

**GADA Executive Board**

**Kelley Dodgson**  
President

**Sherry Shipskie**  
President-Elect

**Cristina Caro**  
Immediate Past  
President

**Kerry Newell**  
Secretary

**Cathy McCarroll**  
Treasurer

This issue of the GADA Newsletter is devoted to topics in foodservice. The next issue will focus on entrepreneurial nutrition. If you are interested in submitting an article, please contact Barbara Hopkins at [bhopkins@gsu.edu](mailto:bhopkins@gsu.edu). The deadline for submission is April 28.

**Nutrition Facts on the McMenu?**

By March 31, menus at chain restaurants in New York City are going to have a new look. The New York City Board of Health passed legislation in January of this year requiring all chain restaurants with 15 or more outlets to post calories for food items on their menu boards. Examples of these chain restaurants include McDonalds, Subway, Olive Garden, and Applebee's. Many restaurants, such as Burger King and McDonalds, have had nutrition information available in pamphlets or on tray liners. However, the Board of Health determined that customers often see this information after they have already ordered. This legislation is designed to affect consumer decisions at the point of purchase. New York City is just the first of many cities to work to pass menu legislation. Cities such as Philadelphia, San Francisco, and Portland are working to pass similar legislation.



Only time will tell if this intervention works to change consumer habits as well as change the preparation methods of the restaurants affected. Some residents of New York City have stated that they understand that French fries, for example, are high in calories. They argue that the new menu labels will not deter them from indulging in their favorite foods. Proponents of this legislation argue that having information will allow consumers to make informed decisions.

By Rashelle Berry, GSU Dietetic Intern

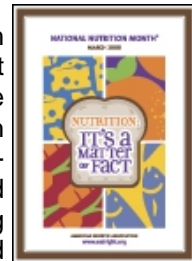
**RENEWAL REMINDER**

All licenses to practice as a Licensed Dietitian in Georgia expire on March 31. You can renew online at <https://secure.sos.state.ga.us/mylicense/>.

**Message from the President**

Hello GADA Members!

National Nutrition Month (NNM) is here – Support your profession! We have a busy month ahead with many exciting events planned around the city, including the Diabetes Expo and RD Day Celebration.



We are also excited to announce a NMM ad campaign featuring the ADA's "Nutrition: It's a Matter of Fact" prominently displayed on thirteen Marta bus ads throughout the month. The bus ads also promote our profession with the slogan "Eat Right Today – A Registered Dietitian Can Help" followed by the ADA's website. I encourage each of you to participate in NMM: promote NMM in your workplace, volunteer at a local Food Bank or participate in one of GADA's NMM activities. Visit our website ([www.eatrightatlanta.org](http://www.eatrightatlanta.org)) for additional details.

Best wishes,  
Kelley Dodgson, RD, LD  
GADA President

**Thank You** GADA volunteers and supporters for participating in the Hunger Walk/Run on March 2nd. Our team raised \$290 for hunger relief in Georgia... great job!

You can still support the hunger relief effort with a tax-deductible donation online (web link --- team name: GADA). The success of this fundraising activity is critical to hunger relief across Metro Atlanta this year. The number of families needing assistance is higher than recent years. For more information, contact Cheryl Orlansky, team captain, at [corlansky@earthlink.net](mailto:corlansky@earthlink.net)

## Foodservice in Greater Atlanta

### Bag of tricks

A baseball pitcher can stake his career on one signature pitch. Whether it is a fastball, curveball or knuckle ball it is referred to as their bread and butter. If they can keep that one pitch working it can keep food on their table for a lifetime. They don't have to be able to swing a bat or run the bases just pitch that one pitch. The career of a foodservice manager is far from that simple. Anyone brave enough to sign on as a manager of a foodservice operation must have a bag full of tricks. They can't be a one pitch player.



Foremost among the tools any manager of foodservices must possess is people skills. Since food is produced for people by people they must know a lot about people. The staying power of any foodservice manager lies in the ability to provide foods that appeal to a variety of taste preferences on a consistent basis. Equally as important is their ability to direct employees in such a way as to sustain quality products and services to those that are served, those that pay.

Next a foodservice manager must have an eye for the details. Although a passion for food and love of cooking was the impetus for getting into the food

industry those facets become secondary to many other issues. From menu writing, staffing the dish room and training the fry cook to procuring food, maintaining food safety standards and processing payroll the duties of a foodservices manager are varied to say the least. Aside from these a manager of foodservices must keep up with the changes.

Continuing education in all areas of a dynamic industry such as foodservice can be a full time job and must always be on the agenda. Changes in customer preferences, health department regulations and technology among others demand that a foodservice manager must stay on the cutting edge of the industry which is no small task in light of the immense responsibility they are already charged with.

These are but a peek into the bag of tricks that a successful foodservice manager must have at their disposal. In addition to these; boundless energy, a perpetually positive attitude and an unending willingness to get the job done no matter what must fill that bag. Like the All Star pitcher must keep his on bread and butter pitch working to put food on his table a foodservice manager must keep many pitches working well to keep food on many tables.

By Joe Engelbird RD, LD, Chef

### Want to Get Paid to Speak?

Whether you're just beginning to speak, or you're a seasoned professional, we want to hear from you! GADA has initiated a speaker bureau on its website. Each time a request for a speaker comes our way, we'll forward it to everyone on the list. Interested? Please send Dr. Jo ([drjo@drjo.com](mailto:drjo@drjo.com)) your name, title and company, credentials, the topics you speak on, preferred phone, email address, and website.



We also have a volunteer speaker's bureau for students and others willing to participate in community outreach efforts, such as health fairs, high school career fairs, and the like. Interested in the volunteer speakers bureau?

Please contact Maureen McAndrews at [maureen.mcandrews@emoryhealthcare.org](mailto:maureen.mcandrews@emoryhealthcare.org)

## Trends in Food Service

Food is an integral part the social climate of a culture. We eat together to celebrate, mourn, relax, and maybe, just because it's Monday. It makes sense, then, that the changes in American culture would drive trends in the food service industry. After all, Americans spend about half of their food dollars outside of the home, making revenue from the food industry comprise about four percent of the gross national product (1). One of the reasons for this success is that the food industry is tuned into the changes in culture and demands from the American public. Recent trends in food service include (2):

### Healthy options

From nutritionally enhanced beverages to "heart healthy" menu choices, food service establishments and suppliers are capitalizing on Americans' demand for healthier foods. With growing public concern about trans fats, confusion about natural and organic foods, and growing demand for locally grown produce; be on the look out for new words describing "uncontaminated" products.

### Size matters

Maybe because health-conscious consumers are watching their portion sizes or because people don't have time to sit down to a large, traditional meal, people like *smaller* portions. Tapas bars have sprung up all over the country, and many other restaurants now offer petite versions of their regular offerings, such as mini sandwiches, "lunch-sized" portions, and desserts in a shot glass.

*Continued on page 4*



## Locally Grown Produce: Why Use It In Your Foodservice Operation?

Lately, purchasing locally grown produce has been heard throughout grocery and food circles- so what's the big deal? Does it really matter from where your produce comes? Well, here are some things to think about:.....

- 1) Locally grown food might taste better. Since the food is grown locally, it probably has been out of the ground, off the vine or tree or bush for a couple of days. Produce traveling from across the country often takes up to a week to travel and on the way could lose some of its flavor and vitality.
- 2) Locally grown food supports local farmers. Buying from local farmers eliminates the middleman and gives local farmers a better price for their food.
- 3) Local food supports a clean environment. By buying locally grown produce, reduces fuel emissions since the travel time is minimized. This leads to a cleaner and greener environment.
- 4) Consumer demand. Experts predict that consumer demand for locally grown produce is not just a trend, but a movement that will last.

There are many more reasons to buy local. For more information check out the following link: [http://www.georgiaorganics.org/living/why\\_buy\\_local.php](http://www.georgiaorganics.org/living/why_buy_local.php)

By Aislinn Hundley, GSU Dietetic Intern

### Trends in Food Service, *continued*

#### **Bitter is better: specialty chocolates on the rise**

People are clamoring for darker chocolate from exotic places. Consumers have a new vocabulary and want to know the cocoa content, where it comes from and how it's grown (organic, fair trade, etc). Manufacturers are even promoting dark chocolate as a hedonistic way consume antioxidants and even lower bad cholesterol.

#### **Comfort foods**

Many mass-market restaurateurs see: simplicity as a driving force in food service. Childhood favorites, soul foods, and nostalgic desserts like banana pudding are becoming more and more popular – but in a classy way. You may see foods you'd expect at a diner served in an upscale restaurant, only they've been dressed up and presented in style.

#### **Exotic fruits and vegetables**

Chefs across the country are finding new ways to help people get their "9 to 13 a day." Seaweed is going into salads, wrapping fish, and flavoring pasta; colorful and nontraditional vegetables are finding their way into seasonal specialty products; and "superfruits" such as pomegranate, mangosteen, and exotic berries are finding their way into desserts, cocktails, and specialty products.

By Joy Goetz, GSU Dietetic Intern

#### References

1. USDA Foreign Agricultural Service. Trends in the U.S. retail and food service industry. July 29, 2005. Available online at: <http://rome.usembassy.gov/agtrade/files/TrendsNewsletterJULY-2005.pdf>
2. Joseph Baum & Michael Whiteman Co. America's Top Ten Dining Trends For 2006. Dec 22, 2005. Available online at: [http://www.4hoteliers.com/4hots\\_fshw.php?mwi=1090](http://www.4hoteliers.com/4hots_fshw.php?mwi=1090)

## GADA at Underground Atlanta

Close to 2,000 high school seniors from all around the state attended the Hospitality Expo trade show. GADA exhibited alongside culinary schools, food service companies, hotels and other associations. GADA educated students about nutrition and careers in dietetics. Thanks Cristina Caro, Jane Moss, and Jeanne Putzel for volunteering to promote the field of dietetics to high school students.



### **Advance Production: Advancing the Possibilities**

Patient satisfaction is a top priority for the Food and Nutrition Department at Emory Hospitals. The department's goals are to produce and serve quality products while meeting patients' nutritional needs. Several years ago, the department made a decision to transition from a conventional service system to cook/chill, which is referred to as "advance production," at Emory Hospitals. The advance production system is a method in which food is prepared in large batches, rapidly cooled, and then stored in a refrigerated unit for later use.

Since its introduction, the advanced production system at Emory Hospitals has been a success. Lynne Ometer, Director of Food and Nutrition Services at Emory Hospitals, attributes the system's success to product consistency. Advanced production ensures a constant stock, virtually eliminating "run outs." Forecasting is also more accurate, in that inventory for advance preparation items are taken several times a week. Items that are running low or are close to their expiration dates are immediately placed on the production schedule.

The transition to advance preparation was a significant adjustment for the food and nutrition department, but after several weeks, the staff appreciated the new system. Advance preparation allows for "cooking around the clock." Since the food is not being served immediately after preparation, cooks can enjoy greater flexibility in production schedules. This flexibility decreases stress, which creates a more enjoyable work environment.

Most importantly, patient dining services has noted an increase in patient satisfaction. This has been reflected in Emory Hospital's Press-Gainey scores, as well as through patient reports to the food and nutrition employees. Advance plating has led to reliable service times and properly heated or chilled meal items. The advanced production system allows for cold food to be plated several hours before service time. These pre-assembled trays are then placed into retherm carts for approximately one hour before service. One side of the retherm cart chills the tray, while the other compartment heats the food to a safe and desirable temperature. Patients can rest at ease knowing their meals will be delivered at the appropriate time and temperature by a friendly dietary hostess/host.

David Horning, Assistant Director of Food Production and Purchasing at Emory Hospitals, reported that the cost of equipment installation and maintenance are disadvantages of the system. Advance production requires expensive refrigerators and freezers that demand valuable kitchen space and increase energy cost. He also noted that these factors are present in any production system; equipment in general is expensive and inevitably will need maintenance at some point.

The Food and Nutrition Department at Emory Hospitals has seen many positive improvements in product production and patient satisfaction with the introduction of the advance production system. As always, the nutrition department is working hard to withhold Emory's motto of "Advancing the Possibilities," by providing state-of-the-art patient care through dietary services.

*Submitted by Elizabeth Brace, Dietetic Intern, Emory University Hospital*