

The Dish

VALPARAISO UNIVERSITY DINING SERVICES

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JOHN'S MESSAGE

Our new monthly publication

This is our first issue of Valpo's Dining Services new monthly publication *The Dish*. This is truly a special one because it proudly displays the enthusiasm of our team for providing inventive cuisine to Valpo students, faculty and staff. You will see great photographic images and read about events, activities and programs close to our hearts, important to our guest and gratifying of student and parents.

Each monthly issue will cover a myriad of trends within our operations, including special features and departments from HR news, safety spotlights to training news and culinary innovations. From nutrition information and allergen news to "frequently asked questions."

We will also spotlight a few of our employees who make every day a treat ensuring that each guest's dining experience is memorable.

I hope that you enjoy *The Dish* magazine and encourage you to share our publication as we take you on an exciting journey, covering stories from technology to foodology in the upcoming issues.

Regards,
John H. Reid
Director of Dining and Catering Services



WHAT'S COOKING?

African Bean Stew, submitted by Dom Ventrella

Serving Size: 1 Cup

Servings made: ~24

Expected total time: 1 hour, 20 minutes

INGREDIENTS REQUIRED:

- 3 tbsp. vegetable oil
- 38 oz. Vidalia onion
- 2 tbsp. garlic
- 30 oz. multicolored bell pepper (red, green and yellow)
- 1-1/2 tbsp. chili powder
- 1 tsp. ground cinnamon
- 1-1/2 qt. Pace® Chunky Salsa (Mild)
- 2 qt. V8® Vegetable Juice
- 1 qt. water
- 5 lb. low sodium
- 2 lb. sweet potato
- 1/4 cup molasses
- 1/4 cup home-made vegan Worcestershire sauce
- 12 oz. raisins
- 1/2 cup cilantro
- 1-1/2 cups coconut milk

INSTRUCTIONS:

- 1) In a large pan or stock pot heat oil over medium-high heat; add onions and sauté 4 minutes. Stir in garlic and continue to cook for 2 minutes.
- 2) Add peppers and continue to cook, stirring often, for five minutes. Stir in seasonings and cook for 3 minutes.
- 3) Pour in Salsa, Vegetable Juice, and water and bring to a boil. Reduce heat to simmer.
- 4) Add beans, sweet potato, molasses and Worcestershire sauce and return to a simmer; lower heat and simmer, stirring often, for 30 minutes.
- 5) Stir in raisins and cilantro and continue simmering for 15 minutes, stirring often. Controlled Critical Point (CCP): Heat to an internal temperature of 165 degrees F or higher for 15 seconds; hold hot at 140 degrees F or high-



WHAT AM I EATING?

Understanding Protein

Protein, fabled for building Superman worthy muscles and promoting weight loss, has been cast as the superhero of the health and fitness world. However, this nutrient requires a deeper understanding to eliminate misconceptions. Protein, a macronutrient, has a caloric intake of approximately 4 calories per gram; the same as carbohydrates. Built

out of amino acids, nine of which essential as the body cannot make them, our diets require that we consume a sufficient amount. In fact, protein is important for many bodily

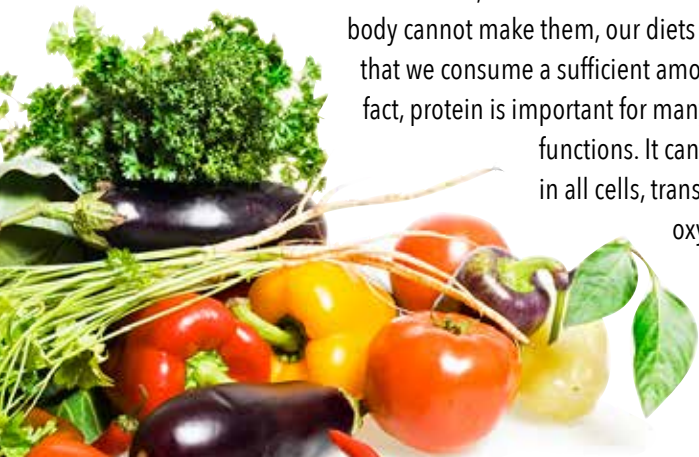
functions. It can be found in all cells, transports

oxygen through the body as

hemoglobin and certain proteins even trigger an allergic responses.

Protein is found in a variety of foods, including meats, seafood, eggs, dairy products and most vegetables. Animal products are especially high in proteins containing the nine essential amino acids along with many nonessential amino acids. Vegetarian diets on the other hand, are often shied away because many believe they do not get enough of these essential amino acid. However, a well planned vegetarian diet – one that contains a large variety of vegetables – mixed with complementary sources ensures all the essential amino acids are consumed.

While high protein diets gain popularity, believed to promote weight loss, build muscle and improves overall health, not enough evidence is present. Some research suggests high protein diets stimulate satiety, build muscle and improve health, but additional consideration is still necessary. A high diet of any macronutrient, including protein, both promotes its storage as fat and may offset the balance of the others and lead to a deficiency. In order to avoid this, a carefully balanced diet should be considered.



ATTENTION VALPO DINING STAFF

Attendance Policy

All employees hired by Dining Services are assigned to perform specific tasks within our operation. Each person's work is critical to the success of our operation. Therefore, we expect our employees to be on time and maintain consistent attendance on their assigned workdays. However, there are occasions when absenteeism or tardiness is

unavoidable. For these circumstances, Dining Services adheres to the Valparaiso University policy stated in the Staff Employee Handbook. A representative from Human Resource Services or Dining Services staff will gladly address any questions you may have regarding this policy.

WATCHING OUT SAFETY PROGRAM

Be Safe, Not Sorry

Dining staff, as you may know, we have started a new program titled, "Be Safe, Not Sorry." During this 24-week program, staff will be trained to understand the key concepts of food and employee safety, in all things in and between preparation and service. Employees are expected to come into the office during their work week and watch a weekly five minute power presentation on a chosen topic and answer a short quiz afterward. The topics of the presentations will include both food safety and employee safety. By the end of this program, all trained employees are expected to know the following: Hand washing through warewashing, safe storage to avoid cross contamination of food, proper

temperature control in cooking and presentation, proper cooling and storage of leftovers, safety of yourself and other employees, an understanding of the consequences associated with food and employee safety, application of learned procedures in the workplace and recognition and correction of improper food handling.

Keeping things clean

The following is an example of the Master Cleaning list. Valpo Dining staff are expected to complete all listed tasks given.

Master Cleaning Schedule



Location Name: Dining Services

Area, Department, or Workstation: Example Location

Equipment/Surface	Cleaning Frequency						
	Daily	Weekly	Semi-Monthly	Monthly	Quarterly	Semi-Annual	Annual
Sweep Floors	x	x					
Mop Floors		x					
Toaster Tray		x					
Stainless wall behind Grill-Stove Top		x					
Food Sink, by coffee - Scrub		x					
Food Sink, by ice machine - Scrub		x					
Hand Sink by Grill, Scrub		x					
Hand Sink by entry door, Scrub		x					
Stand by Fryer, Clean top and bottom		x					
Sneeze Guards, Dust and Windex		x					
Stainless cabinet-cooler doors serving area		x					
Tray under Stove Top, Change Foil & Clean				x			
Stainless Cooler Doors				x			
Panini Machine				x			
Cabinet under Panini Machine				x			
Shelves under serving counters				x			
Air pots, clean with pur caf				x			
Cooler, (Deli) clean out - wipe out				x			
Cooler, (Coffee) clean out-wipe out				x			
Cooler, (Dairy) clean out- wipe out				x			
Cooler, (Double) clean out - wipe out				x			
Freezer clean out- wipe out				x			

SPECIALS AND UPCOMING

WHAT'S HAPPENING THIS MONTH:

- April 6th – National Caramel Popcorn Day
- April 9th – Chinese Almond Cookie Day All Day
- April 12th – National Grilled Cheese Day
- April 10th – 16th-National Egg Salad Week
- April 13th – National Peach Cobbler Day All Day
- April 15th – National Glazed Ham Day-Dinner
- April 16th – Eggs Benedict Day
- April 18th – Animal Cracker Day-Circus Theme
- April 25th – National Zucchini Bread Day
- April 26th – National Pretzel Day
- April 29th – National Shrimp Scampi Day
- April 30th – National Cookie Day-Oatmeal, and Raisin Day

FOOD FUN FACTS:

- April is National Soy Foods month!
- Did you know soy beans contain all the essential amino acids you need?
- Did you know that in 1941 Henry Ford unveiled a soy bean plastic-framed car to the public?
- Did you know that a single acre of soy beans can produce over 80,000 crayons?
- Did you know that soy bean oil can be processed to create an environmentally friendly bio-diesel?

SUPER FOODS FOR YOU TO TRY:

Leek

Strawberry

Lime



Contains allicin like garlic (Although is lesser quantities), an immune system supporting chemical.

Promotes eye health. Has a high potassium and magnesium content, both of which help maintain healthy blood pressure levels.

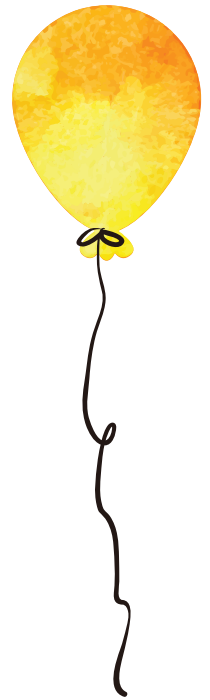
Beneficial for the skin. Helps assist and balance the digestive process and ease arthritis pains.

APRIL BIRTHDAYS

- 1 Kristi Rensberger
- 5 Dee Burdine (Buz)
- 5 Tammy Mangold
- 8 Jean Mulvihill
- 15 Dawn Bundalo
- 17 Jim Galligan
- 19 Brenda Metts
- 20 Jill Walsh
- 21 Chris Kete
- 24 Krystle Burmylo
- 30 Patricia Baggett

ANNIVERSARIES FOR YEARS OF SERVICE

- Rhonda Johnson 2 years
- Meagan Ziller 6 years
- Marianne Reach 9 years
- Donna Zell 12 years



HEALTH & SAFETY TIPS

Spring allergies are in full swing this time of year. Here are a few tips to help ease your seasonal allergies.

- Take a shower and change your clothes after working outside for a long period of time. Pollen clings to our body and clothes.
- Cover up when you work outside. Wear long sleeves, pants and work gloves to keep allergens off of your skin. Also, wearing a face masks can help eliminate airborne particles.
- Pollen counts are higher on sunny, breezy days. Try to work outside on cloudy still days.
- Use a neti pot to flush harmful irritants out of your sinuses.
- Do not dry your clothes outside on the clothes line. They will be covered with pollen.
- Monitor pollen levels daily. When high, keep windows closed and limit your time outside.

GREEN TIPS

Saturday, May 14th from 9-2, will be "One Stop Recycling" at the expo center in Valpo. They will be accepting tires, appliances, household hazardous waste and electronics. It is a good way to recycle everything at one time. Note though the line can get very long so allow plenty of time.

GREEN TIP FUN FACT

Did you know in North America, fruits and vegetables travel an average of 1,500 miles before reaching your plate? Buying fresh, local food eliminates long distances traveled and preserves flavor and nutrients.



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