement and Procedure

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

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

To submit an article for the Spring 2013 Issue:

1. Please send via e-mail by February 15, 2013 to:

ACFSA—INSIDER

Barbara Holly, e-mail: barbaraholly@bellsouth.net or
Chris Althaus, e-mail: Christine.Althaus@wisconsin.gov

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

Letters to the Editor

Please 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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