

ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION



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*May
the New Year bring
much prosperity
and good cheer
to you and your family.*

NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

"We enhance the careers of our members through professional and personal growth."

INTERNATIONAL NEWS

IFSEA Annual Conference and Trade Show

IFSEA is gearing up for the 2007 IFSEA International Conference and Trade Show in Kansas City, Missouri, March 29 – April 1 and we look forward to seeing you there!

To register or get hotel information visit the IFSEA website at www.IFSEA.com.

Conference Program

We know you are anxious to see what is in store for you at the conference. The following are just a few highlights of the conference program, which has been planned with you in mind.

INNOVATIVE PRODUCTS AND SERVICES

IFSEA and the Military Hospitality Alliance (MHA), in cooperation with the Directorate of Food Service for the Army, Navy, Marine Corps, Coast Guard and Military Sealift Command, will host the 9th Annual Merchandising Product Tradeshow on Friday, March 30th from 11:00 a.m. to 4:00 p.m., as an integrated part of the 106th IFSEA Conference.

INSPIRING KEYNOTE PRESENTERS

Looking Forward: Emergency Preparedness - Future Disasters

Charnette Norton, MS, RD, LD FADA, FCSI, CFE, FHCFA

Vice President, Romano Gatland of Texas

Barry Robinson, Assistant Vice President, SYSCO Corporation

OUTSTANDING EDUCATIONAL SESSIONS

Offering ideas and information to enhance your performance and increase your ROI.

Food Service Leadership in the 21st Century

Karl J. Guggenmos, AAC, CCE, CEC

University Dean of Culinary Education, Johnson and Wales University

Pandemic Preparedness: What Every Food Service Executive Should Know

Jorge Hernandez, Vice President Food Safety & Quality Assurance, US Foodservice

STUDENT DEVELOPMENT

In addition, students completing their hospitality education can expect enlightening presentations geared toward your professional growth. This year's sessions will include:

Building a Student Portfolio: Keys for Success

Agnew Hopkins, MCFE, CHE, Assistant Professor, Johnson and Wales University

Lyn Woodruff, MBA, CHE, FMP, CEC, Instructor, Johnson and Wales University

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Recipe Box

Greek-Style Capellini

SERVINGS: 7



6 ounces capellini, uncooked
1 LB fresh broccoli
Vegetable cooking spray
1 tsp. olive oil
1 clove garlic, minced
1/2 cup canned low-sodium chicken broth, undiluted
1 tsp. Greek seasoning
2 cups peeled, seeded, and chopped tomato
2 TBLSP. sliced ripe olives
1/4 tsp. freshly ground pepper
1/2 cup (2oz.) crumbled feta cheese

Prepare capellini according to package directions, omitting salt and fat. Drain well and set aside.

Trim off large leaves of broccoli; remove rough ends of lower stalks. Wash broccoli thoroughly, and cut into small flowerets; cut stems diagonally into 1/2 inch pieces.

Coat large nonstick skillet with cooking spray; add oil. Place over medium high heat until hot. Add garlic; saute 1 minute. Add broccoli and Greek seasoning. Bring to boil; stir in tomato and capellini. Reduce heat, and simmer until thoroughly heated. Add olives and pepper; toss gently. Transfer to serving bowl and sprinkle with cheese.

Fat 3.6 g (Sat 1.5 g, Mono 1.3 g, POLY 0.5g)
Protein 6.5 g Carbs. 23.9g Fiber 2.6 g
Cholesterol 7 mg, Sodium 316 mg

Pineapple-Ginger Pork Tenderloins

SERVINGS: 6



2 (3/4 LB pork tenderloins
1/2 cup unsweetened pineapple juice
2 TBLSP peeled, minced gingerroot
2 TBLSP low sodium soy sauce
2 cloves garlic, minced
1/2 tsp. dry mustard
Vegetable cooking spray
12 slices fresh pineapple (1/2 inch thick)

Trim fat from tenderloins. Place in a zip-lock heavy duty plastic bag. Combine pineapple juice and next 4 ingredients; stir well. Pour over tenderloins; seal bag, and shake until tenderloins are well coated. Marinate in refrigerator 8 hours, turning bag occasionally.

Remove pork tenderloins from marinade, reserving marinade. Insert a meat thermometer into thickest part of tenderloin, if desired. Coat grill rack with vegetable spray; place on grill over medium coals. Place tenderloins on rack, and cook 35 to 45 minutes or until thermometer reaches 160 degrees, turning and basting occasionally with marinade.

Transfer tenderloins to a serving platter; let stand 10 minutes. Place pineapple slices on grill rack and cook 5 to 7 minutes on each side until browned. Slice tenderloins diagonally across grain into thin slices. Arrange pineapple on plate with tenderloin.

Fat 4.6 g (Sat 1.4 g, Mono 1.9 g, POLY 0.7g)
Protein 24.6 g Carbs. 22.9g Fiber 2.5 g
Cholesterol 77 mg, Sodium 166 mg



ORANGES



Oranges are highly valued for their vitamin C content. It is a primary source of vitamin C for most Americans. This wonderful fruit has more to offer nutritionally than just this one nutrient, containing sufficient amounts of folacin, calcium, potassium, thiamin, niacin and magnesium. Most of the consumption of oranges is in the form of juice. Eating the whole fruit provides 130% of the recommended dietary allowance for vitamin C, less than the juice, but more fiber, which is not present in the juice.

The fruit is technically a hesperidium, a kind of berry. It consists of several easily separated carpels, or sections, each containing several seeds and many juice cells, covered by a leathery skin, containing numerous oil glands. Orange trees are evergreens, seldom exceeding 30 ft in height. The leaves are oval and glossy and the flowers are white and fragrant.

These semitropical evergreens probably originated in Southeast Asia. Columbus and other European travelers brought sweet orange seed and seedlings with them to the New World. By 1820 there were groves in St Augustine, Florida, and by the end of the Civil War oranges were being shipped north in groves. A freeze produced a major set back in production in 1895, but by 1910 crops in Florida had been reestablished. Florida is the number one citrus producer, producing 70% of the U.S. crop, with 90% of that going into juice. However, Arizona, Texas, and California also produce small amounts, with variations in color and peel. (Wellness Encyclopedia of Food and Nutrition, 1992). Oranges were introduced to Hawaii in 1792.

Selection

All varieties should be firm, heavy for size, and have fine-textured skin. Look for fruit that is firm and heavy for its size, with bright, colorful skins. Skin color is not a good guide to quality. Fruits may be ripe even though they may have green spots. Avoid fruit with bruised, wrinkled or discolored skins; this indicates the fruit is old or has been stored incorrectly. Citrus fruit peel may vary in thickness, depending on weather conditions during the growing season. Thinner skins tend to be juicier than thick skin fruits.

IN THE NEWS

The Colonel dons apron in new KFC logo

Kentucky Fried Chicken icon Colonel Sanders will keep his familiar black bow tie, glasses and goatee, but will trade in his white suit jacket for a red cook's apron. The logo will be featured in TV ads and on the company's Web site, and an 87,000-square-foot version of it, laid out in the Nevada desert, is visible from space. [MSNBC/Associated Press](#)

Corn prices hit 10-year high, taking meat costs along

[Tyson Foods](#) reminded consumers Monday of a centuries-old truism: If the price of the food goes up, so does the price of the cow. Tyson Foods said increasing demand on ethanol pushed up the cost of fuel, which in turn inflated the cost of corn, the primary feed for chicken, beef and pork, to a 10-year-high. [The Tennessean \(Nashville\)](#)

Cocoa bar tests support effectiveness of phytosterols

Recent research on cocoa-flavored bars supports earlier studies showing that food products containing phytosterols help cut cholesterol levels. Phytosterols, plant-derived compounds structurally similar to mammal cholesterol, have been endorsed by the USDA and are generally supported, with some reservations, by the medical community as a way to fight coronary heart disease.

[Reuters](#)

Businesses help customers clean up — with hand sanitizer

U.S. businesses ranging from restaurants to health clubs

are offering customers hand cleaners to help them “kill germs on the go.” Sales of hand sanitizers have more than doubled since 2003, and experts attribute the increasing growth and availability of the hand cleaners to the public's growing awareness of germs and perception of cleanliness. [The New York Times/Associated Press](#)

Breakfast protein curbs hunger, helps weight loss

Eating more lean protein at breakfast can reduce hunger pangs and make it easier to lose weight, researchers at Purdue University's Campbell Laboratory for Integrative Research in Nutrition, Fitness and Aging found. The findings are just the latest in a series of reports concluding that protein might be a dieter's best friend. [Los Angeles Times](#)

Be part of the hottest trend in foodservice!

Diners will have a new way to search for restaurants that offer healthful menu choices. The National Restaurant Association partnered with Healthy Dining to develop [HealthyDiningFinder.com](#). This groundbreaking Web site will allow consumers to search for restaurants by location, cuisine, price and other criteria. To be included in the extensive nationwide campaign, please visit [HealthyDiningFinder.com!](#)

The smell of marketing success

ScentAndrea Multisensory Communications, which has developed small fans to spread the smell of freshly brewed coffee to consumers pumping gas at stations in Canada, is the latest marketer to jump on the scent bandwagon. The fledgling scent-marketing segment is projected to grow from \$40 million to \$60 million today to \$500 million to \$1 billion in 2016, according to the Scent Marketing Institute. [The Globe and Mail \(Toronto\)](#)



MARK OUR CALENDAR!

106th IFSEA Annual International Conference and Seminar
Marriott Hotel • Kansas City, Missouri
March 29 - April 1, 2007

The 2007 IFSEA Conference Planning Committee is hard at work developing the program for this exciting annual event. **IFSEA conferences provide an unparalleled opportunity to network** with professionals from all segments of the food service industry, including over 500 military representatives. **Students** from culinary and HRI programs will also be in attendance. In addition, you will enjoy educational sessions **on a broad spectrum** of management, food service, leadership and motivational topics.

Watch your mailbox in January for your 2007 conference registration materials and join your IFSEA colleagues in Kansas City!

KANSAS CITY DOWNTOWN MARRIOTT
200 West 12th Street Kansas City , MO



Bartle Hall at night.
Direct connection to the Convention Center.

CERTIFICATION

It's GOOD for you!

Why Should You Obtain Certification?

- Highlights Your Experience
- Denotes Professionalism
- Shows Career Commitment
- Job Search Advantage
- Peer Prestige/Esteem
- Personal Self-Fulfillment
- Use your CFM/CFE on Business Cards, Resumes etc.



Some of the Benefits You Will Receive

- Handsome Wall Plaque/Certificate
- Employer Notification Letter
- Prestigious Lapel Pin
- Formal IFSEA Conference Presentation
- Industry Wide Recognition
- Certification from America's 1st (1901) and finest Food Service Assn.

You may already be qualified for IFSEA's prestigious certification: "Master Certified Food Executive" (MCFE), "Certified Food Executive" (CFE) or "Certified Food Manager" (CFM) You do need to apply and in as little as two weeks you could be certified with the distinguished initials, MCFE, CFE or CFM, to put after your name. Your career accomplishments deserve recognition. There is no testing or bureaucracy, but you do need to complete the certification order form and application process. Certification is a pinnacle of food service success. Dare yourself to reward yourself!

IFSEA Certification

Reflects the highest level of professionalism in your work experience and educational background...and recognizes any association membership and community service activities. It says you have achieved all the necessary job skills. *and...*

..gives you that critical extra special edge to stand out in today's highly competitive work place. College isn't enough. Professionals who highlight their differences land the best jobs. Let certification make a crucial difference in YOUR career!

Cost for Members:

- MCFE - \$99
- CFE - \$99
- CFM - \$99
- Recertification (CFE Only) - \$50

INTERNATIONAL NEWS

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Make a Difference... by Being the Difference

Larry Brown, DODG, CFE, CPF, Vice President and General Manager, Michaels & Associates, Past International Chairman / IFSEA (2004-2005)

This is just a sample of the opportunities IFSEA has planned for you. Watch your e-mail and your regular mailbox for more information in the next few days. We look forward to seeing you in Kansas City!

IFSEA Membership

- The membership rosters are up on the web and updated. Please check your information to validate its accuracy. If you have any changes please forward them to Carrie Edwards, cedwards@hqtrs.com.

IFSEA Certification

- If you don't have your certification yet, and you are attending conference, be sure to sign up for the IFSEA Certification Class. Ed Manley will be teaching a one day course and this will give you the opportunity to earn your MCFE, CFE or CFM. Space is limited so be sure to sign up early. Don't let this opportunity for success pass you by. Our certification can make the difference for your next promotion. To find out more information visit the IFSEA website at www.IFSEA.com.

Member News

- Do you have member news that you want to let everyone else in IFSEA know about, be sure to send it to Yolanda Jackson, yjackson@hqtrs.com, and she will include it in Infusion and the IFSEA magazine.



The International Food Service Executives Association in partnership with **VIPFoodSafety** and **Thompson-Prometric, Inc**, offers the most comprehensive Food Safety Certification and Food Management Certification. The name of the program is IFSEA FoodSafety.

We now include a 4-hour Certification Preparation Seminar Plus the Exam, for your choice of **IFSEA's MCFE, CFE, or CFM** Certification Exams!

WHAT THIS TRAINING DOES FOR YOU?

1. The opportunity to acquire **3 or more "Highly Recognized" certifications!**
 - a. **Certified Professional Food Manager** - (Thompson-Prometric)
 - b. **Certified HACCP Manager**- (NSF-Thompson-Prometric)
 - c. **Certified Food Manager** – CFM (IFSEA)
 - d. **Certified Food Executive** – CFE (IFSEA)
 - e. **Certified Master Food Executive** – MCFE (IFSEA)
2. Will enhance your professional portfolio
3. Will enable you to perform more effectively on the job
4. Will improve workplace food safety readiness
5. Provide you with the tool and knowledge to teach others

Classes have been, or are scheduled for, these locations - Honolulu, Jacksonville, FL, San Diego, Las Vegas, Corpus Christi, TX, Fort Bragg, NC, New London, CT, Seattle area (Navy SubBase Bangor and McChord AFB, Washington, DC (Bolling AFB, The White House, The Pentagon, Marine Barracks), Norfolk, VA, Kodiak, Alaska, Yokosuka, Japan.

For information on any of these classes, please contact Ed Manley at 702-838-8821 or e-mail hq@ifsea.com.