

INSIDER

The Magazine of ACFSA
The Association of Correctional Food Service Affiliates

THE 2014 ACFSA
ANNUAL INTERNATIONAL CONFERENCE
ST. LOUIS, MISSOURI
AUGUST 10-14, 2014



Association of Correctional Food Service Affiliates Summer 2014

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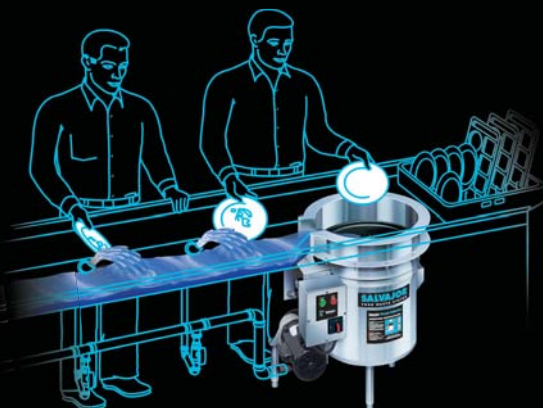
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Correction

In the Spring 2014 Issue of INSIDER on Page 14, "Vendor Thank You From Region I," Irinox USA was spelled incorrectly. Please visit Irinox USA at www.irinoxusa.com and stop by their booth #231 at the 45th Annual Conference in St. Louis, Missouri



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President's Message

By Phil Atkinson, ACFSA President

Musing - My Last

As I thought about what my last *Musing* would be as President of this wonderful organization, several things came to mind.

The first is that, as my father liked to say, "The road to hell is paved with good intentions." I began my tenure with only the best intentions and with the support and help of many people. Everything I have done over the past four years has been with the best interests of ACFSA at heart. I haven't always been right but I have tried to learn from my mistakes, move forward and make ACFSA the best it can be.

I'm a passionate person. There are times when I can moderate my passion, in particular when faced with a well thought out and well-presented idea. There are also those times when my passion runs away with me. But, my passion always comes from a desire to make things better. When I joined ACFSA and went to my first conference, I realized that ACFSA is an organization that not only fulfills a need - *a critical need* - but also has the potential to be a policy setter in the industry. From the beginning, I felt the passion of many of the people that I met - a President from Wisconsin, Board Members from Michigan and California, a Food Service Director from Indiana, a Dietitian from Ohio, just to "mention" a few. I decided at that time that I needed to be a part of, and might be able to make a

positive contribution to ACFSA. We have a great wealth of talent, much of it kept secret.

"Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly." This quote by Thomas Paine has been one of the guiding influences in my life. What good is it to just be a member; who does it help? The answer, of course, is no one. Do you go to work every day looking forward to the highs and the lows; looking forward to the challenges; looking for that "glorious triumph?" My hope is that you do. My hope is also that you approach your membership in ACFSA with the same attitude and passion. ACFSA can only become better if *you* are involved. ACFSA can only be the organization it has the potential to be if *you* help move it forward. Nothing can be gained, changed or improved by doing nothing.

I cannot begin to express my appreciation for the support you have given me throughout my term in the Presidential Series. I may not have always made the most popular decisions, but I always made the decision that I felt was best for ACFSA and the membership. I appreciate those of you who had the passion and conviction to sometimes challenge me when you may not have felt that I was making the right choices. I feel that together we have made ACFSA a better association this past year, and I hope that you all feel the same way.

It has been an honor to serve as your President and I really look forward to seeing all of you at the International Conference in St. Louis.

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

Phil Atkinson, ACFSA President



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Stockton, CA

Associate Professional

Lisa Addison
Hobart
Troy, OH





Executive Director's Message

By Jon Nichols, IOM, ACFSA Executive Director

By the time you read this, the 2014 Annual International Conference will be just a few weeks away! I hope that you've made the decision to be with us as this is sure to be one of the best conferences ever. A fun location and great friends are always an excellent mix, but throw in the Educational Sessions and the Annual Vendor Showcase and you have the perfect recipe for an outstanding time.

If you have not already done so, please visit the ACFSA website at www.ACFSA.org and sign up as we'd love to have you with us!

New Leaders are coming!

At Conference, you will have a chance to meet the newly elected leaders. The position of Vice President Elect/Treasurer had a slate that included Carlos Salazar, Jr. from California and Lt. Tim Thielman, CCFP, CFSM, who is currently Region III Director. Tim's name came out on top in that race and he will step into the Presidential Series to be the new Vice-President-Elect/Treasurer of ACFSA.

Taking over Tim's Region III duties is Dawn DeMelo, CCFP, CFSM. Dawn is with Canteen Services and ran unopposed. Also running unopposed was Region V Director, Connie O'Connor who will serve a second term in that position.

The Region I Director position had a slate that included current Region I Director, Robert Pennix and ACFSA Past President, Jim Hartman. I'd like to thank both candidates for their desire to serve their region and the International Association. When the

votes were counted, Robert Pennix came out ahead and will serve another term in that position.

Finally, Wayne Fish ran for the Region II Director position that will be vacant when current Director, Janice Bendolph retires. I want to thank Janice for all of her hard work in the position and wish her all the best in her retirement. And thank you to Wayne for stepping up!

When you see them at conference, please make it a point to thank all of them for their desire to lead this Association. I know that they will all appreciate their time serving ACFSA and I look forward to working with them. I also ask you to consider doing the same when the next call for nominations comes around. Service is an extremely rewarding experience and I know that you will benefit from it should you decide to run.

Partnering With Like Associations

The National Restaurant Show in Chicago this past May was a great opportunity for President Phil Atkinson, Vice-President, Robin Sherman and I to see some of our Professional Partners, meet new vendors and see tons of new products.

It was also a great opportunity for us to meet with other Association leaders courtesy of Food Management Magazine and their new Editor-In-Chief, Eric Stoessel. In attendance were; NACUFS (National Association for College & University Food Service-

Continued on Page 5

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es); AHF (Association for Healthcare Foodservice); SNA (School Nutrition Association); SHFM (Society for Hospitality and Foodservice Management); Academy of Nutrition and Dietetics; and ANFP (Association of Nutrition and Foodservice Professionals). We had a chance to discuss the latest trends and challenges in the Industrial Food Service sector and some great ideas were shared as well as some frank discussion on the state of the industry and associations.

NAFEM

There is also a great opportunity for you to get a \$500 Scholarship to attend the NAFEM (North American Association Food Equipment Manufacturers) Conference to be held next February 19-21, 2015 in Anaheim, CA. See the flyer on page 31 of this issue of INSIDER and visit the link on their site for more information on how you can attend for no charge and maybe even get \$500 for your expenses!

Is it 2015 Already!?

It may seem a little early to be thinking about our August 2015 Show, but mark your calendars NOW for August 23-27, 2015 when we will be in Niagara Falls, NY! This is going to be an exciting change of pace and location for ACFSA. Upstate New York is absolutely beautiful and if you have never been to the iconic Falls, then you're in for a treat! It's physical beauty is stunning and there are so many fun things to do and see on both the U.S.A and Canadian sides of the Falls! Yes... the Canadian side is a short walk away, so bring your Passport because it's going to be an International affair.

Co-Chairs Robin Sherman from Michigan and Connie O'Connor of Ontario, Canada already have an agenda and will be available in St. Louis to answer any questions that you might have about the program. And, we will have somebody from Niagara Falls to answer your questions about the area!



Past-President's Message

By Benson Li, CCFP, ACFSA Past-President

In 2001, the *American Jails* magazine published an article entitled *Jail Diets & Food Service: What is the Future?* * This story addressed a team concept known as “SWOT.” It’s been fourteen years since the article was published. Many ACFSA members may have their own SWOT team by now. If not, here’s a refresher.



S = Strength
W = Weakness
O = Opportunities
T = Threats

Strength is the ability to embrace change as a driving force towards excellence. Other strengths include experience, education, and supportive upper management.

Weaknesses are identified as outside factors, such as more sophisticated inmates that know their legal rights. New laws, food safety issues, employee turnover rates, and fiscal challenges are among some of our weaknesses in the correctional food service industry.

Threats such as over-crowding and doing more with less may affect our safety.

Our members understand the weakness and the threats of the industry. We’ve managed more difficult and demanding inmates, worked with fewer resources and put out more nutritious meals every day. We become Certified Food Safety Managers. We’ve learned new laws and regulations; have been trained under the Prison Rape Elimination Act (PREA) and we understand the Religious Land Use and Institutionalized Persons Act (RLUIPA) and the Civil Rights of Institutionalized Persons Act (CIPRA).

We are current with the Food and Drug Administration Food Code, various state laws concerning food safety and Administrative Codes for jails and prison systems.

Continued on Page 7

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Past-President's Message (*Continued*)

Our vendors help us do more with less fiscal and labor resources.

Opportunities include advances in technology, computerization, training programs and updated laws and regulations that are beneficial to our food service operations.

With an emphasis on education and training, ACFSA presents many opportunities. More members are joining the ranks of Certified Food System Managers (**CFSM**) and Certified Correctional Foodservice Professionals (**CCFP**). Our **INSIDER** Magazine is filled with articles about the facts and trends of the correctional food service industry. The ACFSA Members Only Discussion Board, on our web-site, is a great tool for exchanging ideas and creating op-

portunities, to help others, by sharing our experience and training.

Our annual conference is full of topics that will benefit your correctional facilities. There will be great networking opportunities with the operators and professional partners in the industry. Our professional partners will showcase their new items and technologies to help us to do a better job. Join us at the annual international conference; you will be a valuable member of your **SWOT** team of your correctional facility.

*Co-authors Benson Li, John Cronin & Debbie Echart, R.D.

Hot Topics, Legislation and Standards Updates

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

As most of you know, I field queries for practice standards, diets and nutrition within Corrections. Periodically, I get a follow-up email from someone wondering what happens with this information. A couple of things happen - I always forward the answers back to the person who sent the query, and I often include the information in the Dietitians' Corner for the Insider. In addition to querying within ACFSA, I post on DHCC's EML (and vice versa) to reach a larger audience. I do keep the responses in archives as well.

Some of the queries are familiar topics to all and there were a couple that most were relatively unfamiliar with:

- Gluten Free – most are serving corn tortillas, gluten free bread and rice cakes. With cross contamination as a consideration, shelf stable meals are also in use.
- Ramadan practices - practices vary from added sack meals provided with the evening meal to replace the missed meals to offering shelf stable entrees. Some offer extra-large servings of breakfast and evening meals. Some serve dates with meals as well.
- PKU Diet – foods with phenylalanine are omitted and protein is restricted.
- Number of cold meals offered – most serve two hot meals and some serve three hot meals. Very few serve only one hot meal. Most vary with governing agency, accreditation standards and contractual requirements.
- Religious Diet conflict with Medical Diets – Medical Diets supersede the religious diets
- G6PD Deficiency – Avoid fava beans, legumes, artificial blue dye and sulfites as main foods/ingredients.

Other recent queries included Wiccan Feast Meals and Nutrigenetics which resulted in no specific practices, and the National School Lunch Program and Residential Child Care Institutions discussed below.

Notable News

There has been a lot of discussion about the USDA Child Nutrition Program and meeting the requirements within Corrections and Residential Child Care Institutions (RCCI). For those feeding youth and participating in the CN program, I am sure you can relate. I would like to update you on some activities that may be helpful in the near future to all of us feeding youth.

Laura Donnelly, RD, LD, CD of Trinity Services attended the Academy of Nutrition and Dietetics' Public Policy Workshop with the President of the Academy. She got us an 'ear' with the Academy's Washington DC office which resulted in a conference call with representatives of USDA's Child Nutrition Program. Laura, Marlene Tutt and I expressed the concerns of the calorie limitations and portions at the breakfast (600 calorie max) and lunch (850 calorie max) meals and the large amount of food and calories needed to make up the overall nutrition for youth at the snack and evening meal. We did not have any conclusive results with USDA, except that any changes would involve an act of Congress, but we at least got to express our concerns.

Administrators from the School Nutrition Association (SNA) have also expressed their concerns with the new regulation. Hopefully, together we can leverage our positions to impact the current laws regarding NSLP/SBP.

Some of our concerns:

- Limited food at breakfast and lunch meals
- Excess quantities to be served at the evening meal
- Added snacks
- Large portions of fruits and vegetables (For the oldest population group 1 c fruit at breakfast and 1 c each at breakfast and lunch.)
- 100% Whole grains requirements
- Availability of palatable foods
- Impact of facility disciplines

While much of this went into effect in 2012 – 2013 school year, each year the regulations transition to more stringent restrictions. Issues resulting are hungry youth, impacted performance and behavior during school, wasted food due to taste and unfamiliarity, large portions of food and those not typically popular with youth and food manufacturers' inability to meet palatable product needs. We are still in communication with the Academy's Washington DC office for continued support in amending some of the regulation.

Look forward to updates on this issue at Laura's presentation at ACFSA's International Conference in St. Louis.

NCCHC Standards

This past year the NCCHC Adult Standards for Jails and Prisons were revised. Some of the *Standards* related to diet and nutrition have been modified. RD/RDNs will continue to review menus and diets semi-annually. Much of what was nutrition-related reference information in the Appendix has been removed from the manual and is now accessible online. Juvenile Standards are undergoing revision with an expected date of 2015.



Meetings and Conferences

(NCCHC and FNCE are the same dates this year)

NCCHC

October 18 - 22, 2014

Las Vegas, NV

www.ncchc.org

Academy of Nutrition and Dietetics FNCE

October 18 - 22, 2014

Atlanta, GA

www.eatright.org

ACFSA Membership Information

If you would like to be added to the Dietitians in Corrections networking listserv, please email me directly at bwakeen@neo.rr.com. This is an informal discussion group and your name/email address will be listed in each email sent to the group. You do not have to be a dietitian to be on the list.

DHCC EML

Dietetics in Health Care Communities (DHCC) has an EML for the Corrections Sub-Unit. To participate, one must be a DHCC member, which means being a member of the Academy of Nutrition and Dietetics as well. Emails communicated through this group are sent through a private email address for DHCC members only. To join, visit www.DHCCdpg.org or contact Marlene Tutt at <lenetutt@yahoo.com>. There are many member benefits including, networking, publications and continuing education credits.

KISS Your Kitchen Design

(Keep It Simple & Strong)

By Howard E Breeden

“Reprinted from the July/August 1995 issue of Corrections Forum. Reprinted by permission.”

If you can “think like a con” when planning or renovating a correctional kitchen, you can outwit even the most ingenious inmate.



Since inmates see everything as a potential weapon, they look for opportunities to collect contraband and destroy or exploit the equipment and system. The planner’s job is to prevent problems as much as it is to design an efficient feeding operation.

That’s because the presence of inmates in the correctional kitchen means no aspect of design can be taken for granted.

- Ceiling height: Kitchen ceilings should be high enough so that an inmate cannot stand on a cart or counter and stash contraband in a ceiling panel. Or ceilings should be drywall or fixed security ceiling panels, which are sealed surfaces.

- Lighting: Above average light levels create the perception in an inmate’s mind that “I’m easily seen.”
- Equipment: There should be no parts or protrusions that could be broken off and fashioned into a weapon. Easily said, but tough to make happen. This ability to “think like a con” has created a unique need for consultants and designers specializing in jails and prisons.

The correctional kitchen designer focuses on three key items when planning a kitchen:

- Client goals.
- Continuous open space.
- Simple, correctional equipment.

We use the acronym, KISS: Keep it simple and strong. When you next plan to build or renovate, develop the food service goals before retaining a designer.

The consultant/designer should understand your goals before beginning the space planning and equipment layout. Discussion of the goals and the implications for cost or space may require altering the “I want it” attitude to a “I need it” realization, resulting in a more effective and efficient objective.

We, for example, encourage our clients to identify the number of meals needed, with specific times and time limits. In dining room feeding where food must be held, it is critical to determine the time span of service and the time allowed for each inmate to consume the meal.

Continued on bottom of Page 11



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KISS (Continued)

This timing issue determines the amount and size of holding equipment and cooking equipment. Longer feeding times may permit batch cooking if the institution has enough paid labor to supervise the kitchen.

Future needs should also influence kitchen design. Depending on an area's inmate population growth rate, it may be cost effective to specify equipment sized to handle twice the current inmate population because of probable growth or double-bunking.

Go for the Flow

Flow is a key element of design for all kitchens, but especially in corrections. There must be a natural order of progression from the dock, storerooms and coolers to prep area to serving line, and for dirty trays from dining site to dish room to storage and back into serving line. If you don't have good flow, you may not be able to make the operation work without losses of efficiency.

Some maximum security institutions have installed a partial wall down the front of the food line to separate inmates from servers because of potential intimidation.

Trays are assembled on one side of the wall and handed through a window at the end of the line. This blind feeding system provides greater security in dining room feeding.

The serving line issue also involves control and speed. For some inmate dining areas, guard rails can deter inmates from walking away.

For other operations, turnstiles with counters help prevent inmates from going through the line more than once. Turnstiles also provide the food director with accurate meal-served counts.

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Keep Them Moving

These solutions also help speed people through the process, for there may be two to three groups who have to eat in an hour. An efficient system depends on the security level of inmates to be fed, the number of people who come through, the amount of time for feeding and the method of service delivery.

Each of the three variations of correctional kitchen design is based on delivery system and menus.

In prisons, dining rooms are the most common, while in jails, thermal insulated trays are becoming the most popular. In the past few years, cook-chill has also become an alternative.

The cook-chill system has proven effective in multi-site feeding where bulk rethermalization is used. The alternative delivery system for cook-chill is the rethermalization of individual trays.

Each type of system directly affects costs. The least expensive is generally feeding in a dining room, while thermal trays are a close second. However, selecting a system must be based on local conditions. There is no "right" system.

The key to controlling food costs in correctional feeding is controlling both raw food product and portions. Accurate portioning onto a tray in a dining room or onto a tray in the kitchen can make the difference in meeting -- or busting -- the budget.

There is no one right system. Each has pluses and minuses. Dining rooms require more space than tray feeding in cells, while cook-chill kitchens require more refrigerated storage space.

Insulated tray service requires added space for tray drying (when using a dishwasher) and tray assembly.

Whatever the system chosen, there's only one efficient shape for the work area -- rectangular. Alcoves, hallways, and other possible hiding places must be designed out.

The old style of many small rooms is dangerous as well as inefficient. For institutions with populations exceeding 2,000 inmates, however, multiple work areas in multiple rooms may be necessary.

Good designs with unobstructed sight lines can keep labor costs down. And, good design with no visual obstructions generally equates to fewer security risks and better inmate behavior, with a resulting lower maintenance cost and less equipment replacement.

Hiding places should be eliminated. Any place where a #10 can could be hidden is a spot for brewing hooch. Favorite places are behind large rotating ovens, between free-standing equipment and walls, and in other similar spaces.



Even experienced designers can unwittingly cause security problems by creating visual barriers. While typical institutional kitchen designs include a ceiling-high wall behind cooking banks of ranges, ovens and kettles, a partial or half wall will improve visibility in a correctional kitchen.

Food service management and security offices must have complete visibility of the entire kitchen, dining room, receiving and storage entry areas. Any necessary tall equipment should be located against exterior walls of the space.

Continued on Page 13

Inmate break areas must be visible to security officers without requiring a walk around corners or past walls. Office space for the kitchen manager should offer full views of all inmate work areas and provide lockable space for records and civilian personal belongings.

Spec for Simple Strength

The selection and specification of appropriate equipment is the third key to good correctional kitchen design.

While some standard institutional equipment can be used in corrections, the details must not inspire exploitation. Handles should be welded on, not screwed.

Stainless steel equipment should be specified as 14-gauge heavy duty steel.

Coolers should have bar locks, and walk-in coolers should have an interior escape mechanism. Knives and other implements should be stored on shadow boards in a lockable 14-gauge steel cabinet.

Storage cabinets should have strong locks with hasps, bars, or other secure devices.

In many cases it is advisable to have a separate locked storage within the storage areas for high contraband items like spices, coffee, and sugar.

Since manufactures have discovered the correctional market, many new products designed specifically for jails and prisons are now available. There are many new systems on the shelf awaiting the right application.

A good example of a new piece of equipment for jails and prisons is the portable can opener table. It permits pulling canned goods from the storeroom and moving them directly to the point of immediate use.

The table is 14-gauge stainless steel on six-inch

casters with angle bracing, strong enough to hold up to 1000 Lbs. of canned goods. A can opener custom one-half inch base plate is welded to the table and is capable of years of pounding. That is KISS, keep it simple and strong!

A word to the wise, however. A pound (an ounce isn't enough!) of caution should be used to identify the proverbial swamp salesmen who will claim "my equipment will reduce food cost by as much as 30% and labor by over 20%."

If your oven temperature has been set too high, the roast burns and the yield is reduced. So if your oven is not too hot, will the new equipment really save you 30%? It may, and then again, it may be just a beach-front property in Nevada, on sale!

One quick way to analyze a system or piece of equipment is this: When an explanation of how it works and what benefits it delivers takes longer than one minute, ask if the equipment or system is too complex or too fragile for inmate use and probable abuse. When you build and renovate a kitchen, remember the KISS dictum: keep it simple and strong!



Top Ten Reasons You Need to Join ACFSA

By Cindy Burns

Contract Feeder or Self-Op? I've seen both sides of the street on this one...I need to tell you that no matter which side of this you stand on, you and your organization will benefit positively from an ACFSA membership as well as attending the 2014 International Conference in St. Louis.

Here are the Top 10 Reasons You Need to Join ACFSA

I have spent the majority of my correctional career working as a contract feeder. Back in 1991, our company was one of the first that supported team members belonging to ACFSA. Being first isn't always the easiest position to be in. Over the past 23 years of membership and participation, I have seen walls fall, doors open and many hands extend in friendship. ACFSA, just like corrections and inmate workers has changed and developed in the past 23 years as we continue to evolve into the future of corrections.

Whether you are a contactor or work in a county, state or federal facility, belonging to ACFSA can help you in more than the following 10 ways:

- 1) Increase your professionalism
ACFSA offers a variety of ways to certify and increase your knowledge
- 2) Find ways to conserve \$\$
In conversation with others, you naturally come away with new and improved ideas
- 3) Create new networking opportunities
ACFSA "first time" event allows you a time to meet professionals who face the same challenges as you do
- 4) Through training, find ways to mitigate risk in your facility and for your employer
Food Safety and Allergen Certification for you lowers risk when you pass this knowledge forward to your team. Others share many ideas that allow your facility to be safer for all
- 5) Meet new and diverse vendors offering new ideas
Our conferences allow you to meet and interact with vendors who are experienced correctional "problem solvers"
- 6) Be mentored
There is always someone to extend a hand of friendship to help you "grow" within your career
- 7) Mentor someone with less experience than you have
You have the opportunity to "help" someone else grow because of your experience
- 8) Find a new job
You may be surprised at the opportunities that are available within corrections
- 9) Build your resume
Attendance at the conference always expands your knowledge, raising you up a level on your career ladder
- 10) Become a better leader
When you return to your facility, look for 5 ways that you can improve your team leadership and your operation....this pays for your conference fees!

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Kitchen Corps, Inc.
TEMPORARY KITCHEN FACILITIES

Here's the one reason as a correctional leader that you should attend ACFSA International Conference in St. Louis: The leaders of your facility: Sheriff, Warden, Jail Administrator, etc., most likely belong to a professional organization: AJA, ACA, NSA....Food Service is truly the heartbeat of any correctional facility.

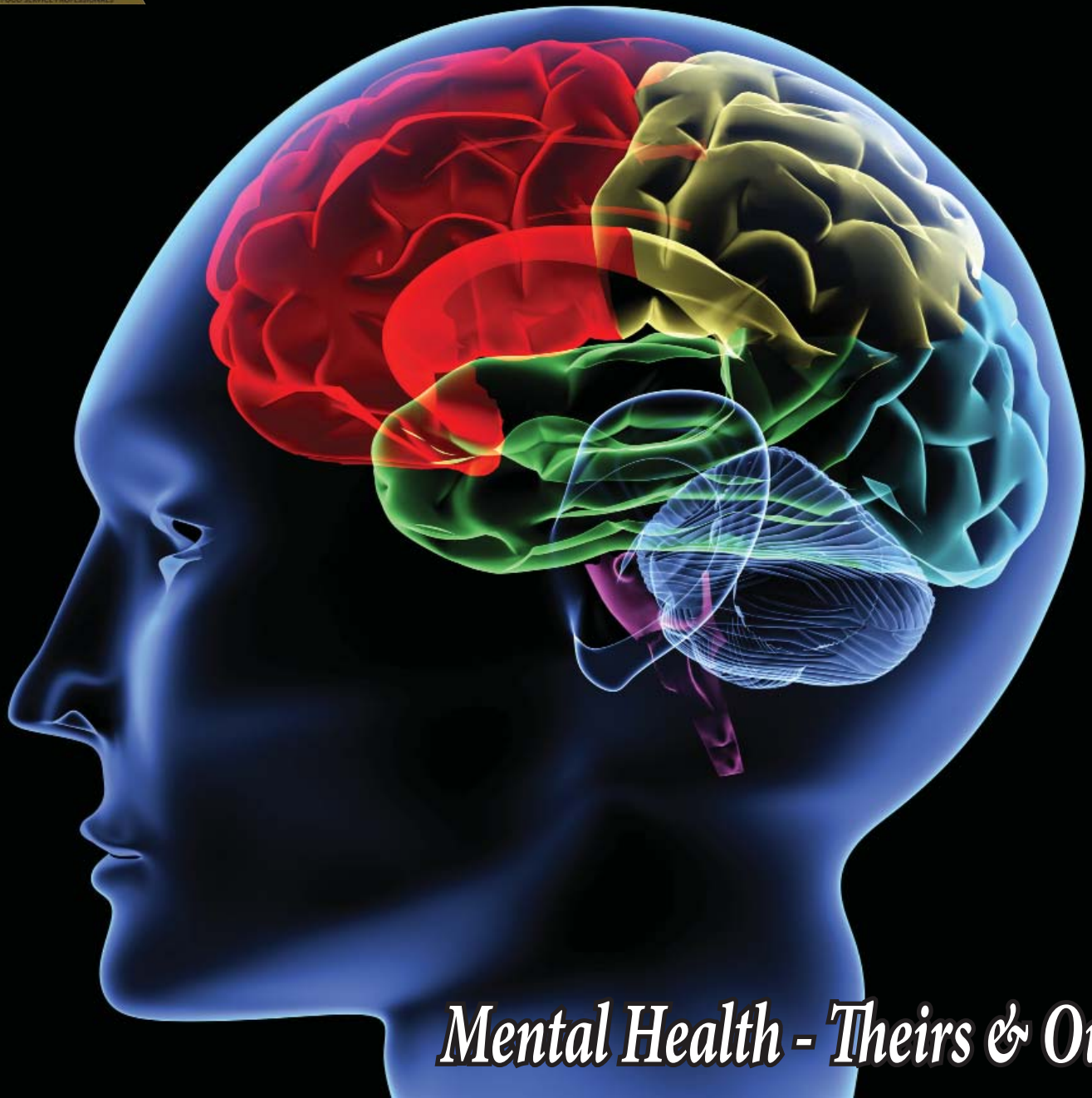
We all know if food is not good quality, smooth running and on time, the "beat" of the facility is somehow "off". As the leader of the core of your facility, you owe it to yourself and your team to be the best professional you can ever be. The ACFSA summer conference will stretch and change you as a professional!

When budgets get cut back, training is always one of the early areas cut. When budgets are cut back, that is the time for all professionals to be the best trained. That way, they can recognize where pennies can be saved which amount to dollars. Whether you are a contractor or self-op facility; you and your team can benefit greatly from the training you will receive in St. Louis. Look at the agenda....inspect our website....make ACFSA a part of you. You will only benefit from joining.

ACFSA is a "one of a kind" organization focusing only on you as a correctional food service professional. Perhaps your company or facility will pay for you to come learn and grow, perhaps they will split it with you or maybe you will make that investment in your future yourself. **You** are worth the time spent on becoming a higher level professional....**You** are worth the financial investment.....**You** are worth becoming the very best you can be. **You** are the future of corrections!



THE 2014 ACFSA ANNUAL INTERNATIONAL CONFERENCE
INVITATION TO ATTEND



Mental Health - Theirs & Ours

August 10 - 14, 2014 ~ St. Louis, Missouri

The St. Louis DoubleTree Union Station

The Association of Correctional Food Service Affiliates

2014 Annual International Conference & Vendor Showcase



	Time	DESCRIPTION
SATURDAY 8/9	3:00 – 5:00	Board of Directors Meeting
SUNDAY 8/10		
REGISTRATION	1:00 - 5:00	FOREST PARK ZOO
ZOO OUTING	10:00 – 2:00	FOREST PARK GOLF COURSE
GOLF OUTING	10:00 – 4:00	CERTIFICATION/RE-CERTIFICATION
SERV-SAFE	8:00 – 5:00	APPLICATION ASSISTANCE
CCFP/CFSM	2:00 – 4:00	
CHAPTER PRES. MEETING	4:00 – 5:00	
FIRST TIME ATTENDEE RECP.	5:30 – 6:30	
PRESIDENTS RECEPTION	6:30 – 8:00	
MONDAY 8/11		
REGISTRATION	7:00 – 4:00	
OPENING SESSIONS AND BREAKFAST	8:00 - 10:00	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	10:30 - 12:30	Resilience in Times of Adversity – Mike McKinley
LUNCH	12:30 – 2:00	LUNCH ON YOUR OWN CFSM LUNCHEON DIETITIANS IN CORRECTIONS LUNCHEON
VENDOR MEETING	2:00 -3:00	VENDOR MEETING: Industry forecast Beth Lorenzini, Editor-In-Chief, Foodservice Equipment Reports
GENERAL SESSION	2:00 – 4:30	MENTAL HEALTH AND IT'S IMPLICATIONS IN CORRECTIONS (Ramsey County Minnesota)
VENDOR RECEPTION	5:00 – 7:00	ON YOUR OWN
DINNER		
TUESDAY 8/12		
General Session	8:00 – 9:45	Learning to be a Leader – Mike McKinley
VENDOR EXPO	10:00 – 2:00	
BREAKOUT	2:30 – 4:00	Taking Care of Your Stuff: A humorous look at equipment maintenance and helpful hints. (Beth Lorenzini, Foodservice Equipment Reports Magazine)
BREAKOUT	2:30 – 4:00	Ask the Dietitian
REGIONAL ROUND TABLES AND COMPETITION	4:00 – 5:00	COMPETITION: INCREDIBLE EDIBLE ARRANGEMENT 3:30 – competitors to competition area and begin Judging @ 4:45
PICTURES	6:00 – 7:00	Grand Hall

AWARDS BANQUET	7:00 – 9:00	Grand Hall
	9:00 – Your Choice	On your own in St. Louis – we have suggestions
WEDNESDAY 8/13		
GOOD SOURCE FUN RUN	6:30 – 7:30	Meet In Union Station Lobby by 6:15
TRAINING/CERTIFICATION	8:00 – 11:00	ALLERGY TRAINING / CERTIFICATION – NRA
BREAKOUT	8:00 – 9:30	Managing Juveniles under the new Food Code: An Update.
BREAKOUT	9:45 – 11:00	Getting What You Want Without Mentioning a Name: John Schilling, Executive Director Contract Compliance, Indiana DOC
LUNCH ON YOUR OWN	11:00 – 12:30	
BREAKOUT	2:30 – 3:30	From Idea to Reality: The Story of a New Product; a panel discussion
BREAKOUT	2:30 – 3:30	Allergy Management in the Institution: A look at three different perspectives. (Benson Li, LA County Sheriff's Department; Paulette Johnson, New York DOC; Phil Atkinson, Hennepin County Adult Detention Center)
BREAKOUT	3:45 – 4:30	Celiac and Gluten Management: Tara Todd RD, LD, St. Louis Children's Hospital A Real Success Story in Recidivism Reduction
BREAKOUT	3:45 – 4:30	
DINNER ON YOUR OWN		
CONFERENCE CERTIFICATES	4:00 -6:00	



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.

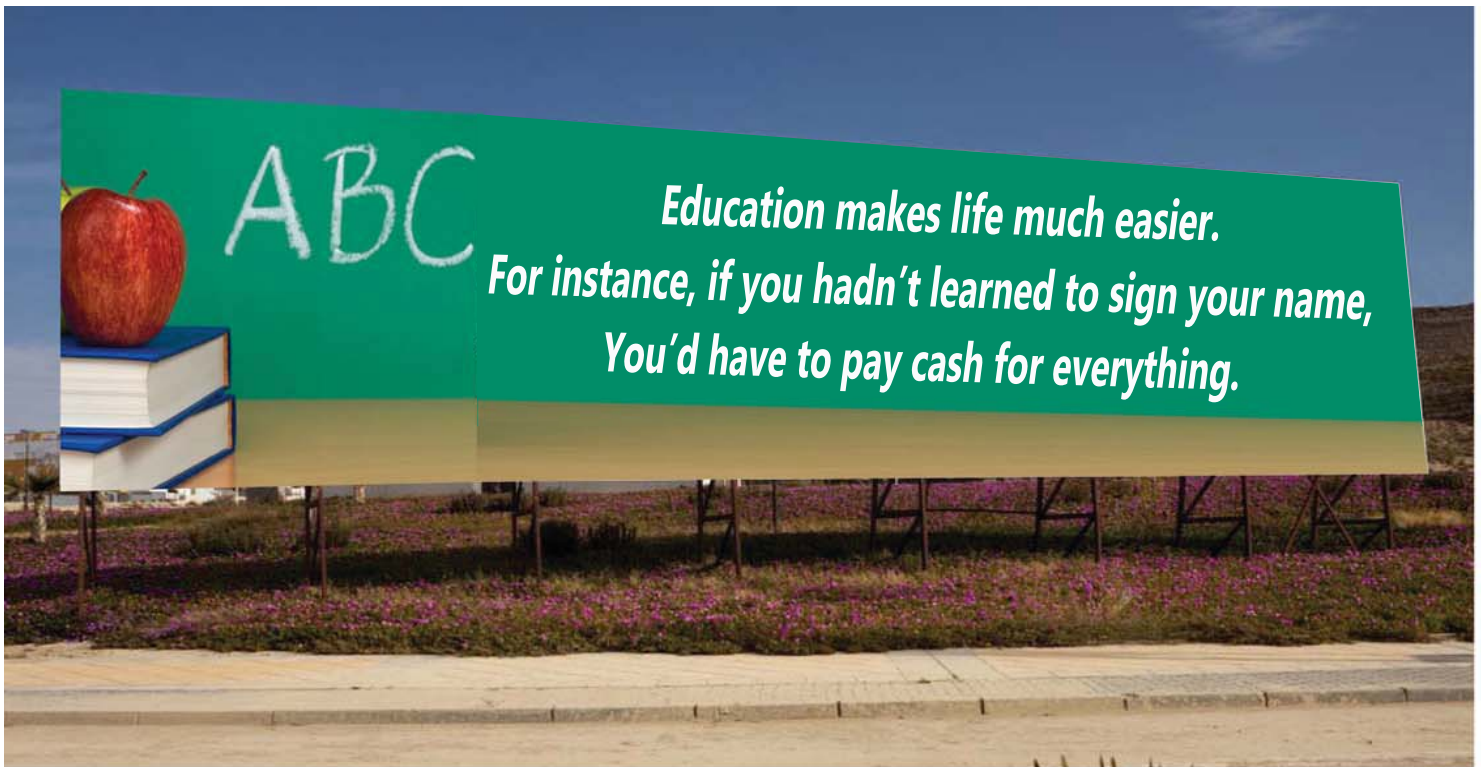
With a career in manufacturing and retail and with experience in radio and television broadcasting, Mike has a breadth of business expertise on which to draw when he shares his ideas and programs with large audiences, individuals, management teams and boards of directors across the country.

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!*





Problem

I graduated from school and haven't learned much since then.



Fix

Recognize that school is the beginning. Life is continuing education.

When my son Kevin graduated from college, I sent him a card and wrote in the message, "Now the learning begins." I never mentioned it. We never talked about it.

After he'd been working for about seven years, he called and said, "Now I understand what the card meant." It took me a minute to figure out what he was talking about.

"The graduation card," he said. "Now I understand that what I've been doing for the past seven years is learning. To be successful, I've got to keep learning."

I think it would be great if we could all develop that attitude.

You've got the opportunity, every day, to add to your education. And it's the best kind of schooling: you're getting paid while you're doing your lessons.

Keep a diary or personal "text book" of what you learn. By reviewing your book, you will realize how smart you've become over time.

The second part of education is implementing the lessons. If you don't find a way to implement the new information, you're building a collection. It's better to make that information go to work for you.

Reprinted with permission from "991/2 Ways to Fix Your Life, Labor and Love" by Mike McKinley



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



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	Regular July 12, 2014	Late July 13 - On-Site	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED	\$275	\$325	
	ACFSA NON-MEMBER FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**	\$350	\$400	
	GUESTS <i>(INCLUDES FRIENDS, RELATIVES, ONLY)</i>	\$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>	\$120	\$150	
	VENDOR SHOW ONLY FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**	\$30♦	\$35♦	
	SERVSAFE PROGRAMS INCLUDES BOOK, MATERIALS & TEST	\$50	\$75	
	GOLF TOURNAMENT	\$90	\$90	

TOTAL DUE

(FULL PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM)

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

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

CANCELLATIONS

CANCELLATIONS REQUESTED IN WRITING TO ACFSA WILL BE GIVEN A FULL REFUND IF RECEIVED ON OR BEFORE JULY 12, 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

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.

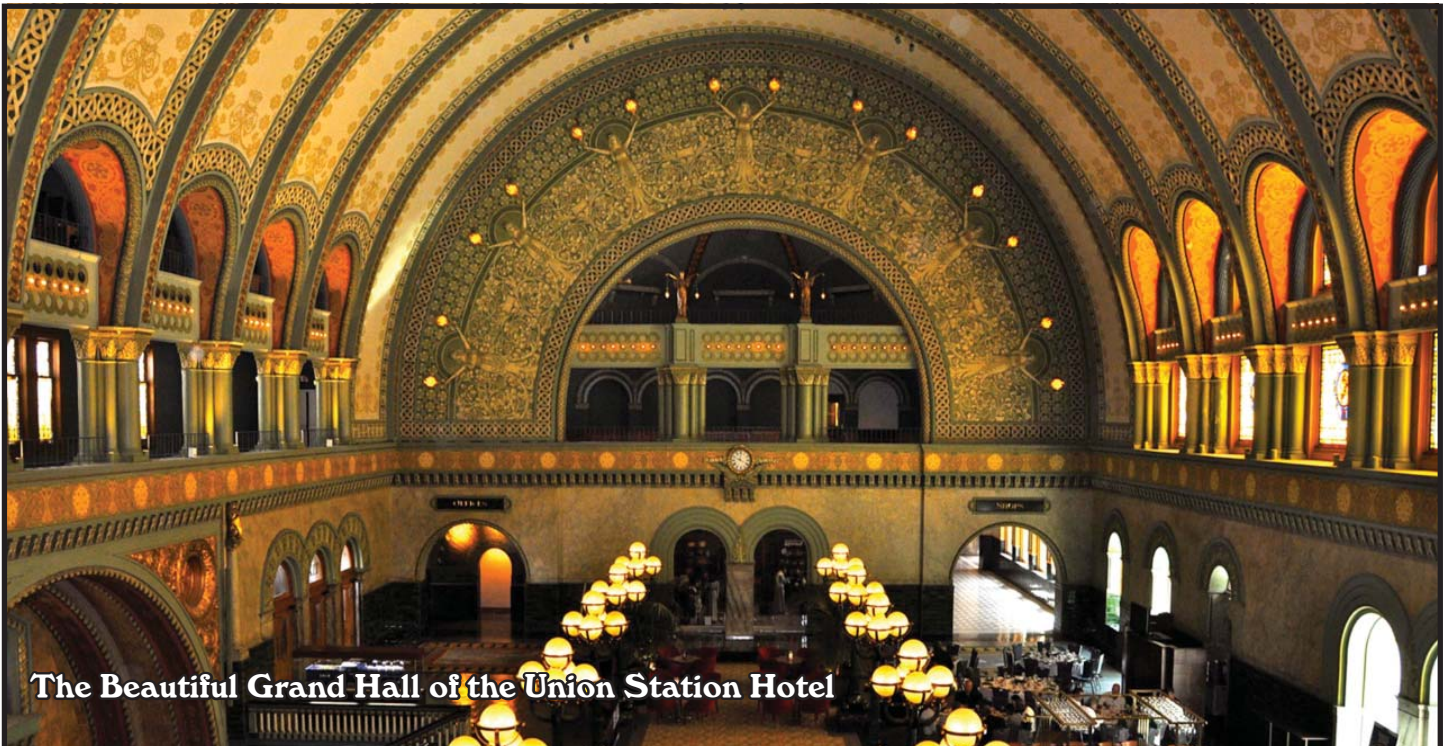


The station opened in 1894, and was designed by Theodore Link. It included three areas: the Headhouse, the Midway (the site of our Trade Show) and the huge, 11.5 acre Train Shed (at the time the shed had the largest roof span in the world!). The Headhouse originally had a hotel, restaurant, passenger 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 1950s', 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.

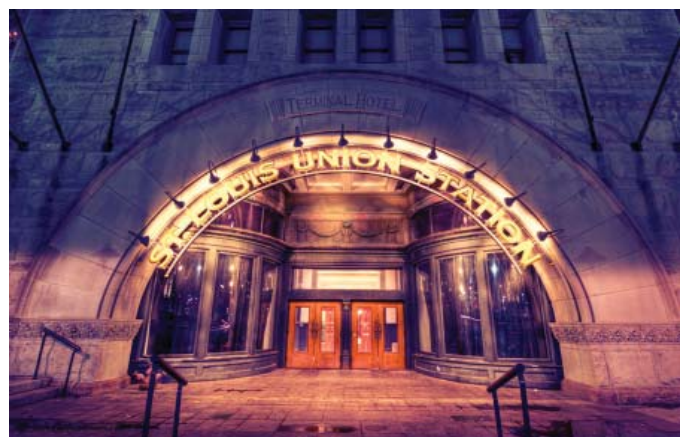
The current hotel is housed in the Headhouse and part of the Train Shed, which also houses a lake and shopping, entertainment and dining establishments. By the time we arrive in August, all of the guest rooms will be newly remodeled and there is an exciting new project underway to turn the Grand Hall 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 you 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**

Teddie Mitchell Retires

Submitted by Lt. Tim Thielman, CFMS, CCFP, Region III Director



Teddie worked various jobs for a number of years before she found her passion in food service. Teddie began her career in food service in the early 1980's as a school food service worker. In 1986 Teddie switched jobs and began work in a hospital where she became a Dietary Manager until the hospital closed in 1993. On June 20, 1994, Teddie landed a job working as a Correctional Food Service Manager at The New Shawano County Jail. At the time Shawano was a 165 bed facility. Teddie would have her work cut out for her with this job as the jail had no set procedures in food service, no menus, and no organization. The Jail was just being built and was completed in July of 1994. A 144 bed Work Release Center was built several years after the jail was completed.



Several years ago (can't say how long ago) in a small Dutch Province of South Holland, in a town called Nieuwveen, a young lady named Thea (pronounced TEEA) Stokman was born. While growing up Thea had a dream about coming to America. At the age of 21 her dream became a reality when she arrived in the United States. Thea wanted to stay in America for one year and see what the USA had to offer her. She lived with a sponsor family in Kinderhook, New York. While living with her host family they decided a more fitting name for her was Teddie and this is of course Teddie (or Theodora) Mitchell is how we all know her today.

In September of 1994 Teddie's boss received an invitation to attend a meeting with the newly forming Wisconsin Chapter of the ACFSA. Her boss gave her the invitation and recommended that she go. Teddie considers this the best career decision she ever made. She remembers it was September 29, 1994 when she attended the meeting because that was the same day her mother paid a surprise visit to her from Holland. Talk about a great day!

Teddie says that the ACFSA and the people in ACFSA have contributed so much to her career. The knowledge and network of Food Service Professionals she has built over the years helped shape her to the Food Service Manager she is today. Teddie has been involved with the ACFSA since that day back in 1994. Over the years Teddie has served as a founding Board Member of the Wisconsin Chapter, as Treasurer, and then Chapter President. She also served on the International Board as Vice President in 2007 – 2008, and International President in 2008 – 2009. Teddie currently Chairs the Chapter Development Committee and the CCFP Committee and serves on the CFSM Committee. In 2012 she received the ACFSA Founder's Award from Benson Li for her contributions to ACFSA and she also received a Doctorate of Foodservice from the North American Association of Food Equipment Manufacturers (NAFEM).



When asked about what has been most rewarding in her career, Teddie said that she has enjoyed watching her food service operation develop from nothing into what it is today. It has flourished over the years and all because of what she has learned from being a member of ACFSA. Today her jail houses about 120 inmates in the main jail and 55 in work release. After many years of reading about ACFSA members growing gardens she decided to start one at her jail. This spring marks five years since she took that project on and it has been quite successful. The garden is located at the Work Release Center where inmates that are low risk can tend to the garden. She also has enlisted the help from Shawano County Master Gardeners, who are community volunteers. They come out and teach the inmates how

to care for a garden. They grow many types of vegetables that are consumed by staff and the inmate population. Currently she has established rhubarb plants that are used to bake rhubarb cake.

Friday, June 13, 2014 marked another milestone in Teddie's journey to America as she hangs up her apron and rides off into the sunset with Rusty, the love of her life. Together they plan to do a lot of traveling as Rusty stays very involved as a Shriner. Teddie also is looking forward to spending time with her grandchildren and just decompress after her many years in food service. Teddie loves to read, go shopping, swimming, playing games on her phone with other retired ACFSA members (Cindy & Janice), and of course dance. One time when Teddie was dancing around me, out in public, I asked her how she can do that without music to keep a beat. Her reply, "there is always music playing in my head."



Teddie will be with us this August in St. Louis at the International Conference. Make sure to wish her well when you see her. Best of wishes to you Teddie for a long and happy retirement and from all of us in ACFSA, big hugs and thank you for all you have done for ACFSA!

Editor's note: Our world has been a much better place because of Thea! Her happiness and wonderful smile will always be with us! Happy retirement, Teddie.

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National Restaurants Association (NRA) 2014 Chicago

By Robin Sherman

Our President, Phil Atkinson, Jon and Janine Nichols and I walked the floors of McCormick Place in Chicago from Saturday, May 17th thru Monday, May 19th, 2014. We spoke with many vendors and invited them to St. Louis and Niagara Falls. There were over 1800 exhibitors and about 58,000 attendees over the course of the three days. Displayed were show floor features, education sessions and many opportunities including operations, marketing, sustainability, menu development, technology, special dietary needs, health & nutrition and much more.

Phil, Jon and I attended the FM Leadership Networking Group Meeting. While there, we introduced ourselves and gave an update on our Association. This was a wonderful opportunity to get to know everyone and hear their successes and challenges from their associations.

On Saturday Evening we were invited to the 17th Annual National Restaurant News MenuMasters Celebration sponsored by Ventura Foods. The planned evening featured the 2014 Menu Masters Award Winning menu items for tasting. After the Awards celebration we each received a special limited edition, signed print of "Golden Hour," the painting by Artist Mark Andrew Bailey.



Leadership Spotlight: Things to Remember

Adapted from a recent speech given by Chief Jim Pryde of the Gladstone, Oregon, Police Department to a State of Oregon Basic Police Academy graduating class.

Good morning class, and welcome to your families and friends, law enforcement leaders, and academy staff. Thank you for the extreme honor of standing with you today as you embark on an incredible journey—your law enforcement career.

You've been on my mind a great deal these past few weeks as I prepared what I hope will be a meaningful message as you begin a new season of service in your law enforcement careers. Putting myself in your shoes, so to speak, knowing what I know now at this stage of my career, I've reflected on what I could share with you today that would help guide you as you move forward.

So, television personalities aside, I've created a top ten list for this class of things I wish somebody had told me when I graduated from my basic police academy. I truly hope that these resonate with you for many years to come.

10) Remember that your law enforcement career is a marathon, not a sprint. This job will eat you alive if you are not patient and do not take the time to appreciate each season of your career. Trust me, it will go by quicker than you possibly can imagine.

9) Be a truth seeker and a truth speaker. Your bosses need you to be independent critical thinkers and courageous communicators in solving problems. Succumbing to the "groupthink" culture is not always in the best interest of your department or the community you serve.

8) Give yourself permission to succeed. Be a lifelong learner. You are capable of achieving greatness in this profession if you work hard, believe in yourself, and remain loyal to your bosses. You are part of the answer, not part of the problem. Surround yourself with people smarter and wiser. Always have an expectant attitude of success.

7) Take action. Help create the safe community your citizens desire. Be engaged. Some people make it happen, some watch what happens, and some wonder what happened. You know what to do. Now, go out and do it.

6) Always exceed expectations. Raise the bar of our profession. Surprise your customers. Your community and department need this. Remember your oath of office. I encourage you to always think in terms of what you owe others. It's never about us; it's always about serving others.

5) Know that everyone is a leader. You don't need to have gold on your badge or a rank insignia on your uniform to be a leader in your department or community. Our communities, state, and country need leaders, role models, and mentors. Ladies and gentlemen, you are leaders! You've been chosen. Walk straight and true and lead on.

4) Remember the four most important words. This is a tough, complex, and dangerous business. The application of what I call "positalk," bringing a positive energy using positive words, has great power to influence others. When appropriate, remember to use these four words: "I'm proud of you" or "I believe in you." Class, we are all proud of you, and we believe in you!

3) Stay as one team. Many departments function with their divisions, bureaus, or units operating as silos. This is wrong. We need to operate as one team, a well-oiled machine of crime fighters who all are on the same side. Always strive for a culture that embraces the concept of a single team.

2) Recognize that it's not about who is right, but what is right. Police department cultures can become toxic when the use of power and the infusion of politics are at play. Play nice and do what's right.

1) Always remember your most important work. When you're done with your shift, after dealing with the mayhem you'll face on a daily basis, you'll go home. When you pull into your driveway and stop your car, I ask that you sit there for a few seconds and remember that you are about see your family and do your most important work of the day.

Freedom calls for a sacrifice that the protected will never know. You are special. You are congratulated for your achievement here today. Savor this moment. Please remember to be safe, have fun, and provide good service. Thank you and God bless you.

Reprinted from the May 2014 FBI Bulletin



The Inadequacy of Prison Food Allergy Policies

by Jamie Longazel and Rachel Archer

Reprinted with Permission. From Prison Legal News, (www.prisonlegalnews.org), April, 2014.

Editors' Note: The following story paints a rather grim picture of food allergy management in some correctional settings. It is understood that this is not the norm at most facilities, but food allergy management – including response to anaphylactic reactions is a growing concern throughout the industry. Watch for further information about food allergy management systems in the Fall edition of the INSIDER.

Michael Saffioti was arrested on a misdemeanor marijuana charge and held at the Snohomish County Jail (SCJ) in Washington State. On the morning of July 2, 2012, he arrived at the center of his module where breakfast was being served. Because he had a severe dairy allergy, Saffioti examined very closely the pancake and oatmeal he was given. Video footage obtained by local news agency KIRO-7 showed him discussing his food with guards, servers and fellow prisoners. This was not the first time Saffioti was held at the SCJ, so his allergy was on record. Yet jail staff had brought no special diet trays to his module that morning; they instead simply removed the pancake from his tray and assured him the oatmeal would be safe to eat.

After taking just a few bites, Saffioti began to experience shortness of breath. Video footage showed him approaching a guard's desk, where reports say he asked for his inhaler and to see a nurse. He was given the inhaler but his request for a nurse was denied, and shortly afterwards he was sent back to his cell. Once there, according to a subsequent lawsuit, he pressed his call button and repeatedly asked when the nurse would arrive. By looking closely at the video

footage, one can see how he later began jumping up and down in his cell, seeking assistance. Thirty-five minutes later a guard found Saffioti unconscious. After attempts to perform CPR were unsuccessful, he was rushed to a nearby hospital where he was pronounced dead.

Saffioti's tragic death raises many important questions about food allergy policies in U.S. prisons and jails – a subject that has been relatively overlooked, likely to the detriment of many prisoners. The federal Bureau of Prisons (BOP) estimates that 0.2% to 3.5% of all prisoners suffer from food allergies. And a recent study by the Centers for Disease Control and Prevention reported a 50% increase in food allergies among children since 1997. With approximately 2.2 million people confined in U.S. prisons and jails today, this means prison food allergy policies impact as many as 77,000 prisoners and likely many more in years to come, including some like Saffioti whose allergies are so severe that meal choices can literally mean life or death.

Continued on Page 35

As far as we can tell, there is no reliable data on how common it is for prisoners with food allergies to die or otherwise suffer from unmet dietary needs. We do know that prisoners file a fair number of lawsuits pertaining to food allergies each year. Given the many legal obstacles confronted by those challenging the conditions of their confinement, these cases are likely just the tip of the iceberg. In an effort to shine more light on the issue, we sent public records requests to all fifty states (we received responses from 39), asking about the food allergy policies used in their prison systems.

Three observations become apparent after analyzing these policies. The first is that many are lacking – in some cases, substantially. The implication is that some prisoners likely suffer from food allergies that the facilities at which they are confined do not recognize. An official in Kansas responded to our inquiry by noting that they “do not have a procedure in place on this subject.” California – whose prison system houses more than 117,000 people (as many as 4,000 with food allergies, if the BOP’s estimate is accurate) – has a very vague policy that places limits on the therapeutic diets that physicians are able to order for prisoners. Neighboring Oregon only recognizes food allergies that are “life threatening.” This policy thus excludes prisoners who suffer from soy allergies, for example, a condition that the Mayo Clinic notes is “rarely ... life threatening” but could nonetheless cause substantial discomfort with symptoms that include tingling in the mouth, hives, swelling, abdominal pain, diarrhea, nausea or vomiting.



New Hampshire’s policy identifies only certain allergies as “acceptable” – specifically, the “main food allergies (i.e. onion, tomato, egg, and peanut).” Saffioti’s severe dairy allergy would not have been recognized under this policy, nor would someone suffering from a wheat or gluten allergy, among many others. Georgia draws a slightly different line between allergies that are acknowledged and those that are not. They “honor the following Food Allergies: Milk, Egg, Wheat, Gluten, Fish/Shellfish, Peanut/Nut, Chocolate, and Tomato.”

The second observation is that even among states that do acknowledge an array of allergies, prisoners face a substantial burden in becoming eligible for alternative diets. Many states require that an allergy be “verifiable and documented,” and that “written medical proof” be provided. This means either that prisoners must have had access to allergy tests before their confinement – which for the uninsured can cost hundreds of dollars – or that they be tested while behind bars. In the latter case, the trouble is that some states impose limits on who can be tested for food allergies.

For example, Arizona’s policy stipulates: “Inmates should only be allergy tested when there is sufficient evidence to do so.” This raises concern for those who suffer from allergies where physical symptoms are absent, such as celiac disease. As the National Digestive Diseases Information Clearinghouse points out, “People with celiac disease may have no symptoms but can still develop complications of the disease over time. Long-term complications include malnutrition – which can lead to anemia, osteoporosis, and miscarriage, among other problems – liver diseases, and cancers of the intestine.” In other words, a diet can be doing substantial harm to a prisoner’s body and some existing food allergy policies provide no means by which that harm can be avoided.

At least one state has a policy in place that actually deters prisoners from being tested for food allergies. Kentucky’s policy permits prisoners to take an allergy test, but stipulates that prisoners will be charged for tests that come up negative. One can assume that this

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is an attempt to root out false claims, but even if it succeeds in doing so, the policy may disaffect those who really do suffer from allergies. As Food Allergy Research and Education points out, allergy tests “do not always provide clear-cut answers” and patients “may have to take more than one test before receiving [a] diagnosis.” Even under the circumstances when all the hoops are jumped through and prisoners do manage to furnish acceptable “proof” of their allergy, a number of states require continual renewal of such proof, usually every 90 days.

A final observation is that the burden is often on the prisoner to make choices about their food. This is not to say that prisoners with food allergies should not be well aware of their condition and have a firm understanding of how to respond in the event of an allergic reaction, but rather to point out the lack of institutional support for food allergy issues. Choices about what to eat and what to avoid are especially difficult to make when prisoners are served food they did not prepare. Yet some institutions tell prisoners to fend for themselves, often without recognizing how difficult doing so can be.



Take Oregon’s policy, for example: “We encourage inmates to self-select from the line. For example, if an inmate has a peanut allergy and we are serving peanut butter & jelly sandwiches, they may select the meal alternative tray which consists of beans, rice, vegetables, fruits, and bread.” South Carolina’s policy similarly states little more than the obvious:

“If an inmate notifies medical staff of a food allergy, the medical staff will instruct the inmate to avoid that allergy in his/her food choices.” Georgia’s policy is that once a prisoner receives a food tray, they are considered compliant. This policy also brings Saffioti’s case to mind, for technically after servers handed him the pancake and oatmeal breakfast tray, he would have been considered compliant and his desperate attempts to learn the contents of the food would have been irrelevant in a lawsuit.

In conclusion, our content analysis of prison food allergy policies provides cause for alarm. Granted, it is possible that prison staff go beyond what is listed on policy forms in helping prisoners meet their dietary needs. However, given the conditions of confinement that have characterized our nation’s overcrowded prisons in this era of mass imprisonment, we have little reason to be so optimistic. Consider that in the realm of health care, containment has taken precedent over healing, as was recently exposed in California’s sweeping *Brown v. Plata* class-action lawsuit.

Along similar lines, cost cutting rather than nutritional adequacy seems to be increasingly emphasized in the realm of prison food. A recent *Prison Legal News* article, for example, detailed the great lengths that Aramark – a company that contracts with more than 600 correctional facilities – goes through to cut costs. A class-action lawsuit filed by prisoners in Illinois protesting the high amounts of soy in their diet is another example of providing prison food “on the cheap” to the detriment of prisoners’ health. The likelihood that prisoners with food allergies have their needs met is thus diminished as they confront not just a set of inadequate policies, but also a system whose main concern is not their health and well-being.

Jamie Longazel is an Assistant Professor of Sociology at the University of Dayton, Ohio. He is co-author (with Benjamin Fleury-Steiner) of the book, The Pains of Mass Imprisonment (Routledge, 2013).

Rachel Archer is a Criminal Justice Studies major at the University of Dayton who has research interests in the areas of food allergies, law and prison conditions. They provided this article exclusively for Prison Legal News.

Did You Know..... Fiscal Health - 5 Ways to Reduce Food Waste

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. So where can you find extra money? Often the answer is right in your operation. Have you looked at food waste recently as a source of losing money?

Over Production – Do you know how much food is needed for a meal? How many people are you serving? What is the portion size? How many ounces are in a pan? How are recipes scaled to provide the necessary quantity? These are just some of the questions related to over production that a manager needs to consider. Yes, you want to have a little extra, but what percentage over is reasonable to allow for spillage in your operation?

Over Portioning – This is a universal issue. Is the proper serving utensil being used. Is the staff trained to know what portion goes with each color scooper or ladle? Are portions served level or heaping? When portions are heaping, what is the chance you will run out of food or need additional food for the meal?

Not Following Recipes – Typically the cost of a recipe is determined when a menu is developed to make sure the menu is within budget. The cost of the recipe is determined using specific ingredients and specific quantities of those ingredients. When standardized recipes are not followed there are a number of potential issues related to the cost. Is the correct product used for that recipe or is the product used more expensive? Is the correct quantity of an ingredient used? If not, over or under purchasing may occur. Both of which can impact the bottom line.

Not Rotating Stock – We have all heard FIFO – First In, First Out. However, FIFO may not be happening all the time in an operation and result in spoilage. Proper rotation of all food items will prevent wasting money with the need to throw out an item because it is rotten or out of date. It will also help determine if the order guide needs to be adjusted so less of an item is needed to adequately prepare the menu.

Time and Temperature Abuse – Time and temperature abuse will result in the need to throw out food. Lack of controls and follow-up with time and temperature standards in an operation can be very costly. It most likely is a result of staff not properly doing their job.

The Bottom Line - Any or all of these practices can result in throwing money down the drain and having a negative impact on the bottom line of an operation. What will you do TODAY to stop throwing money down the drain?

CHAPTER REPORTS

MICHIGAN

by Robin Sherman



Michigan Chapter Spring Conference

The Michigan Chapter hosted their Spring Conference on May 4-6, 2014 at the Little River Resort and Casino in Manistee Michigan.



The theme was “Coping with Changes in Food Service for the Future”. The conference began on Sunday, May 4th with Food Safety Training taught by Robin Sherman and Josie Maya. We are proud to say that all participants passed. Later in the evening, we hosted a cake decorating contest. A big Thank you to all participants – Roxanne Doty from Design Specialties, Ricc Riccardi from MDOC and Joan Estrada from Canteen Services Inc. Congratulations to our winner – Roxanne Doty from Design Specialties.

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Michigan Chapter Spring Conference (Cont.)

We had many amazing speakers who took us through the changes in correctional food service. Kicking off the first day of training was our “Welcoming” by Sheriff Dale Kowalkowski from Manistee County Sheriff’s Department, followed by our Keynote speaker, Sheriff Bill Federspiel from Saginaw County Sheriff’s Department; our dietitian panel – Patricia Willard, RD, MDOC and Barb Anderson, RD, MDOC and Jeanna Wolfe, RD, Canteen Services Inc; Brandon Seng, Director and Mark Coe, Manager, of Farm to Freezer of Food Rescue of Northwest Michigan; Deputy Warden David Pratt – Inmate Manipulation, and Cindy Burns of C. Burns Consulting, LLC. The day was followed by a Hayride and Campfire dinner hosted by National Food Group.

Our second day began with Food Code Sanitation updates from Michael Kirkwood, RS, Sanitarian, MDOC followed by an ACFSA update by our very own Lt. Tim Thielman, ACFSA Region 3 Director.

The Michigan Board of Directors would like to especially thank the following vendors and sponsors as we could not put on successful conferences without our consistent vendor support:

National Food Group, Design Specialties, Cooks Correctional, Sunburst Chemicals Inc., Global Foods, Totally Green, Butter Buds, J&S Enterprises, Custom Blends, C. Burns Consulting LLC, Canteen Services Inc, Aramark, and Little River Casino & Resort. A special Thanks to Kevin Obrien for hosting our Chefs on Parade demonstration at the vendor show.





REGIONAL REPORTS

REGION I

by Robert Pennix, Region I Director

I know I say this each year. “It does not seem that long ago that I was writing about my experiences attending our last International Conference.” I encourage you to make plans to attend this year’s conference in St. Louis, Missouri in August. I know it will be a very rewarding event. Phil and Tim have an interesting agenda planned for all. I believe the training we have this year is in line with what is happening in corrections today. In this region and around the country all states are trying to find ways to reduce recidivism. Another portion of the training that peaked my interest is “Mental Health and its Implications in Corrections”. Before corrections I worked ten years in a mental health facility. In that facility I became familiar with certain clients. My state started reducing the number of clients in that facility by sending them home to live with their families and building group homes. Since my employment at the regional jail I have seen several inmates who were former clients at the Mental Health Facility. The “Allergy Training and Certification” is a much needed addition that I am sure we can all use in our facilities.

This time of year always bring on a bit of excitement for me, the anticipation of seeing old friends that I haven’t seen in a year. Networking opportunities with the vendors and seeing new products, or the creative ways they are being used in facilities throughout the country. For new and first time attendees please feel free to reach out to others because this association is here to support you. We are all in this together and your ACFSA family will not let you down. Be open to discussing your facility. You will be surprised at the support you will gain from meeting others. I will be attending the First Timer’s Reception and I am looking forward to meeting everyone.

In the last INSIDER much praise was given to the success of the first ever Region I Conference. That was a crowning achievement. After the success of that event the conference committee met and decided to

have another conference in 2015. We will be meeting at the same location the first weekend in March. Once again we will be tying this conference in with the Maryland Restaurant Trade & Expo Show. This was an exciting event filled with three floors of vendors, well worth the cost of admission (free with the Region I registration). The conference committee is hard at work, working on a theme, training presentations, and entertainment. So after you attend the International Conference I hope you will start making plans to be part of the Region I Conference. Both events are closer than you think.

REGION II

by Janice Bendolph, Region II Director

I have made a personal effort in Region II to reach out to all members and nonmembers to let them know how this Association can lift your self-esteem. I want them to see and hear what I have learned from this Association. It makes you realize that you are not just a cook.

As a food service manager you are what makes a correctional kitchen work. You play a big role in this profession, so I urge all to continue to support this Association.

I have been in foodservice for forty years; no training has been greater than that which I receive in this organization. So my hats off to the leader of ACFSA, also the founders of this Association. Not only do you get training in foodservice, but I have learned how to make people respect what I do. As a member, you will meet people that will always be there for you.

For question and answers, it’s here! So if you are a member jump in, if you are not join in! It is an experience you will never forget. I feel that I have friends all over the world!

Thank you ACFSA

REGIONAL REPORTS

REGION III

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

Greetings from Region Three! Things just never slowdown in Region III. There has been a flurry of activity going on as we prepare to host the International Conference in St. Louis. I sure hope you are planning on attending. It is not too late to register. There is a full schedule of events and training planned and so much to do in St. Louis, so register today.

Regional Events

The Michigan Chapter put on a fantastic conference back in May in Manistee, Michigan. The conference took place at the Little River Casino and Resort. It was a beautiful venue and the training and networking opportunities were outstanding. I spoke about it at the conference but need to mention it in my report; the vendors in ACFSA are huge contributors in our organization, and without them we would not be in existence very long. I know I speak for all Food Service Professionals when I say that we appreciate all the support we get, from the vendors, to have these events. Having a good relationship with ACFSA vendors is such a good resource to have. Please support our vendors and get to know them.

Northern Lakes has been busy this spring with a couple of meetings, membership drives, and fundraising for Chapter Scholarships. Northern Lakes has also recently redesigned their website. If you have not been to their site please check it out at www.acfsa-nl.org

ACFSA Scholarships and Awards

Notifications to scholarship and award recipients have gone out and I would like to congratulate Roger Burczyk for being selected as Employee of the Year, and Becky Kirsenlohr for her selection as Operator of the Year. Both are members in Region III and I know both of them do a fantastic job and they both deserve the award. Roger and Becky will receive their awards at the International Conference this August in Saint Louis. Selection of award recipients is a tough task and thank you to all who submitted applications.

Regional III Scholarship Lottery

As of my article submission deadline the Region III scholarship lottery is still underway and recipients will be notified soon. I will recognize them in my report at the International Conference in St Louis. I mention it often but can't say it enough - Thank you to all of the vendors who make so much possible in this organization. We could not do it without you.

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

REGIONAL REPORTS

REGION IV

by *Don Perkins, Region I Director*

Greetings to everyone from Region IV:

I hope everyone is enjoying their summer; it is hot and dry here in my part of California. We spend part of our work day, at the prison, to ensure the inmates don't overheat while the rest of the political wheel fight each other over who gets to use the water!

It looks like the International Conference in St Louis will be a fantastic conference. Hopefully by now everyone has made plans to attend.

Region IV member Mike Oviatt from Utah made headlines in an article titled "Jailhouse Talk: The Food Behind Bars" in the May, 27th edition of the on-line version of Food Management Magazine



Captain Mike Oviatt says food is a leading trigger for bad behavior in prisons.

Upcoming events in Region IV:

The next California Chapter meeting will be on July 16th, 2014 in Marin County.



California Chapter will be holding their Annual State Conference and Vendor Show October 12th thru 15th, 2014 in Santa Rosa at the Flamingo Resort. Periodically check the California Chapter page on the web site for more details.

If I can be of help to you in anyway please feel free to contact me at donald.perkins@cdcr.ca.gov

Education Report

Inspiring Interest in the Field of Correctional Services

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

Professional development is the skill and knowledge one gains to optimize his or her personal development and job growth. This includes learning opportunities, such as correspondence courses, and attending conferences or training sessions. Professional development is what we need for career longevity and personal growth. Being a member of the ACFSA gives us access to everything we need for professional development. As a member we have training opportunities all year long, all over the United States and Canada as various chapters conduct meetings and training sessions. We also have an annual conference that is packed full of training. The ACFSA also has two certification programs that will definitely optimize personal development. If you are not a CFSM or CCFP I recommend that you check out the two certifications.

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, and also assist members, who would like to fill out the initial paperwork to enroll in the CFSM Course. If you are attending the conference in August and would like to receive your CCFP while there, please look over the requirements, (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 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

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*Include processing instructions and contact name & phone number.
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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 # _____

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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:

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* 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

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2013-2014



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miker@joneszylon.com



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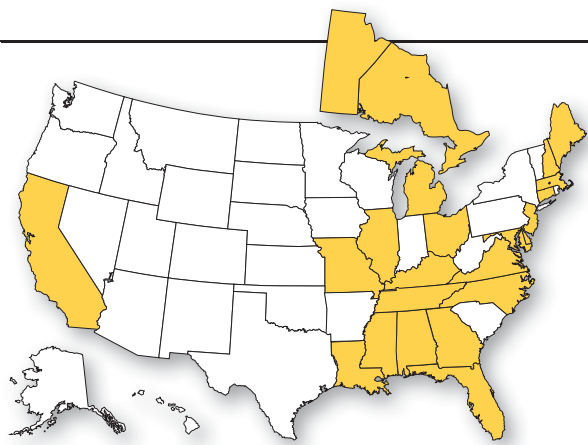
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Membership is required for access.

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

* Chapter President

ACFSA Regions

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

Region I

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

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

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Indiana	Missouri	Wisconsin
Iowa	Nebraska	
Kansas	North Dakota	
Michigan	Ohio	

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Colorado	New Mexico	
Hawaii	Oregon	

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Barbara Holly, CCFP, CDM, CFPF

and **Christine Berndt Althaus, RD, CD**

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

The Fall issue mails in October, the Winter issue mails in January, the Spring issue reaches your mailbox in April, and the Summer issue will arrive in July. We welcome any suggestions or articles for future issues.

Editorial Statement and Procedure

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

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

To submit an article for the Fall 2014 Issue:

1. Please send via e-mail by August 31, 2014 to:

ACFSA—INSIDER

Barbara Holly, e-mail: bbigelowholly@gmail.com or

Chris Berndt Miles, e-mail: Christine.BerndtMiles@wisconsin.gov

2. ACFSA does not guarantee that submitted articles will be published. Articles may be edited, and placement is determined by the editor.

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

4. If you have submitted or will submit the article to other publications, please notify us at the time of submission of the publication name, editor, and phone number.

Letters to the Editor

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

Christine Berndt Miles:

Christine.BerndtMiles@wisconsin.gov

or to *Barbara Holly:*

bbigelowholly@gmail.com

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

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





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