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SUMMER 2019



INSIDER

The Magazine of ACFSA
The Association of Correctional Food Service Affiliates



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PRESIDENT'S MESSAGE

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

Celebrating 50 Years



This year we are celebrating 50 years as an association. What started as a small network of correctional cooks in the United States has grown to an International network and has become the leading authority on Correctional Food Service. Today our ranks are comprised of self-op and contracted food service professionals, along with food and equipment vendors who specialize in correctional food service. Together, we have built a strong network of correctional food service professionals that spans around the world. Our big Golden Jubilee celebration will be held in Memphis, Tennessee, at the Guesthouse in Graceland this September. The conference program is really shaping up and ACFSA Past President and Conference Chair, Jim Beach, has been working hard, pulling it all together with his conference committee. The most up-to-date agenda can be found on the ACFSA website.

Webinar Series

So far this year, we have had two outstanding webinars. The first webinar, back in March, was on the “Technological Advancements of Food Safety” in the past few years. This webinar is helping food service personnel move away from the old pen and paper method to going digital and automated. With this technology, cooler and freezer temperature tracking no longer requires a person to walk into the cooler or freezer to check a thermometer. There are now programs that monitor and timestamp temperatures as frequently as the operator needs. With digital technology and continuous real-time monitoring, operators have the ability to be instantly notified when a cooler or freezer goes down. Additionally, food temperature recording eliminates any possibility of falsifying food temperatures.

Our second webinar was in late April and was on “Understanding Islam and the Muslim religion.” Religious diets are always a welcomed topic by ACFSA members and were well-received just before the start of Ramadan. Having knowledge and understanding of religions helps us keep our facility out of potential litigation as it pertains to food service. Your administration depends on you to be the expert when it comes to religious diets, and taking advantage of this training will help increase your knowledge.

The last two webinars of 2019 will also help increase your knowledge by focusing on vendor and food service managers’ perspectives on opportunity buying, and how these two entities work together to get quality food products at discounted prices.

In late fall, the final webinar for 2019 will cover medical diets and nutrition, as it relates to correctional food service. Subject matters on medical and religious diets always seem to draw a good number of participants. Webinar dates will be on the ACFSA home page, so please watch for them. One perk for the ACFSA membership is if you happen to miss a webinar, you can always log in to the website and listen to all of the previously recorded webinars.

I look forward to seeing you in Memphis,

Tim Thielman

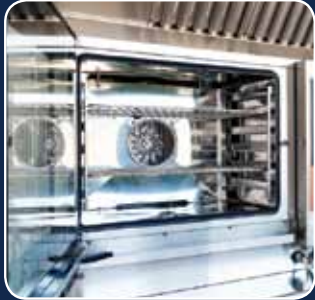
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SEPTEMBER 22-25, 2019

THE GUESTHOUSE AT GRACELAND
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VICE PRESIDENT REPORT

By Justin Webb, ACFSA Vice President

Does Empathy Make Individuals Vulnerable?

Greetings fellow ACFSA members. I hope everyone is doing great as we reach the half-way point of 2019. This time around I want to speak to everyone about empathy as it relates to offenders. It's a hard line to walk sometimes; especially in foodservice - because we typically spend more time with our workers than other staff members. Empathy is the understanding of another's feelings; this is an objective viewpoint, and can lead to better understanding of the inmate and why they do what they do.

Does empathy make individuals vulnerable? Empathy is defined as "the ability to share and understand the feelings of others." By this definition, being empathetic is considered objective, because a true understanding of the feelings of others is not blinded by emotion. In the correctional setting, staff may confuse empathy with sympathy. Sympathy is defined as "a mutual affinity towards another" and, by definition, sympathy can lead to pity. By this standard, sympathy can be seen as more subjective and, therefore, may lead one down a path where they become emotionally blinded.

Being empathetic is by no means exposing vulnerability. On the contrary, empathy can be a powerful tool. It relates us to the situation, or individual, in an objective manner that helps guide the choices we make. We can relate to the experience at hand in a way that promotes understanding, but not pity.

Offenders will do what they can to promote sympathy, a relationship that centers on a proposed similarity between

themselves and staff that creates a mutual affinity. This tactic is meant to blind us from seeing them as an offender. As for empathy, empathy is understanding the situation at hand, but remaining objective. Even if the inmate tries to use obtained personal information about staff, the staff member may be able to relate to the story, but it will not, in any manner, have an effect on how the staff member does their job.

Empathy, in other words, provides staff with the ability to see how it is to be in the inmate's shoes without having to walk in them. By this standard, the staff member will not be blinded by the emotions that come with sharing a troubled journey. The staff member is able to separate their problems from their profession and, therefore, have a sense of control that will not create an emotional tie to the inmate.

Empathy creates the boundary that is needed to understand the situation, but still remain separate from it. Empathy builds understanding in a manner that helps us adapt. Empathy is not an emotional connection influencing choices we will later regret. Empathy is a tool that builds rapport and maintains the level of professionalism needed to work in an environment in which new situations arise and our safety depends on how we react.

(Courtesy of Corrections One, Credit Anthony Gangi)

Justin Webb

Justin Webb, ACFSA VP Elect/Treasurer



PROFESSIONAL PARTNER LIAISON

By Melissa Hobbie, Performance Food Group

Conference is Just Around the Corner

Hello Everyone- IT'S SUMMER!

In the Spring issue I said "Let's keep the fire lit on ACSFA." Well, it's heating up all right - all around! Speaking of heating up, our Annual ACFSA Conference is just around the corner and it's going to be a HOT one in Memphis! I mean, what's better than that? Let's get shook up and meet and greet each other!

There's nothing like being in a room of like-minded people, people who are willing to take time away to learn something new, people who want to better themselves.

When you sit in a classroom or auditorium, you discover that you're not alone in wanting to improve your skills and bring something back to your office or organization.

At the ACFSA Conference there are opportunities for all attendees to mix and mingle, form new relationships and strengthen existing ones. Over coffee, lunch, or dinner mixers, you may make a connection with the perfect provider or prospect. At a breakout session, you may find yourself sitting next to your next customer or new mentor.

It's an investment in yourself, your career, and even your company. From the moment you purchase your conference package, to the moment walk up to the registration desk, you're saying you're investing in your own growth!
#Winning

Our conferences provide a unique convergence of networking, learning and fun into one single package. At an ACFSA conference, it forces you to grow and challenge yourself!

I always return from a conference with new ideas and approaches that make me more effective and efficient at work.

See you there!

P.S. - MY ACFSA GOAL: 25% membership growth! Help me achieve it! Send new prospect members my way.

Melissa Hobbie

Professional Partner Liaison - Food
925-580-1370



EQUIPMENT VENDOR LIAISON

By Stephanie Luros-Gilbert

An Exciting Time in the World of Commercial Kitchen Equipment

Having recently participated in the National Restaurant Show in Chicago, a common theme across manufacturing is that this is an incredibly exciting time in the world of commercial kitchen equipment! Robotics, artificial intelligence, augmented reality and enhanced vending options are not only hot topics, but coming to market at record speed within the Foodservice Industry.

How this is going to impact the Corrections segment is yet to be determined. However, there is absolutely opportunity for adaptation and incorporation to improve and simplify processes, while promoting safety for Corrections Staff and inmate populations relative to food production, service and Commissary operations.

Robotic tray assembly, cart delivery, automated ware washing, commissary ordering via vending or automated distribution may be solutions for future consideration, specifically to mitigate risk. It will be exciting to explore this topic further over the coming months and at the ACFSA Conference in Memphis!

We continue to enhance the ACFSA Equipment Specifications Manual, with recent contributions focused on waste solutions. As ACFSA Members, this document serves as an invaluable resource. We hope you reference it as you consider procurement of new or replacement culinary equipment.

Along with the Board, I greatly look forward to seeing everyone at our International Conference in September! We are so fortunate to have secured Brandon Chrostowski, Founder of Edwin's Restaurant in Cleveland, OH. He was the Keynote Presenter at another meeting I attended last year, and I was simply awestruck by his journey and the Edwin's Story. It is a story of redemption, rehabilitation and the pursuit of excellence, no matter the misjudgments or mistakes made, or struggles one has faced. I believe we're all in for a treat and will return home inspired to implement some of the lessons of Edwin's Restaurant in our daily work.

Stephanie Luros-Gilbert

Stephanie Luros-Gilbert, Equipment Vendor Liaison



EXECUTIVE DIRECTOR'S MESSAGE

By Jon Nichols, IOM, ACFSA Executive Director

Summertime, and the Livin's ... Busy!

Summertime, and the livin's... busy! I hope you're all doing well and enjoying the summer. Since we last spoke, my schedule has been pretty hectic. So, let me catch you up on where I've been and what I've been doing, and how it all relates to ACFSA.

In February we visited Orlando for the biennial NAFEM (North American Association of Food Equipment Manufacturers) Conference. This is always a great conference to attend and we are able to see many of our Professional Partners that exhibit at that show. Additionally, NAFEM honors our leadership with a Doctorate of Food Service (DFS) and ACFSA President, Jessica Harlow, CCFP, CDM, was our representative. It was a pleasure and honor to be there to see her receive the award.

In April, I attended the ACFSA California State Chapter's Conference in Folsom, CA, which was more like a Regional Conference as there were members from a number of Region IV states. It was well attended and the sessions were great! Additionally, many of our Professional Partners were there to support and participate in a Trade Show. It was really a treat to be in attendance and they do such a great job.

In May, we attended the annual National Restaurant Association show in Chicago. This is always an extremely beneficial meeting for ACFSA as we are able to look for new Professional Partners and products and trends in the food service industry that might assist our members in their quest to be the best they can be. It was another huge success.

In March, due to an unfortunate set of circumstances, Jessica decided to leave her position at Albemarle-Charlottesville Regional Jail, and take a position in another sector of the food service industry. As a result, Jessica was forced to resign her position as President of ACFSA immediately per our by-laws. It was truly a sad day as she had already done so much for the Association and had big plans going forward. Additionally, Jessica had assumed a great deal of over-sight as an advisor to the Conference Committee for the Memphis Conference in September.

So, where does that leave us? Well, better than you might initially be thinking! Again, per our by-laws, the Past-President assumes the position and our Vice-President, after serving a full year in that position, then assumes the President's role. So, Lt. Tim Thielman, CFSM, CCFP, is once again the President of ACFSA and Justin Webb is the Vice President. We have an election coming up and our only candidate for the Vice President-Elect/Treasurer position is Wayne Fish, CDM, CCFP, CFSM. Wayne is serving his second term as your Region II Director and has served on other Association Boards and was the 2014-15 President of the State Employees Association of North Carolina (SEANC). He possesses a unique and strong understanding of our by-law and Policies, as well as the dynamics of serving membership. We are in great hands!

We have a few people running for office this year and while all of them are running unopposed, I hope that you all exercise your right to vote for them. It's a vital part of your membership

continued on page 8

and participation in the Association and these members have decided to step up and serve you over the next few years, to ensure that your voice(s) are heard and to make sure your best interests are met. As I mentioned, Wayne Fish will be running as Vice President-Elect/Treasurer and to fill the Region II Director position, Conell Chapman, NC Department of Public Safety, Division of Adult Corrections who is currently the President of the new ACFSA North Carolina Chapter will be running. The North Carolina Chapter is doing great things and Conell is a huge part of that. Rounding out the ballot are two veterans of the Board, current Region IV Director, Martin "Felix" Gonzales and our current Professional Partner-Food, Melissa Hobbie will step up again. Thank you to all of them for their service!

And, the beat goes on for the 2019 Annual International Conference! Conference Chair, Jim Beach, is still hard at work planning the Agenda. We have great keynote presentations planned for you! The first one from Brandon Chrostowski, who is the founder and CEO of EDWINS Leadership and Restaurant Institute in Cleveland, Ohio, a restaurant and school that provides culinary training and job placement assistance to formerly incarcerated men and women. Everyone who works there, from the kitchen to the dining room, is a former inmate.

Our second Keynote will be from James Painter, Ph.D., RD, an expert on weight management, nutrition and behavioral eating, with more than 30 years of experience as a Registered Dietitian. He currently serves as professor and chair of the School of Family and Consumer Sciences at Eastern Illinois University. Dr. Painter is a member of the American Dietetic Association and the Society for Nutrition Education and serves on the Pistachio Health Scientific Advisory Board. Along with the other educational sessions we have planned and the Annual Vendor Showcase you're in for a treat. And, the other star, of course, is Memphis and Graceland! You won't want to miss this so, make your plans to be with us!

P.S. If you're not already a member of the ACFSA Facebook page, get on over there right away and join in the conversation! Tim has been posting a ton of great articles relevant to Corrections and Correctional Food Service!

Jon Nichols

Jon Nichols, IOM, ACFSA Executive Director



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Jessica Harlow
ACFSA President

May 1, 2019

To All of My ACFSA Family,

It is with the deepest regret and heartbreak that I have to share with you that I am resigning as your ACFSA President. This decision has absolutely nothing to do with the Association itself, and I need to express that I have LOVED every moment of my membership since the day that I joined. More than that, I have LOVED the family that I have gained as a result of being a part of ACFSA.

This decision was extremely difficult for me but due to some issues at my current place of employment, that I just can't professionally live with, I feel it is time to move on. As most of you know, I am a very happy person but lately that has not been the case and for my own personal well-being and peace of mind, I decided to move on to a place that will bring me back to my normal happy self!

I really do love ACFSA. I can honestly say that I've lived and breathed this Association wholeheartedly while participating in all levels, including the Virginia Chapter, Region I and on the International Board. I am very proud of the work we have accomplished in my home Chapter as well as during my time on the International Board. I wish ACFSA and all of its membership the greatest level of success moving forward. You have great leadership, but this will take every one of you working together as a team and I am confident that you will do so and will achieve great things!

This will be my last message as your "Madam" President and I thank you all for the support that you have shown me. Please don't let us become strangers!

All My ACFSA Heart,

Jessica Harlow
ACFSA President

ACFSA Annual International Conference Info

This is ACFSA's 50 Year Anniversary and the theme for the 2019 ACFSA Annual International Conference is 50 Years of Being All Shook Up! The 2019 ACFSA Conference Committee has continued to diligently work on another outstanding program for you with relevant, exciting educational sessions to keep you up-to-date on the latest trends in the Correctional Food Service Industry.

Visit www.ACFSA.org often for the latest information and Agenda as they will be updated often in the coming months. The current version of the Agenda is on the next page. Take a moment to look at it and get yourself excited for your visit to Memphis, Tennessee this September 22-25!

Food Service Members, we have included a registration form for you on Page 12, or visit the ACFSA Conference Page at www.ACFSA.org/events/conference2019.php to sign up. You will also find a draft letter to your

Supervisor to assist you in requesting the opportunity to attend! It's a great tool and I do urge you to take advantage. Additionally, if you qualify for a Scholarship to Conference, make it a point to get those forms filled out ASAP! You will find them in this issue of INSIDER and at the previous link. Don't let that opportunity slip away!

Vendor Members, please see pages 14-17 to secure your booth(s) and the best space available before it's grabbed up by someone else! We anticipate another sell-out in Memphis and you don't want to be left out. You may also visit the conference page at www.ACFSA.org/events/conference2019.php to sign up. Additionally, we have new Sponsorship Packages available and you can peruse what's available for you to support ACFSA, maximize your exposure and ensure that Conference attendees have the best possible time in the birthplace of the blues - Memphis, Tennessee!



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Reservations:

To book via phone, please call Central Reservations at 1 (800) 238-2000 and mention "ACFSA Conference" for your special rate.

To book online, visit the ACFSA website 2019 Conference page at www.ACFSA.org/events/conference2019.php



ACFSA Memphis Blues



September 22-25, 2019
The Guest House at Graceland
Memphis, Tennessee

2019 CONFERENCE AGENDA

Sunday, September 22, 2019	
Family Day/ Vendor Day	
12:00 pm - 5:00 pm	Registration
11:00 am - 2:45 pm	Board Meeting
2:45 pm - 3:45 pm	CCFP/CFSM Workshop
3:30 pm - 4:30 pm	Chapter Presidents' Meeting
Monday, September 23, 2019	
7:00 am - 4:00 pm	Registration
7:30 am - 8:30 am	Breakfast on your own
8:30 am - 9:30 am	Opening Ceremonies and Speaker - Sheriff
9:30 am - 10:30 am	Opening Keynote: Re-Entry "What Can We Do to Help Them On the Outside?" - Brandon Chrostowski
10:30 am - 11:00 am	Break
11:00 am - 12:00 pm	Regional Round Table
12:00 pm- 1:30 pm	Lunch on Own
12:00 pm- 1:30 pm	<i>Dietitians Lunch (invitation only) Sponsored by Good Source Solutions</i>
12:00 pm- 1:30 pm	<i>CFSM Lunch (invitation only) Sponsored by Design Specialties</i>
12:00 pm- 1:30 pm	<i>Administrator's Lunch (invitation only) Sponsored by Food Concepts</i>
1:30 pm- 2:30 pm	Complying with OSHA (Hazardous chemicals) - Barbara Kane - Ecolab
2:30 pm- 2:45 pm	Break
2:45 pm- 3:45 pm	Dietitian's Panel; Facilitator - Barbara Wakeen, MA, RDN, LD, CCFP, CCHP
4:00 pm- 4:45 pm	Vendors Meeting (Vendors Only)
5:00 pm- 6:00 pm	First Timers Reception
6:00 pm- 10:30 pm	Vendors Reception & Entertainment
Tuesday, September 24, 2019	
7:30 am - 8:30 am	Business Meeting Breakfast
8:30 am - 10:00 am	Keynote Speaker - Where all the diet doctors agree, the starting point for a healthy diet - Dr. Jim Painter
10:00 am - 1:00 pm	Vendors Showcase
1:00 pm- 1:10 pm	Break
1:10 pm- 2:10 pm	Digitized Menu Data and e-Technologies for Revolutionizing Food-Shopping Decisions - Rick Pedi, MenuFoodCommerce
2:15 pm- 3:15 pm	Correctional Food Service Recruitment, Staffing Retention Panel
3:15 pm- 4:15 pm	Dealing with the Stress of Working in a Correctional Institution - Monica Flanigan, LCSW, CSOTP, Virginia Center for Behavioral Rehabilitation (VCBR)
4:20 pm- 5:20 pm	Regional Team Building Challenge
6:00 pm- 7:00 pm	Pictures
7:00 pm- 9:00 pm	Awards Banquet
Wednesday, September 25, 2019	
7:00 am - 8:00 am	Scenic Walk
8:30 am - 9:30 am	Equipment Panel: Facilitator - Stephanie Gilbert, Hobart
9:30 am - 9:45 am	Break/Networking
9:45 am - 10:45 am	Food Inspection and Compliance - Julie Hobbs & Brian Flaherty
10:45 am - 11:45 am	General Session: Leadership
11:45 am - 1:00 pm	Facility Tour

Schedule is tentative and subject to change. Check the ACFSA website Conference page often for updates.

ACFSA 2019 Annual International Conference & Vendor Showcase

September 22-25, 2019 ■ Memphis, Tennessee ■ The Guest House at Graceland



Name _____

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

Position _____

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Contact Phone (MANDATORY) _____

Phone for Publication (OPTIONAL) _____

Guest Name _____

Guest Name _____

Guest Name _____

REGISTRATION FEES

Number of Attendees	Type of Registration	Early July 31, 2019	Regular Aug 31, 2019	Late Sept 1 - On-Site	Amount Due
	ACFSA Food Service, Institutional or Retired	\$375	\$425	\$475	
	ACFSA NON-MEMBER Food Service Employees ONLY NO EXCEPTIONS**	\$445	\$500	\$550	
	Guests (Includes Friends, Relatives, ONLY)	\$250	\$275	\$325	
	One Day Member and Non-Member <small>DOES NOT INCLUDE BANQUET</small> Food Service Employees ONLY - NO EXCEPTIONS** <small>Please Specify Date: Sun Mon Tues Wed</small>	\$120	\$145	\$175	
	Vendor Show Only Food Service Employees ONLY - NO EXCEPTIONS**	\$30♦	\$40♦	\$50♦	

♦ If there are five or more attendees from the same facility attending Conference, they will receive a 25% discount. This discount applies ONLY to Foodservice Professionals attending the Vendor Show.

**** Only Food Service Employees & Exhibitors will be permitted to attend Conference & Trade Show. Non-Exhibiting Vendors will NOT be permitted to attend Conference or Trade Show under ANY circumstances.**

CANCELLATIONS

Cancellations requested in writing to ACFSA will be given a full refund if received on or before August 15, 2019. Cancellations received after August 15, 2019 & No-Shows will NOT be refunded.

REGISTRATION

Registration will begin Sunday, Sept. 22, 2019 at 1 P.M. Badges, programs and other materials will be provided at that time. Please be aware that NO confirmations will be sent.

Please Notify ACFSA of any Special Dietary Requirements. Send this information with your Registration and we will do our best to accommodate your needs.

Questions? 818-843-6608

TOTAL DUE

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Exhibitor Registration Opportunity

2019 Annual International Conference & Vendor Showcase

September 22-25, 2019

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I am the AUTHORIZED REPRESENTATIVE (office contact person with address information) to receive all corresponding materials relating to Exhibits, Exhibiting at the 2019 ACFSA Conference in Memphis, TN (* Indicates a REQUIRED FIELD)

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Corner Booths \$50 Additional	Number of Booths		Number of Corner Booths		Total

NON- Member \$1725 each Booth**	_____	+\$50	_____	= Total Amount	_____
Corner Booths \$50 Additional	Number of Booths		Number of Corner Booths		Total

Each Booth or Display receives 2 Complimentary full conference attendees. Additional Booth Personnel Registrations \$300, per person. Additional names and payment will be collected on name badge form closer to conference. Full Conference Personnel will have access to and are welcome and encouraged to attend all Educational Sessions and Social Events

**Non-Members pay the Member Booth Price if they JOIN ACFSA! ACFSA Membership \$384 Annually YES _____
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CANCELLATION DEADLINE IS MAY 15, 2019

CANCELLATION REQUESTS MUST BE MADE IN WRITING ON OR BEFORE MAY 15, 2019 - NO REFUNDS WILL BE MADE AFTER THIS DATE

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Avoiding Dish Room Afterthought

| By Paul King |



The dish room at Moose Lake, a Minnesota detention facility, features efficient design that allows serviceware to move in a linear fashion through the drop-off and cleaning process.

If the kitchen is the heart of a foodservice operation, dish rooms are the lungs of the facility — dirty serviceware in, clean ware out. Despite their importance, however, dish rooms are often the last design element considered when building or renovating a restaurant or noncommercial dining space.

Foodservice designers warn against giving dish rooms short shrift because a poorly designed space can affect the entire operation. “Dish rooms are often an afterthought,” says Bill Bender, vice president of western operations for SSA Foodservice Design + Consulting, headquartered

in Tampa. “But you can’t just place the dish room by the back door, out of the way. Where it should be placed for the most efficiency needs to be planned out and calculated.”

Before putting pen to paper, so to speak, foodservice designers have several elements to consider, and they will vary depending on whether the space is in a restaurant or a high-volume operation such as a college or a hospital. These factors include the amount of space the dish room will occupy, where the dish room will reside relative to the dining area or kitchen, and what types and how much serviceware

will come through the space over the course of the day.

“The location of the dish room in a cafeteria setting is very important,” says Terry Pellegrino, principal at Rippe & Associates, based in Minneapolis. “Typically, in campus dining, you want to put the dish return on students’ way out of the space, so that they don’t have to backtrack. If they have to do that, they’re more likely to leave their things on the table.

“Even more important is the shape of the space,” Pellegrino adds. “More of a rectilinear space is preferable to make the flow easier. But sometimes

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you are stuck with a space that is more square, which can make placement of things like conveyor rack machines more difficult.”

Not only the placement of the dish room, but the amount of space plays a critical role in the success of this space. “Everyone [in restaurants] would like to have a 12-foot-by-12-foot dish room,” says Orlando Espinosa, principal and chief operating officer for Cini-Little International, headquartered in Washington, D.C. “Unfortunately, most of the time they seem to be half that size. But it can’t be so small that you can’t get carts in there or more than a single person. So, we need to figure out how do we get everything in there that needs to be: sink, spray wash, dishmachine, storage for clean racks, disposer, chemicals, even trash cans. You want staff to be able to get everything out in a timely manner that doesn’t compromise the quality of the clean ware.”

Operators also must consider the number of seats in the dining room, the

number of turns expected during a meal period and how many pieces of service-ware the facility will use per setting.

“Then you need to decide whether you are going to have bussing stations in the dining area,” says Espinosa. “Will you do some of the breakdown out there, or is it all going to come into the kitchen? Do you have only enough serviceware to do one pass of the dining area, or do you have more? Answering these questions helps you guarantee that foodservice is not being slowed down.”

Flow Equals Function

The right flow pattern plays a critical role in a successful dish room operation. A logical flow can not only make the back of the house a safer environment, it can reduce labor as well, Pellegrino points out.

“How can we make the path of soiled dishware, through the system and back out to the production, serving or catering area, as short and as logical as possible, while avoiding

crossover of cleaned and soiled items?” Pellegrino says this question can help guide dish room planning. “For example, if you can use the [positioning of] the dishmachine to help move dishware in the right direction, you may need less manual labor.”

Espinosa agrees the flow of the space relative to other parts of the operation, such as production space and the pickup counter, must be considered. “Dropping off soiled ware is an important as picking up the food,” he says. “You want to eliminate as much cross traffic in the kitchen as possible. That’s where you get your spills and your cross contamination.”

A common mistake is not allocating enough space for loading and unloading serviceware, Bender adds. “You should always specify a longer area for the scraping and prerinse operation and to promote efficient batch loading of the machine,” he notes. “On the clean side, make sure you have a long enough area so you can unload properly. A lot of times these areas are too short and it makes it really inefficient for the operator to try to keep up at peak times.”

The Right Stuff

Flow, of course, is only part of the challenge. The second part is to specify the proper equipment for the type and amount of warewashing being done.

“The dishmachine is one of the highest-costing pieces of equipment in a restaurant,” says Bender. “When you specify the wrong kind of machine you can waste water and energy. For example, you need to measure how many racks or items per hour you are going to wash. Some of the larger machines can do 200 or 300 racks an hour. But if volume dictates you are



Having enough space in a dish room to fit in carts full of dirty serviceware is critical to optimum traffic flow.

only going to need to load 90 racks an hour, you might not need the larger machine.”

In university dining halls, one space that has been impacted by changes on the service side is the dish drop area. Historically, college and other large institutions have used tray accumulators — conveyors with three or four shelves on which customers would place their trays.

But as more colleges go trayless, conveyors make more sense. But the type of conveyor can make a difference, says Pellegrino. “In places that didn’t use accumulators, we used to use slat belt conveyors,” she explains. “But those don’t work particularly well in trayless operations. Flatware can get underneath the slats, and over time the slats tend to spoon or cup. So we’ve switched to mesh-type conveyors, 9 to 24 inches wide, made out of a polymer that is pretty stainproof.”

Pellegrino adds that because conveyors take up less space than accumulators, designers can sometimes add over-counter shelves to make sorting easier.

Espinosa notes that at least one restaurant chain has taken a page from bars and uses undercounter dishwashers at wait stations to clean glasses and cups. “They do a great job, with short cycles,” he says. “It cuts down on the time spent going to the kitchen and getting glassware, and reduces the amount of serviceware going to the dish room. It also can save on breakage.”

Little Things

Designers can take a variety of approaches in laying out dish rooms so these spaces make effective and efficient use of labor, time and money, as well as making the functional areas more energy efficient and environmentally friendly. Employing a

combination of manufacturer innovations and design considerations can help reduce water and energy consumption, Espinosa says. For example, operators can invest in machines that have energy-saving features such as standby mode, or that can use soiled prewash water to heat the water for the machine.

“The dishmachine and the pot-washing area are the biggest consumers of hot water in an operation,” Espinosa adds. “Instead of running hot and cold lines to the dish room, try running just a cold line and using a tankless water heater that services only the dish machine and the sink. It might seem to cost more, but you’re not running plumbing from the hot water tank that might be on the other side of the building. You’re only putting hot water where you need it. You can also use the final rinse water as prerinse water as well to save on consumption.”

In operations that feature three- or four-compartment sinks as part of the soiled dish area, Espinosa likes to design inserts so that staff can slide racks over the top of the sink opening to make rinsing dishes easier. Staff can easily remove the inserts to wash pots and pans in the sinks.

Bender recommends using heat recovery technology to save on energy costs, setting a separate meter to measure water usage in this area and keeping a data log near the machines to document water and chemical use “to better understand the true cost.”

Pellegrino suggests using mock-ups of proposed dish room designs in order to test operations from an ergonomic perspective. “One of the most difficult things is to lay out the perfect dish drop or dish table,” she says. “So we mock things up and bring the shortest person in the office to

Operators consider all sorts of things in the dish room: the type of equipment, the type of chemicals, ways to save water and energy, but what about the team member experience?

operate it so we can see where they are stretching, reaching, turning. By having everybody play around with it we can tweak the design for better efficiency.”

Finally, it’s important not to forget the most important piece of equipment operators have: the dishwashers themselves.

“Operators consider all sorts of things in the dish room: the type of equipment, the type of chemicals, ways to save water and energy,” says Bender. “But what about the team member experience? The dish room is a hot area, and it’s greasy and grimy. And this is hard, manual labor. Employees don’t get a break. So you have high turnover, with some operators replacing personnel three or four times a month. The better you can design the dish room, the better the working environment and the more likely you can hold on to employees.”

When working on a project, Espinosa always interviews the dishwashers and potwashers. “They are the people who make it work,” he explains. “They can tell you what works and what doesn’t work, can we have this, can we do that. You can get some pretty good ideas from them — and that goes for workers in any part of the kitchen.” **FE&S**



RCCF WOMEN'S CULINARY PROGRAM

BY ABBY ROZA, RCCF SCHOOL INSTRUCTOR

The Ramsey County Correctional Facility (RCCF) offers a culinary program for participants in both the Men's and Women's units. Because residents in the Women's unit tend to have very short stays, the five week long Culinary program is one of the longest residents participate in. Residents in the program commit to improving their academic skills; they select a goal in Literacy or Math, sometimes working toward their high school or GED credential. Participants also develop Work Readiness skills, they write a resume, participate in mock interviews and prepare to address their conviction history when communicating with an employer. Culinary objectives include education around food preparation, nutrition, consumer education and math and literacy skills related to kitchen measurement and reading and adjusting recipes. In developing Culinary skills and knowledge, students enjoy weekly hands on labs in the kitchen and use classroom time to study and prepare for exams for Servsafe Certifications (Allergens and Manager). Guest speakers, who work in different facets of the culinary field and provide information on the culinary program at the local college, round out the students' experience. The program packs a lot into five weeks, students have many opportunities to apply and develop skills of time management, punctuality, communication, and team work. Two students shared their experience in the program:

From My Kitchen to Your Kitchen

By Ying Vang,
Graduate, RCCF Culinary Program

I am a Hmong American. I grew up on the eastside of St. Paul, MN. I have a very big family, five boys and three girls including me. My family is very traditional. At the age of 12, I was already in the kitchen watching and learning how to cook with my mom. At about 14, I was cooking at home for groups of over fifty people. For girls in my family, cooking was an expectation at family gatherings and community events. I am now 30 years old with 18 years of experience in my own kitchen. I have also worked in restaurants and a Dairy Queen. Still, during the culinary program, I had an open mind and willingness to learn. Before I started, I only knew how to cook Asian food. The challenge and opportunity to learn how to cook something different was my motivation for signing up for culinary.

Although I didn't cook "American" food, growing up in St. Paul I was exposed to it. My partner is white, and sometimes she asks me to cook foods with which she is familiar. Reading the directions on the back of the box

No Experience At All

By Nicole Hamer,

Graduate, RCCF Culinary Program

on how to make Hamburger Helper wasn't so difficult. I am interested to learn to make chicken soup or baked chicken with potatoes. Sometimes googling a recipe is not enough.

I really had no clue how different American cooking and baking was until I got the opportunity to actually cook in the kitchen here at the RCCF. The amount of time it takes to prepare and properly measure food is something my culture or I, myself, didn't do in our kitchen. Everything at home was done only by measuring by eye. And we always made extra food; mom always said "it's better to cook more than less because once you notice that you're hungry, whoever is around is probably hungry too."

The Culinary class is different than just knowing how to cook or simply being able to make food that taste good. I learned Servsafe requires things that are different from most home kitchens. I now know how to properly clean, wash, and sanitize my prepping area before cooking, the rules of prepping TCS food, and more. Some of this was familiar from the restaurant but much of it was not.

We made homemade bread. We made over 50 loaves, each sandwich takes two slices – think of how many people that can feed. Making bread was new for me, but taking a small amount of simple ingredients and making enough to feed a big group is very familiar.

I now have my ServSafe manager certificate and have more experience in a kitchen. With these, I will be able to get a good job in the food industry in the near future. This has been a very fun program, being able to work and learn from different heritages and backgrounds. I have an increased confidence, both from learning how to read a recipe and from the hands-on experience of actually doing it.

I grew up on the east side of St. Paul, MN with my older brother and single mother. My mother was able to make something out of nothing, she could go into an empty kitchen and come out with her famous goulash. She tried to teach me, but I was never interested.

Before I entered the Culinary program I knew the bare minimum about cooking. My family used to hide some of my Christmas presents in the kitchen, because I never went in there. My nine year old daughter could use a knife better than I could. (Thanks to her daddy.) She is my motivation for wanting to get comfortable and learn my way around the kitchen. What I brought to this program is an open mind and a desire to learn.

I had no idea what to expect upon entering this program. In fact, I was very intimidated by my lack of knowledge about cooking. However, everybody involved has been really helpful, whether I was asking a question about cutting an onion or browning meat correctly. Not once did I feel uncomfortable asking for help.

Since taking this program, I'm much more comfortable going into the kitchen. I'm actually excited to go home and be able to cook a meal for my daughter without calling her dad at work every 10 minutes asking him questions like, "How is this hamburger supposed to look?"

Participants in the Culinary program learned basics – how to hold a knife correctly, how to cut fruits – general knowledge for any kitchen. We also went beyond the basics – learning correct cooking temperatures, and information about the eight major food allergens, and learning about new foods. Did you know that fried rice is really just white rice with seasoning?

Through this program I was also able to brush up on some math skills- no more asking what this line means on a measuring cup, because I'm able to calculate it myself. I also acquired through this program a nice neat resume, something I never had before, and some interviewing skills.



DIETITIANS' CORNER

QUERIES OF THE QUARTER – TRENDING DIET CONSIDERATIONS AND CURRENT PRACTICES

BY BARBARA WAKEEN, MA, RDN, LD, CD, CCHP, CCFP

Happy Summer Everyone!

Meeting nutritional needs for our populations continues to be our goal; and as we all know, there are therapeutic diets as part of this, that present specialized challenges contingent on the stage of the disease, treatment or individual tolerances.

This Dietitians' Corner is informational and addresses current practices and educational opportunities based on queries and experiences - addressing diets recently. These include bariatric surgery and post-op diets, the International Dysphagia Diet Standardisation Initiative (IDDSI), transgender diets and the 2020-2025 Dietary Guidelines. While previous articles have addressed some of these topics, I thought I would share some of the latest discussion in this area.

Post-Bariatric Diets

Recently, the question was posed if agencies/facilities provided bariatric surgery to their inmates. Information shared by our nutrition and food service experts, so far, is that no one has any experience with the surgery in their facilities/agencies, only post-bariatric surgery diets. Continuing from there, most serve the regular diet with 3-4 snacks and provide diet counseling to reduce intake to their post-bariatric inmates, as their menus, in general, provide more than adequate nutrition and food choices. Others noted individualizing the diet by post-operative time frames, based on bariatric guidelines for food tolerances, portions and consistency, per therapeutic diet orders. A diet history tool/assessment is also used in these instances with interdisciplinary communications including medical, the inmate, food service and/or the dietitian.

International Dysphagia Diet Standardisation Initiative (IDDSI)

The IDDSI (launched in the US in May 2019) has been an interesting diet to accommodate, as the historical consistency altered diets, i.e., mechanical soft, puree and liquid diets, that seemed to be simple and individualized as needed, have been modified into eight levels. These levels define detailed measures using special syringes, and measured cut pieces of solid foods, in varying consistencies and more. Refer to the Dietitians' Corner, Spring 2018 for the detailed levels of the IDDSI diet. Purchasing the correct syringes and measuring tools for correct cuts has been a recent point of discussion. While this is internationally recognized, the variations in resources in corrections can present challenges for implementation in many of our operations. I look forward to future discussions on the IDDSI and implementation as it will be educational for all disciplines engaging in this diet regime.

On this topic, I wanted to share this opportunity from the Academy of Nutrition and Dietetics (Academy) and the International Dysphagia Diet Standardisation Initiative (IDDSI). They are offering a 'Boot Camp' free to Academy members. Registration and information can be found at <https://and.informz.net>. This is a monthly step-by-step program designed for full implementation within a year. The Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association together support the implementation of this global initiative to standardize diets for the treatment of people who experience swallowing disorders (dysphagia).

Transgender Populations

Transgender populations and diet are probably the newest discussion of interest. While there aren't specific nutritional guidelines for transgender populations, there are standards of care for medical and mental health. An area of nutritional consideration is micronutrient differences for gender, and of course, calories. So far, the only dietary changes or acknowledgements that have been noted are increased protein and calories (mostly via snacks) for those transitioning to male and reduced calories (or counseling to do so) for those transitioning to female – some of this is built into the daily or gender specific menus already. One youth system noted no changes in dietary needs as they don't differentiate between genders.

Notable News

USDA and HHS's development of the 2020-2025 Dietary Guidelines for Americans are in the beginning stages of revision. These Guidelines are updated every five years. In March of 2019, the first public meeting of the 2020 Dietary Guidelines Advisory Committee was held and open for public comment. The committee will be reviewing the scientific evidence on the topics and questions posed and provide a report that will help in the development of the 2020-2025 Dietary Guidelines for Americans. Additional information on this topic can be found on the Nutrition Evidence Systematic Review (NESR), at www.nesr.usda.gov (formerly USDA's Nutrition Evidence Library).

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Dietitians' Corner
continued from page 25

UPCOMING MEETINGS

ACFSA – Dietitians in Corrections Networking Luncheon
Monday, September 23, 2019

Memphis, TN

(Please watch for email updates on this - feel free to contact me at bwakeen@neo.rr.com if you are planning to attend - *RDNs only* - or if you have discussion topics you would like to be addressed.

FNCE 2019

October 26 – 29, 2019

Philadelphia

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Look for updates on the Corrections Sub-unit meeting held at FNCE.

NCCHC Fall Conference

October 12 – 15, 2019

Orlando, FL

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ACFSA Networking Discussion Group

Have a question about foodservice practices or a diet? Send me an email to be posted on the Dietitians in Corrections Networking Listserv. 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 Corrections Sub-Unit Electronic Mailing List (EML)

The Corrections Sub-Unit is "umbrella-ed" under the Dietetics in Health Care Communities (DHCC) dietetic practice group of the Academy of Nutrition and Dietetics (AND). DHCC has an electronic mailing list (EML) for the Corrections Sub-Unit where members can share queries and information.

When renewing your Academy of Nutrition and Dietetics (AND) membership, or joining the Academy, be sure to join or renew the DHCC DPG-31 and subscribe to the DHCC Corrections Sub-Unit. To participate in the EML, one must be a DHCC member, which requires one to be a member of the Academy as well. Emails communicated through this group are sent through a private email address for DHCC members only. To join, visit www.DHCCdpg.org or contact Mitchel Holliday at Mitchholliday@gmail.com. There are many member benefits including networking, publications, webinars and continuing education credits.



A SERIES OF UNFORTUNATE VENTS

BY JOE FERRI

The story you are about to read is true. The names have been changed to project the innovative.

It was September 21st, 2018; we were working the night watch on the QSR detail.

My partner is Pitco. Eddy Pitco.

My name's Fry-Day. Grill Sergeant Joe Fry-Day.

It was 2:06 PM when we got a call from a cook in distress. She needed help with a problem. A cooking problem.

Culinary Brown blurted out "I need a Griddle."

"Uh-huh."

"A three foot Griddle."

3:58 PM, Eddy and I drove over to the restaurant and we talked to the owner. We intended to grill her over why she wanted a griddle.

"Are your ducts in a row?"

"Ducts?" inquired Culinary Brown, "What are ducts?"

"They are a series of unfortunate vents."

"Whenever you cook proteins, you give off grease-laden vapor. How you wipe it out must be executed in the manner prescribed by law."

Common canopy hoods are designed to remove effluent, grease-laden vapor, heat, odors, carbon monoxide. Their design relies upon moving these undesirable elements

to the building's exterior, an inherently expensive and inefficient system.

Ventless systems which forego the use of outside ducting, mitigate these elements at the source.

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- HEPA-Filters
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The flexibility and mobility features inherent in ventless make them attractive for both start-ups and renovations.

"You have a right not to waste your money, you have a right not to remain with old systems. Anything you cook can and will be used against you in computing exhaust fans."

"I know my rights..."

"That's right, Culinary, ditch the ducts and go ventless"

"Grill Sergeant?"

"Yes, ma'am?"

"What's the source of the smoky flavor from a griddle?"

"Just the fats, Ma'am."

CHAPTER REPORTS

NORTHERN LAKES

By Sharon Joles, RDN, CD, Region III Treasurer/VP Elect



Greetings from Northern Lakes!

Northern Lakes Chapter met on March 11, 2019 at the Midwest Foodservice Expo in Milwaukee, WI; and on April 9, 2019 in Eau Claire, WI at the Indianhead Foodservice Distributor Spring Buying Show. We were happy so many of our members were able to join us, and were thrilled when some of our guests expressed interest in joining ACFSA.

We are now looking forward to our Fall Meeting in Eau Claire, WI on September 17, 2019.

We are also very excited to meet with all of our ACFSA friends at the International Conference in Memphis, September 22 – 25, 2019. As always I am sure the program will offer many good learning opportunities and expose us to the great products our vendor partners have available for us.

Please feel free to contact me if you would like additional info on any of our upcoming meetings. Sharon.Joles@WI.gov.



Sharon Joles

Sharon Joles, RDN, CD, Northern Lakes
Treasurer/VP Elect

CHAPTER REPORTS

VIRGINIA

By Justin Webb, Virginia ACFSA Chapter President
ACFSA Vice President



Greeting from Virginia!

As I sit down to write this, it feels like I just finished running a marathon. I'm referring to all the planning that went into this year's ACFSA Region I Conference. It was hosted by the Virginia Chapter, and held in Charlottesville, VA. The theme was "Celebrating Success" and I think I am going to sit back and do just that for a little while.

Our attendance was not as high as in previous years for a variety of reasons. In terms of content, this was the best conference we've ever had. Judging by the session evaluation sheets, participants agreed.

The chapter had its quarterly meeting on April 16th at the Academy for Staff Development in Cozier, VA. The meeting was called to order by Chapter President Justin Webb at 9:00 am and the minutes from the last meeting were read. The treasury report was given by Chapter Vice President Monica DeGraphenried. Training on Leadership Styles was provided by J. Coleman, a trainer at the Academy.

Our newsletter came out April 16th, and there were a lot of great submissions. Our editor, Greg, spoke on how much he enjoyed creating a masterpiece from our stories. ACFSA member John Proctor provided printed hard copies of the newsletter for the conference. We also discussed sending the newsletter along with an invitation to Wardens and Assistant Wardens about our conferences. This may help us gain more support when asking for approvals to attend meetings, and also allow them to see the different vendors who work with equipment within their facilities.

Justin Webb asked for members to submit ideas for the location of the next Region I Conference. We would like to see the location continue to move around, so all members have a chance to attend close to home. The meeting was adjourned at 11:45 a.m.



Justin Webb

Justin Webb, Virginia ACFSA Chapter President

REGIONAL REPORTS

REGION I

By Julie Hobbs, CDM, CFPP, Region I Director

Greetings from Region I!

For this report, I would like to cover the recent Region I Conference held in Charlottesville, VA on the campus of University of Virginia May 23-25.

After a break last year, the Region resumed holding annual conferences. This year's conference had smaller numbers of attendees and vendors (due to our dates) but was a great success. We had very positive comments on all our training sessions from attendees. We offered more training than in previous years and we concentrated on "Celebrating Success" and there was plenty to celebrate! Sessions covered everything from finding success in ourselves, ways to be successful in food cost and sanitation, and success of ex-offenders who have made it big after leaving our prisons.

I want to congratulate Ann Ortiz for being chosen our Vendor of the Year. Ann has retired and left food service but remains a big part of our organization and our hearts. She was unable to attend this year, but we wanted her to know that she is the best!

A special thanks to our vendor sponsors for this year:

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- Squire Associates Inc.
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- Design Specialties

Bronze Sponsors

- Jones-Zylon (also for providing our attendee bags again)
- National Food Group

We tried something new this year - a pizza cooking competition. There were three teams each consisting of attendees from Rappahannock Juvenile Center. The winners were Vincent Burton and William Ross with their "Big Fellow" pizza. I can tell you it was definitely loaded with all kinds of goodies and the overall favorite with the judges and attendees alike. Congratulations to Wayne Fish, the winner of our 50/50 drawing. He had a little extra money to take back to North Carolina.

I want to thank our Chairman Ricky Clark and Co-Chair Justin Webb (and myself) for all their hard work, and hours spent worrying about everything (and answering all my emails and phone calls). Without their help and expertise, our conference would not be a success.

We are planning to keep the momentum going next year, and already have some ideas about where we want to go. More on that later.

One last piece of information I want to pass on to everyone is that my contact number has changed. I can now be reached at 434-917-5594. Please feel free to contact me anytime.

Have a great summer, and I hope to see everyone in Memphis in September. I know we will have a great conference again this year.



Julie Hobbs

Julie Hobbs, CDM, CFPP, Region I Director



REGIONAL REPORTS

REGION II

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

As I'm writing this article, we are roughly 100 days from the 2019 Annual International Conference of ACFSA in Memphis, TN. I can smell the ribs on the smokers and hear the "Blues" in the background. Hope that everyone can attend this event, being held in Region II, to celebrate the 50th Anniversary of this great Association. Mark September 22-25, 2019 on your calendar.

For more info on the 2019 International Conference, please go to <http://www.acfsa.org/events/conference2019.php>.

And as I have said before, these conferences are always professional, provide educational sessions, and training opportunities. They also increase awareness of current issues related to our field of work in the correctional food service world. I have just returned from the Region I Conference on the Campus of the University of Virginia. The Conference was well done and interesting, but hard for a guy from the state of North Carolina to enjoy everything on the Campus of the 2019 Men National Basketball Champions ... just saying.

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



Wayne Fish

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

REGIONAL REPORTS

REGION III

By Diane Burczyk, CCFP, Region III Director

Region III has had a very wet and stormy spring. I'm glad summer has arrived. I just harvested my first 25 pounds of rhubarb and am getting ready to plant the tomatoes, cabbage, cucumbers and many other produce plants, along with our butterfly garden here at the prison. I am hoping to beat our 2018 total of 8360 pounds of produce harvested from our prison garden program for use in our kitchen. I would be very interested to hear from others about their garden programs.

The Northern Lakes and Michigan Chapters have had a quiet spring. The Ontario Chapter is working very hard to recruit new members and build their membership back up. We're all looking forward to the International Conference in Memphis. I am looking forward to seeing all of our ACFSA family. It looks like we will – once again - have an awesome agenda in store for us.

For the remainder of this year, all Region III Chapters are continuing to recruit new members and promote this wonderful Association. Region III is currently 91 members strong.

Please continue to reach out to each other, and to other facilities near you. It's really important that we spread the word about how great our organization is - with our training and education opportunities and professional support network.

If you are in Region III and need help starting a Chapter, or if there is anything else I can do for you please let me know.



Diane Burczyk

Diane Burczyk, CCFP, Region III Director

REGIONAL REPORTS

REGION IV

By Martin Felix Gonzales, CFSM, CCFP, Region IV Director

Hello from Region IV,

I hope everyone is enjoying their summer. It's very hot already in Las Vegas. We are getting a new floor installed in our kitchen so I'm outside, quite a bit now, working out of a trailer and the receiving dock, but the job is almost over, just a couple of weeks left.

I was able to speak with some potential new members on the phone recently which was very nice. It's a great pleasure to speak with new people that aren't yet familiar with all of the great things our Association has to offer as far as support and information. I remember how difficult it was for me to find the job-specific information I was seeking before I joined. I am hopeful that our family will continue to grow and we can continue to share with one another.

I would also like to take this opportunity to wish everyone well and I hope that you all can make our International Conference in Memphis, TN. Last year's conference was so much fun. I took a wealth of information back home with me.

It should be no secret that I am a huge Elvis Presley fan so I for one can't wait to see Graceland! I hope everyone can make it.



See you in Memphis,

Felix Gonzales

Martin Felix Gonzales, CFSM, CCFP, Region IV Director

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EDUCATION REPORT

Inspiring Interest in the Field of Correctional Food Services

Submitted by Lt. Tim Thielman CFSM, CCFP, Education Committee Chair

My association with the American Correctional Food Service Association (ACFSA) for the past seven years has provided me with the opportunity to meet the most highly skilled and professional people in the Correctional Industry. Being a part of the ACFSA and having the opportunity to network and share ideas with others has become one of the most satisfying things I have ever done. Becoming a Certified Correctional Foodservice Professional (CCFP) and being the recipient of the ACFSA Food Service Operator of the Year for 1994 are some of the highest honors I have received.

Signed,

Don R. Barker, CCFP
Departmental Food Administrator
California Department of Corrections
CFSM Revision Committee Chair

Don was appointed to chair the committee for the CFSM Certification Program and his letter above appeared in

the revised Food Service Manual starting in March of 1995. Many of the ACFSA Presidents have had a part in contributing to the CFSM Certification Program. The CFSM Program is not as old as the association. The CFSM program as we know it today was rolled out in the 2000 Winter Edition of the Insider by Past President Marianne Luppold (1988 – 1990) and under the direction of the (then) current President, Nancy Porter (1999 – 2000). Among the people on the original committee was President Frank Spielman (1992 – 1994) and President Billy Bowers (1998 – 1999). The newer revisions in the certification programs (CCFP and CFSM) have been done by President Barbara Holly (2003-2004), President Ricky Clark (2007 – 2008), President Teddie Mitchell (2008 – 2009), President Benson Li (2010 – 2012), President Jim Beach (2012 – 2013), President Phil Atkinson (2013-2014), and I have contributed as well. I've been serving as Committee Chair since Nancy Porter stepped down in 2012. With the changes in technology and best practices, the CFSM program continues to change as we are still in the process of moving the course online. The course is still available during this transition.

If you would like more information on becoming certified, please visit the ACFSA website at www.acfsa.org. You can also contact Lt. Tim Thielman directly at 651-266-1498 or by email at: tim.thielman@co.ramsey.mn.us



C F S M

Start Earning Your CFSM Designation Today!

To begin your journey of becoming a CFSM, fill out the 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

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CFSM Course Fee \$299.00

CFSM for CDMs \$149.00

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Questions? Please email Janine Nichols 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 _____

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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 2019, Dues will be paid through December of 2020

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

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Milton, ON
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Stafford, VA
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Milton, ON

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Central Prison
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Membership is required for access.

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

ACFSA Regions

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INSIDE INSIDER

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and **Christine Berndt Miles, RD, CD**

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