

Regional Dietary Manager's Meeting April 20, 2007

The meeting started at 10:00 a.m.

Richard Farmer opened with old business

- a. "National Hunger Week"
- b. Leftover buttons of "NHW" still available for sale

10:15 a.m. Richard introduced Renea Shorey, from SYSCO Food Service

Renea's presentation covered:

Trans Fats

1. The background research of trans fats
2. How to understand them, and their importance
3. What the percentage has to be included per serving

Disaster Plans

1. Ways to make it easier to prepare

New SYSCO Products

1. "Grab and Go" products, portion control, easier nutritional analysis
2. Comfort Foods- Hearty & Home-style products
3. New muffin mix uses, and desserts

New and Available Services

1. E-Nutrition
2. Different types of Diets, i.e. Food products for Diabetes, Celiac, Dysphasia, Child Nutrition
3. "SYSCO Scoop" and Market Watch list

Sustainability with Environment –A Full Circle Deal

1. How SYSCO works with the small farmer to protect the land, the environment; and versatility of products
2. "Trade-Offs" i.e. how products are treated, risks, organic products
3. Quality Assurance checks for Protection
4. More humane practices for handling animals
5. HACCP practices for products

Food Alliance Information

1. Products Packaging from Potatoes to Sugar cane
2. Decomposition Practices, Recycling
3. Cost

11:00 a.m. Sheila Blair introduced Lorrie Norman of Sweet Cheeks Winery

Lorrie's presentation covered:

Description of the winery and acreage

1. Grapes are self-pollinating

Health Benefits of Wine

1. Anti-oxidants and Flavinoids
2. Resveratrol: acts as a cell blocker for mutated cancer cells

Wine Making Process

1. Fermentation
2. Sanitation Practices

3. Parasites, Fungi, and Diseases common in Oregon
 - a. Phylloxera

Wine Tasting of Three Different Wines

1. Different types of grapes used for different wines
2. Most Common grapes grown in Willamette Valley
3. Different Winery's in Oregon
4. Aroma Wheels and their uses

12:00 p.m. 1-Hour Lunch (Provided by Cascade Manor)

1:00 p.m. Sheila Blair introduced Christina Mills, Human Resources, Cascade Manor

Christina's presentation covered:

Hiring and Retaining Employees

1. Employees are heart and soul of a business
2. They "make" or "break" a business
3. "Bad Apple"
 - a. Performs below performance standards
 - b. Drives down sales
 - c. Holding onto bad employee detrimental
 - d. Increases expenses, turnovers
 - e. Decreases staff morale
 - f. Affects customer satisfaction
4. Hiring methods and work environment
 - a. "The Family Approach"
 - i. Time, energy, attention, enthusiasm
 - b. Traditional Methods
 - i. News Paper
 - ii. University Career Center
 - iii. Employment Dept.
 - c. Some methods are costly and time consuming
5. The Interview
 - a. Gather as much information as possible
 - b. Avoid inappropriate questions, i.e., age, family, gender, religion, marital status, national origin, pregnancy
 - c. Prepare job, skills or behavioral related questions

Valuing Your Employees "My Employees Come First"

1. Deserve Dignity and Respect
2. Consideration: Don't talk down
3. Flexibility
 - a. Casual dress and "theme" dress
 - b. Schedule's: They know when they're tired or hungry
 - c. Variety: Don't lock into one type of work

Communication

1. Talk to your people both personally and professionally
2. Have regular meetings

3. Open door policy
4. Involving them in planning process
5. Comfortable to contribute ideas
6. Recognizing hard work at the time it was performed

Brief Interlude:

Discussion of topics for next regional meeting

Time and place

2:00 p.m. Richard introduced Tamara Wilhite, Environmental Health Specialist

Tamara's Presentation Covered:

Foodborne Illness and Communicable Disease in Group Settings

1. Sources carried by food
2. Sources external to food
 - a. Outbreaks caused by food service workers
3. Hazards and Contamination to Food
 - a. It is illegal to serve food that is not safe, pure, and wholesome(non-hazardous)
 - b. The FDA Food Code: adopted by State of Oregon
 - i. Legal Requirement
4. Microorganisms, Pathogens, Toxins, Spoilage
 - a. Pathogens are bacteria, viruses, parasites, and fungi
 - b. Carried by food, water, human's, animals, and insects
 - c. Conditions for bacterial growth: Food, Acidity, Time, Temperature, Oxygen, Moisture (FATTOM)
 - d. Cross contamination by soil, improper hand washing, poor sanitation protection procedures
 - e. Toxins: the waste products of bacteria; some not destroyed by boiling
 - f. Viruses: found on surfaces, in feces, sputum, saliva, vomit, blood
5. Controlling transmission of viruses:
 - a. Wash your hands after bathroom
 - b. Sanitize common surfaces,
 - c. Wash your hands before eating
 - d. Send ill workers home
 - e. Wash your hands before working with any food
 - f. Cook foods thoroughly
 - g. WASH YOUR HANDS THOROUGHLY!!!

3:00 p.m. Meeting Adjourned