

INSIDER

The Magazine of ACFSA
The Association of Correctional Food Service Affiliates



Michigan Chapter Spring Workshop

Association of Correctional Food Service Affiliates Summer 2016



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TABLE OF CONTENTS

Summer 2016

ARTICLES

Calling All Golfers! - ACFSA Golf Challenge3
 Dietitian's Corner - Bones, or No Bones (About It)12
By Barbara Wakeen, MA, RDN, LD, CCFP, CCHP
 ACFSA Past President Frank Spielman.....15
 2016 Conference - Minneapolis, MN.....16-24
 The Time Has Come25
By Robert Pennix, ACFSA Region I Director
 Helium Vs. Helicopter - Leadership Spotlight29
By Special Agent Russell Kleber
 Did You Know..... Changes in Product Labels27
By Linda Mills, MBA, RD, FADA, Corp. Dietitian - Community Education Centers
 What the New Nutrition Label Means for Dietitians in Corrections . .29
By Maria Thrasher, Biology Major, Ohio Northern University
 Are You Prepared?29
By Ralph H. Goldbeck AIA, Director, Kitchens To Go built by Carlin
 Nutrition Services In Correctional Facilities34
By MKathy Hardy
 The Hidden Cost of Food Service - Mitigate the Risk40
By Robin Sherman, CCFP, CFMSM
 Breaking Bread41
By Donna Kaminski, Region IV Director

COLUMNS

President's Message2
By Laurie Maurino, RD, ACFSA President
 Vice-President's Message4
By Lt. Tim Thielman, CFMSM, CCFP, Vice President
 Vice President-Elect/Treasurer's Report6
By Carlos Salazar, Vice President Elect/Treasurer
 Past President's Message8
By Robin Sherman, CCFP, CFMSM, ACFSA President
 Professional Partner Liaison - Food Message.....9
By Kerry Jacobson, ACFSA Professional Partner Liaison - Food
 Professional Partner Liaison - Equipment & Supplies Message9
By Myron Wiley, ACFSA Professional Partner Liaison - Equipment & Supplies
 Executive Director's Message10
By Jon Nichols, IOM, ACFSA Executive Director
 Chapter Reports41-45
 Regional Reports46-47
 Education Report.....48
By Lt. Tim Thielman, CFMSM, CCFP, Education Committee Chair
 CFMSM Enrollment Brochure and Form49-50
 ACFSA Membership Information and Form.....51-52
 Welcome New ACFSA Members.....53
 ACFSA Board of Directors, Committee Chairs & Liaisons54
 Chapter Presidents & State and Provincial Contacts55
 ACFSA Regions.....55



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President's Message

By Laurie Maurino, RD, ACFSA President

Collaboration is the Solution

Well, this is my last President's Page as the active President for ACFSA. It has been an interesting year! One of my goals was to improve the visibility of our organization in other professional arenas. I was able to attend the American Correctional Association (ACA) meeting in New Orleans in January this year. ACFSA had a booth which Past President Jim Beach helped me man. We were able to introduce ACFSA to many Wardens and Superintendents. They are now aware of our existence and may think about sending their food manager to a meeting. ACA accreditation is important in a majority of institutions and we need to partner with them consistently in the future.



I also represented ACFSA at the Solutions 3 conference this year in Seattle. This is a joint conference venture between several food service professional organizations: Society for Hospitality and Foodservice Management (SHFM), Association of Healthcare Foodservice (AHF) and Foodservice Consultants Society International (FCSI). I am on the planning committee for the next year's conference so ACFSA will be invited and can attend this informative event.

In May, I was able to give a presentation called "Emerging Trends in Correctional Food Service" at the National Restaurant Association (NRA) annual conference in Chicago. I described the challenges that we have to deal with in corrections and offered information about ACFSA.

ACFSA started doing webinars this year. We had two so far, one on the Norovirus and one on Emergency Preparedness. We have another one coming up on July 21. I hope we can continue this practice to increase our ability to provide education to all of our members.

It has been an honor and distinct privilege to serve as President this year. The best part is all of the people I have met and friends I have made. I can't imagine doing my job in California without the valuable input from ACFSA colleagues. I will continue to work hard as Past President to increase membership and improve our organization's visibility.



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Vice President's Message

By Lt. Tim Thielman CFSM, CCFP, ACFSA Vice President

Happy summer to you all! This issue of the Insider is reaching you right at conference time and I hope everyone is reading this while at the Radisson Blu. This is going to be a fantastic conference with outstanding educational sessions and many great networking opportunities. As of this moment we are nearing a sellout for booths at the vendor showcase and it should be quite a show put on by our awesome vendors. The agenda is full of great speakers and networking activities, not to mention being connected to the Mall of America. I hope to see you there.



This past spring, I attended the National Restaurant Association's NRA Show in Chicago with Laurie, Robin, Dawn, Josie, Holly, Jon and Janine. Together we canvassed the exhibit halls and mingled with the vendors and spread the word about our organization and our vendor show. I was surprised how many vendors were unaware of the ACFSA and many not knowing or thinking about doing business in the correctional segment of food service. Those that have not ever considered this were excited at the

prospect of venturing into a whole new area. This is the same thing we are currently experiencing with membership.

Also while attending the NRA Show, I attended FM (Food Management) Magazine Roundtable Discussions with Laurie and Jon. This roundtable discussion was moderated by FM Magazine and included leadership from The National Association of College and University Food Services (NACUFS), The Association for Healthcare Food Service (AHF), School Nutrition Association (SNA), The Society of Food Service Management (SFM), and The association of Nutrition & Food Service Professionals (ANFP). During this discussion we gave overviews of the current state of our organizations and what we have been doing over the past year. This was a fantastic opportunity to get some insight into other organizations and exchange information on such things as membership trends, social media, and strategies for tradeshow involvement. Even though some of the organizations have a much larger membership than the ACFSA, we all face the same challenges with membership and getting younger members to join.

Correctional food service isn't really on anyone's radar for a career path, mostly because they are unaware it even exists. I believe I could safely say that nearly all of us Correctional food service professionals wound up in correctional food service not because we wanted to but because later in life we learned about an open position in this profession

Continued on Page 5

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and decided to check it out. When I got out of the Army I had no idea what I wanted to do for a career. I opened the newspaper the morning after I moved back home to Minnesota and saw a job listing for a Correctional Officer / Cook at the Ramsey County Correctional Facility. I applied, took a test and never heard a word about the job for five months until I got called for an interview. I totally forgot about the job, moved on with my life and was managing a restaurant in Minneapolis. Sole manager of a restaurant that was open 24 hours a day with continuous staff turnover was far from a glorious job, but that was what I was doing to support my family. One day out of the blue I was called for an interview and offered a job with the county that same day. Fast forward nearly 25 years I'm still there and overseeing the food service operations at three facilities. I have hired men and women who have worked anywhere from schools to restaurants and hospitals only to discover correctional food service later in life. All of these individuals have expressed how they wished they would have found this field years ago. Job stability and a pension were the determining factors for me.



This is why it is important for us as members of the ACFSA to reach out to our local colleges and technical schools to inform the younger generations entering the food service industry that there are other options in the field. There is nothing wrong with them getting out there and exploring all the industry has to offer, but at least we have planted the seed.



Vice President Elect/Treasurer's Report

By Carlos Salazar, ACFSA VP Elect / Treasurer

Working Together

Greetings,

Before you know it, the 2016 International Conference in Minnesota will be upon us. I can't wait to see my ACFSA Family. I hope you don't miss out on the opportunity to gain a lot of knowledge and share yours with others.

Here in California, it has gone from winter to summer in the valley. I hope that Mother Nature has been kind to you.

As your Vice President Elect/Treasurer, I feel fortunate that I get to work with a great team of board members and I know I can call on any of them for any situation. You really do have a good team that is dedicated to ensure that our association is moving in the right direction.

I have thrown many challenges out there for the Karaoke contest. I hope I can live up to it.

See you soon!



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Past-President's Message

By Robin Sherman, CFSM, CCFP, ACFSA Past-President

Never Assume!

Wow, this year has gone by so fast, just as the past 8 years that I have been on the Executive Board of ACFSA. Over the past years I have had so many amazing mentors from this incredible Association guide me to becoming the most positive professional Correctional Food Service Leader that I could be. Every year we have a new challenges and a new direction, but the mission of ACFSA never changes. We need to keep that moving. Promoting our educational programs is a must. My company stood by and supported me with every certification ACFSA offers. Now, leaving the Board this year, I will take with me a CFSM - Certified Correctional FoodSystems Manager certification, a CCFP – Certified Correctional Food Service Professional, a Food Safety Trainer certification and an Honorary Doctorate in Food Service and many more in the industry. These programs helped me become successful in the correctional food service and can help you to. I have learned many new tasks and have been given lots of wonderful words of wisdom. One that I would like to leave you with is:

Never “Assume!”

Many people assume the worst and have no fact; which causes your thoughts to shape your reality. The definition of “Assume” – believing things are a certain way with little or no evidence that shows you are correct.

When there is a void of clear and positive communication, people start to assume the worst and act accordingly. When we are uncertain, fear and negativity creep in and dominate our thoughts, behaviors and actions. This leads to lack of trust,

decreased productivity, poor focus and uninspired teamwork and performance. Instead of taking positive actions to thrive, our teams go into survival mode and just try to survive.

Below are some very famous quotes regarding “Assuming.”

- Before you assume, Learn; Before you Judge, Understand; Before you hurt, Feel: Before you say, Think.
- Before you assume; Try this crazy method called “asking”
- Whatever anybody says or does, assume positive intent. You will be amazed at how your whole approach to a person or problem becomes different.
- Do your research. Enlighten yourself. It's better to know than to assume.
- Never assume anything. Nothing will land you in a problem faster than false assumption. There are two sides to every story.
- Most of us assume we are seeing the world the way it really is.
- Don't make assumptions unless you know the whole story. If in doubt, ask the person directly.
- Who gossips to you will gossip about you

Don't make Assumptions:

- Find the courage to ask questions and express what you really want
- Communicate with others as clearly as you can to avoid misunderstanding and drama.
- Stay positive!!!

Professional Partner Liaison Messages



*By Kerry Jacobson,
ACFSA Professional Partner Liaison - Food*

A Friendly Competition!



Get ready for some fun and a friendly competition on Monday night at the ACFSA conference in August at the Mall of America. Is there someone you would love to see sing your favorite song or maybe something funny? We will have a Karaoke session where you can pledge to have someone sing a song or double your wager to have them sing the song you would like. Perhaps a little Prince tribute done by our very own Minnesotans Tim Thielman and Phil Atkinson?

Please stop by and visit all the vendors on Tuesday at the vendor show to see what great products the supporting vendors of the ACFSA have to offer.

Have a great summer and hope to see you all soon!!



*By Myron Wiley,
ACFSA Professional Partner Liaison
- Equipment & Supplies*

Iwould like to thank everyone for voting for me to represent you on our ACFSA Board. This has turned out to be an eye opening experience. Due to my time commitment to our California Chapter, and NW Chapter Boards. I have decided not to run for re-election. I have worked hard to help grow, and establish the NW Chapter, and I see it on the verge of growing into a substantial part of our International Organization. Thanks to Laurie and Don Perkins for committing so much time in helping start this chapter. I would also like to thank Rob McAfee, and the NW Chapter Board for their hard work, and stepping up with a commitment to make this chapter work. I have also spent much time supporting the California Chapter, and get much pleasure from watching it continue, in a professional manner, keeping with our by-laws, and growing in a positive manner.

My report on the international scale is that a lot of hard work has gone into the Conference in Minnesota and I hope you can attend. I have been working on the Golf tournament with Co-Chair Carlos Salazar. I believe we will have a great time, and hope to see a large turnout. I have also worked very hard on insuring that we as a International Board make decisions that are based on the needs of our membership, and are in line with our By-Laws. I have identified some issues that need to be addressed, and I hope my replacement and the new board move forward to insure our Association grows, and continues to be led in a professional manner. I wish everyone a wonderful conference, and hope that we all have a safe time, and we continue our education to make each of us better.

Be Blessed my friends



Executive Director's Message

By Jon Nichols, IOM, ACFSA Executive Director

Utilizing the Tools & Benefits of Membership

Last month I was talking to a Professional Partner who asked me if we couldn't find a way for our Food Service members to maybe think of ACFSA Professional Partner Members first when looking for products and services for the Correctional Food Service sector. I mentioned our excellent Marketplace on the ACFSA website and got a blank stare in return. While I was a little surprised they didn't know of this great tool that's available to all of our members, I soon realized that it's been a while since we've promoted it and I think it's time to do so.

Website

For those that don't know, or those that may have forgotten, the ACFSA website (www.ACFSA.org) has a unique and dedicated Marketplace where all of our Professional Partner members are listed. You can search by Company Name, Product Category, city, state or zip code. It's really an under-utilized benefit to membership in ACFSA that I would hope that you take more advantage of. Our Professional Partner members spend a greta deal of money on sponsorships, booth fees and membership and they deserve your attention when you are looking for products for your institutions. Please make the ACFSA Marketplace your first stop when searching for Correctional Food Service goods and services!

Another great page on the ACFSA website is the Message Board. I would actually count this as one of, if not THE most important benefits to membership. The Message Board is a place where Industry Professionals have access to the whole of the ACFSA family to ask and answer questions about some of the problems they may be experiencing in thir institution. It's open 24/7 and you have experts in the field who

may have the answers you're looking for.

To use the ACFSA Message Board, you have to be a members and be signed in to access it. Forgot your password? No problem! Just click the forgot password link and you'll be sent an email with the information and be on the Board in no time!

On the Resources tab, you'll find past webinars, past issues of INSIDER magazine, Job Board listings... It's yet another under-utilized section of a great website. Please make it a point to visit often.

Social Media

I would imagine that you're aware ACFSA has a presence on the internet's social media sites: Facebook, Twitter, LinkedIn just to name a few. It would be great to see more of you there. Look for more participation and posting soon.

Conference

We're just over a month away from our 47th Annual Conference! Have you made your reservations to be with us in Minneapolis this year!? Jump on it now as the cut-off for our room rate is **July 30, 2016**. The Radisson Blu has extended a very special rate of \$140 for all conference attendees and vendors and you are going to LOVE the place! Located right in the Mall of America, you'll be steps away from shopping, dining and entertainment for your free time.

I'm not so sure you'll want to venture far away from the Conference, however, as we have great educational sessions and diversions of our own

Continued on Page 11

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planned. As you may have heard, we have a Karaoke Contest taking place following the Monday Night Vendor's Reception. This is sure to be a lot of fun, and it will be another great opportunity for you to network with friends and colleagues.

Sunday afternoon, Catherine Vandermer from the NRA will be offering a train the trainer workshop on becoming a ServSafe Manager Instructor / Proctor. If you have your Manager Certification, you will leave this workshop a certified instructor with all the information and tools you need to set up a training program at your facility. Don't miss this great opportunity to add the ServSafe Instructor Certification to your resume. Catherine has been an instructor for over 15 years, and has helped the Virginia Department of Corrections, Wisconsin Department of Corrections, GEO Group, and many others get successful ServSafe programs started

On Tuesday, following the Trade Show and before the Banquet, we have Cupcake Wars! This is a Regional Competition based on the popular Food Network show by the same name. We'll have five teams (The 5 Regions) of two people will be decorating 12

cupcakes (60 total). The cupcakes will be pre-baked and the teams will have 30 minutes to decorate and design the cupcakes. This is sure to be fun and competitive! Come cheer on the team from your Region! All are welcome!

And don't forget the Annual Awards Banquet where we honor Operator of the Year, Employee of the Year, the Founder's Award Recipient, President's Award winner and Heroism Award recipient. It's a great evening and we'd love to see you there to support your peers.

Conference is a special time of year as we welcome new officers to the Board of Directors. It would be great if you were there to meet and greet the newest members of the International Board; Vice President-Elect/Treasurer, Jessica Harlow; Region I Director, Julie Hobbs; and Professional Partner Liaison - Equipment & Supplies, Barbara Kane. Congratulations to all and I look forward to working with you.

I am looking forward to seeing each and every one of you there. In the meantime, enjoy your summer!

Bones or No-Bones (About It)



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

Corrections presents various scenarios related to foods served and not served, or foods that are controlled, unlike most other extended care venues. For example, fruit juice, fruit, sugar, pepper, nutmeg, yeast, and some types of meat may be recognized as potential hazards or pose security risks within the inmate population. Other foods such as colored beverages, margarine and spinach have been avoided in some facilities as a result of inmate misuse not related to security risks. Most other extended care venues wouldn't limit any of these items except for some related to a potential choking hazard or in consideration for a therapeutic diet.

While food manipulation isn't a new subject for seasoned corrections professionals, I chose the topic of serving 'bone-in meat' as I recently received a query about serving bone-in meat (specifically chicken and pork) related to security issues, and wanted to share the current practices and rationales. In gathering responses, I learned of one of the newest reasons for not serving chicken with bones – 'the inmates carve them into crack pipes'!

The first thing most of us associate with bones in a correctional facility is 'a potential security risk' – the bone can be fashioned into a weapon and used to harm someone. Most facilities recognize this rationale and opt to not offer bone-in meats for this reason. While this perceived hazard is nationally recognized, only one respondent could identify a security breach involving physical harm due to bone-in meat in their facilities, with some going back more than 30 years.

The general responses I received were that most prison systems served bone-in chicken and most jails did not. Pork was only briefly mentioned as a quality issue but, as is also common in corrections, most facilities do not serve pork. Within those systems, there were also stipulations noted for why or why not bone-in meat was served.

Facilities that served bone-in meat:

- Served to main population only, not segregation or special housing.
- Juveniles only receive bone-in chicken.

Continued on Page 13

- Limited in male facilities, but permitted in female facilities, all security levels.
- Chicken leg/thigh quarters served to diets.
- Bone-in chicken served during Passover.
- Bone-in chicken for annual holiday meal only.
- Some jails in the south serve bone-in turkey legs.

Facilities that did not serve bone-in meat:

- Potential security issues, risk of harm to others.
- Bone-in meat is not offered in special housing units, segregation or maximum security housing areas.
- Inmates flush the bones and clog plumbing.
- Inmates carve the bones into crack pipes.
- History of, or potential for, self-harm.
- Contractual requirements facility doesn't allow.
- Inconsistency in portions.
- Does not fit on trays.
- Too costly.

Other notations:

- Recently started serving to juveniles.
- Asked to discontinue bone-in meat during Passover.
- Used to serve to diets, but now serving boneless low sodium/low fat chicken.
- Undecided whether bone-in chicken would be reintroduced.

Other Food Limitations

For some of the other food items addressed above (and a couple not), some may wonder why these items are controlled or not permitted to be served as a separate food item. Often these are incorporated into the meal, or not offered:

- Fruit juice, sugar and yeast contribute to hooch/pruno production. While we know other items, such as potatoes, can contribute to this, they are not limited. To control the alcohol production, fortified drinks may be served in place of juice, and sugar is often mixed in cereal, or presweetened cereals are offered.
- Pepper has been noted as a security issue if inmates blow it into an officer's eyes. Some would argue any powder substance would cause similar issue impairing vision.
- Spices such as nutmeg can produce a high.
- Coffee creamer is known to be flammable. While it is not a common menu item, some facilities do sell it in commissary.
- Margarine is tossed upon the ceiling where it sticks. Margarine is incorporated into meals and added on bread, rolls, cornbread, grits, etc.
- Spinach has been known to be rolled and smoked.
- In addition to hooch/pruno production fresh fruit has been used to clogs toilets if not cut into sections.
- Fruit, in general, is limited or omitted per administration for above reasons, along with reducing food costs.

While this isn't a complete list of items, it brings to light items we may or may not have in our facilities, and sheds some light the history of 'why we don't serve that any more...?'



Continued on Page 14

Dietitians in Corrections (DIC) Networking Luncheon

The annual DIC Networking Luncheon will be on Monday, August 29th. This two hour luncheon is a time for Registered Dietitian Nutritionists (RDNs) to share experiences and query for assistance and issues related to food, diets and nutrition. It is a great networking opportunity for Dietitians. Mitchel Holliday, MS, MSED, RD, CDE Nutrition Specialist, Health Services Division, Central Office, Federal Bureau of Prisons will be presenting **Overweight and Obesity: A Call for Action Among Correctional Dietitians**. If you are an RDN and planning to attend, please email me at bwakeen@neo.rr.com by August 19th and share with other RDNs who may be still deciding. Looking forward to seeing you there!

ACFSA Networking Discussion Group 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 Dietetic Practice Group (DHCC - DPG) has an electronic mailing list (EML) for the Corrections Sub-Unit. To participate, one must be a DHCC member, which requires one to be a member of the Academy of Nutrition and Dietetics as well. If you haven't renewed your Academy membership and DHCC membership, now is the time! Emails communicated through this group are sent through a private email address for DHCC members only. To join, visit www.DHCCdpg.org or contact Julie Driscoll at jdriscoll@bop.gov. There are many member benefits including networking, webinars, publications and continuing education credits.

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ACFSA Past President Frank Spielman

March 20, 1933 - April 3, 2016

Past President of ACFSA, Frank Spielman, passed away on April 3, 2016 after a long illness at the age of 83.

Frank served as ACFSA President from 1992-1994 and was the recipient of the very first Al Richardson Founder's Award in 2002.

Frank was well-respected in the industry and by his friends and colleagues in ACFSA. He remained a loyal member and support to the Association long after he retired and right up until his passing. Phyllis, his wife, said that he always enjoyed reading INSIDER magazine to keep up on trends and events in the Correctional Food Service sector.

Our heartfelt condolences go out to friends and family.

Obituary

Franklin Roosevelt Spielman, 83, of Boonsboro, Maryland, passed from this life on Sunday, April 3, 2016 at Meritus Medical Center in Hagerstown, Maryland.

Born in Funkstown, Maryland, he was the son of the late Harry H. and Helen K. (Rosenberg) Spielman.

Franklin was a 1951 graduate from Hagerstown High School and he was a veteran of the United States Army.

He retired after 34 years of service with the Maryland Correctional Facilities in Hagerstown, where he was the Food Service Administrator.

Franklin was Past President of the American Correctional Food Service Association. He was a member of the Mason Dixon Antique Car Club; the Washington County Agricultural Education Center Transportation Museum, and the Dixon-Troxell American Legion Post 211 in Funkstown. Franklin was a member of Rehoboth United Methodist Church in Williamsport, Maryland, where he served as a Lay Leader and Speaker.

He is survived by his wife, Phyllis O. (Hess) Spielman; four daughters, Cindy Spielman of Boonsboro, Cathy Myers of Williamsport, Cristy Smoot and husband Kevin of Boonsboro, and Cally Apicella and husband Joseph of Boonsboro; two sisters, Yvonne Bussard of Funkstown, and Norma Sprecher of Hagerstown; and one brother, Nevin Spielman of Funkstown. He is also survived by his six grandchildren, Kendall, Candace, Carlee, Taylor, Jeremy, and Julia; and two great grandchildren, Daphne and Keegan.

In addition to his parents, he was preceded in death by one sister, Carolyn Ford; and one brother, Harry Spielman, Jr.

A Celebration of Life was held on April 8, 2016 at Rehoboth United Methodist Church in Williamsport. Pastor Mike Bennett and Associate Pastor Kevin Smoot officiated.

Memorial donations may be made to the Rehoboth United Methodist Church Building Fund.

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PATTI DOBROWOLSKI

Author of *“DRAWING SOLUTIONS: How Visual Goal Setting Will Change Your Life”* and a strategic partner of Visual Ink.

A senior strategic illustrator, she uses creative processes to help companies and individuals around the world accelerate growth and change. A critically acclaimed comic performer, internationally recognized keynote speaker, writer and business consultant, she has brought her innovative visual practices to NGOs, Fortune 500 companies, small businesses and individuals around the world.

“Drawing Solutions: How a Simple Picture Will Change Everything”

The odds against you making change in your life are **9 to 1 – against it!**

This interactive presentation will show you how to beat those odds. Learn a simple, visual, goal-setting process that you can immediately use to help you turn your *vision (what you daydream about being or doing) into reality.* In this hands-on session, author, TEDx speaker and comic performer Patti Dobrowolski will show you how to train that unruly brain to stay focused and achieve your goals. You will leave with your own drawing of your future that you can build upon each week to bring about the things you desire. See how a simple picture can help you change your life, and you don’t even need to know how to draw.

THE “BIG 8”



Milk



Eggs



Fish



Shellfish



Tree nuts



Wheat



Peanuts



Soybeans

Dealing with food allergies has become a way of life for us so what do you really know about food allergens? Can you identify the ‘BIG 8’ in the foods you prepare and serve? How do you handle an allergic reaction? If you aren’t sure you are taking all the right steps to provide safe meals for individuals with food allergies you can join *Food Safety Educator, Kathy Brandt, from the University of Minnesota Extension* for a session on Tuesday, August 30, 2016 at the International Conference where she will provide need-to-know information and resources for managing food allergens in your facility.



“The 7 Habits of Exceptional Leadership”

with **ADAM LINQUIST** *as* **TEDDY ROOSEVELT**

Theodore Roosevelt on Performance

“Appraisals are where you get together with your team leader and agree what an outstanding member of the team you are, how much your contribution has been valued, what massive potential you have and, in recognition of all this, would you mind having your salary halved.”

President Roosevelt will be sharing his experience on leadership in ways that we can take them back and implement for success. He'll share with us the importance of sharing your vision with your team so that you don't have to write evaluations like the ones below!

Quotes taken from actual evaluations:

“Since my last report, this employee has reached rock bottom and has started to dig.”

“His men would follow him anywhere, but only out of morbid curiosity.”

“This associate is not so much of a has-been, but more of a definitely won't be.”

“Works well under supervision. Especially when cornered like a rat in a trap.”

“When she opens her mouth, it seems that this is only to change whatever foot was previously in there.”

“He would be out of his depth in a parking lot puddle.”

“This young lady has delusions of adequacy.”

“He sets low personal standards and consistently fails to meet them.”

“This employee should go far! The sooner he starts, the better.”

“This employee is depriving a village somewhere of an Idiot.”



The Science of Clean

Submitted by Lt. Tim Thielman CFSM, CCFP, ACFSA Vice President

Ever wonder what goes on behind the scenes in a chemical laboratory? Join us for a tour of the Ecolab Research, Development and Technology LEED Certified Center on Wednesday, August 31, 2016. This state of the art campus houses over 400 researchers, chemists, engineers, microbiologists, and food scientist. Learn about cutting edge technology and how scientists research and develop products to keep our planet cleaner, safer and healthier. Tour stops include laboratories where you see scientists working to develop solutions to your foodservice problems and the highly acclaimed “bug room”! Watch as the entomologists actually rear insects to study their behavior and how to eliminate them.



This tour will include lunch and is
LIMITED TO OPERATOR ATTENDEES ONLY.

There is a maximum capacity of 30 people, so register soon!

Wednesday, August 31, 2016
12:45 P.M. - TBD

OPERATORS only and you *must* be registered for conference.



ACFSA GOLF TOURNAMENT REGISTRATION FORM



VALLEYWOOD GOLF CLUB
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ACFSA ANNUAL GOLF TOURNAMENT

TOURNAMENT IS SCHEDULED FOR SUNDAY, AUGUST 28, 2016

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THE COST IS \$95.00 PER GOLFER. THIS INCLUDES YOUR GREENS FEES, GOLF CART,

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Number of Attendees	Type of Registration	-Early June 30, 2016	Regular July 31, 2016	Late Aug 1 - On-Site	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED	\$275	\$325	\$375	
	ACFSA NON-MEMBER <i>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</i>	\$350	\$400	\$450	
	GUESTS <i>(INCLUDES FRIENDS, RELATIVES, ONLY)</i>	\$150	\$175	\$225	
	ONE DAY MEMBER AND NON-MEMBER DOES NOT INCLUDE BANQUET <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i> <small>PLEASE SPECIFY DATE: SUN MON TUES WED</small>	\$95	\$120	\$150	
	VENDOR SHOW ONLY <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i>	\$25♦	\$30♦	\$35♦	
	SERVSAFE PROGRAMS (CHECK ONE) <input type="checkbox"/> CERTIFICATION <input type="checkbox"/> RE-CERTIFICATION INCLUDES BOOK, MATERIALS & TEST	\$50	\$50	\$75	
	I PLAN TO TAKE THE WEDNESDAY TOUR AT EcoLAB OPEN TO OPERATOR ATTENDEES ONLY	NA	NA	NA	

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

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The Time Has Come

By Robert Pennix,
ACFSA Region I Director



How do you know when your time has come? As many of you know I like to write about athletic events. For me, sports have always been a point of interest. I have learned many life lessons from my being involved in sports, first as a child, then as participant in school, and then participating in adult and church leagues throughout my community. I have also coached several of my children's teams. Even today I still feel the need to be around sporting events and I have officiated both soccer and basketball for the last two years. If there is a sporting event on television I must stop what I am doing and become engaged. I make every effort to see the championship in a number of sports. If there is not a basketball or soccer game on TV, I will watch tennis, boxing, or even golf if there is a player that I follow in the championship event. When an athlete is at the pinnacle of their career I believe it is a thing of beauty. But, when is it time for the athlete to stop?

The process of life follows the pattern of sport. As a young athlete in practice you learn what you need to achieve your goal. You realize early in the process you must take and follow instructions. You must work as team to achieve your goal. Even the people who participant in individual events have a team behind them. Once you accomplish your goal how do you improve on it? What does it means to continue to collect trophies? (Nothing) There comes a time when a trophy is just a plaque and an item for dust accumulation.

So what do you do with the knowledge you have learned from sports when your time comes? You

pass it on. You step aside. You teach. You coach. You share what you have learned with others in hopes that they will make every effort to become better than you were when you were an active participant. In my observation of sports in each generation someone comes along that is better than the star(s) of the previous generation.

Now my time has come to step aside from the board of an association that has been a part of my career for number of years. I became a member of this organization with some encouragement. Many people took me under their wing. They pushed me to a level that I did not think I would achieve. They did for me what coaches had done for me in sports. They mentored me. They coached me. They were the team I needed to become successful.

Now the natural procession begins. It is time. It is time to step on the other side on the table. It is time to become a mentor. It is time to coach. It is time to become a cheerleader. It is also time to pass the ball to the next generation. I am a true believer that the pattern of every generation becoming better than the last generation will not end with me and this generation. I believe this next generation of leaders in the ACFSA will achieve much more than the last. The groups before me have always been there as a support system for me. So I am planning to be there for the next group of leaders. As I sit on the other side of the table, I do not see the table as a barrier I see the table as a link between the past and the present only with a brighter future.

Helium Vs. Helicopter

Leadership Spotlight

By Special Agent Russell Kleber

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“Helicopter” parenting involves moms and dads closely supervising and choreographing their kids’ movements and actions. Perhaps you have observed the doting parents who consistently hover over their children to protect and guide them.

Of course, this becomes problematic when the kids encounter a situation where they need to make decisions independently. Without mom and dad in the immediate vicinity, they may hesitate or, worse, make a choice their parents do not approve of. Then, the helicopter parents will draw even closer, swoop in, and decide for their kids, not allowing them to fail. Sometimes, mom and dad even will accompany their children on job interviews to ensure everything goes according to (the parents’) plan.

Years later, individuals raised by helicopter parents may become helpless and narcissistic. A society and its way of life will fail if people cannot decide or fend for themselves.

A well-known rabbi encourages “helium” parenting. [1] He believes that parents should fill their kids with helium—knowledge and life skills—and keep them tethered while allowing them to float and rise as they gain independence. As the children grow, so does the length of the line.

We can analogize this with leadership. Helicopter parenting resembles the actions of micromanagers who always keep everything in their command and under wraps. The unit may run efficiently, but it never will reach its ultimate potential. The workers will not grow beyond their small areas of responsibility.

What is your reaction to such micromanagers? Many incidents come to mind. For instance, micromanagers will poison a situation where a frontline officer could have made a wise decision but was overruled. We must remember the golden rule in adult learning: Treat your people with *respect*.

While micromanagers will control every aspect of their workforce, helium managers will use effective leadership skills to fill their employees with knowledge and imagination. As one industry leader said, “It doesn’t make sense to hire smart people and then tell them what to do; we hire smart people so they can tell us what to do.”[2]

Helium parents control the string while they let their children float and discover. Eventually, helium children float away and prosper with the knowledge and upbringing they received.

Likeminded managers realize that individuals under their command may be smarter and more talented in certain areas. They allow them to rise and descend depending on the circumstance. Such leaders constantly think about employees’ succession, look within, and make their workforce rise to fill future needs.

The cream does not always rise to the top on its own. Why not be a helium leader, bringing up everyone in your organization and allowing them to shine?

Supervisory Special Agent Russell Kleber, an instructor in the Training Coordination and Support Unit at the FBI Academy, prepared this Leadership Spotlight.

Did You Know..... Changes Coming to Product Labels

By Linda Mills, MBA, RDN, FADA, ACFSA Secretary
Corporate Dietitian - Community Education Centers

In May the FDA finalized the new Nutrition Facts label for packaged foods. This is the first change in more than 20 years and will provide consumers with more recent and accurate nutrition information about the foods they are eating. This change reflects new scientific information and includes the link between diet and chronic diseases such as obesity and heart disease. Manufacturers will have until July 26, 2018 to comply with the final requirements. Manufacturers with less than \$10 million in annual food sales will have an additional year to make the changes.

Some of the changes to the label include:

- Manufacturers must declare the actual amount, in addition to percent Daily Value, of vitamin D, calcium, iron and potassium. Vitamin D and potassium are nutrients Americans don't always get enough of, and when lacking, are associated with increased risk of chronic disease. Vitamin D is important for its role in bone health, and potassium helps to lower blood pressure. Manufacturers can voluntarily declare the gram amount for other vitamins and minerals, such as vitamins A and C which were previously required when the American diet showed deficiencies of these nutrients.
- The footnote will explain what percent Daily Value means. It will read: “*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.”
- “Added sugars,” in grams and as percent Daily Value, will be included on the label. It is difficult to meet nutrient needs while staying within calorie requirements if you consume more than 10 percent of your total daily calories from added sugars. On average, Americans get about 13 percent of their total calories from added sugars, with the major sources being sugar-sweetened beverages (including soft drinks, fruit drinks, coffee and tea, sport and energy drinks, and alcoholic beverages) and snacks and sweets (including grain-based desserts,

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

New: added sugars

Change in nutrients required

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%


Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote



Continued on Page 28

dairy desserts, candies, sugars, jams, syrups, and sweet toppings). The definition of added sugars includes sugars that are either added during the processing of foods, or are packaged as such, and include sugars, sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type.

- “Calories from Fat” is being removed because research shows the type of fat is more important than the amount. “Trans fat” will be reduced but not eliminated from foods, so FDA will continue to require it on the label. Trans fat is found naturally in food from some animals, such as cows and goats. Partially hydrogenated oils (PHOs), the source of artificial trans fat, are not generally recognized as safe and are being eliminated.
- Daily values for nutrients like sodium, dietary fiber and vitamin D are being

updated based on newer scientific evidence from the Institute of Medicine and other reports such as the 2015 Dietary Guidelines Advisory Committee Report, which was used in developing the 2015-2020 Dietary Guidelines for Americans.

- By law, serving sizes must be based on amounts of foods and beverages that people are actually eating, not what they should be eating. Package size affects what people eat. So for packages that are between one and two servings, such as a 20 ounce soda or a 15-ounce can of soup, the calories and other nutrients will be required to be labeled as one serving because people typically consume it in one sitting. For certain products that are larger than a single serving but that could be consumed in one sitting or multiple sittings, manufacturers will have to provide “dual column” labels to indicate the amount of calories and nutrients on both a “per serving” and “per package”/“per unit” basis. Examples would be a 24-ounce bottle of soda or a pint of ice cream.

SIDE-BY-SIDE COMPARISON

Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily value may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

New Label

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the “original” label shows 1g of sugar as an example. The image created for the “new” label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What’s considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

CURRENT SERVING SIZE



NEW SERVING SIZE



Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.



1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

What the New Nutrition Label Means for Dietitians in Corrections

By Maria Thrasher, Biology Major, Ohio Northern University

The Food and Drug Administration (FDA) has finalized a new version of the nutrition label--the first update in over twenty years. The changes are based on new scientific information and now reflect the known link between diet and chronic disease. Manufacturers must make these changes by July 26, 2018, but may implement them sooner. Manufacturers with less than \$10 million in annual food sales will have an additional year to comply. For dietitians in corrections, these changes mean more than they might to the average consumer.

Changes to the label include:

- “Calories,” “Servings per Container,” and “Serving Size” will be displayed larger in type size.
- Specific amounts of nutrients will be listed in mg and mcg.
- It will now include “Added sugars,” Vitamin D, and Potassium.
- Vitamins A and C, along with “Calories from Fat,” will no longer be required.
- A package that is currently more than one serving, but usually consumed in one sitting, will be changed to reflect the nutrition information in the full package. For example, a 15 oz. can of soup that has two servings will be changed to one serving because people usually eat a full can of soup in one sitting.
- Packages that could be consumed in one or multiple sittings will include nutrition information for both a single serving and for the full package.

Not only does the new label allow consumers to more easily read and understand its contents, it provides information, previously not readily available, upon which dietitians rely. This will require dietitians to make a few changes themselves. Since dietitians review menus annually and semi-annually, updates to nutritional software programs will need to adjust for the addition (and elimination) of nutrients from the label. Many times, dietitians must rely on nutrition facts labels for the nutrient data for specific products.

Changes to the label may alter the nutrients on which dietitians focus. This can aid in reaching the DRIs for certain nutrients, but menu analyses will require reexamination. While most fortified beverages in corrections include vitamin C and other various nutrients, options that include fortified vitamin D and potassium may need to be considered.

Changes in serving size and servings per container should have minimal impact on nutrition facts for menu items in corrections; most foods are already in appropriate serving sizes for correctional feeding. Commissary items will reflect the new labels as for general consumers.

In January 2006 it was mandated that trans-fat values were to be displayed on labels. As a result, many manufacturers eliminated trans-fat from their products. A similar trend may occur with the requirement to display added sugars values.

With many institutions beginning to use a heart-healthy menu for their main population, changes to the label that encourage chronic disease prevention and management can help dietitians to assess the healthiest menu options.

Editor's Note: Maria Thrasher is Barbara Wakeen's shadowing Biology Major student from Ohio Northern University, working toward application to a Master's program in Dietetics. She has been learning about corrections, standards, compliance, NCCHC, ACA, menus, diets and nutritional analysis.

Are you Prepared?

By **Ralph H. Goldbeck AIA, Director**
Kitchens To Go built by Carlin



It's 9:46 AM. You and your team have made it through a successful breakfast meal period and everything is in place and on schedule for the pending lunch session. With no warning, the lights in your office go out; your computer's back up battery kicks in and starts beeping. This has happened before and the power always kicks back in so there is no reason to worry. Your kitchen has emergency ballast so your team has enough light to stay on task. It has been 15 minutes and the power is still off. You decide to pop out to the kitchen and see what going on. Everyone is looking at **you** for direction and answers.

Little do you know there has been a major disaster that has affected the power grid and has knocked out power to your area for 48 hours. What do you do? You have a healthcare facility full of patients, staff and visitors that need to be served.

This temporary power outage is a short term event. Odds are your cold storage will hold temperature during the outage; you have enough food product to get you through until the power comes back on and your staff will find a way to make do in the kitchen without exhaust and make-up air.

But, what if this event was more than 48 hours? What if it lasted one week, two weeks, a month? Is your facility prepared for such an unscheduled, unplanned interruption? Do you have a business continuity plan in place? If you do have a plan in place have you and your staff recently conducted training sessions to make sure the plan works?

What is business continuity? Business Continuity is defined as "the capability of an organization to continue to deliver products or services at an acceptable level following a disruptive incident". That sounds pretty official, but business continuity is simply keeping your program operating during a time of crisis which is critical to the success of your foodservice operation.

In this article we are going to focus on a "proactive" approach to making sure your foodservice operation is positioned to withstand the initial body blow of a disaster and remain in operation during the subsequent disaster response and recovery phase.

Problems

There are three key components that are required to run a successful foodservice operation:

1. Utilities
2. Food
3. Labor

Any one or all three of these components could be lost during a disaster and need to be planned for and dealt with.

1. **Utilities** – Kitchens are heavily dependent upon utilities. The big three utilities are power, water and gas. Your “Continuity” Plan should reflect that one or all of these utilities could be interrupted during a time of disaster.
 - A. **Power** – Although the majority of kitchens use gas for cooking, electrical power is needed for critical items such as lighting, exhaust systems, make up air and refrigeration. Most cold storage units can hold temperature anywhere from 24 to 48 hours but after that time period, without power, the temperature in your cold storage will start to rise above acceptable levels for safe food storage and the potential for spoilage sets in.
 - B. **Water** – Water is the life blood of most kitchens. It is how food is prepared, sanitized and cooked. Typically water is an unlimited resource. The average commercial kitchen consumes 3,000 to 4,000 gallons per day. If you suddenly lose your source of water; how do you prep? How do you steam? How do you wash and sanitize? These are all questions that need to be addressed before the water stops flowing to your kitchen.
 - C. **Gas** – Most kitchens utilize natural gas or LP gas as a fuel source to produce BTU’s. In a time of disaster you should expect your gas service to be completely shut off or in limited availability. In addition, even if you do have access to gas, trying to cook without adequate ventilation is unsafe and dangerous for you and your staff.
2. **Food product** – Most production kitchens receive deliveries daily to several times a week. During a time of disaster you should expect product deliveries to be immediately cut off for the first 1 to 7 days and then restored slowly and on a limited basis. You need to plan your inventory to make it through this initial black out period. In addition, as we have discussed, if you lose power your ability to hold product in cold storage is limited. You should have a plan to use fresh product first, refrigerated product second and frozen product third.
3. **Labor** – Any sizable production kitchen takes a team of skilled foodservice professionals to produce the volume of food product to meet its daily requirements. You can have utilities and food product, but without labor to produce the product you are at a standstill. Labor is the life blood of a foodservice operation. Utilities and food product are static resources. Labor as a resource involves people. Anytime you involve people the equation gets much more complex. During a time of disaster what’s the most important thing on our mind? Our families. Your typical employee, no matter how dedicated and loyal, will drop everything and not be able to focus on their job until they know that their family is safe and accounted for. Even then they may decide to head home and ensure that their family and home is safe and secure. Only the members of your upper management team may choose to make that difficult decision to prioritize your operation over their family. Odds are they will not.



Even if you have power, water and gas and walk-ins full of food product, without labor you are out of business.....

Solutions

First of all, *don't panic*. Panic is for the reactive. Action is for the proactive.

Here are some proactive solutions:

1. **Utilities** – Have a plan in place to deal with the loss of all three utilities.
 - A. **Power** – A temporary generator is a logical solution but if you wait until a time of disaster I guarantee that you will have a very difficult time finding a generator; especially one large enough to power your facility. One option is to have a stand by generator installed for your facility. This is a great option if you have the budget available. If not you can plan for the use of a temporary generator, but be aware, during a time of disaster, portable generators grow legs and disappear. There are programs across the country that provide large commercial generators for rent. Check out www.gotpower.com and www.cat.com. The bottom line is you have to have power, If not your exhaust, make-up air, HVAC and cold storage will not operate.
 - B. **Water** – Water is the one utility that you may have even in a time of disaster, but, you must take every precaution to ensure that your water source remains safe and potable. During disasters such as earthquakes and flooding your water source can become compromised and may be at risk. You should plan to have enough water in storage to last at least three days. This water supply must be stored in a protected location and must be rotated out with fresh product every six months. Canned water is now available that carries a shelf life of up to 30 years.
 - C. **Gas** - One of the first utilities to be shut off during a time of disaster is the gas supply. Without a heat source you cannot bring food to temperature to cook it or safely hold it. Contingency plans and menus must be in place to allow for your (assumed limited) staff to prepare meals without the aid of gas.
2. **Food Product** – During a disaster you must anticipate that your purveyor deliveries WILL be interrupted. How much product do you need to make it through 48 hours? What about one week? Two weeks? Do you have space to safely store the product needed to meet the demands of your operation without deliveries?

Your continuity plan should address the availability of food product. It is important to have memorandums of understanding (MOU's) in place with your suppliers so that your program is at the top of their list when they resume deliveries. As they say, the early bird gets worm. In this case, the prepared operator gets the food product.

There are several sources of shelf stable products that can be stored for extended periods of time and used to meet the needs of your patients and staff until deliveries resume. One source is www.mealsforall.com. These shelf stable products can help get you through the first 24 to 48 hours and are a critical part of your Continuity of Operations Plan (COOP).

3. **Labor** – This is the most difficult of all three key components. Labor involves people and predicting how people will respond and operate during a time of disaster is a wild card. Planning and conversation will help. As a part of your continuity plan, communication resources must be in place prior to an event to allow your staff to effectively communicate with each other and more importantly their families. As I shared, their immediate focus will be on their families. The sooner they can ensure that their families are safe and accounted for the sooner they can focus on their job.

Cell phones are our main source of communication. During a time of disaster you should plan on the local cell phone grid becoming overloaded. You may not be able to make cell phone calls within your area. Also the majority of phone systems today are voice over internet protocol (VOIP). If you lose

power and lose the internet you will lose the phone system at your facility. One option is to identify a contact outside of your cell phone grid as a point of contact. Your cell phone could connect outside of your grid even if your grid is overloaded.

Good, clear communication is the key to a successful foodservice program and it is also the key to surviving a disaster. You have to be able to communicate with your staff and your staff has to be able to communicate with their families or you may end you with an empty kitchen. Labor is the living element of a kitchen and your people are the life blood of that living element.



Take Action

We live in a “reactive” society and disaster preparedness is a “proactive” effort. Now is time for you and your foodservice operation to take action. Develop a Continuity of Operations Plan (COOP) for your foodservice operation. If you have a plan, find it, pull it down from the shelf and practice the plan with your team. Sports teams succeed because they practice. You, your team and your operation will succeed and survive an emergency or disaster because you have a plan and have practiced its execution.

The time to take action is now, not at 9:46 in the morning when your kitchen goes dark.....

Resources

www.ready.gov

www.fema.gov

www.redcross.org



NUTRITION SERVICES *in* CORRECTIONAL FACILITIES

Learn about the duties RDs perform, the challenges they face, and the rewards they receive from working in the prison setting.

By **KATHY HARDY**

Consider a walk to work that includes passing through a seemingly intimidating doorway system that automatically slams shut and locks behind you, having your bags searched, and being subjected to catcalls. And then there's the big ring of keys you must carry, as every cupboard, refrigerator, and storage unit is locked. This scenario describes a typical day in the life of RDs who work in public or private correctional facilities at the county, state, or federal level across the United States.

A small subset of dietitians work onsite or as consultants, overseeing nutrition services for their respective inmate populations. They create menus that meet various combinations of federal standards, dietary guidelines, and professional organization accreditation requirements, where applicable; accommodate clinical and religious dietary needs; and provide MNT.

While the above scenario can be daunting to some RDs, especially those new to the field, providing nutrition services in correctional facilities has its rewards.


"After working in the prison setting for a while, you get used to the inmates and accept the challenge in helping them," says

Laurie Maurino, RD, departmental food administrator for the California Department of Corrections and Rehabilitation (CDCR).

Role of RDs

Dietitians in the correctional setting serve in various roles. They are nutrition experts, dietetics professionals, health inspectors, liaisons, and trainers of dietitians new to the correctional facility setting. As a departmental food administrator, Maurino oversees foodservice operations for the 35-prison, 120,000-inmate CDCR system.¹ She manages nutrition services for the healthy prison population by updating menus, planning diets to accommodate preferences based on religious beliefs, reviewing menu specifications for state food contracts, and balancing budgets. Maurino, who also serves as president of the Association of Correctional Food Service Affiliates (ACFSA), helps correctional food managers prepare for Environmental Health and American Correctional Association inspections of food preparation, storage, and serving areas. Maurino works from headquarters in Sacramento, California, so she isn't in the prison environment on a daily basis.

Handling the medical-dietary side of nutrition services for the incarcerated California population in 22 licensed medical facilities is Becky Yager, MS, RDN, chief of dietary services for California Correctional Health Care Services (CCHCS). Yager explains that dietary services' mission is to provide evidence-based, fiscally responsible MNT to the patient population in California's correctional health care system. The group develops and implements dietary staffing models, policies, procedures, and training tools for medically necessary foodservices, standardized menus, dietary education materials for patients, and tools for professional staff



usage. RDs serve as part of the medical team, providing clinical consultations for in- and outpatients with special dietary needs.

ACFSA Secretary Linda Eck Mills, MBA, RDN, LDN, FADA, a corporate dietitian for Community Education Centers (CEC), a national provider of rehabilitative services for offenders in reentry and in-prison treatment facilities, says her role with CEC is shared between foodservice and medical care. Foodservice responsibilities include auditing meal counts, approving menu substitutions, providing staff training, and assisting with developing policies and procedures. Medical responsibilities include nutrition analysis of 71 weeks of menus, approving medical diets and supplements, auditing special diets for compliance, partnering with medical staff to provide medically necessary diets, and offering nutrition training for medical staff as their work pertains to medically restricted diets.

Mills is a seasoned RD who applies her foodservice skills across various locations CEC serves. CEC provides outsourced management of county, state, and federal jail and detention facilities, with foodservice operations as one of its services. Other services include health care, in-prison treatment programs, and correctional center operations and management. According to Mills, CEC foodservices serve more than 242,200 inmate/detainee/resident meals and 6,700 staff meals per week at 38 locations in 16 states.

While many RDs provide nutrition services onsite, correctional facilities often turn to RD consultants to fill roles within their systems, a fact Maurino attributes to the difficulties prisons have attracting dietitians to work in the challenging prison setting. Consultant Dorothea Rourke, RD, who works with the Massachusetts Department of Corrections (DOC), appreciates her consultant role as an objective, third-party analyst. She says this position allows her to focus on the technical aspects of foodservice. Dietitians present problems to her, such as how to cost-effectively increase fiber in the menu, and she looks at where they can tweak offerings. There's a balance between grams of fiber and dollars that must be met, and it takes an analytical mind to find an answer to that equation.

Flexibility is another benefit for dietary consultants involved in correctional facility foodservice. Barbara Wakeen, MA, RDN, LD, CCFP, CCHP, owner of Correctional Nutrition Consultants, Ltd, in North Canton, Ohio, specializes in correctional foodservice and nutrition for jails, prisons, juvenile detention facilities, treatment centers, Immigration and Customs Enforcement centers, food contractors, and private corrections management companies nationwide. She also consults with food distributors, food processors, and manufacturers in the development, selection, and purchase of food and beverage items to meet specific and desired needs within correctional facilities.

"Every facility is different when it comes to their foodservice programs," Wakeen says. "What you need to do depends on the governing agency (county, state, or federal) and accreditations [American Correctional Association [ACA] and National Commission

on Correctional Health Care [NCCHC]) for the facility, as well as the type of facility for which you're working. If a facility is participating in the child nutrition program, these regulations must be incorporated as well. You modify the foodservice plan depending on what the client wants and on the criteria, standards, and accreditation for each type of facility."

One of the issues dietary consultants face is making sure they meet licensure requirements for each state in which they work. Wakeen says currently there are efforts to standardize licensure processes. For now, if Wakeen doesn't have a license in a state where she's being asked to work, she acquires one or subcontracts the job to someone who does, depending on the criteria of the contract.

"Dietitians must pass a security check, at a minimum, before working in or for correctional facilities," Wakeen says. "There's also a licensure requirement for RDNs to practice within a particular state, with other requirements potentially mandated by the correctional system or the contract. You also need to be current on regulations, standards for states' governing agencies, as well as the accreditations and the specific contract requirements, if they exist."

Yager says RDs with CCHCS must be registered with the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics. Dietitians employed as food administrators must have one year of clinical or administrative experience.

Maurino says that RDs who want to work full-time in a non-medical correctional facility must be registered and not have any felonies in their background.

"We have a hard time recruiting dietitians to work in prisons due to a negative stigma and fear of working around inmates," Maurino says. "We have about 25 positions with a 40% vacancy rate for RDs. Wages range from about \$4,500 to \$5,000 per month."

Challenges

The volume of incarcerated individuals in any one facility can be intimidating. The number of adult prisoners in the United States incarcerated in state and federal correctional facilities totaled an estimated 1.6 million at the end of 2014.² Numbers from 2010 show 70,793 juvenile offenders housed in US youth detention centers.³ With numbers like these, dietitians in correctional facilities face numerous challenges. For example, including fruit as part of a balanced meal plan is a good way to add fiber to inmates' diets. However, it also can be hoarded and fermented into "pruno," "hooch," or "prison wine."

"The institution staff does not want us serving a lot of fresh fruits, as the inmates stash them in their cells and ferment them into alcohol," Maurino says. "Drunken inmates get into fights and cause trouble. In one case, inmates tried to make 'pruno' out of baked potatoes and ended up getting botulism."

Another challenge RDs face is inmates filing lawsuits regarding their food choices. "I had one set of inmates sue because they wanted creamy peanut butter instead of chunky peanut butter," Maurino says. "There's an endless stream of lawsuits in which inmates just want a cash settlement or to be provided with something special that would give them some attention."

Inmates also try to manipulate their diets to gain access to different foods. For example, Mills says an individual may request a vegetarian meal and then attempt to get a chicken quarter or burger.

Menu Planning

According to Wakeen, nutrition guidelines vary by state, facility, and governing agency, along with any accreditations the facility may have. For consistency, she says RDs use the inmates' gender, age, and activity level as a basis for determining nutrient needs.

"Plugging this information into a nutritional analysis software program to create a 'reference person' provides nutrient recommendations for the population," she says. "The reference person selected meets the overall average range of age, gender, and activity level."

Menus are based on the 2015–2020 Dietary Guidelines for Americans, the MyPlate food guidance system, and the Dietary Reference Intakes (DRIs).



As for menu nutrient requirements, Wakeen says they're contingent on the governing agency standards (state, federal, contract, or court-ordered). In some cases, menu requirements simply call for a "nutritionally adequate menu approved by the RDN"; there are other requirements that will define food groups, calories, and other macronutrients to be served. Calories can range from 2,200 to more than 3,000 per day.

"As an example of how requirements can vary, California jails that fall under the Title 15 Code of Regulations have a detailed meal pattern, and macronutrient requirements and limitations; Minnesota jails have meal pattern requirements; and Ohio jails require nutritionally adequate menus," Wakeen says. "As a consultant, you work with your prison's requirements."

At CDCR, Maurino starts with an eye toward meeting the DRIs on a weekly average basis. DRIs, developed and published by the Food and Nutrition Board of the Institute of Medicine, represent the most current scientific information on the nutritional needs of healthy patients. The CDCR general population meals "lean toward a modified heart-healthy diet," Maurino says, with 30% of calories from fat.

"Our sodium is around 3,500 mg per day, which is a little high for a heart-healthy diet, but since we're serving 2,800 calories per day, with about six to eight slices of whole wheat bread per day, it's hard to get the sodium lowered. We did have the amount of sodium lowered in our lunch meats, and I am also decreasing the total amount of processed meats in the menu."

In comparison, the new 2015–2020 Dietary Guidelines for Americans call for less than 2,300 mg of sodium per day.

Maurino writes standardized menus for all prisons in the CDCR system, as well as provides policies and education to each prison's food manager, who handles the day-to-day operations. She says this collaborative effort helps to maintain a consistent food experience throughout the system, as well as helps meet budgetary needs.

"Inmates may be eating the same thing statewide on any given day," she says. "This allows for more cost-efficient bulk purchasing. I am trying to serve the most nutritious meals on a budget of \$3.42 per inmate per day, three meals per day."

Yager explains that while the healthy inmate population of CDCR eats on a five-week menu cycle, CCHCS has a standardized three-week health care menu, which is revised quarterly. The menu for the medical population changes more frequently to account for changes in inmates' medical conditions. Adjustments can be made for inmates with diabetes who have fluctuating sugar levels, for example.

In her 20 years of consulting with the Massachusetts DOC, Rourke has witnessed an evolution within the system that has resulted in a more all-encompassing menu that serves a large number of the general corrections population. Using recipes from the US Army as a base, she says RDs modified offerings to meet the Massachusetts DOC goal of creating a healthful menu that meets adequacy and restrictive needs, minimizing the number of special dietary menus needed to meet

PROFESSIONAL ORGANIZATIONS

- The American Correctional Association (www.aca.org) is a professional organization for all individuals and groups, both public and private, that share a common goal of improving the justice system.
- The American Jail Association (www.americanjail.org) is a national nonprofit organization that supports the professionals who operate our nation's jails. It's the only national association that focuses exclusively on issues specific to the operations of local correctional facilities.
- The Association of Correctional Food Service Affiliates (www.acfsa.org) is a professional organization for food-service managers and dietitians working in county jails and state/federal prisons. It includes about 500 members and holds an annual international conference.
- The Dietetics in Health Care Communities (DHCC) Dietetic Practice Group (www.dhccdp.org) is a nationwide organization representing nearly 3,800 members of the Academy of Nutrition and Dietetics working in several different areas in the health care community. DHCC's Corrections Subunit is the advocate and resource for food and nutrition professionals working in the field of corrections by supporting them through current information, trends, regulations, research, tools, and networking opportunities.
- The National Commission on Correctional Health Care (www.ncchc.org) has a mission to improve the quality of health care in jails, prisons, and juvenile detention facilities.

— KH

the special requirements of inmates with dietary or religious restrictions. The result was a wide-reaching general population menu with five additional menus: kosher, halal, vegetarian, vegan, and female-specific.

"For the female population, considerations are made to include more foods with calcium, such as dairy products, and iron, such as fish and spinach, to meet women's dietary needs," Rourke says. "We also keep in mind that women need fewer calories per day than men, due to their higher percentage of body fat."

Serving a large population can be challenging, but Rourke says it does have its benefits. One benefit to creating menus for inmate populations greater than 10,000 is that products can be purchased in large quantities at a reduced price. In one instance, Rourke was able to contract with vendors to create products to her specifications, specifically a beef and chicken base product that could be made as a low-sodium, reduced-cost product.

In Mills' experience, foodservice directors at each correctional facility complete their menu planning by following the specific dietary criteria for each location. Factors that can impact menu choices include contract specifications for how often the menu needs to change, regional preferences, and feedback on menu items gathered from inmates as part of their nutrition counseling. Once the menu meets budgetary restrictions, Mills completes a nutrition analysis. If the menu isn't nutritionally adequate, changes are made so the menu is both nutritionally adequate and within budget.

The CEC foodservice operation falls under the same ACA and NCCHC standards as traditional correctional facilities, Mills says. In addition to a standard menu, which provides a total of 2,800 kcal over three meals per day, CEC provides medical diets for inmates with diabetes, cardiovascular disease, allergies, gastroesophageal reflux disease, Crohn's disease, renal conditions, enhanced medical and postsurgery needs, and wired jaws.

Special Dietary Needs and Food Preferences

While RDs who serve an incarcerated population work to create menus that meet as many dietary needs as possible in an effort to cost-effectively provide the best possible sources of good nutrition, there always will be exceptions. For example, included with the general population diets at CDCR are vegetarian, religious meat alternate (which uses halal meat as a substitute for the regular meat on the menu), and a Jewish kosher diet (which consists of prepackaged frozen meals using kosher-certified food). Halal meat is that which is permissible according to Islamic law. Forbidden meats for inmates of the Muslim faith are those from the hindquarters of the animal or any meat from pigs.

Maurino says accommodations also must be made for inmates with known food allergies. "For inmates with allergies, we need documented proof of known allergens," she says. "If the allergies are severe, we try to comply through our hospital kitchens."

On the medical side, Yager oversees the preparation and delivery of therapeutic meals to patient-inmates at CCHCS, with input from dietitians at each facility. Currently, she creates 15 different medical diets, including gluten-free, low-sodium, and specific renal diets for inmates with kidney disease. For example, renal diets are low in sodium, phosphorus, and protein, and they limit fluids.

"The medical, vegetarian, and religious meals are about 1.75% of the total meals served," Mills says. "As much as possible, the menus provide the same foods to be in compliance with the ACA and NCCHC standards. This is still institutional foodservice with the limitations of food production."

Counseling and Providing Nutrition Education

All the effort of planning menus can be for naught when it comes to what inmates actually eat. That's where nutrition counseling and education comes into play. While prisoners are given preselected meals that meet dietary standards, there's

no one patrolling the cafeteria to tell them what to eat. Maurino says it's also difficult to provide counseling to a population that has no control over what they get to eat with their daily meals.

"Inmates are handed a tray out of a food port in a dining hall, a process called blind feeding, designed to keep inmates from seeing who makes up their food tray," she says. "There are no options about what you want. We can only tell them to pick and choose out of what they are served."

Blind feeding is one means of cafeteria-style feeding; however, many facilities operate a cafeteria-style feeding that allows inmates to refuse food items they don't want, Wakeen explains. Some facilities offer salad bars and alternate vegetarian entrees.

In most cases, inmates are provided with nutrition education handouts, either in group settings or during one-on-one counseling sessions. Wakeen uses the Academy of Nutrition and Dietetics' *Nutrition Care Manual* materials and modifies them when necessary to meet the needs of inmates and the facility. However, others note that any written materials must not exceed a fourth-grade reading level to ensure all inmates can understand the text.

Nutrition education can be helpful for inmates who have access to the prison store, which offers unhealthful options like Top Ramen, soda, cookies, and candy. However, having access to the store and its unhealthful options can be seen as power within the prison system, which creates a challenge when it comes to convincing inmates to make good choices. "They won't even buy diet soda because it's considered 'sissy stuff,'" Maurino says.

Yager says RDs provide nutrition counseling for inmates receiving medical attention in one-on-one counseling, in group settings, or via teledietary services. There are no specific requirements for how often counseling sessions need to occur, she adds. However, dietitians work to maintain regular contact with inmates who are in need of help when it comes to sticking to their medically required diets. "We emphasize education to empower the patient to make good decisions regarding their diet and take control of their health issues," Yager says.

Unexpectedly Fulfilling

Providing foodservice for the incarcerated population comes with ever-changing variables—from changes in dietary needs and cost-cutting measures to trying to anticipate the next unintended use for diced pears. That said, Maurino says the challenges can add to the fulfillment RDs get when working in this environment. Mills agrees, finding the challenges of working in corrections as pluses of her job.

"No two days are ever alike," she says. "Corrections is the best kept secret for dietitians."

— Kathy Hardy is a freelance writer and editor based in Phoenixville, Pennsylvania.



For references, view this article on our website at www.TodaysDietitian.com.



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The Hidden Cost of Food Service

Mitigate the Risk!

NSA - National Sheriff's Association

By Robin Sherman CCFP, CFSM, Immediate Past President

Phil Atkinson and I were invited to speak at the National Sheriff's Association annual conference in downtown Minneapolis Minnesota this past June.

We had the pleasure of introducing many of the hidden costs and risks of correctional food service. In addition, we explained the importance of ACFSA, our mission, certifications, professional partnerships and correctional training to help reduce many of the hidden costs. We handed out Insider magazines, pamphlets and invited those in attendance to our National Conference in August. We had great conversation on many topics. Overall, this was a great opportunity for us to introduce ACFSA at another National level.



*Phil Atkinson, ACFSA Past President
Terry Jungel, NSA Past President
Robin Sherman, ACFSA Past President*



*Some of the props used
for the presentation -
ACFSA Brochures
and cash*



*Phil Atkinson, and Robin Sherman,
presenting at the
National Sheriff's Association in June*

CHAPTER REPORTS

CALIFORNIA

by Brian S. Wynn, President California Chapter



We had 30 members attend our April Meeting at Placer County. Thank you to everyone that helped us get the meeting together and to Jo Miller MPH, RD for doing a break out session on Emergency Feeding Plan and to Roy Mearse, Correctional Food Manager, SQ for sharing the case study on the Legionnaire's Disease Outbreak at San Quentin.

Our next CA Chapter meeting will be held at San Luis Obispo Co Sheriff's Office Honor Farm on July 20, 2016. For those of you in the heat it's a great opportunity to head to the coast and cool off.

We have our California State Conference scheduled for Oct. 16 - Oct. 19 CA at Doheny Beach Dana Point, CA. We will be having a Safe Serve Class and our Annual Golf Tournament on Sunday. The rest of the conference is jam packed with trainings on the 7 P's of Great Communication, Obesity Behind Bars, Energy Savings, Food Waste, Water Conservation and Emergency Preparedness. I hope to see everyone at this year's conference.

Breaking Bread First Anniversary with Our Internship Program

By Donna Kaminski, ACFSA Region IV Director

We are celebrating our first year anniversary for our Inmate Internship Program with the Breaking Bread Bakery in San Luis Obispo. It's been a little over a year that Mark and Glenna Evans agreed to partner with the San Luis Obispo County Sheriff's Office and share their expertise and training with Mr. Hughes, one of our inmates working on the San Luis Obispo Honor Farm since August 2013. Hughes has been instrumental in contributing to the success of the bakery and has proven to be one of their most dedicated team-members. Hughes is escorted to work each morning at 4:30 by a San Luis Obispo Deputy and returns to the Honor Farm every afternoon. Our internship program is proving to be a win win situation, for all of us, building a positive working relationship between San Luis Obispo businesses, and helping build the necessary skills, needed by inmates, for successful reentry into the community.



CHAPTER REPORTS

MICHIGAN

by John DeMelo, Michigan Chapter President



Michigan Chapter recently had their Spring Work Shop at the Soaring Eagle & Resort in Mt. Pleasant Michigan. The Theme was “The Games Criminals played then and the Art of the Con Today.” Amongst the several attendees, were some phenomenal speakers: Pat Willard, Jeanna Wolfe, Millie Smeltzer and myself. We started out with a cooking decorating challenge and had an amazing Vendor presentation by Roxanne Doty from Design Specialties, Mary Shellard from Cambro and Chad Reed from Federal Supply. My personal thanks for your continued support to the Michigan Chapter. I am excited to start out this year with our new Board. Immediate Past President, Ricc Riccairdi MDOC, President, John Demelo Ingham County Jail, Treasurer, Cheryl Smith Clare County Jail, Vice President Millie Smeltzer Lagrange County Jail and Secretary, Joan Estrada Miami County Jail. Currently, the Chapter Board is planning our next Spring WorkShop. Details to follow. Hope to see everyone in Minnesota.....



CHAPTER REPORTS

NORTHERN LAKES

by Roger Burczyk, Jr.,



Greetings from Northern Lakes!

Happy Summer Everyone! I hope everyone is enjoying the summer and is getting out to have a little fun in the sun.

First, I would like to say thank you to everyone for the help and support over the last year you've given me as Chapter President for Northern Lakes. It's been a great year. We got some fundraising started for the chapter to help with our meeting and training days. We also are getting excited for the Conference in August.

The Northern Lakes Chapter board will also see some changes this August. I would like to say congratulations to the following chapter members on their new position on the chapter board:

- Phil Atkinson – Vice President Elect / Treasurer – Hennepin County Sheriff's Office
- Teddie Mitchell – Secretary – Retired from Shawano County Jail
- Corbet Peterson – Vendor Liaison – Indianhead Food Service

Also,

- Becky Kirslenlohr will also take the position of Chapter President, and
- Diane Burczyk will take the Vice President.

These two will do great job leading our chapter into the next year of learning, fun and adventure.

In March, Northern Lakes met in Milwaukee at the Midwest Foodservice Expo. It was a great day at the show. There was a lot to see with all the different types of food and equipment vendors on the show floor. In April, We met in Eau Claire at the Indianhead Food Service Spring Food Show. That was a fantastic show as always, with a full day walking around the show talking to all the vendors.

Northern Lakes is currently at 36 chapter members. Our goal is to get to 50. Last year we almost made it with the year ending at 47.

You can look out at the Northern Lakes Website to check out all the updated info about Northern Lakes. Website address is: www.acfsa-nl.org

Much Appreciation,

Roger Burczyk Jr

CHAPTER REPORTS

NORTHERN LAKES

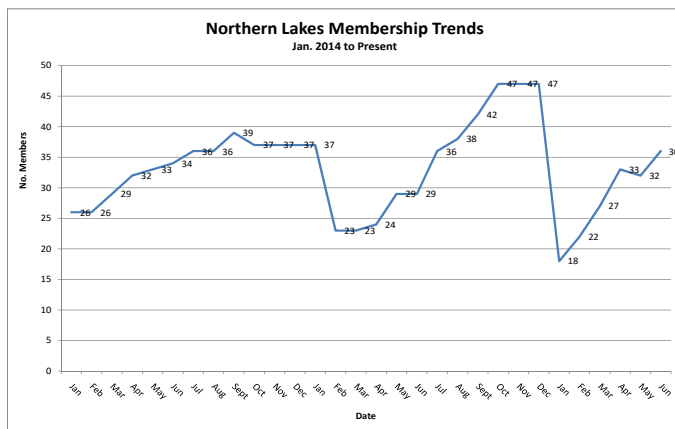
by Christine Berndt-Miles, RDN, CD

Membership Trends in ACFSA

The Northern Lakes Chapter has been working hard to increase and maintain membership. At one point there was a strong Wisconsin Chapter, but our numbers dwindled over time, so we teamed up with Minnesota ACFSA members to create the Northern Lakes Chapter. Soon, ACFSA members from Iowa also became involved and things were looking up!

However, like the US population, other professional groups, our chapter, and possibly other chapters, we are “graying.” The Baby Boomers are retiring, and new members are hard to come by. Despite our chapters’ best efforts (over a 25-30 year period), we are *still* struggling to increase and maintain membership numbers. (Insert heavy sigh here).

This has led to an interest in identifying trends, by tracking membership numbers over the last couple years. It’s not a pretty picture.



To summarize, the Northern Lakes Chapter’s “successes” at calendar year end, are consistently washed away by the current ACFSA membership renewal structure. The ushering in of January 2016 brought a whopping 62% drop in membership. Surely this is not efficient.

There was a time when all ACFSA members renewed on their anniversary date, rather than all at once. This begs several questions:

- Is this trend unique to the Northern Lakes Chapter?
- If not, how do other chapters handle it?
- What is the collective impact for the entire organization?

- Does anyone track International membership numbers?
- What advantage did the year-end renewal schedule have over the anniversary-based schedule (administrative costs, mailing costs, etc.)?
- Were anticipated advantages realized initially and 5, 10, 20 years later?
- Do those advantages still apply in the age of electronics?

One might assume membership would have remained more consistent when renewals were distributed over the course of a year, but we (Northern Lakes) have no data to support or refute this assumption. If correct, however, this would certainly make it easier for each chapter to follow up with a handful of expiring members per month, rather than having to contact large numbers in one fell swoop.

We’re sharing our observations to promote discussion and brainstorming at the International Conference. We must leave no stone unturned in our effort to preserve this organization and the educational /networking opportunities it provides. So here’s the take-home message:

- New members, please help us think outside the box.
- Existing members, please reflect on actions taken by other professional organizations you belong to.
- Long-time members, let’s dust off our collective memories for the betterment of our beloved ACFSA.
- Chapter Presidents and Regional Directors, let’s make our reports more informative. Rather than just reporting what we did, let’s also share how we did it.

The ACFSA International Board has been working on these same issues for several years. I know they’ll “wow” us with new information and strategies at the International Conference. They always do a fantastic job, but it’s not just up to a handful to keep the organization afloat. We all have to take our turn at the oars, so we can move this ship forward. To that end, any and all ideas are welcome!

CHAPTER REPORTS

VIRGINIA

by Jessica Harlow, Chapter President

Recently I had the opportunity to visit our beautiful nation's capital and I was able to do some soul searching on so many levels. One of those was one which involved our organization. As I walked around the Smithsonian Mall and visited some of our country's greatest treasures, I realized how fortunate we are as a country to experience these things. Then we walked up to the front of the White House. As I looked around at all of the peaceful groups seeking acknowledgement, I thought, how great is it that we live in a country where we can do this. We have the freedom to express our thoughts and to make choices. And we also have the power to communicate positive messages to others in order to gain a following in things that matter to us. The passion and commitment that these groups had really inspired me.



Our Association is one of those things that I am passionate about in my life. The things that we can accomplish as a network and the people that we can meet and learn from are endless. They are only endless if the passion and commitment are kept strong. So what are some of the things that we as an association, as a family can do to help keep us strong? I have thought to myself and made it a point to talk about ACFSA as much as possible. I even mention it when people outside of the industry are

around, because you never know who is listening. When new employees start, or I am introduced to someone in our field for the first time, I try to always remember to tell them about ACFSA. This is my commitment to our Association. Do you have one (commitment)? If not, why not? If so, great! It can be as small or large as you can handle. But please try to share what a great organization we have. As I saw in D.C., it really only takes a small group to grow into a bigger more powerful one. It all starts somewhere.

Please check out our newly remodeled VA Webpage (www.acfsa-va.org). We will be making new additions soon. If you have anything you would like added to it please contact me and we will add it shortly!

Jessica Harlow
VA Chapter President
Albemarle-Charlottesville Regional Jail



REGIONAL REPORTS

REGION I

by Robert Pennix, Region I Director

On March 23, 2016, the Virginia Department of Correction held their Annual Food Service Training and Vendor's Show. The event was held at the DOC Academy in Crozier, VA.

On April 8 – 10, 2016, the Virginia Chapter hosted the 2016 Region I Conference. This year's conference was held in Virginia Beach, Va. It was well attended. Excellent training was provided by a variety of speakers.

The following meeting will be held by the Virginia chapter in the following locations;

July 22, 2016 Virginia DOC Academy West hosted by Deborah McKnight.

October 20, 2016 Peumansend Creek Regional Jail hosted by Hassan Abadi.

If you have not made plans already please sign up to attend the 2016 ACFSA National Conference. The conference will be held in the Radisson Blu at the Mall of America, Bloomington Minnesota. I am looking forward to see everyone and thanking them for their support.

REGION II

by Wayne Fish, CDM, CFSM, CCFP, Region II Director

ACFSA Family,

This past spring, I attended the Region I conference in Virginia and was joined by five others from Region II. We were able to discuss getting the North Carolina Chapter active again and will continue to work on that. I also continue to work on ways to expand and grow our membership in Region II. The Virginia Chapter does an outstanding job planning their conferences and I highly recommend that you attend if you are able.

If you are interested in helping me increase membership and form new chapters in Region II please feel free to contact me at j.wayne.fish@gmail.com

I look forward to the conference in Minnesota and I hope to see you there!

Best Wishes,

Wayne

REGIONAL REPORTS

REGION III

by Dawn DeMelo, CCFP, CFSM, Region III Director

Hello everyone. I hope you're all enjoying the weather. We have had some really hot days and I caught myself getting ready to complain, then I remembered the winter, and just smiled.

MICHIGAN CHAPTER

Since my last report Michigan Chapter had their workshop At the Soaring Eagle Casino and Resort. The theme was, "The Games Inmates Played Then and The Art Of The Con Today". They had a pretty good turnout, of members, in attendance. There were great speakers, a cookie decorating contest, and a really nice vendor show. Ricc Riccairdi did the installation of the new Board. Ricc also presented the President's Award to John DeMelo.

NORTHERN LAKES CHAPTER

It was reported that we have 2 volunteers for the Cup Cake War at the Conference in Minnesota this August. And the winners are Carl Aldrich from CJ Foods and Becky Kirslenlohr from Adam County, Wisconsin. Well, ok,. I am being positive !!

Northern Lakes held a meeting in March at the Milwaukee Restaurant Show. In April one was conducted at the Indianhead Buying Show. They also held their elections. Roger will report on that.

Enjoy the summer and see you all in MN in August

REGION IV

by Donna Kaminski, Region IV Director

Greetings from sunny California, I hope everyone's summer is going well. This year is flying by so fast. I hope everyone has their plans in place to attend the International Conference in Minneapolis, MN. We have a great conference planned this year. I'm looking forward to seeing everyone there and watching the brave souls that will be accepting the karaoke and golf challenges and attending all the outstanding educational breakout sessions they have scheduled.

For the remainder of the year Region IV is continuing to focus on recruiting new members for ACFSA. We currently have 158 members with 46 expired memberships. Let's all reach out to our fellow team members in Correctional Food Service and help share all the benefits that ACFSA has to offer everyone working in Corrections.



Education Report

Inspiring Interest in the Field of Correctional Services

**Submitted by Lt. Tim Thielman CFSM, CCFP
Education Committee Chair and ACFSA Vice President**



I hope you are able to attend the 47th Annual International Conference in Minnesota. The International Conference is a great opportunity to earn recertification points. A CFSM must accumulate 24 points every two years in order to maintain his or her certification. These points are earned not only through continuing education but also through industry related and service activities such as attending ACFSA meetings, conferences, writing articles for the INSIDER, and serving on the Chapter or International Board. This year's conference agenda includes several topics covered in the CFSM Course such as emergency preparedness and understanding nutrition and menu planning. The CFSM group will be meeting for lunch at the conference on Monday, August 29th at 11:00 am. The luncheon is once again being sponsored by Pattie Whitlock, President of Design Specialties.

If you are at the conference and interested in either becoming a CFSM or CCFP there will be a workshop on Sunday, August 28th from 2:00pm until 4:00pm in Salon C of the Lakes Ballroom. ACFSA Past President Teddie Mitchell and I will be on hand to answer all your CFSM and CCFP questions and also assist with applications for both certifications. CCFP applications submitted at the conference will be processed and the approved certifications will be awarded at the banquet on Tuesday night.

If you are unable to attend the conference and 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 the second year.

Maintenance Forms

Each CFSM is responsible for submitting his/her own maintenance. When you were certified, you were provided update forms; if you require more, you can request them from the ACFSA Executive Office. With the forms, you must submit back-up materials showing proof that you actually did participate in the activity, such as copies of badges from shows, agendas of seminars, copies of articles you have written, etc. You may submit your forms throughout your maintenance period or all at once at the end of the period - whichever works best for you. Your forms will be acknowledged in writing.

Maintenance Fee

You will receive an invoice for \$35 at the end of your 2-year maintenance period, at which time the maintenance forms will be due. Individuals who are currently certified by the Association of Nutrition and Foodservice Professionals (ANFP) as Certified Dietary Managers (CDM) are eligible to apply for the CFSM program with the following:

- Application to ACFSA for CFSM, designating current and active CDM status (proof of CDM certification must be included in the application).
- \$299.00 application fee - ACFSA Members
\$374.00 application fee - Non-Members
- Completed Custody, Security and Working with Inmates module, following guidelines as delineated in CFSM Course Workbook. No exam will be required. CDM certified ACFSA members would be eligible to receive CFSM status under these guidelines.

CFSM Enrollment Form

Please Type or Print Clearly

CFSM Course Fee \$299.00
Non-Member Fee \$374.00

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

Name _____

Title _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ FAX _____

Email _____

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

Payment Information

Check Number _____ Purchase Order _____

Credit Card: Visa Mastercard American Express

Cardholder Name _____

Credit Card # _____ Expires _____

Billing Address _____

Billing Zip Code _____ V-Code _____

Signature _____

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

Please mail with payment to:
**ACFSA CFSM
PO Box 10065
Burbank, CA 91510**

If paying with a credit card, you may FAX completed form to (818) 843-7423
Questions? Please email Katherine Dickersen 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 2015, Dues will be paid through December of 2016

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

Total Amount Due \$ _____

Check Enclosed (Made Payable to ACFSA) Check # _____

Credit Card Payment: VISA MasterCard American Express

Cardholder's Name _____

Card Number _____ Exp. Date _____

Billing Address _____

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

Authorized Signature _____

PLEASE SEND COMPLETED APPLICATION WITH PAYMENT TO:

ACFSA, P.O. Box 10065, Burbank, CA 91510

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

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

Example: If joining in June of 2015, Dues will be paid through December of 2016

WELCOME NEW ACFSA MEMBERS

Food Service Professional

Laura Bain
Utah Department of Corrections
Draper, UT

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Marvin Mims
Integrated Foods
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2015-2016



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2015-2016

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Canteen Services

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Niagara Detention Center



www.ACFSA.org for the Membership Roster!

Membership is required for access.

Call ACFSA Headquarters if you want

contact information for any of the Chapters above

(818) 843-6608

* Chapter President

ACFSA Regions

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

Region I

Connecticut
Delaware
Maine
Maryland
Massachusetts

New Hampshire
New Jersey
New York
Pennsylvania
Rhode Island

Vermont
Virginia
Washington DC
West Virginia

Region III

Illinois
Indiana
Iowa
Kansas
Michigan

Minnesota
Missouri
Nebraska
North Dakota
Ohio

South Dakota
Wisconsin

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Florida
Georgia
Kentucky

Louisiana
Mississippi
North Carolina
Oklahoma
South Carolina

Tennessee
Texas
Virgin Islands

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California
Colorado
Hawaii

Idaho
Montana
Nevada
New Mexico
Oregon

Utah
Washington
Wyoming

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Canada

INSIDER

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Inside INSIDER

► **INSIDER Editors:**

Barbara Holly, CCFP, CDM, CFPF

and **Christine Berndt Miles, 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 August. 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 2016 Issue:

1. Please send via e-mail by September 15, 2016 to:

ACFSA—INSIDER

INSIDER@ACFSA.org

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:

INSIDER@ACFSA.org

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.





COMBO CART PLUS YOU = SAFETY



“We used the cart for both hot and cold holding and were really happy with the temperature retention and quality of our food. This cart has so many uses! We used it as a mobile heated cart...then to move stuff back to the trucks...we loved it, and so did our customers!”

- Keith Lord, Executive Chef Festivities Catering and Special Events



EDR meals, much like catered events, rely on the Combo Cart Plus for its versatility. Behind the scenes, this cart has been reinforced with chassis plates and tamper-resistant fasteners so that doors and rails can't be removed. On the front line, heavy insulation allows food to stay effortlessly hot and safe. The added bonus? Save some greens too! Energy-efficient heaters on the doors make the tall cart *over 50% more energy efficient* than leading metal carts, low carts *over 180%!*

NSF listed, engineered to last and available in electric and non-electric models... What more could you ask for? Put it to the test at your facility today!



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

Learn more about the Combo Cart Plus
CAMBRO.COM/SEETHECART



Hold, Transport and Serve Both Hot and Cold Prisoner Meal Trays

Heated Hold, Transport and Serve Prisoner Meal Trays

Non-Heated Heavy-Duty Tray Delivery Station

It's All About You

FWE recognizes the challenges that correctional personnel and foodservice professionals face.

FWE specializes in "Correctional Quality" solutions customized for institutions of all sizes and security levels, with several styles of Heavy Duty Modified (HDM) packages to choose from.

HDM packages offer the toughest, most durable, maintenance-free systems to transport and serve meals suited for any level of controlled and secure environments. For minimum to maximum levels, FWE has the right solutions that provide safety for both staff and inmate protection.



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