



IFSEA INFUSION

March 2017

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

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the Wright Stuff!

Fred Wright, DODG, MCFE, CEC, AAC, Chairman of the Board

It was many years ago, and no fault of anyone I can blame, IFSEA became a military support group, forsaking its members and existing to only help with the Military Food Service Awards program. Well fast forward to today and we no longer have this awards program. This leads many to wonder what are we and where are we. This year sees the first cancellation of an annual conference in years.

Well there are some dedicated individuals that do not want to see this organization fail and have worked diligently to make sure it survives.

So, what do we stand for today if not a military food service award receptacle? We stand for students, members, military support and training. We stand for certification. Last month I stated that we were very proud to announce the new IFSEA EF an autonomous unit that will help generate the future of IFSEA. The board has unanimously supported moving IFSEA certification to the Educational Fund for better posturing and support not only for national accreditation but for promoting training and certification.

These little successes do not happen overnight and will take time to be on top again. Don't give up, stand strong and realize we will succeed in this endeavor.

SOMETHING TO THINK ABOUT

Always remember that hindsight
is the best insight to foresight.

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? Did ? You ? Know ?

S A G E



More than 2 million ounces of sage are sold in the U.S. each year.

The herb Sage is a member of the mint family.

Sage (*Salvia officinalis*) is a perennial shrub about 2 feet high and has over 500 varieties.

Its flowers are fragrant, usually purple or blue, sometimes white, red or pink. They are rich in nectar, and its honey is in great demand in Europe because of its spicy flavor. Some varieties, have broad leaves; others have foliage variegated with red, yellow, or white.

During the 17th century, the Chinese exchanged three or four pounds of their tea with Dutch traders for one pound of European sage leaves.

For most of its long history the herb sage has been a healing herb (supposedly curing everything from snake bites, eye problems, infection, epilepsy, intoxication, memory loss, worms and intestinal problems) or prescribed as an aphrodisiac.

Dried sage leaves are use to season meats, in baked goods and beverages. Sage leaves are also used to flavor vermouth and various bitters. For years it has been used in the preserving of foods. We now know that sage contains powerful anti-oxidants which slow spoilage. Sage is also antibacterial in nature, is effective in treating sore throats and is even effective as an antiperspirant.

It was believed that sage stimulated the brain, therefore, increasing powers of concentration, memory and reasoning. From this, the word “sage” took on another meaning – wise person.

Sage was rubbed on the teeth to make them whiter in nineteenth-century America.

FROZEN FOOD

Recommended storage time

Freezing food stops bacterial growth, so in theory, frozen food can be used indefinitely. However, we know from experience that quality of food degenerates over time, even frozen. For that purpose it is important to follow these recommended timelines for storing food in your freezer.

BREADS & DESSERTS

	months		months
Baked bread, rolls	2-3	Unbaked fruit pies	2-4
Unbaked bread, rolls	1	Baked pumpkin or pecan pies	1-2
Baked cookies	6-8	Cheesecake	2-3
Cookie dough	3	Baked muffins	6-12
Baked, unfrosted cake	2-3	Pancakes	3
Baked, frosted cake	1	Waffles	1
Baked fruit pies	6-8		



MEAT

	months		months
Lamb and veal	9	Venison	3-4
Pork chops	4-6	Ham (cooked)	2
Pork roasts	4-12	Canned ham (opened)	1-2
Steaks	6-12	Raw hamburger	3-4
Beef chops	4-6	Bacon	1
Beef roasts	up to 12	Sausages	1-2
Chicken and turkey (whole)	12	Cooked meat	2-3
Chicken and turkey (parts)	9	Hot dogs (in freezer wraps)	1-2
Ground turkey, pork	3-4	Fried chicken	4
Beef, chicken	3-4	Cooked poultry dishes	4-6
Tongue, liver, kidneys, heart	3-4	Chicken nuggets	1-3



FROZEN FOOD

SEAFOOD

	months		months
Lean fish	6	Crab	10
Fatty fish	2-3	Fresh shrimp, scallops	3-6
Cooked fish	4-6	Squid, clams	3-6
Smoked fish	2	Clams, mussels, oysters (live)	2-3
Shellfish	2-3	Canned seafood (out of can)	2
Lobster	12		



DAIRY & EGGS

	months		months
Butter	6-9	Soft cheese	6
Margarine	12	Ice cream	2
Cottage cheese	1	Yogurt	1-2
Hard cheese	6	Eggs (raw)	1



FRUITS & VEGETABLES SOUPS, BROTHS & STEWS

	months		months
Fruit (citrus)	3	Meat broth	2-3
Fruit (other)	9-12	Meat soups	2-3
Nuts	3	Stew meats	3-4
Vegetables	8-12	Vegetable soups and stews	2-3



FROZEN FOOD

BEVERAGES

	months
Milk	3-6
Juice (homemade)	6
Juice (concentrate)	12

** Note that liquid expands after freezing, so don't put glass bottles in your freezer.*

MISCELLANEOUS

	months		months
Casseroles (cooked)	3	Lunch meats	1-2
Casseroles with eggs	1-2	Pizza	1-2
Rice (cooked)	3	Spices and herbs	12
Pasta (cooked)	3	TV dinners	3-4

WHAT NOT TO FREEZE

Deli products	Canned fish
Eggs in shell	Pasta (uncooked)
Hard boiled eggs	Rice (uncooked)
Coffee	Cereal
Mayonnaise	Apples
Sour cream	Melons
Buttermilk	Artichokes
Cream cheese	Eggplant
Pudding	Lettuce
Pie custards	Potatoes (other than mashed)
Salads (chicken, ham, tuna, macaroni, egg salads)	Radishes
Salad dressings (bottled)	Sprouts
Unopened canned ham	Carbonated drinks, beer

UMES HOSPITALITY PROGRAM FEATURED ON DELMARVALIFE.

By Cailey Mitchell

How we were chosen to be on the show?

Previously, my culinary teacher had had students go on the show to primarily promote the huge dinner theater event that the hospitality department would put on each year and to also promote the UMES hospitality program. Unfortunately, the past few years there has not been a dinner theater event. With that being said, it has been a few years since the UMES hospitality program has been on the kitchen segment on DelmarvaLife. I feel that my culinary teacher wanted to change that and see if our hospitality program could be presented on the show again. We found out on Tuesday of the respective week that we were going to be on the show on Friday because there was an opening.

Why we were chosen to be on the show?

Allison and I are both active members in the hospitality program on campus and both share a love for baking. Alli was the baker on the UMES team that competed last year in the IFSEA culinary competition. I am currently the lead baker in my food production class, at UMES, a class which Alli was a lead baker in when she took the class. I feel that our culinary teacher chose us to be on the show because we are both dedicated individuals in whatever tasks we are handed in life. For example, we are both passionate about baking. I feel that my culinary teacher saw that in us and wanted to showcase our talents in bakeshop on the show.

All in all, it was a rewarding and priceless experience that I will hold near and dear to my heart forever. As soon as I heard I was going to be on the show, I was faced with lots of excitement and nerves. Fortunately, when I got there all of my nerves disappeared because my excitement to do what I love, and to share it with others surpassed my previous anxiety.

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(from left to right) Cailey Mitchell(me), Allison "Alli" Anderson, and Lisa Bry-

UMES HOSPITALITY PROGRAM FEATURED ON DELMARVALIFE.

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(from left to right) Jacqueline Karli (news anchor), Cailey Mitchell(me), and Allison "Alli" Anderson.



NON-PROFIT EDUCATIONAL FUND

By David M. Preston - JD/MBA - CFE

The IFSEA is at a cross-roads; with an intent to reposition the association and find a clearer direction. A 501(c)(3) non-profit educational fund was created and approved by the IRS in February 2017; the International Food Service Association Educational Fund, Inc. (IFSEAEF). The fund's mission and goal is to promote and continue providing education and certification for anyone in or entering the food service and hospitality industry worldwide. With that in mind, on March 22, 2017, at a meeting of the Board of Directors, the three offered Certifications: CFA, CFM, CFE were all transferred into the IFSEAEF, Inc. At that same meeting, it was noted and discussed that these certifications do not hold any accreditation. The first objective of the IFSEAEF, Inc. will be to obtain a national accreditation.

PUNOGRAPHY

When chemists die, they barium.

Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid. He says he can stop any time.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun went. Then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

They told me I had type-A blood, but it was a Type-O.

Why were the Indians here first? They had reservations.

We're going on a class trip to the Coca-Cola factory. I hope there's no pop quiz.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

Broken pencils are pointless.

I tried to catch some fog, but I mist.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

I used to be a banker, but then I lost interest.

I got a job at a bakery because I kneaded dough.

Haunted French pancakes give me the crêpes.

Velcro - what a rip off!

A cartoonist was found dead in his home. Details are sketchy.

Venison for dinner again? Oh deer!