

CROSS-TRAINING AND FOOD SERVICE SOLUTIONS

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Participants will be able to adequately plan, organize, and prepare a meal for senior living residents in an efficient and safe way.

Participants will recognize essential food safety and sanitation techniques in a kitchen and dining room setting.

Participants will learn techniques to increase nutrition, hydration, and resident satisfaction during non-communal dining or non-traditional meal service.

OBJECTIVES



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CROSS-TRAINING FOOD SERVICE SOLUTIONS


JULIE MILLER, RD, LD



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A Day in The Life : **Food and Nutrition Services**

- Menu Planning and Execution
- Maintain Food Safety
- Practice Proper Sanitation
- Serve Residents Safely



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A Day in The Life : Food and Nutrition Services

Check Staffing

Check Environmental Safety

Check Logs

Check Stock



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<p>Opening Checks</p> <p>Hot and cold running water available from all sinks?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>All hand sinks equipped with soap and disposable paper towels in dispensers?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Cleaning cloth buckets prepared and sanitizer concentration verified with chemical test strips?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Cooler and freezer temperatures taken and recorded?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Cooler storage practices are implemented? (raw meat storage practices, food containers covered)?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Dishwasher is working correctly?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p>	<p>Equipment clean, well maintained, and free of physical defects?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Food prep areas cleaned and sanitized (work surfaces, equipment, utensils etc.)?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>FIFO (First In, First Out) practiced; no visibly spoiled or tainted foods?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>No evidence of insects/vermin in storage, processing, and retail areas (monitoring stations)?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>No ill food handlers on duty (diarrhea, vomiting, jaundice)?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Food handlers free of exposed cuts?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Manager/Staff with provincially approved food safety certification or equivalent on duty?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Mid-Day Food Handling Checks</p> <p>Food is handled, stored, and displayed in a manner that minimizes cross-contamination?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p>	<p>Frequent hand washing observed (Soap & disposable paper towels available at hand basins)?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>High hazard foods (cooked or raw) not being held at room temperature for > 30 minutes?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Cleaning cloths stored in a sanitizing solution & verified with chemical test strips?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Closing Checks</p> <p>Cooler and freezer temperatures taken and recorded?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Dirty cleaning cloths removed for cleaning and replaced with new ones?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Waste bins have been emptied & garbage bags removed from kitchen?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>All dirty laundry (cleaning cloths, aprons, etc.) have been placed in designated dirty laundry bag?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p> <p>Cleaning has been completed as outlined in cleaning schedule?</p> <p><input type="checkbox"/> ✓ <input type="checkbox"/> x <input type="checkbox"/> N/A</p>
<p>Completion</p> <p>Full Name and Signature of the Inspector</p>		

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MENU PLANNING:

"An operation's **menu** lists the food items that **are** available for selection by the customer and **is** often considered the most important internal control of the **foodservice** operation. The **menu** is the primary determinant of the operation's budget and provides a large piece of the operation's identity"

The menu also influences:

- Staffing Needs
- Resident Mood/Satisfaction
- Resident Nutrition Status

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M	Sunday	Monday	Tuesday
B K F S T	CHOICE OF JUICE CHOICE OF CEREAL EGG: _____ CINNAMON TWIST MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: _____ BACON PANCAKES W/ SYRUP MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: _____ SAUSAGE LINK TOAST MARGARINE/JELLY MILK
N O O N	COUNTRY FRIED CHICKEN MASHED POTATOES COLONEL'S GRAVY ORANGE GLAZED CARROTS ROLL/MARG PIE MILK	MONTREAL PEPPERED STEAK STUFFED POTATO GREEN BEANS BREAD/MARG CLASSIC STRAWBERRY SHORTCAKE MILK	GINGER PEACH BBQ RIBS BAKED SWEET POTATO HONEY CINNAMON BUTTER CORN O'BRIEN BREAD/MARG SEASONAL FRESH FRUIT MILK
A	HERBED PORK LOIN STUFFING	CREAMED TURKEY BISCUIT	BEEF & NOODLES ASPARAGUS
E V E	HAWAIIAN PIZZA TOSSED GREENS W/ DRSG CHOCOLATE OAT BAR MILK	SHRIMP TENDERS MACARONI AND CHEESE MIXED VEGETABLES BREAD/MARG PEANUT BUTTER CUP LUSH MILK	HOMEMADE CHILI CRACKERS 1/2 GRILLED CHEESE SANDWICH MANDARIN ORANGE GELATIN MILK
A	SOUP OF THE DAY DELI SANDWICH	TATER TOT CASSEROLE VEGETABLE BLEND	PULLED PORK ON BUN CREAMY COLESLAW

This
Vs.
That

M	Sunday	Monday	Tuesday
B F S T	CHOICE OF JUICE FRUIT CHOICE OF CEREAL EGG: _____ DANISH OR SWEET ROLL OR TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE FRUIT CHOICE OF CEREAL EGG: _____ DANISH OR SWEET ROLL OR TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE FRUIT CHOICE OF CEREAL EGG: _____ DANISH OR SWEET ROLL OR TOAST MARGARINE/JELLY MILK
N O O N	BAKED CHICKEN POTATO OF THE DAY CARROTS ROLL/MARG PIE MILK	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY GREEN BEANS BREAD/MARG ICE CREAM CUP MILK	BBQ RIBS SWEET POTATOES CORN BREAD/MARG FRUITED GELATIN MILK
E V E	PIZZA TOSS SALAD/DRESSING PEACHES CHOCOLATE BAR MILK	TUNA & NOODLES MIXED VEGETABLES BREAD/MARG COOKIE MILK	CHILI CRACKERS CINNAMON ROLL MANDARIN ORANGES MILK

MENU PLANNING

CONSIDER MODIFYING THE MENU TO ACCOUNT FOR LIMITED STAFFING AND DECREASED SKILL LEVEL.

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M	Sunday	Monday	Tuesday
B F S T	CHOICE OF JUICE FRUIT CHOICE OF CEREAL EGG: _____ DANISH OR SWEET ROLL OR TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE FRUIT CHOICE OF CEREAL EGG: _____ DANISH OR SWEET ROLL OR TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE FRUIT CHOICE OF CEREAL EGG: _____ DANISH OR SWEET ROLL OR TOAST MARGARINE/JELLY MILK
N O O N	BAKED CHICKEN POTATO OF THE DAY CARROTS ROLL/MARG PIE MILK	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY GREEN BEANS BREAD/MARG ICE CREAM CUP MILK	BBQ RIBS SWEET POTATOES CORN BREAD/MARG FRUITED GELATIN MILK
E V E	PIZZA TOSS SALAD/DRESSING PEACHES CHOCOLATE BAR MILK	TUNA & NOODLES MIXED VEGETABLES BREAD/MARG COOKIE MILK	CHILI CRACKERS CINNAMON ROLL MANDARIN ORANGES MILK

QUICK TIPS:

- *Generalized Terminology which builds in flexibility.
- *Reduce Choices
- *Ready-to-heat entrees
- *Convenience Items
- *Simple Desserts

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Week 1 SPRING SUMMER 2020 BASE MENU Pre-Prep-At-A-Glance						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prepare						
PEANUT BUTTER CUP LUSH (Monday): PREPARE & CHILL REESE'S PEANUT BUTTER LUSH				LEMONADE CHEESECAKE (Friday): PREPARE & CHILL LEMONADE CHEESECAKE	MONTE CRISTO SLIDERS (Saturday): ASSEMBLE MONTE CRISTO SLIDERS	
Refrigerate						
CHICKEN CAPRESE (Tuesday): THAW CHICKEN	PECAN GLAZED PORK CHOP (Wednesday): THAW PORK CHOPS	BRATWURST ON BUN (Thursday): THAW BRATWURST	TURKEY POT ROAST (Sunday): THAW TURKEY POT ROAST CARNITA BEEF TACOS W/ LETTUCE & TOMATOES (Sunday): THAW POT ROAST			ITALIAN PORK SANDWICH (Monday): THAW PULLED PORK

MENU PLANNING

CONSIDER WHAT NEED TO BE PREPPED FOR TODAY AND FOR TOMORROW.

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SUCCESS IN FOOD PREPARATION

Consider the following (no order):

- **S-Stage**-How can you arrange workspace to work smart?
- **U-Utilize**-What food safety practices need to be considered?
- **C-Census**-How many are you feeding?
- **C-Clock**-How much time is needed to cook the food?
- **E-Equipment**-What will you need to cook the food?
- **S-Service**-What will you need to serve the food?
- **S-Set Up**-How will the food be plated, presented or covered?



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LET'S GET TO WORK!



BAKED CHICKEN
POTATO OF THE DAY
CARROTS
ROLL/MARG
PIE
MILK



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STAGE

- Complete a quick inventory of product on hand and compare with daily recipes.
- Stage any non-perishable ingredients on a food service cart prior to meal preparation. (Herbs, Spices, Cooking Spray, etc).

Looking at our recipes-what items should we have staged on our cart?

What can be sheeted up/prepped in advance?



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RECIPE ROLL CALL

BAKED CHICKEN DRUMSTICK (CONV)

Portion: 2 each

Ingredients

Pan Size:

CHICKEN DRUMSTICK, FC

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

CCP: KEEP FULLY COOKED CHICKEN DRUMSTICKS FROZEN AT 0°F UNTIL READY TO HEAT IN OVEN.
1. Place chicken drumsticks on sheet pan(s) that have been coated with non-stick cooking spray.

Heating:

CONVENTIONAL OVEN: 375°F for 30 - 40 minutes from frozen.

CONVECTION OVEN: 350°F for 19-23 minutes from frozen.

DEEP FRY: 350°F for 7-9 minutes from frozen.

CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 165°F FOR 15 SECONDS.

CCP: HOLD FOR SERVICE AT 135°F OR ABOVE.

ALLERGENS:

** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

CHICKEN GRAVY (MIX)

Portion: 2 oz 1

Ingredients

Pan Size:

WATER, WARM

CHICKEN GRAVY MIX, 12 OZ PACKAGE

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

CCP: KEEP FULLY COOKED CHICKEN DRUMSTICKS FROZEN AT 0°F UNTIL READY TO HEAT IN OVEN.

1. Pour warm water into a saucepan.

2. Gradually add gravy mix (12 oz. package for each gallon of warm water). Whisk thoroughly. Bring to a boil stirring frequently.

3. Reduce heat and simmer 3-5 minutes.

CCP: HOLD AT 135 F. OR ABOVE FOR ENTIRE SERVICE PERIOD.

ALLERGENS:

Mix. 1oz

** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

View recipe

CARROTS (FZN)

Portion: 4 oz s

Ingredients

Pan Size:

CARROTS, SLICED, IQF

MARGARINE

SEASONING OF CHOICE

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.

CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.

CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

1. Heating of vegetables should be scheduled so they are served soon after heating.

2. Add 1 cup water for each pound of frozen carrots when boiling.

3. Boil or steam carrots. Boil 10-20 minutes, steam 10-20 minutes. Drain.

CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 135°F FOR 15 SECONDS.

4. Place cooked carrots in a 4" deep pan. Pour margarine over vegetables. Toss gently.

5. Sprinkle the carrots with seasoning of choice.

CCP: HOLD FOR SERVICE AT 135°F OR ABOVE. DO NOT MIX NEW PRODUCT WITH OLD.

ALLERGENS:

Mix. 1oz

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MASHED POTATOES (INSTANT)

Portion: 85 scp

Ingredients

Pan Size:

POTATO PEARLS

WATER, OR MILK

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.

CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.

1. Bring water to a rolling boil.

2. Using whip attachment on mixer on low speed, slowly add potatoes and mix for 1 minute.

3. Scrape down the sides of the bowl and whip on high speed until fluffy. (3-5 minutes).

4. Place mashed potatoes in a 4" deep pan. Cover.

CCP: HOLD FOR SERVICE AT 135°F OR ABOVE.

NOTES:

ALLERGENS:

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S.
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UTILIZE

• Food Safety

- CCP= Critical Control Point-A step at which control can be applied and is essential to prevent or eliminate a food safety hazard

BAKED CHICKEN DRUMSTICK (CONV)	
Portion: 2 each	
Ingredients	24
Pan Size:	
CHICKEN DRUMSTICK, FC	6 lb
METHOD:	
CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.	
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.	
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.	
CCP: KEEP FULLY COOKED CHICKEN DRUMSTICKS FROZEN AT 0°F UNTIL READY TO HEAT IN OVEN.	
1. Place chicken drumsticks on sheet pan(s) that have been coated with non-stick cooking spray.	
Heating:	
CONVENTIONAL OVEN: 375°F for 30 - 40 minutes from frozen.	
CONVECTION OVEN: 350°F for 19-23 minutes from frozen.	
DEEP FRY: 350°F for 7-9 minutes from frozen.	
CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 165°F FOR 15 SECONDS.	
CCP: HOLD FOR SERVICE AT 135°F OR ABOVE.	
ALLERGENS:	
** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.	

- Maintain Internal Cooking Temperature: Final cooking temperature-will vary between proteins.
- Follow guidelines for holding food (Cold: Under 41; Hot: Above 135)
- Best Practice: Do not hold longer than 2 hours.



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CENSUS

- Determine how many you are cooking for.
 - Resident Census
 - Employee Meals
 - Modified Diets
- Consider Batch Cooking.
- Pay attention to serving sizes.
- Refresh on recipe measurements.

MASHED POTATOES (INSTANT)	
Portion: #8 cup	
Ingredients	24 Servings
Pan Size:	
POTATO PEARLS	1 lb = 3/4 oz
WATER OR MILK	1/2 gal = 1 2/3 cup
METHOD:	
CCP: WASH HANDS BEFORE HANDLING FOOD. AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.	
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.	
1. Bring water to a rolling boil.	
2. Using whip attachment on mixer on low speed, slowly add potatoes and mix for 1 minute.	
3. Scrape down the sides of the bowl and whip on high speed until fluffy (3-5 minutes).	
4. Place mashed potatoes in a 4" deep pan. Cover.	
CCP: HOLD FOR SERVICE AT 135°F OR ABOVE.	

BAKED CHICKEN DRUMSTICK (CONV)				
Portion: 2 each				Category: Poultry Recipe #: 304
Ingredients	24 Servings	36 Servings	48 Servings	60 Servings
Pan Size:				
CHICKEN DRUMSTICK, PC	6 lb	9 lb	12 lb	15 lb
METHOD:				



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PORTION CONTROL



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CENSUS

- Have an organized plan for preparing and serving modified diets.

Week 1 Sunday			EMERGENCY MENU LIMITED STAFF						Diet Spreadsheets			
B F S T	Regular/NAS			Mech Soft			Pureed (1 serving)			Pureed		
	4 FL OZ	CHOICE OF JUICE		4 FL OZ	CHOICE OF JUICE		4 FL OZ	CHOICE OF JUICE		4 FL OZ	CHOICE OF JUICE	
	1 SERV	CHOICE OF CEREAL		1 SERV	CHOICE OF CEREAL		4 OZ L	CREAM OF WHEAT		4 OZ L	CREAM OF WHEAT	
	1 EACH	SCRAMBLED EGG PATTY		1 EACH	SCRAMBLED EGG PATTY		1 SERV	PUREED OMELET		1 SERV	PUREED OMELET	
	2 EACH	SAUSAGE LINK		2 EACH	GND SAUSAGE LINK		1 SERV	PUREED SAUSAGE LINK		1 SERV	PUREED SAUSAGE LINK	
	1 SERV	FRUIT		1 SERV	BANANA OR CANNED FRUIT		#8 SCP	APPLESAUCE		#8 SCP	APPLESAUCE	
	1 EACH	DANISH OR SWEET ROLL		1 EACH	DANISH, NO RAISINS		1 SERV	PUR DANISH OR SWEET ROLL		#16 SCP	PUR DANISH OR SWEET ROLL	
	1 SLICE	OR TOAST		1 SLICE	TOAST		1 SLICE	OR PUREED TOAST		1 SLICE	OR PUREED TOAST	
	1 TSP	MARGARINE/JELLY		1 TSP	MARGARINE/JELLY		1 TSP	MARGARINE/JELLY		1 TSP	MARGARINE/JELLY	
	8 FL OZ	MILK		8 FL OZ	MILK		8 FL OZ	MILK		8 FL OZ	MILK	
N O O N	2 EACH	BAKED CHICKEN DRUMSTICK		2 EACH	GND BAKED CHICKEN DRUMSTICK		1 SERV	PUR BAKED CHICKEN DRUMSTICK		#8 SCP	PUR BAKED CHICKEN DRUMSTICK	
	#8 SCP	MASHED POTATOES		#8 SCP	MASHED POTATOES		#8 SCP	MASHED POTATOES		#8 SCP	MASHED POTATOES	
	2 OZ L	CHICKEN GRAVY		2 OZ L	CHICKEN GRAVY		2 OZ L	CHICKEN GRAVY		2 OZ L	CHICKEN GRAVY	
	4 OZ S	CARROTS		4 OZ S	CARROTS		1 SERV	PUREED CARROTS		1 SERV	PUREED CARROTS	
	1 EACH	BREAD/MARG		1 EACH	BREAD/MARG		1 SLICE	PUREED BREAD		1 SLICE	PUREED BREAD	
	1 SLICE	PIE		1 SLICE	PIE		1 SLICE	PUR PIE		#10 SCP	PUR PIE	
	8 FL OZ	MILK		8 FL OZ	MILK		8 FL OZ	MILK		8 FL OZ	MILK	
E V E	6 OZ L	CREAM OF TOMATO SOUP		6 OZ L	CREAM OF TOMATO SOUP		6 OZ L	CREAM OF TOMATO SOUP		6 OZ L	CREAM OF TOMATO SOUP	
	6 EACH	CRACKERS		6 EACH	CRACKERS		1 SERV	PUR CRACKERS		#16 SCP	PUR CRACKERS	
	1 EACH	GRILLED CHEESE SANDWICH		1 EACH	GRILLED CHEESE SANDWICH		1 SERV	PUR GRILLED CHEESE SANDWICH		#6 SCP	PUR GRILLED CHEESE SANDWICH	
	4 OZ S	PEACHES		4 OZ S	PEACHES		1 SERV	PUREED PEACHES		1 SERV	PUREED PEACHES	
	8 FL OZ	MILK		8 FL OZ	MILK		8 FL OZ	MILK		8 FL OZ	MILK	



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CLOCK

Time is our greatest resource!

****Do you have a set time frame for meal service?**

-When is the earliest we can begin prepping the next meal but have it ready the closest to the service time?

Ex: Lunch starts at 11

-Food Prepared by 10:50

-Thawing Takes Time

-Chopping Takes Time

-Cooking Takes Time

-Cooling Takes Time

Create a quick task list to help prioritize your time.

-Let's take a look at our meal!

BAKED CHICKEN
POTATO OF THE DAY
CARROTS
ROLL/MARG
PIE
MILK



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RECIPE ROLL CALL

BAKED CHICKEN DRUMSTICK (CONV)

Portion: 2 each

Ingredients

Pan Size:

CHICKEN DRUMSTICK, FC

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

CCP: KEEP FULLY COOKED CHICKEN DRUMSTICKS FROZEN AT 0°F UNTIL READY TO HEAT IN OVEN.
1. Place chicken drumsticks on sheet pan(s) that have been coated with non-stick cooking spray.

Heating:

CONVENTIONAL OVEN: 375°F for 30 - 40 minutes from frozen.

CONVECTION OVEN: 350°F for 19-23 minutes from frozen.

DEEP FRY: 350°F for 7-8 minutes from frozen.

CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 165°F FOR 15 SECONDS.

CCP: HOLD FOR SERVICE AT 135°F OR ABOVE.

ALLERGENS:

*** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

View recipe:

CARROTS (FZN)

Portion: 4 oz.s

Ingredients

Pan Size:

CARROTS, SUCED, IQF

MARGARINE

SEASONING OF CHOICE

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.

CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.

CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

1. Heating of vegetables should be scheduled so they are served soon after heating.

2. Add 1 cup water for each pound of frozen carrots when boiling.

3. Boil or steam carrots. Boil 10-20 minutes, steam 18-20 minutes. Drain.

CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 135°F FOR 15 SECONDS.

4. Place cooked carrots in a 4" deep pan. Pour margarine over vegetables. Toss gently.

5. Sprinkle the carrots with seasoning of choice.

CCP: HOLD FOR SERVICE AT 135°F OR ABOVE. DO NOT MIX NEW PRODUCT WITH OLD.

ALLERGENS:

Milk, Soy

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CHICKEN GRAVY (MIX)

Portion: 2 oz 1

Ingredients

Pan Size:

WATER, WARM

CHICKEN GRAVY MIX, 12 OZ PACKAGE

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

1. Pour warm water into a saucepan.

2. Gradually add gravy mix (12 oz. package for each gallon of warm water). Whisk thoroughly. Bring to a boil stirring frequently.

3. Reduce heat and simmer 3-5 minutes.

CCP: HOLD AT 135 F. OR ABOVE FOR ENTIRE SERVICE PERIOD.

ALLERGENS:

Milk, Soy

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MASHED POTATOES (INSTANT)

Portion: 25 scg

Ingredients

Pan Size:

POTATO PEARLS

WATER, OR MILK

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.

CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.

1. Bring water to a rolling boil.

2. Using whip attachment on mixer on low speed, slowly add potatoes and mix for 1 minute.

3. Scrape down the sides of the bowl and whip on high speed until fluffy. (3-5 minutes).

4. Place mashed potatoes in a 4" deep pan. Cover.

CCP: HOLD FOR SERVICE AT 135°F OR ABOVE.

NOTES:

ALLERGENS:

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Limited Staff Daily Prep Sheet

DATE _____ DAY OF WEEK _____ NAME _____

Critical Events	Time	Tasks	Completed	Comments
Serve Breakfast	7:00 a.m.			
	6:50 a.m.	Begin toast production as indicated		
	6:45 a.m.	Take temperatures and organize required utensils		
	6:40 a.m.	Eggs prepared if heated		
	6:30 a.m.	Prepare hot cereal as appropriate		
	6:15 a.m.	Purge any needed items		
	6:45 a.m.	Select items of feature per continental breakfast and organize for service based on number to serve and needed therapeutic diets.		
	6:30 a.m.	Take storage temperatures, organize cleaning & sanitizing buckets		
Serve Lunch	11:30 a.m.			
	11:15 a.m.	Take temperatures and organize required utensils		
	10:45 a.m.	Grind and Purge		
	10:45 a.m.	Chicken & Carrots out of oven		
	9:45 a.m.	Chicken & Carrots in oven		

Printed: 5/18/2020

4:28 a.m.



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EQUIPMENT

- **Do you need equipment to prepare specialized diets?**
- blender, food processor
- **What equipment will be needed for prep?**
- Prep Surface, Cutlery, utensils, appliances
- **What equipment will be needed for cooking?**
- Oven, Rationale, Fryer, Range
- **What equipment will be needed for serving?**
- Steam table, hotel pans
- What equipment will be needed for clean up?**
- Food Storage supplies, Dish machine



23

SERVICE

- What will you need to serve the food?
 - Adequate Portions
 - Maintain Temperature



24

SET UP

- How will the food be plated, presented or covered?
- Consider Modified Diets
- Appropriate Dishes for Food Items



VS



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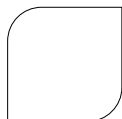
FOOD SAFETY JUST THE HIGHLIGHTS

GRETCHEN L. ROBINSON, RD, LD

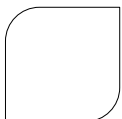


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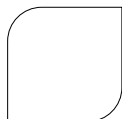
YOUR ROLE **IN KEEPING FOOD SAFE**



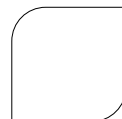
DON'T TRANSFER
PATHOGENS FROM
YOUR BODY TO FOOD



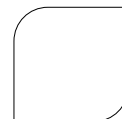
PRACTICE GOOD
PERSONAL HYGIENE



CONTROL THE TIME
AND TEMPERATURE OF
FOOD



PREVENT CROSS
CONTAMINATION



CLEAN AND SANITIZE
FOOD CONTACT
SURFACES CORRECTLY



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PRACTICE **GOOD PERSONAL HYGIENE**

- WASH YOUR HANDS OFTEN
- Handwashing should take about 20 seconds
 - Wet hands and arms
 - Apply enough soap to build up a good lather
 - Scrub hands and arms for 10-15 seconds
 - Clean between fingers and underneath fingernails
 - Rinse thoroughly
 - Dry hands and arms using single use towel or a hand dryer



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**IS IT
OK TO
WASH
YOUR
HANDS
HERE?**



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SUZIE WASHED HER HANDS BEFORE PREPARING SALADS

What did she do wrong?

1. Used enough soap to work up a lather
2. Applied lotion to dry, cracked hands due to washing so often
3. She secured a loose strand of hair with a hair restraint
4. Put on gloves and began assembling the salads



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NO BARE HAND CONTACT

WITH READY TO EAT
FOODS



31



STOP!
DON'T TOUCH!



AVOID BARE-HAND CONTACT WITH ANY READY-TO-EAT FOODS

Ready-to-eat foods are those that do not require any further cooking. Avoid cross-contamination at mealtimes. When assisting at meals, do not use bare hands to hold foods such as:

- Toast
- Bread
- Rolls
- Cookies/Muffins

Keep a physical barrier between your clean hand and the ready-to-eat food

Food example, when adding jelly to toast, either:

- Wear a clean glove
- Hold the toast with deli paper
- Use the knife and fork or tongs for holding

Wash hands between any contamination

This also means you must wash your hands if you touch anything that is even possibly contaminated. Remember:

- Place gloves on clean hands
- Change gloves often, because gloves can get contaminated the same as hands
- Remove gloves when contaminated, rewash your hands, and put on clean gloves

Do not wear gloves when feeding others

Treat residents or patients with the same dignity you would like for your own family. Strive to create a homelike environment.



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/MartinBrosDist



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CONTROLLING TIME AND TEMPERATURE

Bacteria grow well in some food.

If held at unsafe temperatures, bacteria will grow over time.

The best way to control growth is to control time and temperature.

Food that needs time and temperature control for safety is called TCS food.



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WHAT FOODS ARE TCS FOODS?

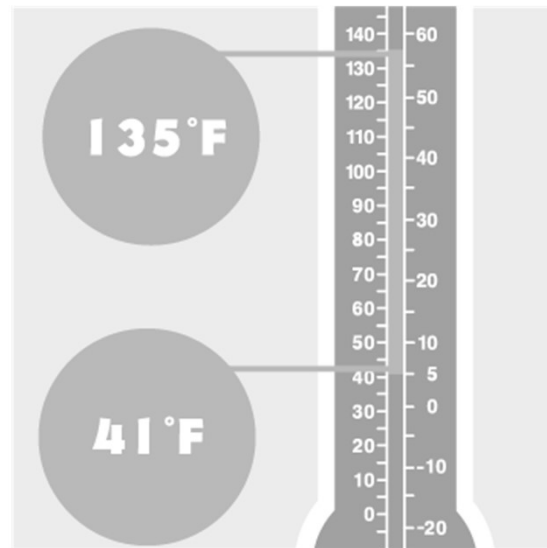
- Milk and dairy products
- Baked potatoes
- Meats including beef, pork, lamb
- Heat treated plant foods
- Shell Eggs
- Sliced melons, cut tomatoes, cut leafy greens
- Tofu or other soy
- Bean sprouts (but cannot be served in a high risk population)



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TEMPERATURE DANGER ZONE

- 41°F – 135°F
- Pathogens on food can grow well in this range and cause a foodborne illness










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CHECKING TEMPS




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🔥 END COOKING TEMPERATURES 🔥		
135° 15 SECONDS	<ul style="list-style-type: none"> • FRUITS AND VEGETABLES HOT HELD FOR SERVICE 	
145° 15 SECONDS	<ul style="list-style-type: none"> • RAW EGGS FOR IMMEDIATE SERVICE • FISH • *INTACT MEAT 	
155° 17 SECONDS	<ul style="list-style-type: none"> • **COMMUNITED MEAT OR FISH (GROUND MEAT, MIXED MEAT) • INJECTED MEATS • MECHANICALLY TENDERIZED MEATS • RAW EGGS NOT FOR IMMEDIATE SERVICE 	
165° 1 SECOND (INSTANTANEOUS)	<ul style="list-style-type: none"> • POULTRY • STUFFED FISH, MEAT, PORK, PASTA & POULTRY • STUFFING CONTAINING FISH, MEAT & POULTRY • WILD GAME ANIMALS 	
165° 15 SECONDS	<ul style="list-style-type: none"> • REHEATED FOODS • REHEATING IN MICROWAVE (HOLD FOR 2 MINUTES AFTER HEATING) 	
<small>2017 FDA MODEL FOOD CODE *INTACT MEAT MEANS A CUT OF WHOLE MUSCLE(S) MEAT THAT HAS NOT UNDERGONE COMMINATION, INJECTION, MECHANICAL TENDERIZATION, OR RECONSTRUCTION. ** COMMUNICATED MEANS REDUCED IN SIZE BY CHOPPING, FLAKING GRINDING OR MINCING.</small>		
 		

37

WHAT CAN BE DONE WITH FOODS AT INCORRECT TEMPERATURES

- Corrective Action may be required
 - Cooking
 - Reheating
 - Throw the Food Out




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SERVING FOODS



Keep steam table covered



Each food item should have its own utensil



Keep utensils in the food



Plate up as close to service as possible



Hot foods need to be hot and cold foods need to be cold



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PUTTING AWAY LEFTOVERS

- Cover, label and date foods
- Store cooked and RTE foods above raw foods



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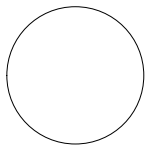
40

WHAT'S WRONG?

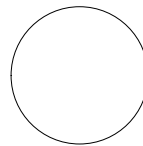


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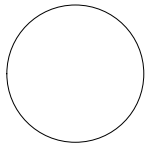
COOLING **FOODS**



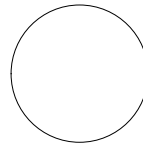
Reduce the size of the
food item



Ice Water bath



Stir with ice paddle



Adding ice to food

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COOL
FOOD
IN TWO STAGES

135°-70°
IN TWO HOURS OR LESS

70°-41°
IN FOUR HOURS OR LESS



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**CLEANING AND
SANITIZING**

Three Step Process:
CLEAN
RINSE
SANITIZE



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Sanitizing & Disinfecting: YOUR QUESTIONS ANSWERED

Proper sanitizing and disinfecting is essential in preventing the spread of infectious diseases and viruses such as coronavirus (COVID-19). These terms are often used interchangeably but are in fact legally different.

Knowing the difference between the two can help determine the products you use and how you use them.



WHAT'S THE DIFFERENCE BETWEEN SANITIZING A SURFACE AND DISINFECTING A SURFACE?

- Sanitizing is killing 99.9% of microorganisms according to the label, creating a safe level. Food contact surfaces are sanitized. Disinfecting kills 100% of microorganisms as stated on the label.

IF DISINFECTING KILLS 100%, WHY NOT DISINFECT FOOD CONTACT SURFACES?

- When disinfecting, there is a residual of product left behind that can pose a health risk. For food contact surfaces, that residue would need to be removed with a potable water rinse. Sanitizing leaves surfaces at a safe level without rinsing. You can still disinfect if you feel there may be a risk of known viruses or bacteria, but remember to rinse after the required dwell or contact time of the disinfectant.

WITH HEIGHTENED AWARENESS OF THE CORONAVIRUS OUTBREAK, SHOULD I DISINFECT MY LAUNDRY OR FOOD SERVICE ITEMS?

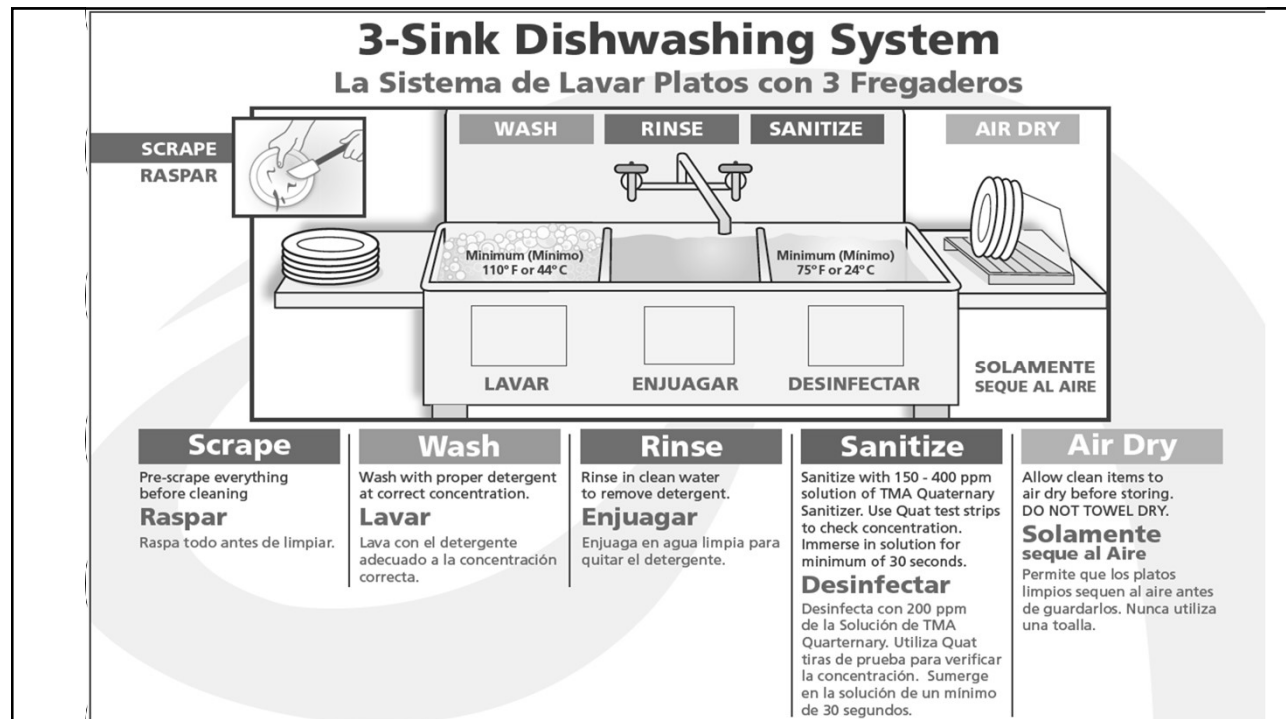
- The Centers for Medicare & Medicaid Services (CMS) advises that management of laundry, food service utensils and medical waste should be performed in accordance with routine procedures.

HOW OFTEN SHOULD I CLEAN AND DISINFECT HIGH-TOUCH SURFACES?

- While there are not specific requirements as to how often high-touch surfaces should be cleaned and disinfected, it is recommended to clean and disinfect often. A minimum of 2-3 times per eight-hour shift would be a good practice. The more highly touched areas like door handles, light switches, telephones and handrails should be done more often.

SANITIZING VS DISINFECTING

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PREVENT
CROSS
CONTAMINATION
BY
CREATING
ZONES

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DINING

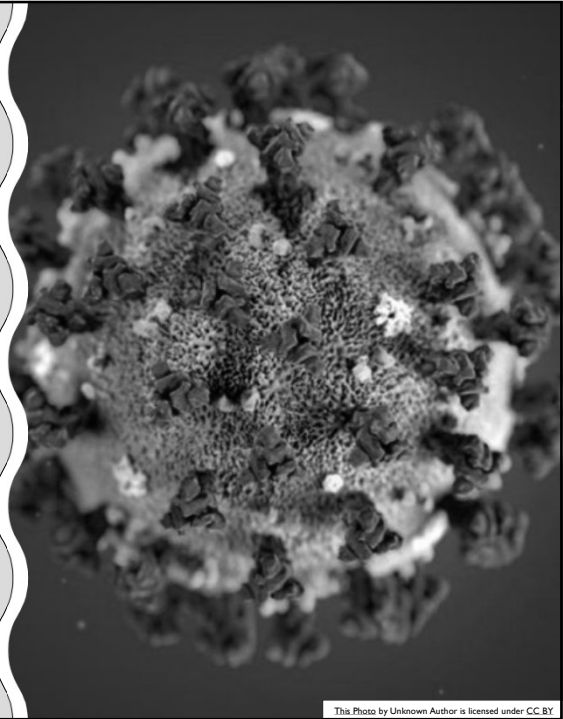
OPTIMIZING
NUTRITION &
HYDRATION

JULIE HALFPOP, RD, LD



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A COVID STORY



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NEIGHBORHOOD APPROACH

- Cross-trained staff
- Localized “kitchens”
- Localized “dining”
- Choices
- Flexibility



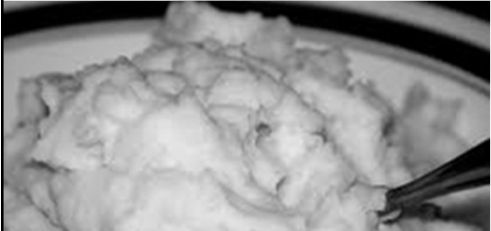


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- Provide planned menu built on healthy foods
- Liberalize diets
- Accommodate preferences (comfort foods)
- Make a plan for snack time
- Maximize nutrition & hydration
- Monitor intakes/weights

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FORTIFY FOODS


- Juices, Milks, Shakes
- Puddings & Custard
- Hot Cereal
- Potatoes
- Soups
- Gelatins
- Cookies/Baked Goods
- Hot Beverages




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Week 1 Sunday			Limited Staff Easy Prep Menu With Snacks			Diet Spreadsheets		
	Regular/NAS		Nutrient Dense		Nutrient Dense/Liquid			
B F S T	4 FL OZ	CHOICE OF JUICE	6 FL OZ	CHOICE OF JUICE	6 FL OZ	CHOICE OF JUICE	+ 1200 calories	
	1 SERV	FRUIT	1 1/2 SERV	FRUIT	1 1/2 SERV	FRUIT		
	1 SERV	CHOICE OF CEREAL	6 OZ L	SUPER CEREAL	6 OZ L	SUPER CEREAL		
	1 EACH	EGG:_____	2 EACH	EGG:_____	2 EACH	EGG:_____		
	1 EACH	DANISH OR SWEET ROLL	2 EACH	DANISH OR SWEET ROLL	2 EACH	DANISH OR SWEET ROLL		
	1 SLICE	OR TOAST	2 SLICE	OR TOAST	2 SLICE	OR TOAST		
	1 TSP	MARGARINE/JELLY	2 TSP	BUTTER/JELLY/PEANUT BUTTER	2 TSP	BUTTER/JELLY/PEANUT BUTTER		
	8 FL OZ	MILK	8 FL OZ	WHOLE MILK	8 FL OZ	WHOLE MILK W/ INSTANT BREAKFAST		
N O O N	1 SERV	BAKED CHICKEN	3 EACH	CHICKEN STRIPS	8 OZ L	CREAM OF CHICKEN SOUP	+ 50 gram protein	
	#8 SCP	POTATO OF THE DAY	#8 SCP	POWER MASHED POTATOES	#8 SCP	POWER MASHED POTATOES		
	4 OZ S	CARROTS	4 OZ S	GLAZED CARROTS	4 OZ S	GLAZED CARROTS		
	1 EACH	ROLL/MARG	2 EACH	ROLL/BUTTER	2 EACH	ROLL/BUTTER		
	1 SLICE	PIE	1 SERV	PIE A LA MODE OR APPLE PIE SMOOTHIE	1 SERV	APPLE PIE SMOOTHIE		
E V E	8 FL OZ	MILK	8 FL OZ	WHOLE MILK	8 FL OZ	WHOLE MILK W/ INSTANT BREAKFAST		
	1 EACH	PIZZA	1 EACH	PIZZA W/ EXTRA CHEESE	8 OZ L	TOMATO SOUP		
	8 OZ S	TOSS SALAD/DRESSING	8 OZ S	TOSS SALAD/DRESSING	8 FL OZ	FRUIT JUICE		
	4 OZ S	PEACHES	4 OZ S	PEACHES & CREAM	8 FL OZ	PEACH SMOOTHIE		
	1 EACH	CHOCOLATE BAR	1 EACH	CANDY BAR	1 EACH	CANDY BAR		
	8 FL OZ	MILK	8 FL OZ	WHOLE MILK	8 FL OZ	WHOLE MILK W/ INSTANT BREAKFAST		

Menus Approved By:

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[3/22/20]

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VARIETY REDUCES FLAVOR FATIGUE


ROTATING DESSERT

- ▶ Sunday: Ice Cream
- ▶ Monday: Custard Pie
- ▶ Tuesday: Candy Bar
- ▶ Wednesday: Gelatin
- ▶ Thursday: Cookie
- ▶ Friday: Pudding
- ▶ Saturday: Baked Good



ROTATING BEVERAGE

- Fruit Punch
- Root Beer Float
- PB Shake
- Monday: Purple Cow
- Tuesday: Cappuccino
- Orange Julius
- Wednesday: Flavored Shakes

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DINING SERVICE **COMMUNAL**

- -Maintain 6-foot social distance
- -Set up remote dining options
- -Consider outdoor dining options.
- -Stagger mealtimes
- -Take reservations
- -Use porcelain vs paper
- Use appropriate PPE
- Hand Hygiene



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DINING SERVICE **IN-ROOM**

- -Serve Breakfast in Bed or sack suppers
- -Offer easily managed items
- -Train Feeding Assistants
- -Encourage hospitality

RESIDENT INFO CARD	
Resident Name:	(Nick Name?)
Dining Type:	
Interests & Hobbies:	
Behavior Strategies:	
Conversation Starters:	

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How can we help you today?

LOG IN

CREATE ACCOUNT

HOW TO CREATE AN ACCOUNT & REGISTER

CART (0 ITEMS)

NEED HELP

Temporary Feeding Assistant

REGISTER

Already registered? Log in now.

Overview

Contents (6)

FEEDING ASSISTANT

AHCA NCAL IMPROVING LIVES // DELIVERING SOLUTIONS // QUALITY CARE

This course is free and was designed to meet the critical staff shortages occurring as a result of COVID-19. You will need to register and create an account using your name and e-mail. Once you have created your account, you may complete the course on your own time, stopping as needed, and then rejoining the class wherever you left off.

This one-hour online training is intended to allow you to work as a Temporary Feeding Assistant, a temporary position to address the current state of emergency in skilled nursing facilities and assisted living communities.

Completion of this training is intended to prepare you to assist residents with meals and dining.

Once you have completed the course, you must take and pass the exam. You will then receive a certificate of completion that you can print and show to your hiring facility. For information and suggestions on how to find a skilled nursing facility or assisted living community in need of a Temporary Feeding Assistant, search for nursing homes in your area. See if their website offers directions on how to contact them and let them know you've taken and passed the AHCA/NCAL Temporary Nurse Aide training course. Each facility/company will have its own application process.

Please consult your state affiliate for additional information about your state's requirements.

To begin the training, click the Contents tab above, read and agree to the Program Acknowledgement in order to move on to Part 1.

If you need assistance, please email educate@ahca.org.

DISCLAIMER: AHCA/NCAL has created this course to assist providers to recruit and train temporary staff during the national emergency caused by the coronavirus pandemic. Federal and/or state requirements may need to be waived to permit individuals under this training program in your location. Employers should check with their state survey agencies and their state occupational licensing agencies, where applicable, to ensure individuals trained under this program are permitted to assist with care in your location.

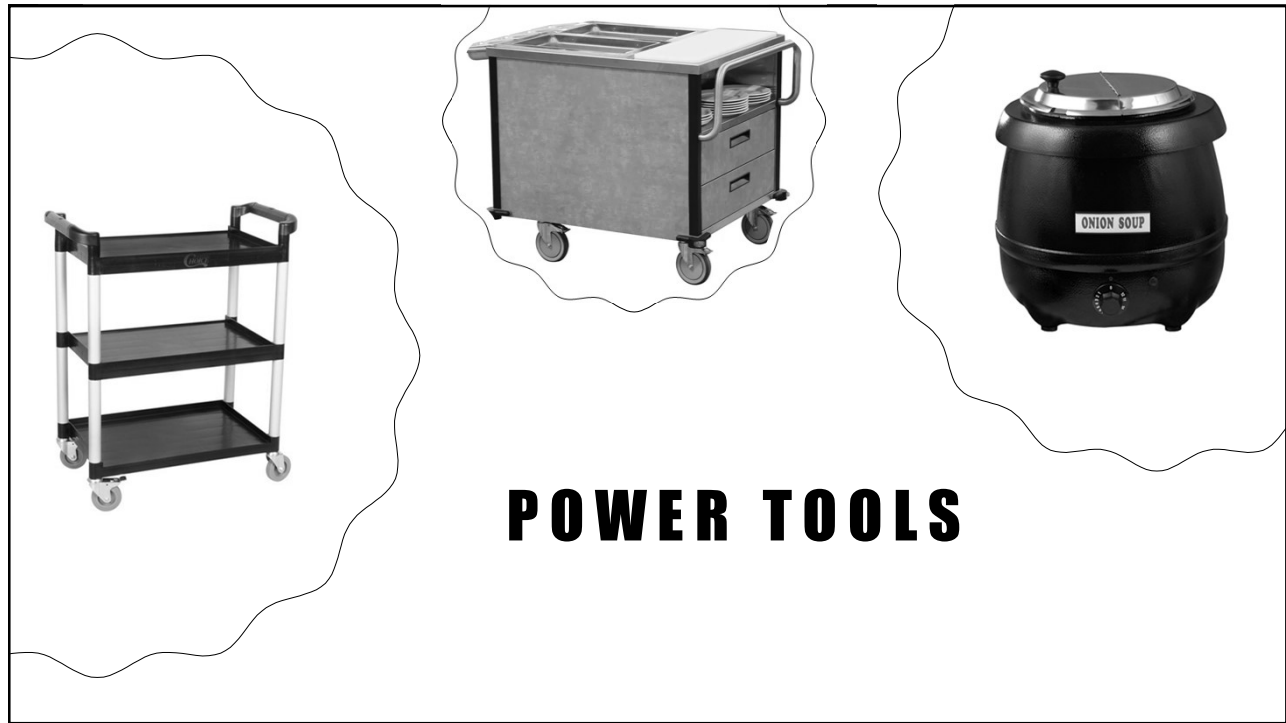
57

Use the clues to determine words that rhyme with *ride*.

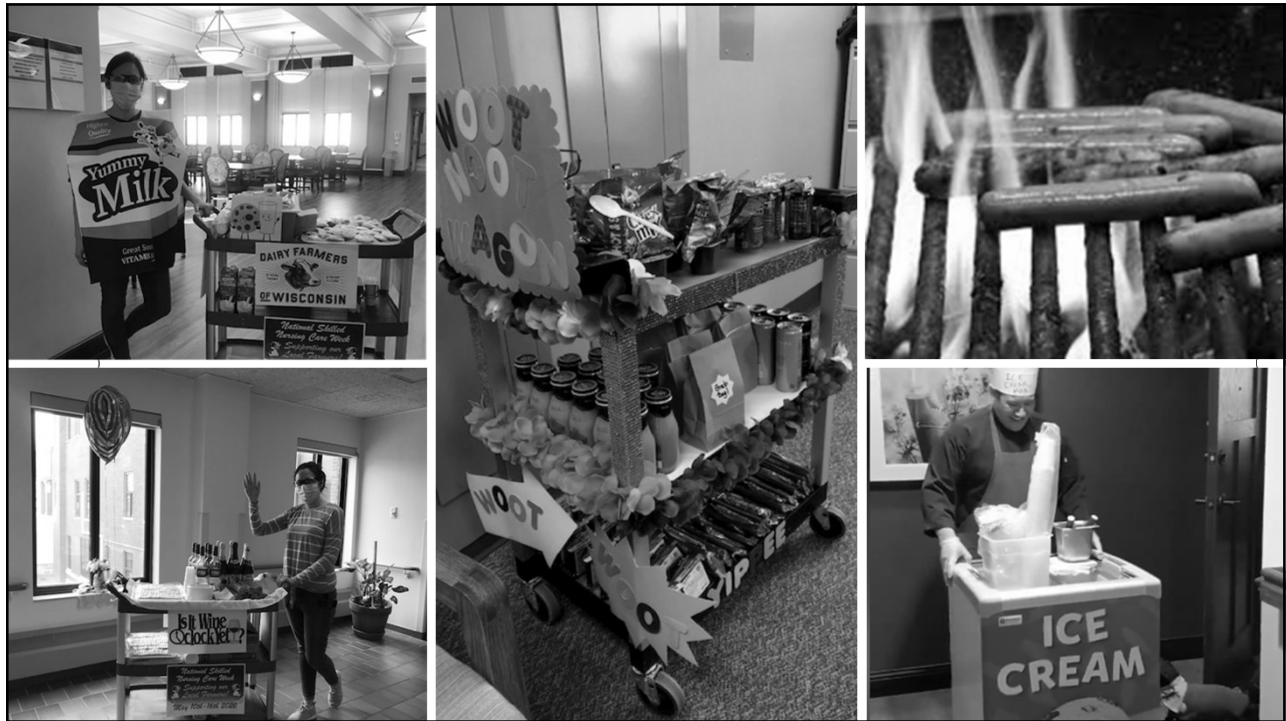
- Ocean movement
- Not thin
- Bouquet tosser
- Jekyll's evil side
- Walk with confidence
- Like raisins or beef jerky
- Fibbed
- Bonnie's partner
- Colored
- Cooked in a skillet
- Sarcastic
- Group of lions
- Tethered
- Tourist's aid
- Playground item
- Conceal from others

INCLUDE SPIRIT LIFTERS

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CREATIVE IN-ROOM EATING

HAND MADE LUNCH-ABLES MAKE PIZZAS OR SMOOTHIES BUILD YOUR OWN VIRTUAL DINNER DATES

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SMOOTHIES, FLOATS & STIR-RABLE DRINKS

BITES & BOMBS

5 Steps to High Nutrient Smoothies

1. Begin with 1 cup of Liquid in the Blender:
 - a. Whole Milk
 - b. Buttermilk
 - c. Fruit Juices
 - d. Chocolate Milk
 - e. Ice Cream or Sherbet
 - f. Yogurt
 - g. Smoothie Mix
2. Add Texture (1/2 -3/4 cup)
 - a. Bananas
 - b. Greek Yogurt
 - c. Frozen Fruit such as Berries, Pineapple, Mango, Peaches
 - d. Greens such as Kale, Spinach, Cucumber
 - e. Grated Apple
 - f. Ice
 - g. Pudding or Cheesecake Mix
 - h. Pie Filling
 - i. Cottage Cheese
3. Bump up the Nutrition (2 Tbsp)
 - a. Peanut or Other Nut Butters
 - b. Protein Powder, Instant Breakfast, Non-Fat Dry Milk
 - c. Chia Seeds or Flaxseed
 - d. Oats
4. Get Creative with Flavor:
 - a. Chocolate Syrup
 - b. Cinnamon or Nutmeg
 - c. Sweetener such as sugar, honey or artificial sweetener
 - d. Maple Syrup
 - e. Shredded Coconut
 - f. Vanilla Extract
 - g. Pinch of salt or cayenne
5. Blend for 30-45 seconds

Trouble-Shooting Tips:

Too Runny?	Reduce the amount of liquid or add more "Texture"
Not Tasty?	Add more "Flavor"
Too Frothy?	Use less liquid or reduce blending time
Not Blending Well?	Reduce the amount of ingredients

Concoctions

Strawberry Banana Smoothie
(205 calories, 11 grams protein)

- 1/2 cup Whole Milk
- 1/2 cup Strawberry Yogurt
- 1/2 cup Frozen Strawberries
- 1/2 frozen Banana
- 2 Tbsp Instant Breakfast

Apple Pie Ala Mode Smoothie
(205 calories, 6 grams protein)

- 1/2 cup Whole Milk
- 1/2 cup Ice Cream
- 1/2 cup Apple Pie Filling
- 1/2 cup Shredded Apple
- Cinnamon to taste

Peach Smoothie
(205 calories, 22 grams protein)

- 1/2 cup Yogurt
- 1/2 cup Cottage cheese
- 1/2 cup Frozen Peaches
- 1/2 cup NFCM
- 1/2 tsp Vanilla
- 1 tsp Honey

Peanut Butter Banana Smoothie
(205 calories, 12 grams protein)

- 1 cup Whole Milk
- 1 frozen Banana, cut in chunks
- 1/2 cup Peanut Butter
- 1 Tbsp Honey
- 1 cup Ice Cubes

Green Pineapple Yummy Smoothie
(215 calories, 8 grams protein)

- 1/2 cup Greek Yogurt
- 1/2 cup Pineapple Juice
- 1/2 cup Frozen Pineapple
- 1/2 cup Frozen Kale
- Add a pinch of Cayenne Pepper

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Beverage Service

- Broth Du Jour
- Punch of the Day
- Flavored Drinks, Tea, Lemonade, Soda
- Slushes
- Ice Cream Floats
- Flavored Waters
- Sherbets/Ice Cream/Popsicles



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GO TEAM

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FUTURE??

- Modified Self service stations
- Staffed Buffets
- Reservations
- Decreased labor
- Bistros/kiosks
- Virtual salad bars
- Paperless menus (video recording of what is today's feature)
- Self-op vending
- Meals & Meal Kits to Go

