

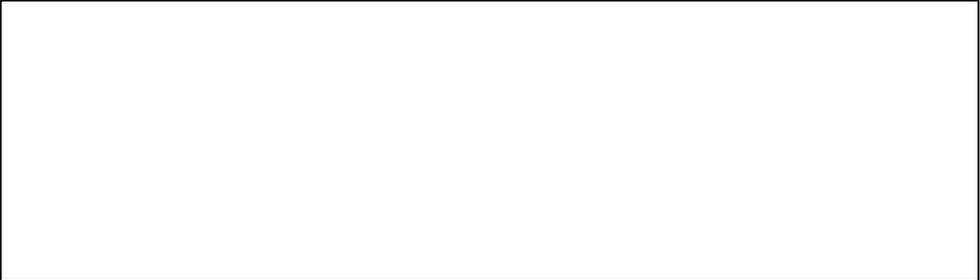
INSIDER

The Magazine of ACFSA
The Association of Correctional Food Service Affiliates



Association of Correctional Food Service Affiliates

Spring 2014



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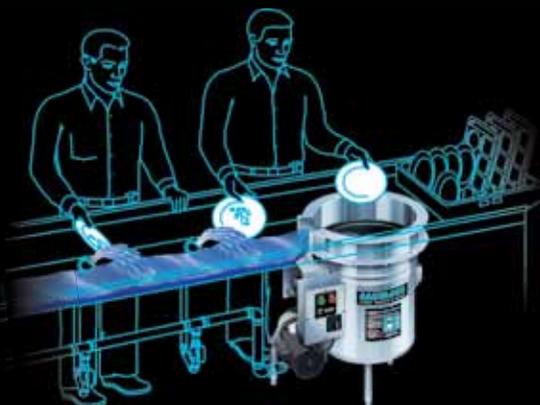
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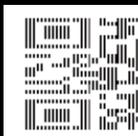


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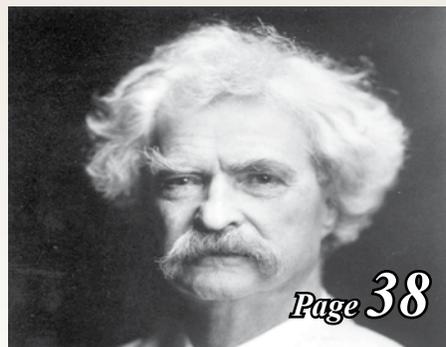
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President's Message

By Phil Atkinson, ACFSA President

Musings

Musing Number One

I recently had the distinct honor of being invited to participate on a panel for the NAFEM Annual Meeting and Management Workshop. Included on the panel were representatives from the CIA (Culinary Institute of America), SHFM (Society for Hospitality and Foodservice Management), NACUFS (National Association of College and University Food Services), SNA (School Nutrition Association), AHF (Association for Healthcare Foodservice) and a representative for A&W Canada.

We were asked to present, for our industry segment, what we see as the major challenges for the future of our segment. Almost to a person, rising costs of food and energy and managing allergies were the top two.

We were also asked how we thought equipment manufacturers and sales people could better assist us in finding the right equipment for our needs. I suggested that it would be beneficial to them and us if they had someone on their sales team that had actually spent time in a correctional kitchen (not in inmate clothing, of course). I suggested that when economically and logistically possible, put a piece of equipment into a correctional kitchen before it goes into production. To the small wares manufacturers I suggested that they find a local institution that would test the scoop, or ladle, or other piece of service equipment to see if it is durable enough to be used in a correctional setting; if it can survive in an inmate's hands, it can survive anywhere.

I also suggested that they have the confidence to tell us no. No, we do not need the most expensive or highest tech piece of equipment they have. No, that model is not well suited to a correctional environment. No, you don't need to spend that much to accomplish what you need to do.

Musing Number Two

Well, as is always the case, life happens. We have had to make a major change in the program for the 2014 Conference in St. Louis, MO. The presenter for Diet and Mental Health will be unable to attend. We are trying to find another person that can speak to this topic. However, in case that doesn't work, we do have what we feel is a great alternative.

As I mentioned in the last issue of *The Insider*, I received a Certificate of Completion from Anaphylaxis Canada when I attended the Ontario conference. We are looking at two options to make allergy management certification available to everyone attending the Conference. One thing I learned while taking the course in Ontario was how little I really know. Our hope is that with this certification we can return to our institutions and become advocates for training and understanding of allergies and what needs to happen to effectively manage them.

Musing Number Three

Did I mention the 2014 ACFSA International Conference which is being held in St. Louis, Missouri at the Union Station Doubletree Hotel, August 10 – 14? I did!? Oh well, can't hurt to mention it again! Committees are meeting to put the finishing touches on the program including inexpensive field trips for early arrivals (almost free is inexpensive, isn't it?), the Annual Golf Outing and the "Basket Challenge" and Silent Auction.

Other than the fact that St. Louis is a great city and there are many interesting and fun places to visit, its location in the center of the United States makes it an easy and inexpensive location to get to; I just did some checking on airfares (Feb. 17) from many locations across the country and did not find a fare over \$450 – Seattle was the high at \$450 and Minneapolis was the low at \$275. I know, I know, they will probably go up as we get closer in time but I think you know what to do to get the best deal – book it now! Plus, for those of you in the central section of the country it can be a very easy road trip. If you will be flying, you can take the train from the airport to, literally, the back door of the hotel. Get it in your summer plans. Make your reservations now!

A handwritten signature in black ink, appearing to read 'Phil Atkinson'.

Phil Atkinson, ACFSA President



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Harrisonburg Men's Diversion Center/
VA DOC
Harrisonburg, VA

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Elizabeth Reissman
Shawano County Sheriff's Department
Shawano, WI

Matthew Smith
Howard R. Young Correctional Facility/
State of DE DOC
Philadelphia, PA

Institutional Member

Paul Lucas
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Kenny Graven
Crimasco/Vulcan
Louisville, KY

Kerry Jacobson
Mullen Marketing LLC
Mc Ewen, TN



Executive Director's Message

By Jon Nichols, IOM, ACFSA Executive Director

I was delighted to be able to attend the recent Region I Conference in Ocean City, Maryland. This was the first ever Conference hosted by Region I and I have to say that you would have thought they'd done a hundred of them. Outstanding program with interesting topics and informative presenters. The educational sessions were mixed with a healthy dose of networking time, an outstanding trade show and time to spend with friends. In other words, all of the things that make a Conference great. And then, there was the location...

The Carousel Hotel is unlike any that I have ever stayed. It is a pretty traditional hotel with an atrium akin to an Embassy Suites, but right in the middle of the place is an ice-skating rink. Yes, an ice-skating rink! And next to the rink was a tiki inspired snack bar. It was quirky, but fun. And during the day the ice was never empty with skaters from novice to semi-expert having a great time. I never did see anyone from our group out there, but I couldn't account for every minute of the conference.

Ocean City, Maryland is a resort town with a population of about 7000. During the summer, Ocean City becomes the second most populated town in Maryland, but it was wintertime (early March, so nearly spring, to be fair) and the first couple of nights were pretty cold. No worries, though, as the Region I Conference committee had a delicious dinner followed by a bona fide comedy routine by Mike Seville and then a raucous game night.

The next day was filled with more excellent educational opportunities including a BOP update from

Karen Stiltner and an eye-opening and informative session on gangs from Kavin James. The night finished with more great food and fun with friends and then we were entertained by Keith Bryant, from the band Iron Horse. Apparently, Past-President of ACFSA, Ricky Clark spent a portion of his youth as a musician and used to play with Keith! Who'd have thought!?

On the last day the sun came out and the ocean was just a beautiful sight to behold. It was a great way to wrap up the time spent with the great members of Region I. The committee had additionally brokered a deal to have our members attend the Ocean City Hotel-Motel-Restaurant Association Spring Trade Expo which was kicking off that day and most of our attendees made their way over there before heading home.



I was so impressed with the planning and execution of this Conference by Region I and I want to thank

Continued on Page 5

everyone for welcoming Janine and me so warmly. There is already talk of a 2nd Region I Conference to take place next year and I hope that if they have one in 2015 that I am able to attend. And I would encourage anyone else that is in the area to do the same.

2014 CONFERENCE

I also had a chance to visit St. Louis to check on the status of our hotel which is undergoing renovations. In the past year, all of the meeting space has been remodeled and currently the guest rooms are all being worked on. The work is ahead of schedule and should all be done by the time we arrive in August. The hotel is a National Landmark (you can read more about that on page 26 of this INSIDER) and is just beautiful! I am confident that you will appreciate the chance to spend time there and learn a little about the history of the building.

Additionally, I was able to visit the brand new Ballpark Village that just opened at the end of March. This is one of the new downtown entertainment com-

plexes with restaurants, shopping and entertainment. It's just beautiful and the people of St. Louis are extremely proud of this addition.

With our International Conference Committee's hard work, I know that this is going to be another great Show! While I've been focusing on the city, the program is the real star! We have some great sessions and training lined up. Take a look at the tentative schedule on page 17 of this INSIDER and keep tabs on our website (www.ACFSA.org) and on our social media pages. I look forward to seeing you all in St. Louis!

NOMINATIONS

Finally, I want to ask you to consider running for a position on the Board. Serving your fellow members and shaping the future of ACFSA is both fun and rewarding. Feel free to contact current or past Board Members to answer any questions or maybe for some inspiration. Nomination forms are in this issue and on-line, so fill one out and run.

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Past-President's Message

By Benson Li, ACFSA Past-President

If you haven't checked around your correctional facility lately, you need to recognize that we have come a long way from handwritten menus to computerized menus. The national menu from the Federal Bureau of Prisons can be found on the Internet. Inmates that we serve can stay up-to-date with the latest law library. They can find information as it becomes available. They would love to file claims and/or law suits for personal gain or just for the fun of it.

On the other hand, you may be too busy to learn how to utilize a computer to your advantage. Perhaps you failed to provide a Wiccan diet because you didn't know what was involved.

Wicca is an Old English word that literally translates to witch or Witchcraft. It is a form of Paganism and one of the oldest religions in the world. Wicca is the preferred title used instead of 'witch' because of past negative or false connotations. Wicca is full of metaphors which can co-exist with your current religious or scientific outlook. It's simply a means of understanding the mysteries of life from a viewpoint that embraces the feminine and masculine energies of the world.

If you violated the inmate's right to practice his/her sincere belief, then you may have also violated the 8th Amendment of the Constitution under cruel and unusual punishment section.

If you attended the last International Conference in Reno, you learned something about Wicca. We also learned the definition of the term, "sincere belief". If you didn't attend the conference you may join our members' only discussion board and post your questions.

ACFSA taught me what I need to know as a Correctional Food Service Professional. By attending ACFSA training, I can share my knowledge with my staff, so they will be ready to take on their daily challenges and handle their job duties appropriately.

See you in August, at the DoubleTree Union Station, St. Louis, a place to learn the latest in the Correctional Food Service Industry.

The ACFSA Mission Statement:

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

Leadership Spotlight

Humility: A Leadership Trait That Gets Results

By Beth Coleman, An Instructor in the Law Enforcement Development Unit , FBI Academy

“There is nothing noble in being superior to your fellow man; True nobility is being superior to your former self.” - Ernest Hemingway

Leadership is a fine art, a balancing act of many different skills and abilities developed over time and through experience. One important piece of the leadership puzzle is humility—in essence, knowing what you do not know. It is having a modest estimation or opinion of yourself regardless of intellect, rank, or position. Not only is it having a modest opinion, it is the ability to express that to others. It is confidence, not arrogance. It is realizing your weaknesses and capitalizing on the strengths of your team. It is proving to be one of the most critical components that leaders need to develop and communicate to build connectivity with their teams. With connectivity the team reaps the benefits of improved morale, stronger trust, and increased productivity. Is that not what leaders want most?

Time-tested research in the leadership discipline has proven that people will follow a leader, regardless of rank or position, with whom they feel a connection before they follow someone whom they perceive as disconnected, arrogant, and out of touch. Leadership that gets results requires humility, which is not a sign of weakness or an inability to make decisions. It is a trait that people crave in their leadership. Self-awareness and critical reflection allow leaders to remain humble, yet strong in the eyes of their people.

Three critical reasons exist to show humility and to continue to foster it in others.

- 1) ***Innovation*** - Humility in leadership allows others to realize that they have worth and value. When others feel valued, their creativity flourishes, which leads to better problem solving, innovative change, and movement toward the common vision.
- 2) ***Development of Others*** – Allowing others to speak, be listened to, share ideas, provide feedback, and work in an environment where they are connected encourages personal and professional development.
- 3) ***Energy*** – Innovation and connectivity create energy in the workplace.

The culture of law enforcement may not always encourage humility. The very nature of the job requires a strong command presence, to some degree, at every rank and level. Self-control and assertiveness are required skills. The tremendous sense of responsibility and power that come with the badge can lead to behaviors that are perceived as arrogant, as opposed to simply confident. Humility often can be overlooked or, even, viewed as weakness. It is not. It is vital. Allowing yourself to be humble and to express your humility openly allows for others to grow. There is nothing more powerful than that.

Additional Resources

D. Goleman, *Emotional Intelligence: Why It Can Matter More Than IQ* (London, UK: Bloomsbury Publishing, 1996)

D. Goleman, *Focus: The Hidden Driver of Excellence* (New York, NY: Harper Collins, 2013)

John Dame and Jeffrey Gedmin, Six Principles for Developing Humility as a Leader, *Harvard Business Review*, September 9, 2013, <http://blogs.hbr.org/2013/09/six-principles-for-developing/> (accessed February 11, 2014)

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Lessons Learned



By Michael Robertson, ACFSA Vendor Liaison, Equipment

It seems hard to believe that this August in St. Louis I will finish my second and last 2-year term on the ACFSA Board. Often, we find ourselves volunteering for something only to anxiously await the end of the project; finding out it was more work than we thought or not what we had hoped for. THIS HAS NOT BEEN THE CASE THESE LAST 4 YEARS.

From a vendor view, I have met more correctional food service staff than I could ever hope to meet individually calling on facilities. I've met State DOC Commissioners, Finance Directors, Dietitians and every possible correctional position involved in decision making. Instead of digging and studying to learn this field, the very people I sell to have sat down and explained their needs, likes, dislikes and even offered suggestions for new products. I can honestly say that doing this on my own, without my involvement with ACFSA, it would have taken years to learn what is needed to be a successful vendor in Corrections. ACFSA has provided the knowledge and information needed to work with an industry I knew nothing about a short eight years ago.

From a personal perspective, I have learned everything from proper food sanitation and preparation, to dietary needs and even the heat loss of food at each step of preparation and plating until it is served. I look at food preparation at home in a totally different manner today thanks to what I have been taught at ACFSA meetings.

I guess the point I am trying to make is what ACFSA can do for you, as a vendor, if you know what they offer. If you are reading this article, you have already invested in membership. What you get out of your investment is up to you. Find out which states in your territory have ACFSA Chapters and which states and regions actively hold meetings and conferences. All you have to do is ask. You will find yourself welcomed at most meetings and will have opportunities to present your products to multiple customers at one location. You will never regret participation with your State and Regional Chapters. And who knows, you might have the privilege I have had to serve on the International Board and make not only business contacts but lifelong friends as well.

Corrections Update

Benefits of Being a Preceptor in Corrections

**By Becky Yager, MS, RDN, is Chief of Dietary Services,
California Correctional Health Care Services**

Recruitment and retention of registered dietitians is an on-going issue for California Correctional Health Care Services (CCHCS). Many factors contribute to being unable to fill the vacant positions including but not limited to low salaries, job locations, work environment, and fear of the working in a “prison.”

Most dietitians who work in corrections did not grow-up dreaming about this career path. Instead, they fell into the job through word of mouth or because they knew someone in corrections.

My first exposure to the correctional food service world was through California State Food Task Force meetings. At the time, I was working as the Director of Dietetics for another state agency. These quarterly meetings allowed me to tour many prison food service departments as well as meet food managers and dietitians who worked in the correctional system. They always had fascinating stories to tell and shoestring budgets to work with. When my current position became available, I applied because I had firsthand knowledge of prison foodservice and no longer was fearful.

As Chief of Dietary Services, I am responsible for recruiting dietitians to work for CCHCS. To help with this effort, CCHCS is offering dietetic internship rotations. Our first program started in 1999, at California Substance Abuse and Training Facility in Corcoran. The program accepts ten interns per year from Fresno State. They come to the facility in pairs for a two week rotation. Don Perkins, CCFP, Correctional Food Manager II, has been the preceptor over the programs for years. He feels the program allows the interns to experience a food service environment that most would not think even existed. In addition, the program is also beneficial and rewarding for his staff. Don Perkins states, “It allows them to feel a sense of accomplishment by giving something back to their trade.”

Gay Lynne Maroney, RDN, Food Administrator I, at California Institute for Women (CIW) in Chino also is a preceptor for dietetic interns. Gay Lynne was hesitant to say yes at first, knowing that dietetic interns would mean more work. However, since starting the rotation two years ago with Patton State Hospital’s dietetic interns, she feels both emotionally and physically fit from working with the students. Gay Lynne states “they have revived me from going stale.”

I am currently working on establishing another internship rotation site at Richard J. Donovan Correctional (RJD) facility in San Diego with the dietetic interns from the VA San Diego Healthcare System. My goal is to have rotations available at all 22 of our licensed healthcare facilities in the California Department of Corrections and Rehabilitation.

As a registered dietitian I feel that it is my responsibility to open new doors for future dietitians. Working in corrections is not a typical career path and therefore students get little exposure. I hope to change this by offering rotations in our industry and challenge you to do the same.

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How the Affordable Care Act Impacts Corrections

By Marlene Tutt, MS, RD

The Affordable Care Act which goes into effect January 1, 2014 will impact correctional healthcare services. Many of our clients will be eligible for Medicaid benefits.

Children under the age of 27 years, who are covered by parents' employer-sponsored health insurance, may be billed for on-site and off-site health care to the insurer.

The income requirement for services: at or below 133% of the federal poverty level which is \$14,404- single or \$29,327 for a family of four. The former requirement of pregnancy or disability no longer exists.

Correctional facilities may be eligible to receive 100% reimbursement for inpatient and nursing home admissions for the next three years. Reentry programs will be encouraged to have clients apply for services which will promote continuity of care and aid in limiting recidivism.

Healthcare costs consume a significant amount of a facility's budget. The gap in clients not having medical coverage in the community will be eliminated.

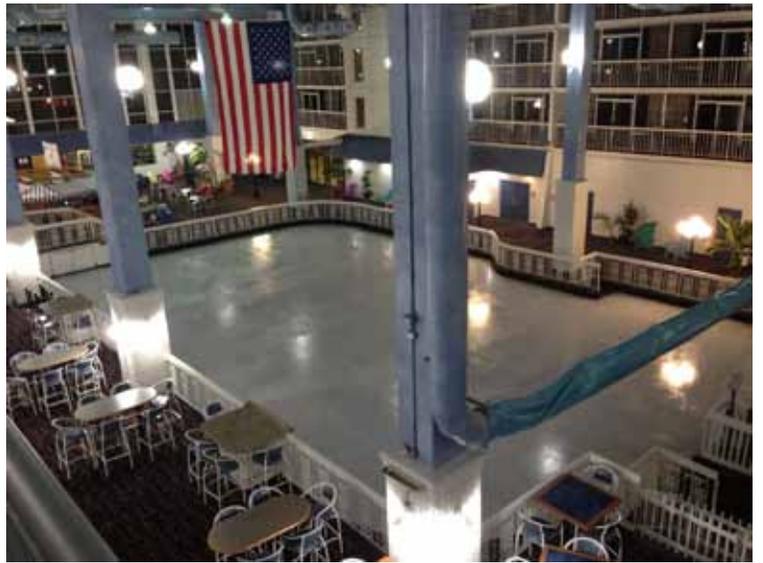
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Region I Hosts a Successful First Time Conference!

By Ricky Clark

Imagine waking up to the sound of the rushing water from the ocean in the morning then having a day filled with learning and fun!! That's what the first ever Region I ACFSA Conference delivered to over 120 attendees and vendors!! The committee worked hard to assure we had things in place and that the attendees would enjoy a carefree conference with no meal or entertainment expense!

The Carousel Resort in Ocean City Maryland was the location of the conference. There was an ice skating rink in the center of the hotel which added the thrill and excitement of being young again (for those who dared try it, as well as those who watched others)!! Being on the beach front was perfect when the weather finally was nice enough to enjoy. The sessions were enlightening and interesting from the beginning to the end. I have received so many positive comments and emails from attendees and vendors.



Our sessions started with Master Chef Collard Green (AKA Jerome Reed) who brought laughter and a recipe for becoming a team and being successful followed by Catherine Vandermer and the great success story of the Virginia DOC with NRA's Culinary Program. This led to our vendor show with over 20 vendors with new products and exciting door prizes!

Saturday kicked off with Bionca Lindsey of the US Air Force telling us how to be a leader when we are not the leader. She had games and learning illustrations that kept the whole audience in suspense. Karen Stiltner followed her with the BOP update that prompted many questions and tweaked the interest for all who wanted to know how the Fed's make it happen. After that we learned from Kavin James how gangs have moved into our neighborhoods, where they are and how we can identify them (what an eye opener this was for all). Next our Re-entry Panel (Phyllis Back, Garry Blocker and Marshal Graham) offered advice and answered

questions about re-entry and how it is being implemented into corrections and the communities. Then Michael Buonnanno showed us how the Eco Safe Digester could make our lives a lot simpler. All this was followed by the Ocean City Expo with over 400 vendors offering everything you could imagine in the food and beverage line for sampling, including alcohol.



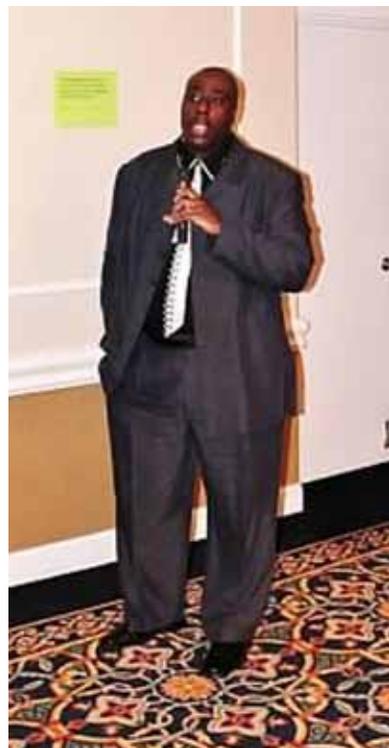
And as if the training was not enough, we had entertainment to boot!! Friday night we had comedian, Mike Seville who

Continued on Page 13



kept the crowd rolling in laughter followed by game night with the corn hole game, poker, and many board games. Of course, each night ended with our wonderful hospitality room sponsored by Mike Robertson and Jones-Zylon. Saturday night started with our Mexican Fiesta! Later that evening we had an old friend of mine, Keith Bryant, from the band Iron Horse, who took requests and entertained us into the evening with his awesome vocals and guitar playing. What a fun-filled time we experienced with our first ever Region I Conference!!

I am so grateful for all the support we received from our vendors, our committee, Granny Nipper (who knitted two beautiful afghans for our raffle), the hotel, the Academy for Staff Development (who printed all of our posters, programs and hand outs, as well as allowing us to use some of their equipment) and all who contributed to a successful event!! It was also a pleasure to have ACFSA's Executive Director, Jon Nichols and his wife, Janine, with us! So if you missed this one, you missed a part of making history, ACFSA's first Region I Conference and you missed a great conference!! Maybe we'll see you next year!!



A VENDOR THANK YOU FROM REGION 1

REGION 1 would like to take a moment to thank all our vendors who helped to make the first ever Region 1 Conference in Ocean City, Maryland a big success.

THANKS TO:

Accutemp
Battleground Food Service
Benjamin Foods
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Chelsea Milling / Jiffy Food Service
Crystal Concepts / Cambro
Design Specialties
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Good Source
Irinox USA
Jones Zylon
National Food Group
Plastocon
Schmid Wilson Company
Squier
Hobart / Vulcan



As I have said so many times before, vendor participation in ACFS is valuable not just at the National level but also at Regional Meetings and State Chapters. This first Region 1 show resulted in over 20 vendors represented and 80 plus attendees from Correctional Food Service as well as ANFP (Association of Nutrition & Foodservice Professionals) and ANP (Academy of Nutrition and Dietetics).

If you missed out on the first ever Region I conference, watch for announcements for future Region I Conferences.....There will surely be more.

Michael Robertson
ACFS Professional Partner, Equipment



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-Jimmy Ledesma, Asst. Manager Food Services Unit
Century Regional Detention Facility, Lynwood, CA



Food is money. Cambro food storage products help foodservice operators protect their investments from receiving to table with the promise of freshness and food safety. For 60+ years, Cambro foodservice equipment and supplies have earned the trust and loyalty of foodservice operators around the world. We’re thrilled that Cambro equipment has proved durable enough to withstand the rigors of Jimmy’s operation and urge you to let us demonstrate how your costs too can be reduced!

Start investing wisely. Call for a Free Storage Consultation so you too can increase your profits!



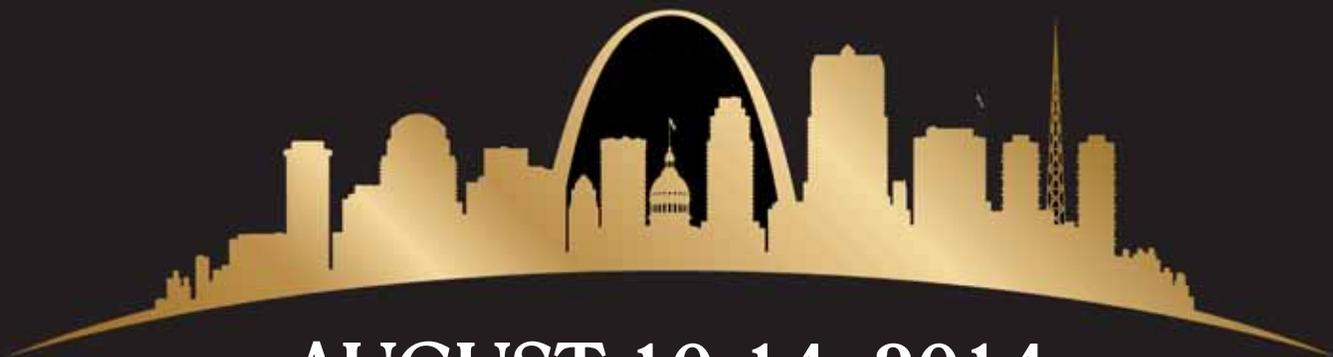
WATCH A VIDEO ON 5 TIPS TO PROPER STORAGE

CAMBRO.COM/TRUST



For more information, contact Cambro Customer Service at 800 833 3003

THE 2014 ACFSA ANNUAL INTERNATIONAL CONFERENCE & VENDOR SHOWCASE



AUGUST 10-14, 2014

SAINT LOUIS

MISSOURI



45th Annual ACFSA International Conference
 August 10 – 14, 2014
 St. Louis, Missouri

	Time	
SATURDAY 8/9	3:00 – 5:00	Board of Directors Meeting
SUNDAY 8/10		DESCRIPTION
REGISTRATION	1 - 5	
ZOO OUTING	10 - 2	FOREST PARK ZOO
GOLF OUTING	10 - 4	FOREST PARK GOLF COURSE
SERV-SAFE	8 - 5	CERTIFICATION/RE-CERTIFICATION
CCFP/CFSM	2 - 4	APPLICATION ASSISTANCE
CHAPTER PRES. MEETING	4 - 5	
FIRST TIME ATTENDEE RECEPTION	5:30 – 6:30	
PRESIDENTS RECEPTION	6:30 – 8	
MONDAY 8/11		
REGISTRATION	7 - 4	
OPENING SESSIONS AND BREAKFAST	8 - 10	PRESENTATION OF COLORS – St. Louis County Honor Guard NATIONAL ANTHEMS – U.S AND CANADA – all sing INVOCATION – John Essary – MO Eastern Correctional Center WELCOME SPEAKER / OPENING REMARKS BREAKFAST ACFSA ANNUAL BUSINESS MEETING
KEYNOTE ADDRESS	1030 - 1230	Resilience in Times of Adversity – Mike McKinley
LUNCH	1230 – 2	LUNCH ON YOUR OWN CCFP LUNCHEON DIETITIANS IN CORRECTIONS LUNCHEON
VENDOR MEETING	2-3	VENDOR MEETING: Industry forecast Beth Lorenzini FER Mag.
BREAKOUTS	2:00 – 3:30	Ask the Dietitian:
BREAKOUTS	3:45 – 5:15	Mental Health 101 – Roxanne Sanderson, Anna Hewitt, Ramsey County MN
VENDOR RECEPTION	530 – 730	
DINNER		ON YOUR OWN

TUESDAY 8/12		
General Session	8:00 – 9:45	Learning to be a Leader – Mike McKinley
VENDOR EXPO	10:00 – 2:00	
GENERAL SESSION: MENTAL HEALTH	2:30 – 4:00	Challenges of dealing with mental illness in custody situations.
REGIONAL ROUND TABLE AND COMPETITION	4:00 – 5	COMPETITION: INCREDIBLE EDIBLE ARRANGEMENT 3:30 – competitors to completion area and begin Judging @ 4:45
PICTURES	6 - 7	Grand Hall
AWARDS BANQUET	7 - 9	Grand Hall
	9 – Your Choice	On your own in St. Louis – we have suggestions
WEDNESDAY 8/13		
GOOD SOURCE FUN RUN	6:30 – 7:30	Location TBD
TRAINING/CERTIFICATION	8 – 11	ALLERGY TRAINING / CERTIFICATION – NRA
BREAKOUT	8:00 – 9:30	Mental Health in Corrections Foodservice: An in depth look at the new methods.
BREAKOUT	9:45 – 11:00	Getting What You Want Without Mentioning a Name: John Schilling, Executive Director Contract Compliance, Indiana DOC or Celiac and Gluten Allergy Management: Tara Todd RD LD, St. Louis Children’s Hospital
BREAKOUT	9:45 – 11:00	A Real Success Story in Recidivism Reduction
LUNCH ON YOUR OWN	11 – 12:30	
GENERAL SESSION	12:30 – 2:00	Allergen Management in Practice: The BOP Story
BREAKOUT	2:30 – 3:30	From Idea to Reality: The Story of a New Product
BREAKOUT	2:30 – 3:30	Celiac and Gluten Management
BREAKOUT	3:45 – 4:30	Managing Gastric Bypass in Corrections
DINNER ON YOUR OWN		
CONFERENCE CERTIFICATES	4 - 6	
THURSDAY 8/14		
TOUR	9:00 – 12:00	St. Louis County Justice Center – maximum 36
CONFERENCE CERTIFICATES		



Incredible Edible Competition

By Lt. Tim Thielman CFSM, CCFP, 2014 Conference Co-Chair

As part of the Annual International Conference, the ACFSA likes to “stir the pot” between the regions with some sort of a Regional Competition that will award bragging rights for a year. In past conferences there have been cook-offs, cake decorating, and even a pie eating competition. This year at the International Conference in St. Louis, Missouri, the Regional Competition will be the “Incredible Edible Centerpiece.” This competition will involve a two person team from each region that will be given fresh fruit, produce, and carving tools to see who can create the most incredible edible centerpiece. The judges will not be ACFSA members so they can be impartial in their decision.

If you are going to be at the Conference and would like to participate in the competition please contact Tim Thielman at 651.266.1498 or email: tim.thielman@co.ramsey.mn.us



Good Source 2014 Scenic Walk

By Lt. Tim Thielman CFSM, CCFP, 2014 Conference Co-Chair

As part of a long standing tradition, the great folks at Good Source Solutions, Inc. will be sponsoring a fun run/walk at the International Conference in St. Louis on Wednesday, August 13, 2014. This year, since we are in the heart of iconic St. Louis, Missouri, the folks at Good Source Solutions have decided to make this a “Scenic Walk.” With so much to see, like the CityGarden, the Gateway Arch and beautiful Busch Stadium, the idea is to increase participation and take in the sights! Of course, if you’re a runner, you’re more than welcome to set your own pace.

For those of you that have never partaken in this event it is more of a networking event that involves meeting for coffee, juice and pastries before going on a one to two mile group walk prior to starting our final day of educational training sessions. It is another great networking opportunity that is a lot of fun and not to mention healthy as well. Being in this profession you are already up early so come join us. There is no registration required for this outing. Just show up on Wednesday in your walking shoes and comfortable attire!

The “Scenic Walk” will begin at 7 AM at the Union Station Hotel and go to the Arch via CityGarden. On the return trip, we will swing around Busch Stadium and conclude back at the Hotel. Cameras are not mandatory, but if you got ‘em, bring ‘em as the sights will be begging for you to snap a few shots. Check your conference schedule for any additional details for this event.

Certified Correctional Foodservice Professional Certify or Recertify

By **Teddie Mitchell, CCFP**

We're getting very close to the date for the Annual International Conference in Saint Louis. Exciting!

Even more exciting is the fact that we will help you fill out the paper work to receive your CCFP Certification. As I mentioned in an article in the Fall 2013 issue, Tim Thielman and I will be there to help you complete the paperwork, provided you bring your documentation to the conference. We will have a workshop on Sunday afternoon, August 10. For the time and place, look in the calendar of events in this Insider issue.

This help is also available to all who need to recertify their CCFP status in 2014. Those of you who need to recertify will have received a reminder from ACFSA Headquarters. If you haven't, call them at (818) 843-6608.

You can find the requirements for certification and re-certification on the ACFSA website. All you need to do is bring your documents, showing that you meet the criteria.

This workshop is not limited to CCFP however. If you have an interest in enrolling in the CFMS course, we will be there to explain the process and get your paperwork started.

I will be happy to answer any questions you may have. Please email me at teddiem@hotmail.com. I can't wait to see you all in Saint Louis!

Allergy Certification Course



A food allergy, or hypersensitivity, is an abnormal response to a food that is triggered by the immune system. It is extremely important for people who have true food allergies to identify them and prevent allergic reactions to food because these reactions can cause devastating illness and, in some cases, be fatal. As a food service professional, you certainly do not want to cause someone to become sick, or worse, from foods that they should not be consuming.

We're designing a course for attendees in St. Louis that will give you a better understanding of food allergies. The goal is to minimize risk of illness and death due to accidental ingestion of food allergens by increasing correctional food service industry and consumer awareness and best practices with respect to major food allergens.

This course is slated to take place on Wednesday afternoon and all attendees are encouraged to be present and complete the curriculum. Those doing so will be rewarded with a certificate. This is sure to be a highlight of the conference, so please make it a point to be with us.

About Keynote Speaker Mike McKinley

Mike McKinley is a businessman, motivational speaker, consultant, author, and business owner. For over 25 years, he was involved in the daily operations of the multi-million dollar educational publishing house which he founded.

Presenting hard-hitting business content delivered in a fun way, Mike entertains while he teaches – presenting as the keynote speaker at corporate trainings, to in-house programs, and for professional association meetings. His long-term client list includes Chrysler, Toro, American Airlines, Great Clips for Hair, Subway, American Family and First Bank. Hundreds of companies – from construction to healthcare, high technology firms to the auto industry – have relied on Mike for insight into creating today’s business innovation and success.

His program topics include Change, Motivation, Maximizing Performance, Customer Service, Teamwork, Leadership and Balancing Work & Home.

With a career in manufacturing and retail and with experience in radio and television broadcasting, Mike has a breadth of business expertise on which to draw when he shares his ideas and programs with large audiences, individuals, management teams and boards of directors across the country.

As a committed civic volunteer, Mike enjoys assisting various organizations, bringing his professional and personal strengths to help those in need. He often visits his alma mater, volunteering his time and sharing his business expertise with students whom he considers the business leaders of tomorrow. Through sponsorship of United Way functions, providing scholarships and support at his alma mater, and working with those dealing with terminal illnesses, Mike appreciates the many opportunities he has to give back to his community.

Mike and his wife Deb live in Wisconsin and Florida and enjoy sharing time with their five children.

Mike uses real life photos for fun and humor yet ties them into serious points about life and business. He works to share his message of maximizing performance and *enjoying the ride!*





**YOU KNOW YOU'RE
GETTING OLDER
WHEN HAPPY HOUR
IS A NAP!**

INSIGHT # 100

Smile a lot,
People will wonder what you're up to!

I see a lot of people who get to about 4:00 in the afternoon and aren't interested in doing anything but grabbing some sleep.

George Burns believed that you were getting older when the swimsuit issue of Sports Illustrated came out and you were upset because there were too many pictures and not enough articles.

I like getting older. A lot of people are all upset because they're having another birthday. I like having birthdays. NOT having birthdays doesn't excite me. When you stop having birthdays, it's over. At my age, I celebrate my birthday for a whole week. I know I'm not going to get many more.



ANNUAL GOLF TOURNAMENT AND A DAY AT FOREST PARK

Forest Park was dedicated on June 24, 1876, coinciding with the centenary of the United States Declaration of Independence. In their remarks, the Park's founders highlighted the vision that St. Louisans wanted a park that "the rich and poor, the merchant and mechanic, the professional man and the day laborer, each with his family and lunch basket, can come and enjoy his own ... all without stint or hindrance ... and there will be no notice put up to 'Keep off the Grass.'"

ACFSA will kick off the 2014 Annual International Conference with a Day at Forest Park! The Annual Golf Tournament will be played at the course on the grounds and non-golfers will have a chance to visit the World Class St. Louis Zoo, the Art Museum, the History Museum, the flower gardens or maybe float around the lake on a lazy peddle boat. The day is yours!

So, join us on Sunday, August 10 to kick off Conference with a Day in the Park! Check the website for all of the details and to sign up! www.ACFSA.org

ZOO



HISTORY MUSEUM



ART MUSEUM





ACFSA 2014
International Conference

**BASKET
CHALLENGE
AND
SILENT AUCTION**

It's getting close to our [2014 International Conference](#) in beautiful [St. Louis Missouri](#). One of the many exciting parts of the conference is the **Annual Basket Challenge and Silent Auction**. We've had some great baskets and auction items in the past and this year will be no different, I'm sure of it. St. Louis is a beautiful place and there are so many great ideas for baskets. St. Louis is the home of the Gateway Arch and they have several museums and beautiful cathedrals along with The Missouri Botanical Garden, Forest Park and if you're a fan of baseball it's home to Busch Stadium for the St. Louis Cardinals.

Remember there really are no limits for the items you wish to donate and they don't have to fit into a "basket" We have included all sorts of items in the past such as artwork, signed sports memorabilia, gift cards, food and just about anything you can imagine, so be creative!

Bidders may have to bring the winning items home on a plane so please remember to keep it safe and compliant. This is a great chance for you to help add to the ACFSA scholarship fund as all proceeds go to help members come to our conferences. Several have benefited and who knows, maybe one year, it might be you!



The St. Louis Union Station Hotel

A DoubleTree Hotel by Hilton

Set in the center of St. Louis, the historic AAA Four-Diamond St. Louis Union Station – a DoubleTree by Hilton Hotel is within walking distance to Scottrade Center and Peabody Opera House. We're within minutes from Busch Stadium, the Gateway Arch, Edward Jones Dome and America's Convention Center, and just 20 minutes from Lambert International Airport, with direct MetroLink access to the airport.

Begin your stay at this St. Louis Union Station DoubleTree Hotel with a warm welcome and a delicious DoubleTree chocolate chip cookie. Featuring the impressive 'Headhouse' Grand Hall as a stunning lobby lounge area with its sweeping archways, gold leaf detailing, mosaics and art glass windows, this incredible hotel transports you back to a time when travel was truly extraordinary. The historic beauty helped achieve a top Railway Themed Hotel rating by Condé Nast.

All the beautiful guest rooms and exquisite suites at this St. Louis Union Station DoubleTree Hotel feature elegant decor and modern amenities. Stay active and work out in the complimentary 24-hour fitness center or swim in the outdoor pool.

St. Louis Union Station - A DoubleTree by Hilton Hotel

1820 Market St. One Union Station, St Louis, Missouri, 63103

Special ACFSA Rate for Single/Double - \$108

This Rate available until July 12, 2014

Contact the Hotel directly to make your reservations. 314-621-5262

Mention that you're with the ACFSA Conference for this special rate!

or visit: <http://doubletree.hilton.com/en/dt/groups/personalized/S/STLUSDT-CFS-20140805/index.jhtml>

ACFSA 2014 Annual International Conference & Vendor Showcase

August 10-14, 2014 ▲ St. Louis, Missouri ▲ DoubleTree Union Station



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 15, 2014	Regular July 12, 2014	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 <small>DOES NOT INCLUDE BANQUET FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS** PLEASE SPECIFY DATE: SUN MON TUES WED THURS</small>	\$95	\$120	\$150	
	VENDOR SHOW ONLY <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i>	\$25♦	\$30♦	\$35♦	
	SERVSAFE CERTIFICATION PROGRAMS CLASS INCLUDES BOOK & MATERIALS	\$50	\$50	\$75	
	SERVSAFE RE-CERTIFICATION PROGRAMS CLASS INCLUDES BOOK & MATERIALS	\$50	\$50	\$75	

◆ 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, 2014. CANCELLATIONS RECEIVED AFTER JULY 12, 2014 & NO-SHOWS WILL NOT BE REFUNDED.

REGISTRATION

REGISTRATION WILL BEGIN SUNDAY, AUGUST 10, 2014 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

I will be going on the Thursday Tour of the St. Louis County Justice Center: Yes No
A maximum of 36 participants. First come/First served. A waiting list will be compiled after the first 36 slots are filled and we request that you let us know if you cannot attend.

TOTAL DUE

(FULL PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM)

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 _____

The Grand History of the St. Louis Union Station Hotel



By Jon Nichols, IOM, ACFSA Executive Director

I recently had a chance to visit St. Louis and see our conference Hotel, the St. Louis Union Station DoubleTree. All I can really say is that you're in for a treat!

This gem of a hotel is an actual National Landmark, and for good reason! Once the largest and busiest rail stations in the world, in the 1940's it handled over 100,000 passengers each and every day! And, during World Wars I & II, every single U.S. soldier rode a train through St. Louis Union Station. Every single one! And many soldiers from the Korean and Vietnamese wars made their way through those halls.

You know that iconic photo of President Harry S. Truman holding up the Chicago Tribune that said 'Dewey Defeats Truman'? Well, that was taken at St. Louis Union Station.

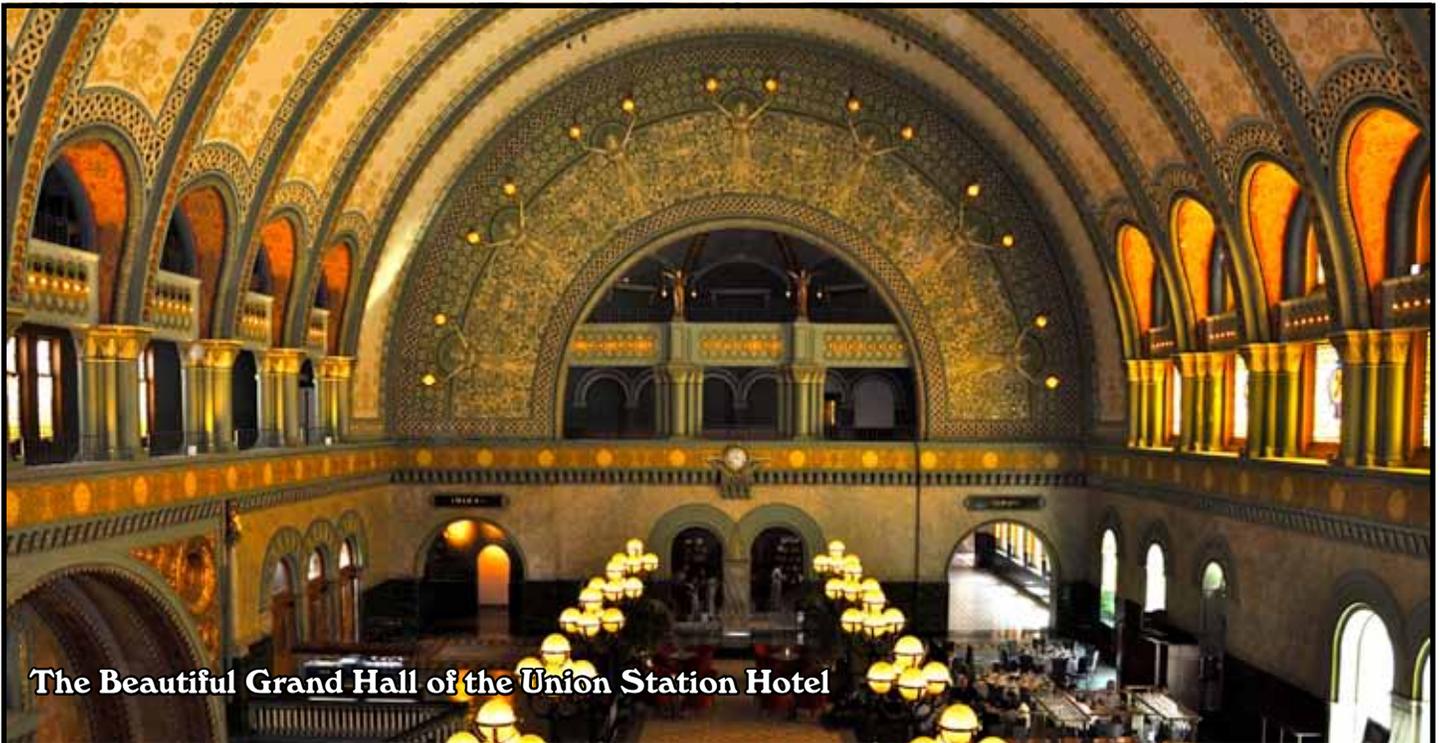


The station opened in 1894, and was designed by Theodore Link. It included three areas: the Headhouse, the Midway (the site of our Trade Show) and the huge, 11.5 acre Train Shed (at the time the shed had the largest roof span in the world!). The Headhouse originally had a hotel, restaurant, passenger waiting rooms and the railroad ticketing offices. It featured a gold-leafed Grand Hall (still there and gorgeous), Romanesque arches, a 65-foot barrel-vaulted ceiling and stained-glass windows. The clock tower stretches 280 feet!



As trains gave way to planes and cars in the 1950's, 60's and 70's, St. Louis Union Station fell on hard times. In 1978 the last train to ever leave through the station departed. It was a Chicago-bound Inter-American and soon the building was abandoned and fell into a state of disrepair.

Continued on Page 27



The Beautiful Grand Hall of the Union Station Hotel

It took years for anyone to see potential in the glorious old building, but in the early 1980's an ambitious renovation took place and in 1985, after a \$150 million infusion, Union Station was reopened with a 539-room hotel, shopping mall, restaurants and a food court. The station rehabilitation remains one of the largest adaptive re-use projects in the United States. You'll see that the downtown area of St. Louis has a number of buildings that have been renovated and repurposed. It makes for a wonderfully unique atmosphere.

The current hotel is housed in the Headhouse and part of the Train Shed, which also houses a lake and shopping, entertainment and dining establishments. By the time we arrive in August, all of the guest rooms will be newly remodeled and there is an exciting new project underway to turn the Grand Hall into a huge LED projection spectacular akin to the Fremont Street Experience in Las Vegas. I was able to see an artistic rendering of this project and it is certain to be a crowd pleaser when it opens on May 1st. Yes, that means that we will be able to experience the light and sound show when we are there in August! I know you'll be impressed.

Within the building there is a food court with a ton of different types of food, so you will be hard-pressed to not find something that suits your taste. There's also

a great restaurant in the hotel as well as the St. Louis Hard Rock Cafe and a Landry's Seafood House just behind the building.

Downtown St. Louis is super walkable and within a mile radius you'll find places to eat, shop and play. There is more information about attractions and history in the Winter INSIDER and in this Spring issue. And, I will give you more before we arrive in St. Louis to ensure you are prepared to experience all the city has to offer.

I do hope that you've made your reservations at the DoubleTree and also that you've registered for Conference. If you have not yet done so, there's still time, but August will be here before you know it, so I urge you to jump on it sooner rather than later.





Exhibitor Registration Opportunity 2014 Annual Conference

August 10-14, 2014
Doubletree Union Station - St. Louis, MO

I am the AUTHORIZED REPRESENTATIVE (office contact person with address information) to receive all corresponding materials relating to Exhibits, Exhibiting at the 2014 ACFSA Conference in St. Louis, MO. (* 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 2014 ACFSA ANNUAL INTERNATIONAL CONFERENCE IN ST. LOUIS, MO

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 2014 Conference! *Minimum Contribution \$250* **YES** _____

Exclusive Sponsorship Opportunities are available! Call (818) 843-6608 or visit www.ACFSA.org for details. Total

I would like to be Scholarship Sponsor for 2014 Conference! *Minimum Contribution \$250* **YES** _____

Total

I will need refrigerated storage _____

GRAND TOTAL DUE FOR ALL SERVICES \$ _____

NON-EXHIBITING VENDORS ARE NOT PERMITTED AT THE ACFSA CONFERENCE AT ANY TIME

CANCELLATION DEADLINE IS MAY 16, 2014

CANCELLATION REQUESTS MUST BE MADE IN WRITING ON OR BEFORE MAY 16, 2014

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: Made Payable to ACFSA: Check Number _____

Pay with a Credit Card: Visa MasterCard American Express

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**

Qualifications for Officers for the Board of Directors

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

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

II. A candidate for the office of Regional Director:

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

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

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

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

Nomination and Election Procedure

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

I. Nominations

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

II. Ballots

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

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

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

D. Elections will be conducted by secret ballot.

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

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

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

III. Announcement of Results

A. The official results will be sent to the President and the President will notify the rest of the Board of Directors.

B. The President will send an official letter to the winning candidate and the candidate's sponsor. Letters also will be sent to the other candidates.

C. Official results will be announced at the International Conference.

IV. Candidates are to follow Campaign Policy Guidelines

V. Time Frames

March: Nomination forms appear.

May 10: Completed Nomination Forms are to be postmarked by midnight.

May 23: An official e-ballot will be sent to each voting member in good standing (dues paid on May 1) and posted on-line in the member only section for those without e-mail addresses.

June 10: All ballots must be submitted.

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

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

VI. Offices

This year we are seeking nominations for:

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

Campaign Guidelines

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

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

A. Association funds cannot be utilized to purchase postage or supplies to support candidates.

B. ACFSA International or Chapter letterhead or a copy of the letterhead cannot be utilized in support of candidates.

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

*Vice President-Elect/Treasurer**Region 1 Director ● Region 3 Director ● Region 5 Director*

I/We Nominate _____

as a candidate for office of _____

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

Candidate's Name _____

Candidate's Title _____

Agency/Institution Address _____

Work Phone _____ FAX _____

Home Phone _____ Email _____

◆ QUALIFICATIONS

For Vice President-Elect/TreasurerCurrently a Member of ACFSA in Good Standing for three (3) years: Yes No**For Secretary or Regl Dir.:** An ACFSA member in Good Standing for one (1) year: Yes No

Date Joined (Month/Year) _____

◆ OFFICES HELD

International Board of Directors

Office Held _____ Year _____

Chapter Officer

Office Held _____ Year _____

Nominator's Name _____

Nominator's Signature _____ Date _____

Contact Phone _____ Email _____

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

Position _____ **Year** _____

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

TO WHOM IT MAY CONCERN:

I HAVE REVIEWED THE REQUIREMENTS WITH THE CANDIDATE FOR THE INTERNATIONAL ACFSA OFFICE OF _____

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

I AM SUPPORTIVE OF THIS ENDEAVOR.

SIGNATURE OF SUPERVISOR _____

TITLE OF SUPERVISOR _____

DATE _____



Return to:

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

DUE BY MAY 10, 2014

Equipment***Partner Representative***

I/We Nominate _____

as a candidate for office of Professional Partner Representative*The Candidate has read the Job Description for which the individual has applied and is willing to accept these responsibilities upon election.***Candidate's Name** _____**Candidate's Title** _____**Company Address** _____**Work Phone** _____ **FAX** _____**Home Phone** _____ **Email** _____**◆ ELIGIBILITY DETERMINATION****Currently Professional Partner of ACFSA in Good Standing for one (1) year:** **Yes** **No****Date Joined (Month/Year)** _____**Has served one complete term as:**

- International Professional Partner Liaison Year** _____
- Regional Professional Partner Liaison Year**
- State Professional Partner Liaison** **Year** _____
- International Committee Chair** **Year** _____

Nominator's Name _____**Nominator's Signature** _____ **Date** _____**Contact Phone** _____ **Email** _____*Please submit application with a picture of candidate and a 100 word summary to appear on ballot. Summaries of more than 100 words will be edited down to 100 words.**Candidate will also be required to follow campaign guidelines.***SEE
BACK
SIDE**

Position _____ **Year** _____

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

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I AM SUPPORTIVE OF THIS ENDEAVOR.

SIGNATURE OF SUPERVISOR _____

TITLE OF SUPERVISOR _____

DATE _____



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DUE BY MAY 10, 2014

March is National Nutrition Month

Enjoy the Taste of Eating Right



Each year, the Academy of Nutrition and Dietetics (AND) presents a theme for National Nutrition Month (NNM). 2014's theme was "*Enjoy the Taste of Eating Right.*"

Many nutrition education materials are geared toward the general public, and focus on choices. In the correctional setting, however, choices may be limited to: *Do I want to get up for Breakfast? How much of my meal tray do I care to eat? Can I trade my vegetable for an extra dessert? What can I get from canteen?* Etc.

Tips for grocery shopping, dining out or limiting alcohol aren't appropriate. So all nutrition education materials, including those for NNM must be reviewed and adapted (as needed) for the correctional setting.

This year, dietitians from the Minnesota Dept. of Corrections, Wisconsin Dept. of Corrections and Wisconsin Dept. of Health worked together to develop a correctional NNM campaign. This was a true collaborative effort - with far-reaching impact. Promotional materials were utilized in slightly varying forms within the three agencies, and these materials were shared with the Northern Lakes ACFSA Chapter and WI County Jails in time for implementation.

The resulting NNM materials are intended to promote wellness and foster discussion. Learning objectives were to:

- Recognize the relationship between diet and long term health.
- Define and recognize "nutrient dense" and "energy dense" foods.
- Add flavor without adding a lot of calories.
- Recognize healthy ingredients and preparation methods.
- Self-limit frequency and portions of energy dense foods.

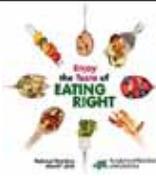
In WI DOC, National Nutrition Month was announced in advance via newsletter, bulletin and closed circuit TV. Each of five messages were posted in Dining areas, Health Services waiting areas and Visitor's areas – one per week, for five weeks.

Annual National Nutrition Month campaigns not only provide nutritional guidance to offenders and staff, and remind us all that healthy eating habits result in better long term health and quality of life – but offer an excellent opportunity for neighboring correctional systems to collaborate and share!

Continued on Page 35

Enjoy the Taste of EATING RIGHT

The number one reason people choose to eat a food is TASTE! If a healthy food doesn't taste good, it won't be eaten. If it isn't eaten, it can't improve health.



How can we combine taste and nutrition?

- Consider nutrition and calories.
- **Nutrient dense** foods are high in nutrition and low in calories.
- **Energy dense** foods are high in calories and low nutrition.
- Enjoy nutrient dense foods daily.
- Enjoy energy dense foods occasionally or make healthy substitutions

Do You Know Which Foods Are Nutrient Dense?



Disfrute del Sabor de COMER BIEN

La razón número uno por la que gente come es ¡SABOR! Si alimentos saludables no saben bien, no lo comerán. Si no lo comen, no puede mejorar la salud.



¿Cómo podemos combinar sabor y nutrición?

- Considere nutrición y calorías.
- Alimentos **densos en nutrición** son altos en nutrición y bajos en calorías.
- Alimentos **densos en energía** son altos en calorías y bajos en nutrición.
- Disfrute de alimentos densos en nutrición todos los días.
- Disfrute de alimentos densos en energía ocasionalmente o haga sustituciones saludables

¿Usted Sabe Cuáles Alimentos Son Densos En Nutrición?



Flyers Promoting Nutrition Awareness in English and Spanish - How do you combine taste and nutrition and which foods are Nutrient Dense?

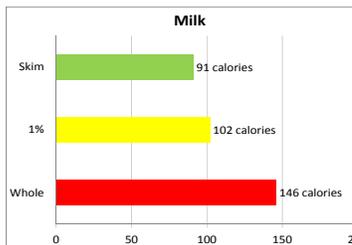
Enjoy the Taste of EATING RIGHT

The number one reason people choose to eat a food is TASTE! If a healthy food doesn't taste good, it won't be eaten. If it isn't eaten, it can't improve health.



How can we combine taste and nutrition?

- Select the most **nutrient dense** form of the food.
- **Nutrient dense** foods are high in nutrition and low in calories.



Skim milk is nutrient-dense. It contains all the protein, calcium and Vitamin D of whole milk, without saturated fat or added sugar. The DDC serves skim milk on a daily basis to provide nutrients and limit fat as recommended by the USDA.

Does this mean other kinds of milk are unhealthy?

No - All foods can fit into a healthy lifestyle. 1% and 2% milk are low in fat. Flavored milk may be enjoyed on occasion, and in limited portions.

Enjoy nutrient dense food and beverages daily.

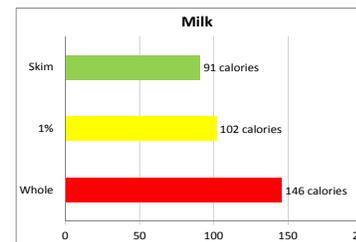
Disfrute del Sabor de COMER BIEN

La razón número uno por la que gente come es ¡SABOR! Si alimentos saludables no saben bien, no los comerán. Si no los comen, no puede mejorar la salud.



¿Cómo podemos combinar sabor y nutrición?

- Seleccione la parte **más densa de nutrición** del alimento.
- Alimentos **densos en nutrición** son altos en nutrición y bajos en calorías.



Leche sin grasa es densa en nutrición. Contiene toda la proteína, calcio y vitamina D de la leche entera, sin la grasa saturada o azúcar agregada. El DDC sirve leche sin grasa diariamente para proveer nutrición y limita la grasa así como lo recomienda el USDA.

¿Esto quiere decir que otros tipos de leche no son saludables?

No – Todos los alimentos pueden formar parte de un estilo de vida saludable. Leche de 1% y 2% son bajas en grasa. Puede disfrutar de leche con sabor añadido en ocasiones y en porciones limitadas.

Disfrute de alimentos y bebidas densas en nutrición diariamente.

Flyers Promoting the nutrients in Milk in English and Spanish

Continued on Page 36

National Nutrition Month – 2014 – Week 3

Enjoy the Taste of EATING RIGHT



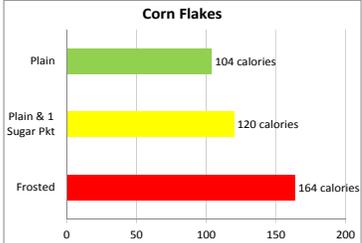
The number one reason people choose to eat a food is TASTE! If a healthy food doesn't taste good, it won't be eaten. If it isn't eaten, it can't improve health.



How can we combine taste and nutrition?

- Select the most nutrient dense form of the food.
- Then add flavor, without adding a lot of calories.

Plain, unsweetened breakfast cereals are nutrient-dense. They provide protein, fiber, carbohydrates, B-vitamins, and (often) vitamins A, C and iron. Plain cereal may be bland. Adding fruit or 1 teaspoon of sugar enhances flavor, without adding a lot of calories.



Corn Flakes

Plain	104 calories
Plain & 1 Sugar Pkt	120 calories
Frosted	164 calories

Too much sugar leads to overweight and obesity.

1 in 3 Americans are overweight or obese. Extra weight can cause serious chronic diseases like diabetes, hypertension, heart disease, etc. Many medical conditions can be prevented or improved by eating a healthy diet and maintaining a healthy weight.

Limit added sugar or use artificial sweetener, if desired.

Mes Nacional de Nutrición – 2014 – Semana 3

Disfrute del Sabor de COMER BIEN



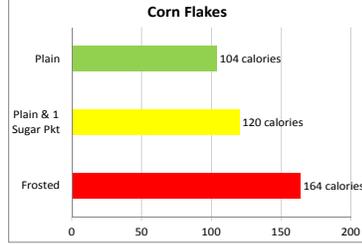
La razón número uno por la que gente come es ¡SABOR! Si alimentos saludables no saben bien, no los comerán. Si no los comen, no pueden mejorar la salud.



¿Cómo podemos combinar sabor y nutrición?

- Seleccione la forma más densa en nutrición del alimento.
- Agregue sabor, sin agregar un montón de calorías.

Comida sencilla, cereales sin azúcar del desayuno son densos en nutrición. Proveen proteína, fibra, carbohidratos, vitamina B y (con frecuencia) vitaminas A, C y hierro. Es posible que cereal sencillo no tenga sabor. Agregando fruta o una cucharita de azúcar puede mejorar el sabor sin agregar más calorías.



Corn Flakes

Plain	104 calories
Plain & 1 Sugar Pkt	120 calories
Frosted	164 calories

Mucha azúcar lleva a la obesidad y sobre peso.

1 en 3 Americanos son obesos o tienen sobre peso. Peso adicional puede causar series enfermedades crónicas así como diabetes, hipertensión, enfermedades cardiacas, etc. Muchas condiciones médicas pueden ser prevenidas o puede mejorar comiendo una dieta saludable y manteniendo un peso saludable.

Limite el agregar de azúcar o use azúcar artificial, si lo desea.

Flyers Promoting healthier choices for cereal in English and Spanish

National Nutrition Month – 2014 – Week 4

Enjoy the Taste of EATING RIGHT



The number one reason people choose to eat a food is TASTE! If a healthy food doesn't taste good, it won't be eaten. If it isn't eaten, it can't improve health.



How can we combine taste and nutrition?

- Select the most nutrient dense form of the food.
- Then add flavor, without adding a lot of calories.
- Consider the ingredients, add or substitute fruits/vegetables.



Pizza

Cheese	371 calories
Cheese & Vegetable	382 calories
Cheese, Veg., & Sausage	451 calories

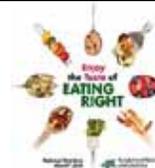
Fruits and vegetables can add flavor and nutrients, without fat or added sugar.

Cheese is naturally high in fat, so limit portions and consider the type of meat. Sub lean turkey ham for sausage for a healthier meal. Enjoy a slice or two – not a whole pizza.

Pizza is not an "every day" food. Limit how much and how often you have it to maintain dietary balance. The DOC serves pizza, pizza casserole or pizza patty once every 2 weeks.

Mes Nacional de Nutrición – 2014 – Semana 4

Disfrute del Sabor de COMER BIEN

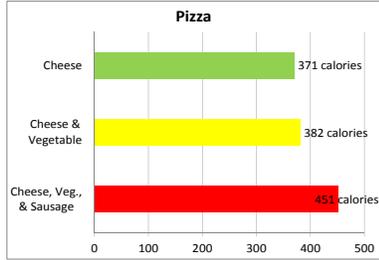


La razón número uno por la que gente come es ¡SABOR! Si alimentos saludables no saben bien, no los comerán. Si no los comen, no pueden mejorar la salud.



¿Cómo podemos combinar sabor y nutrición?

- Seleccione la forma más densa en nutrición del alimento.
- Agregue sabor, sin agregar un montón de calorías.
- Considere los ingredientes, agregue o sustituya con frutas/verduras.



Pizza

Cheese	371 calories
Cheese & Vegetable	382 calories
Cheese, Veg., & Sausage	451 calories

Frutas y verduras pueden añadir sabor o nutrición sin grasa o sin aumentar azúcar.

El queso es naturalmente alto en grasa, así que limite la porción y considere substituir con algún tipo de carne. Use jamón de pavo bajo en grasa en lugar de salchichón para tener un alimento más nutritivo. Disfrute de una o dos rebanadas - no una pizza entera.

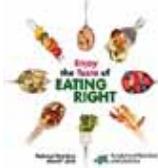
Pizza no es un alimento de "todos los días". Limite cuanto y con qué frecuencia la consume para poder mantener una dieta balanceada. El DOC sirve pizza, cacerolas de pizza o tortitas de pizza una vez cada 2 semanas.

Flyers Promoting healthier choices for pizza in English and Spanish

Continued on Page 37

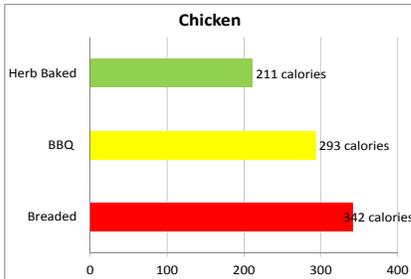
Enjoy the Taste of EATING RIGHT

The number one reason people choose to eat a food is TASTE! If a healthy food doesn't taste good, it won't be eaten. If it isn't eaten, it can't improve health.



How can we combine taste and nutrition?

- Select the most nutrient dense form of the food.
- Then add flavor, without adding a lot of calories.
- Select healthy ingredients.
- Select preparation method.
- Limit portions, remove skin to reduce fat.



Substituting barbecue sauce for deep fried breading is a healthy strategy. Most menu items served in the DOC are oven-fried to limit fat. Much of the chicken fat is just below the skin.

If desired, remove skin to further reduce fat.

Disfrute del Sabor de COMER BIEN

La razón número uno por la que gente come es ¡SABOR! Si alimentos saludables no saben bien, no los comerán. Si no los comen, no pueden mejorar la salud.



¿Cómo podemos combinar sabor y nutrición?

- Seleccione la forma más densa en nutrición del alimento.
- Agregue sabor, sin agregar un montón de calorías.
- Seleccione ingredientes saludables.
- Seleccione el método de preparación.
- Limite las porciones, remueva la piel para reducir la grasa.



La sustitución de la harina y fritura con salsa de barbacoa es una estrategia saludable. La mayoría de opciones del menú que se sirven en el DOC son cocinadas al horno para limitar la grasa. La mayor parte de la grasa del pollo está debajo de la piel. Si desea, remueva la piel para reducir la grasa aún más.

Flyers Promoting healthier chicken preparation in English and Spanish

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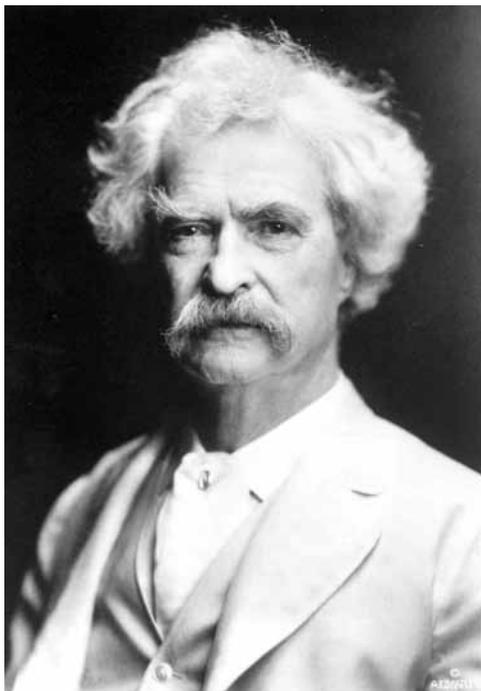


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Eat That Frog!

Submitted By Robin Sherman

With a Forward By Jon Nichols

“Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.” — [Mark Twain](#)

Samuel Langhorne Clemens probably known better by his pen name, Mark Twain, was an iconic American author and humorist. You probably best remember him for his novels, *The Adventures of Tom Sawyer* and its sequel, *Adventures of Huckleberry Finn* (sometimes referred to as “the Great American Novel.”) but not as well known about Twain are the literally hundreds, if not thousands of quotes attributed to him via writings and speaking engagements. He had a “home-spun” wisdom that, when you come right down to it, was usually brilliant.

The frog quote above is one of those that might make you cringe if you were to think about it in a literal sense, but if you take a moment to think about it, there is a deeper and more profound meaning or lesson in that quote. He also said, and I am not sure if it was before or after the first quote, *“If it’s your job to eat a frog, it’s best to do it first thing in the morning. And if it’s your job to eat two frogs, it’s best to eat the biggest one first.”* This begins to make a little more sense, doesn’t it?

Let’s say that it is your job to ~shiver~ eat a frog each morning. Unless you’re a natural predator and this is your sustenance, it’s probably not the greatest job in the world but hey, it’s your job. Still you’re probably going to sit and look at that frog and think about the task at hand long and hard before you finally get to eating it, am I right? Well, that’s the point of Twain’s comment. The longer you think about it or avoid it, the harder it’s going to be to actually “do your job.” So, just get it out of the way quickly and eat that frog right away without thinking about it.

Now, eating a frog is most likely not your job, but whether you like your job or not, there are tasks that you don’t really like doing. Maybe it’s reading your emails? Maybe it’s cleaning the kitchen? Maybe it’s writing an article for INSIDER? Do your hardest or least favorite task first, and then the other task or tasks you have to perform will not seem as bad. Said another way, whatever the worst task is, the best idea is to get that done first and out of the way so that the rest of your day is a “piece of cake!”

So, in a creative way, Twain is basically saying to stop procrastinating and get on with the business at hand. These quotes were the inspiration for a book by Brian Tracy called, *Eat That Frog!* that provides the tools to help you stop procrastinating. The following list of 21 ways to help you get on track to stop procrastinating and to *eat that frog* are from Tracy’s book. It’s a great read and one that I think you will enjoy.

21 Great Ways To Stop Procrastinating & Get More Done In Less Time *

1. **Set the table.** Take a clean sheet of paper and make a list of 10 goals you want to accomplish in the next year. Write your goals as though a year has already passed and they are now reality.
2. **Plan every day in Advance.** Take a sheet of paper and make a list of everything you have to do in the next twenty four hours. Add to your list as new things come up.
3. **Apply the 80/20 Rule for Everything.** Make a list of all the key goals, activities, projects and responsibilities in your life today. Which of them are, or could be, in the top 10 or 20 percent of tasks that represent, or could represent, 80 or 90 percent of your results?
4. **Consider the consequences.** Continually ask yourself, which one project or activity, if I did it in an excellent and timely fashion would have the greatest positive impact on my life?
5. **Practice the ABCDE method continually.** Review your work list and put an A, B, C, D, or E next to each task or activity.
6. **Focus on key result areas.** Write down the key results you have to achieve to do your job in an excellent fashion.
7. **Obey the law of forced efficiency.** There is never enough time to do everything, but there is always enough time to do the most important thing.
8. **Prepare thoroughly before you begin.** The cleaner and neater your work environment, the more positive, productive, and confident you feel.
9. **Do your homework.** Learn what you need to learn so you can do your work in an excellent fashion.
10. **Leverage your special talents.** Continually ask yourself: What am I really good at? What do I enjoy the most about my work? What has been most responsible for my success in the past?
11. **Identify your key constraints.** Identify your most important goal in life today, and then ask yourself, what sets the speed at which I accomplish this goal?
12. **Take it one barrel at a time.** Take it one bite at a time. Complete one item on your list at a time and then one more, and so on..
13. **Put the pressure on yourself.** Set deadlines on every task and activity.
14. **Maximize your personal powers.** Make an analysis of your current energy levels and your daily health habits.
15. **Motivate yourself into action.** To perform at your best, you must become your own personal cheerleader.
16. **Practice creative procrastination.** Make time for getting big tasks done everyday.
17. **Do the most difficult task first.** Dedicate yourself to developing the habits of high productivity by practicing them repeatedly until they become automatic and easy.
18. **Slice and dice the task.** Take a large, complex, multitask job that you've been putting off and either "salami slice" or "Swiss cheese" it to get started.
19. **Create large chunks of time.** Create and carve out blocks of high-value, highly productive time to make significant contribution to your work and to your life.
20. **Develop a sense of urgency.** Do not wait; the time will never be just right.
21. **Single handle every task.** Set clear priorities.

The key to happiness, satisfaction, great success and a wonderful feeling of personal power and effectiveness is for you to develop the habit of eating your frog first thing every day when you start work.

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Professional Associations

By Robert Pennix, ACFSA Region I Director

I recently attended some training provided by the Association of Nutrition & Foodservice Professionals (ANFP) Virginia Chapter. During the two day conference, I received a lot of useful training on topics related to the food service industry. One of the topics on the agenda was “What does Your Boss Think?” The session was set up in an open forum format. Because the ANFP Virginia Chapter has members from different segments of the food service industry, the panel was made up of someone from Nursing Homes & Assisted Living, Schools, and Correctional Food Service. As I listened to the speakers and the participants converse, it was clear that the administrators from each of these segments were not fully aware of the scope of the food service operation or what the purpose of this conference was. One administrator even said “he was not aware of the ANFP, but now that he is, he is going to be a big supporter.”

That statement opened a window of opportunity which inspired me to ask the following question: “As someone who will become a big supporter of this organization, how will you advocate for this association?” I asked that question because my understanding of an advocator is a person who takes

positive action to support a cause which results in a desired change. As an advocator, that person expresses their opinions because they feel strongly about a particular issue and recognize that action is necessary to make people aware of the facts in order to effect change. I also pose the question, “Are there any Administrative Associations that they could speak to on our behalf or can someone from the ANFP speak to their Associations?” I informed them that many organizations and many Administrators did not support an organization like the ANFP. Many did not see the ANFP or the certification as a necessity for food service to perform their jobs. Many of the participants of this conference have chosen to pay for their certification. They have also paid their own way to attend many of these types of conferences to keep their certification. We need the support of Administrators like them to speak to other Administrators on our behalf. With the support and encouragement of Administrators, I believe the participation in conferences like this would increase. The training benefits both the participants and the Administrators.

How does this type of training benefit the participants? The networking is invaluable! It is

Continued on Page 41

amazing when you speak with someone who has faced things similar to what you are going through and may have found a solution that they can share with you. Many times that person or that facility becomes a support system for you to fall back on. As a participant, you are a dedicated professional seeking professional growth. The obvious reason for attending is the receiving of CEU's, but I think it is much more than that. Working on the front lines of the organization many classes teach you how to provide a quality product at a low cost within a safe manner. Conferences such as this give members the perfect opportunity to grow personally and professionally by providing access to their peers which help them to gain knowledge and understanding with regard to the latest trends, including nutritional guidelines, dietary standards, menu planning, special diet management, and budgeting. Once you become involved, the resources are endless. To reap the benefits, it requires involvement; so, I challenge you to seek out a way in which you may become involved.



How does this type of training benefit the facility or the Administration? Let's talk about the cost. The cost for some professional associations may range from slightly below one hundred dollars, and up to a couple hundred dollars. Training sessions can range from just above one hundred dollars, and up, depending on the type of training you are seeking. Belonging to a professional association such as the Association of Nutrition & Foodservice Professionals or the Association of Correctional Food Service Affiliates, can bring down the cost of training because of the wide range of resources and the training professionals these organizations have.

How about the cost of an untrained professional? The cost could be in the millions. One lawsuit could shut down a private institution or greatly damage the reputation of a state run institution. Your Food Service Department touches every client, resident, inmate, and most of the staff in your institution at least three times a day. The Food Service Department has a huge influence on the order, and in corrections, the security of your facility. Training is one of the most important things you can do to support your staff and your bottom line. Training in their area of expertise and job duties is very meaningful and has proven to be cost effective. Doesn't it make sense that training food service personnel in their area is as important as training professionals in administration or officers in their area of security?

One administrator suggested to the group that they report back to their supervisor what was learned and how they will apply the information to improve their operation. This was an excellent point because we the Food Service Professional must become our own advocator. The question I presented was important, but avocation is something that we as food service professionals must impose. There is strength in numbers and in recent years, the number of people involved in professional associations has dropped. Economics played a role in the loss of numbers; but self-preservation is also a key factor. It is up to us, the food service professionals, to keep other food service professionals involved. It is important that we take the information learned at the conferences back to our facilities. It is important that we discuss it with our superiors. It is also important that we practice what we learned and encourage others to get involved. We should practice what is learned because that is the evidence to our supervisors of the importance of our involvement in a professional association. Recruitment of others and seeking out ways to get others involved is vital. Yes, we the food service professionals need to reach out to other professional associations, including the ones that our administrators are involved in. However, have we done enough to keep the ones that we are involved in going? I challenge you, again, to get involved and practice what you learn at the conferences because that is your best advocacy for a professional association.

Did You Know..... Fiscal Health - The 5 Rights of Purchasing

By Linda Mills, MBA, RD, FADA
Corporate Dietitian - Community Education Centers

Food costs continue to increase and food budgets continue to decrease in many cases. Fiscal health or food cost control is not cutting corners. It is keeping a tight control on food costs throughout all the phases of food service -purchasing, delivery, inventory, menu planning, preparation, and service. So where can you find extra money? Often the answer is right in your operation. However, the source of the money is often overlooked.

Purchasing is the first function to evaluate. Are you purchasing the right product, of the right quality, received at the right time, at the right price, from the right supplier?

Right product – Are you purchasing the product with an eye on the price? When lettuce doubles in cost, do you look for alternatives for salads which are less costly?

Right quality - Are you purchasing the best product for the intended purpose? For example, why buy more expensive peach halves when less expensive sliced or diced peaches would be appropriate for the peach cobbler recipe?

Right time - Over and under purchasing is a common mistake which results in a loss of money. Under purchasing can mean higher cost for the product, the use of a more expensive product to replace the missing product, or increased labor costs. Over purchasing increases the risk of theft, and increases the possibility that food will spoil before it is used.

Right price – When you realize that the purchase price per unit is not the determining factor in choosing a food item, the next step is to evaluate how many edible portions are produced and served. Often the lower-priced products actually cost more because they have a lower yield.

Right supplier – Do you use a prime vendor? If so, when was the last time you checked the prices between your prime vendor and other multi-line vendors? If you get too comfortable with the relationship with your prime vendor and do not regularly shop around, you may not be getting the best prices after a period of time.

Any or all of these practices can result in throwing money down the drain. More practices to stop throwing money away will be in the next issue of Insider.

Correctional Facilities Kitchen Maintenance Department



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ADAMATION	BLOOMFIELD/SILEX	DAHLEN	FRYMASTER	KARMA	MIGALI	RONDO	THERMODYNE
ADVANCE	BOBRICK	DEAN	GARLAND	KASON	MIES	ROSS TEMP	THERMOTAHER
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ALTO-SHAAM	BROWN, W.A.	DESPATCH	GEMINI	KELVINATOR	MILNOR	ROUNDUP	TOASTWELL
ALLUSERV	BUNN-O-MATIC	DETECTO	GENERAL ELECTRIC	KENCO	MOFFAT	ROYALTON	TOLEDO
ALVEY	BUS BOY	DISPENSE-RITE	GENERAL SLICING	KEWANEE	MONTAGUE	SAGE	TOMLINSON
AMANA	BUTCHER BOY	DITO DEAN	GLASTENDER	KING REFRIGERATOR	MOYER-DIEBEL	SALVAIOR	TRALLSEN
AMERICAN DELPHI	CADCO	DOLL FLYNN	GLENCO/STAR REFRIG.	KITCHEN AID	MOZLEY	SANI-SERV	TRAYCON
AMERICAN BEST COFFEE	CADDY CORP	DONPER	GLOBE	KOCH	MULTI MIXER/STERLING	SATURN	TRIUMPH
AMERICAN METAL WARE	CAMBO	DORMONT HOSES	GOLD MEDAL	KOLD DRAFT	NEMCO	SAVORY	TRUE
AMERICAN PERMANENT WARE	CANNIBAL	DOUGHPRO	GREENHECK	KOOL STAR	NIECO	SCOTSMAN	TURBOCHEF
AMERICAN DRYER	CARPIGIANI	DOUGLAS MACHINE	GRINDMASTER	LAKESIDE	NORLAKE	SECO ENGINEERING	TURBO-VAC
AMERICAN DISH SERVICE	CARTER HOFFMAN	DOYON	GROEN	LANCASTER COLONY	NORRIS	SECO PRODUCTS	U.S. RANGE
AMERICAN RANGE	CECILWARE	DUALIT	GUARDIAN DRAIN-LOCK	LANG	NOVON	SELECTO SCIENTIFIC	UNIVEX
AMFWYOTT	CHAMPION INDUSTRIES	DUKE (THERMADUKE)	HALLDE	LE-JO	NU-VU	SERVER PRODUCTS	URSCHEL
ANETS	CHAMPION MACHINERY	DUTCHESS	HAMILTON BEACH	LEE MARK METAL	NUSSEX	SERVOLIFT	USECO
ANTUNES REFRIGERATION	CHICAGO FAUCET	DYNAMIC COOKING SYSTEMS	HARFORD	LEER	OLIVER	SET-N-SERV	VARIMIXER
ANTUNES/ROUNDUP	CHROMALOX	DYNAMIC INTERNATIONAL	HATCO	LEGION	OSTER	SHARP	VICTORY/RAETONE
A.O. SMITH	CISSSELL	EAGLE/METAL MASTERS	HELMCO/STAR	LINCOLN	OVENWORKS	SHELCON	VITA-MIX
ASCO	CLARK	EDLUND	HENNY PENNY	LITTON	PANASONIC	SHELLEY	VOGT
ATLAS METAL	CLEVELAND	ELECTRO FREEZE	HOLMAN	LOCHINVAR	PASQUINI	SICO	VOLLRATH
AUTOMATED EQUIP./RAM	COLDELITE	ELLIOTT-WILLIAMS	HOSHIZAKI	LOCKWOOD	PEERLESS STOVE	SILVER KING	VULCAN HART
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BAKERS PRIDE	CONNOLLY	EPCO	HUSSMANN FOOD SERVICE	MAGNESOL	POLAR KING	SMOKAROMA	WASTE KING
BALLY	COOL CURTAIN	ESPRESSO COFFEE	ICE-O-MATIC	MANITOWOC	PRAWNTO	SOMAT	WELLS
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BETTOHER	CRIMSCO	FISH OVEN	INTEDGE	MASTER-BILT	RATIONAL	SUNKIST	WYOTT
BEVERAGE AIR	CRIOTEC	FISHER MFG.	INTEK	MASTER DISPOSERS	REDCO	SUPREME METAL	
BEVLES	CROWN	FOLLETT	INTERMETRO	MCCALL/KOLPAK	RED GOAT	SWEEDEN FREEZER	...And Many Others!
BIRO	CTX	FOOD WARMING EQUIP.	IRINOX	MCCRAY REFRIGERATION	REMCOR	T&S BRASS & BRONZE	
BKI	CUISINART	FOSTER REFRIGERATION	JACKSON DISHWASHER	MERCO	REVENT	TAYLOR FREEZER	

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CHAPTER REPORTS

CALIFORNIA

by Carlos Salazar, California Chapter President.



Hello from California!

It has been a warm winter here in California. Especially here in the central valley where we just got some rain this year.

Here is the internet address from the 2013 Chapter Conference in Ontario. Brian Adams did a great job in putting this together and I hope you get a chance to take a look at them.

<http://tripwow.tripadvisor.com/tripwow/ta-07f3-b242-7074?ln>

<http://tripwow.tripadvisor.com/tripwow/ta-07e8-ba22-780f?ln>

I want to let you know that we are having a Chapter Meeting in San Diego, May 1st, at the San Diego Regional Firearms Training Facility. Our flier is available for you to view on the ACFSA website under the California Chapter page.

We are also having a Chapter Conference in Santa Rosa, CA from October 12th through the 15th, 2014. I hope you make plans on attending.

A handwritten signature in cursive script that reads "Carlos Salazar".

Carlos A. Salazar
California Chapter Past President
ACFSA

Friday May 2, 2014

We will have the memorial services for Ray Bullock. The services will be held at the United States Marine Corps Air Station Chapel at 12:30 pm. After that there will be a Memorial plaque dedication on the Veterans Wall of Honor and a small reception at the VFW Post 9578 in Alpine.

If you have any questions regarding the Chapter meeting, please contact:

Don Perkins

CA Chapter President

donald.perkins@cdcr.ca.gov

(559) 992-7100 X 5762

or

Kurt Greiner

Chapter Southern Representative

Kurt.Greiner@sdsheriff.org

(619) 661-2801

In lieu of flowers and condolence cards the Bullock family has decided to remember Ray Bullock with gift donations in his memory. They have selected the charitable organization Marines helping Marines, since it is so appropriate as Ray was a former United States Marine Corps Sergeant before we all knew him in the correctional realm.

Marines helping Marines is a non-profit 501(C)3 organization and is sponsored by the Marine Corps League. The charity provides support to wounded Marine Corps personnel and their families. Their website is www.marineshelpingmarines.org

CHAPTER REPORTS

MICHIGAN

by Robin Sherman

Michigan has been surviving the very cold and stormy weather and busy gearing up for our Spring Conference and Vendor Trade Show. Our exciting conference will be on May 4th, 5th and 6th, 2014 at the Little River Casino and Resort in Manistee, Michigan.

Our theme is “Coping with Changes in Food Service for the Future.” We will be starting our training with our Food Safety Class, followed by a cake decorating contest, and hospitality and pizza party. We have many exciting speakers lined up to help you better cope with the changes in Correctional Food Service, starting with our keynote speaker, Sheriff Bill Federspiel from Saginaw, Michigan. The Conference will end with our much appreciated Vendor and Trade Show with Kevin O’Brien hosting the Chefs on Parade. Hope to see you there!

Steve Mclain, Robin Sherman, Josie Maya, Holly Martin, Robert Gauthier and Justin Sarrach - Michigan Chapter Board



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CHAPTER REPORTS

NORTHERN LAKES

by Sharon Joles, Northern Lakes Chapter President.

Greetings from the Great Frozen Northland of Northern Lakes!

Northern Lakes Chapter had the opportunity to meet on March 10, 2014 at the midwest Foodservice Expo in Milwaukee, WI. We met with many food and equipment vendors from the upper Midwest, viewed many creative culinary displays from the Wisconsin Technical School Culinary Programs, and some of us attended an informative educational session on providing Gluten Free Diets.

At our business meeting we discussed our fundraising efforts for this year, and the work we need to complete before the International Conference in St. Louis. We had several guests in attendance and hope they will be joining ACFSA and Northern Lakes in the near future. Cindy Burns was our guest and provided us with information on pre-packaged box meals for emergency feeding available through Harvest Farms.

Our next meeting is scheduled for April 8, 2014 in Eau Claire, WI at the Indianhead Foodservice Distributor Food Buying Show. We hope all of our members will be able to join us, and as always guests are welcome.

Looking forward to seeing everyone in August in St. Louis.

Think Spring!!

ONTARIO

by Marcella Maki, Chapter President.

The Ontario Chapter recently held elections for a new slate of officers. The open positions were: Vice-President, Secretary and Treasurer. We were advised that this was the greatest number of nominations ACFSA has received for a chapter election... EVER!! This shows how interested and committed our members are to keeping the Ontario Chapter a strong and vibrant force! Thanks to all.

With the votes in, the board will be full steam ahead with the planning for the Fall Ontario Chapter Conference! *Watch for details.*

THE RESULTS ARE IN!

Here are the results of the votes from Jon Nichols and ACFSA Headquarters. I would like to congratulate everyone on being elected to the Ontario Chapter ACFSA Board. The new board will consist of the following by position and name:

President : **Marcella Maki**
President Elect: **Dave Sharma**
Treasurer: **Martin Ridland**
Secretary: **Les Wall**
Past President : **Steve Morgan**
Regional V Director: **Connie O'Connor**

Vendor Liaisons:

Equipment: **Jennifer Boe**, Barrie Equipment
Food: **Dino Biasone**, Shafer Haggart

As soon as I can set up a teleconference I will send everyone an email as to the date and time.

Again congratulations to everyone who will be serving on the new Board for 2014.

REGIONAL REPORTS

REGION I

by Robert Pennix, Region I Director

A painting is built in many stages and it all starts with an idea. In my last Region I report I spoke about the endless possibilities and the blank canvas that Region I was starting with. I posed the question “How will Region I color this event?” I challenge everyone to get their palette ready because just as art has a lot to offer to all, and is subjective to the individual we the Region I members have a lot to offer and with some creative planning we could put together an event for everyone to enjoy. I also said “We are the reflection of the effort that we put forth.”

As I write this report and because of the deadline that the Insider requires for submitting our region reports the conference is still a couple of weeks away. Yet I feel confident of the success of this conference. Many Participants have already signed up. We have several states represented throughout our region. Vendors continue to sign up and many have sponsored meals and events. I am very grateful to all the correctional participants and all the sponsors. I am also grateful to the ANFP participants who chose to attend this conference to take advantage of the opportunity to gain some CE's, I think it was a great idea to offer the conference to the CDM's working at facilities that are not correctional. Maybe we will get a few correctional converts.

I would like to thank the Region I Conference Committee spearheaded by Ricky Clark. I knew with Ricky leading the way we would have a successful conference. After the success of this conference now is the time to start planning for next year. The committee is open to suggestions for sites and ideas.

REGION V

by Connie O'Connor, Region V Director

The Ontario Chapter recently held elections for a new slate of officers. The positions open positions were: Vice-President, Secretary and Treasurer. When the Chapter put out the Call for Nominations, we were advised by the International Office that it was the greatest number of nominations ACFSA had received for a chapter election! Certainly in recent memory and quite possibly the most nominations received, **EVER!!** This shows how interested and committed our members are to keeping the Ontario Chapter a strong and vibrant force! Thanks to all.

When the ballots went out to Ontario members for their vote, the response was equally impressive and when the final results were tallied, the newly elected board rolled up their sleeves and it was full steam ahead with the planning for the Fall Ontario Chapter Conference! Watch for details for what is sure to be another excellent Conference.

I want to congratulate the newly elected Ontario Chapter Board and thank them for their commitment and service to ACFSA Region V and its membership.

REGIONAL REPORTS

REGION III

by Lt. Tim Thielman, CFSM, CCFP, Region III Director

Greetings and happy spring to you all from Region III. After a never-ending winter, spring is almost here and what I always look forward to the most besides the snow melting and the flowers blooming are all the activities happening within Region III. The Michigan Conference is being held in Manistee, Michigan on May 4-6. Northern Lakes has events planned in both Milwaukee and Eau Claire, Wisconsin. You will read about these activities in more detail in the chapter reports.

Welcome New Members

While reviewing my monthly membership report I'm pleased to see that our ranks of vendors and food service professionals continues to grow. I would like to welcome our new members and thank those of you who are continuing your membership. I hope that all members take advantage of all that ACFSA has to offer. As privatization in our field continues to grow I remain hopeful that ACFSA can expand membership to more food service professionals in the private sector. It does not matter if we are self-operated or if we work for a contract management company, we all have the same challenges, concerns, and regulations to follow. I ask that all members help spread the word about ACFSA. The more members we have the more resources we have to face our challenges and solve problems that arise in our profession.

ACFSA Scholarships and Awards

Notifications for scholarships and awards will be going out soon. I would like to thank all of you who applied for a scholarship or award and I would also like to thank our vendors who contribute to the ACFSA International Scholarship Fund. The past couple of years that I have been Region III Director I have been working with our Regional Vendor Liaisons, Chad Read and Cari Aldrich to raise funds for a conference registration lottery. Soon I will be emailing all food service professionals in Region III with instructions on how to get your name entered for this lottery. This has been a lot of fun to do, and because of the support of our vendors I have been able to award eight members a registration scholarship over the past two years.

Meet Us in St. Louis

As I see the time clock ticking away each day on the ACFSA Website I get more excited for August to get here. The conference program has been finalized and this is going to be a fantastic conference. There are activities planned every day Sunday through Thursday. You can find the latest information on the 2014 International Conference on the ACFSA Website. If there is anything I can do for you or if you are interested in getting more involved in ACFSA please don't hesitate to contact me at 651.266.1498 or email me at tim.thielman@co.ramsey.mn.us

Education Report

Inspiring Interest in the Field of Correctional Services

**Submitted by Lt. Tim Thielman CFSM, CCFP
Education Committee Chair and Region III Director**

As an old Greek Proverb states: “What is good to know is difficult to learn.” Well for those of us in the field of Correctional Food Service, many agree that we have many parts of our job that are both good to know and difficult to learn with the ever-changing laws and regulations. One advantage that we have as members of ACFSA is a strong network of members that include Vendors, Food Service Professionals, Retirees, and Students. Now that is a lot of brainpower to figure out all that is good to know and difficult to learn in this profession.

Another advantage we have as an ACFSA member is certification programs that will broaden your knowledge and level of expertise in this field and raise you to a new level of professionalism. Those of us who have been in this field for a while have seen how technology and the overall way our jails, prisons, and correctional institutes conduct business has changed over the years. Why would our food service operation be any different? Enrolling in an ACFSA Certification Program will get you on track and up to date with all the current trends in correctional food service.

This year in Saint Louis at the International Conference, Teddie Mitchell and I will be conducting a certification workshop on Sunday. The workshop will be to assist members with filling out the required paperwork to obtain a CCFP Certification at the conference and also assist members who would like to fill out the initial paperwork to enroll in the CFSM Course. If you plan on attending the conference in August and would like to receive your CCFP while there, please look over the requirements and bring copies of all your needed documentation e.g. manager’s license, food safety certificate, training records, and we will get you enrolled and recognized by your fellow ACFSA Members while in St. Louis.

If you would like more information on the CFSM Course or would like to enroll yourself or your staff in the course you can download the course brochure and application from the ACFSA International website at <http://www.acfsa.org/certificationCFSM.php>

*You can also contact me directly
at 651.266.1498 or by email at:
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 _____

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

Payment Information

Check Number _____ Purchase Order _____

Credit Card: Visa Mastercard American Express

Cardholder Name _____

Credit Card # _____ Expires _____

Billing Address _____

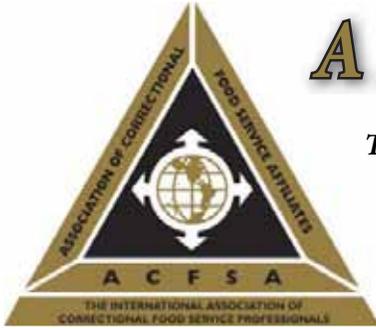
Billing Zip Code _____ V-Code _____

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 Amber Ardizone at Certification@ACFSA.org
or Call (818) 843-6608



A Membership Opportunity for You!

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

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

A Sampling of the Benefits of Membership

Education programs which qualify for credit in the Certified Correctional Foodservice Professional (CCFP) program as well as a variety of other continuing education and certification programs.

Reduced rates for ACFSA certification and re-certification (CCFP)

Participation in state and regional educational seminars and conferences at reduced rates.

Professional, high-quality membership certificate and card.

Participation in the Association's Annual International Conference and trade show at reduced rates.

Subscription to ACFSA's quarterly INSIDER magazine, with news pertaining to correctional foodservice activities of the Association, fellow members, and industry-specific educational articles.

Membership in the growing network of state chapters.

Communication regarding professional and organizational matters with your designated state representative.

Listing in the National Membership Directory--which includes you and all other individual members, institutional members and professional partners--in a convenient networking-index format with address, phone, fax, e-mail and web site information.

Reduced rate on purchase of the ACFSA Food Service Manual, a practical guide for providing high quality food service, which was written by professionals for correctional and detention facility staff.

Eligibility to apply for one of the annual ACFSA Scholarships of up to \$750, to finance continuing education and related professional development activities including attendance at conferences.

Eligibility to apply for professional recognition awards (up to \$1000 to be used to attend the International Conference.)

Membership Options

Professional Foodservice Member:

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

Institutional Member:

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

Retired Member:

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

Student Member:

Student Members of ACFSA are those individuals who are currently enrolled in a Food Service program and considering the Correctional Food Service Industry as a career option. Student Members will have access to Professionals currently in the industry and have the opportunity to learn the industry and to foster important relationships. **Annual dues: \$34**

Professional Partner:

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

Associate Professional Partner:

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

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 2014, Dues will be paid through December of 2015

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

ACFSA Board of Directors

2013-2014



President
Phil Atkinson
Hennepin County Sheriff's Office
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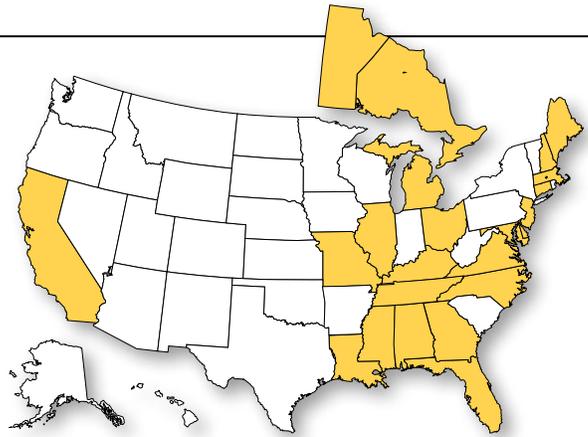
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► **INSIDER Editors:**
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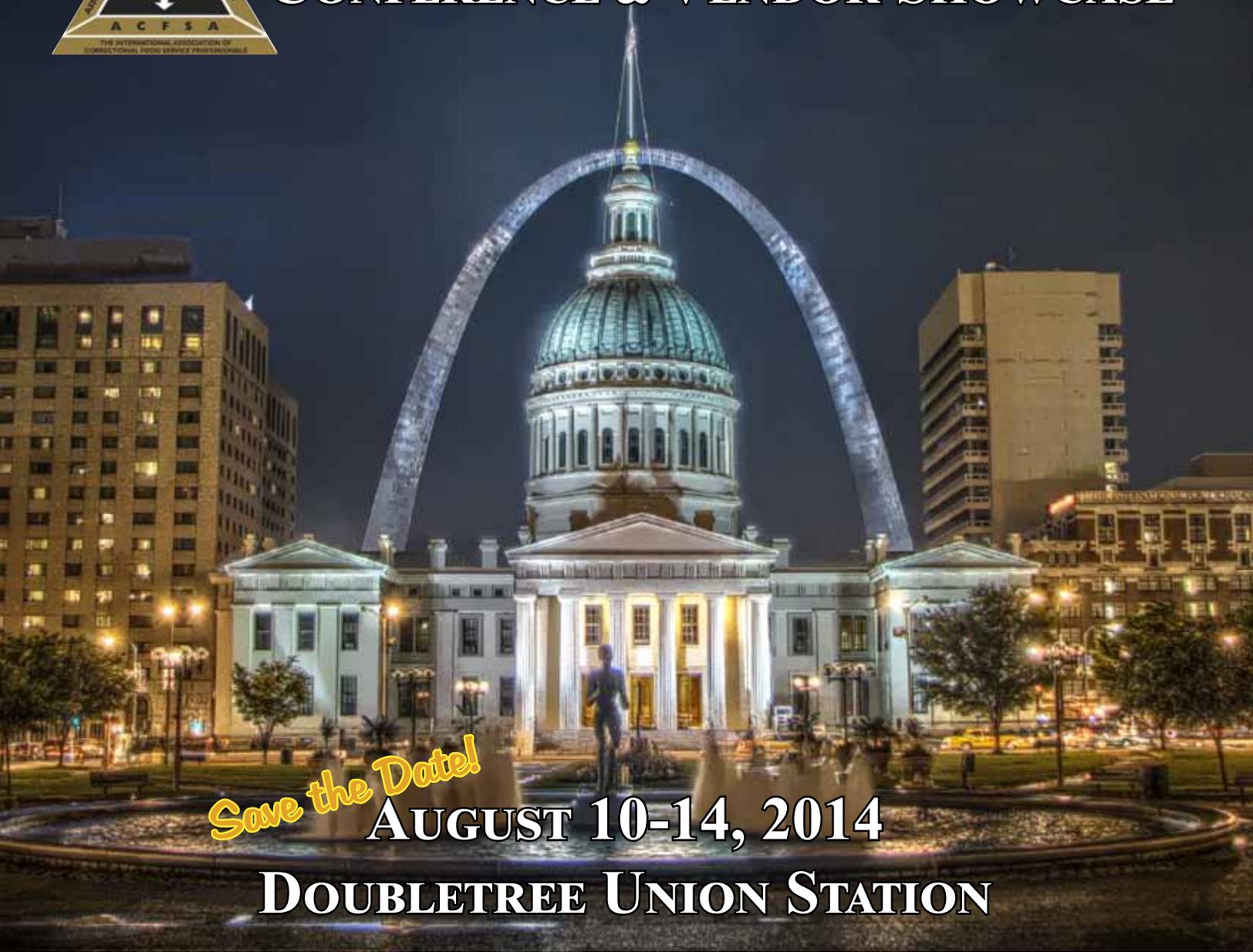


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