

PE Showcase: Hospital Foodservice at College Hospital, Costa Mesa

Foodservice 3.3.1/3.9.1 : Develop a working knowledge of menu planning and marketing.

Casey Bautista

Objective A: Plan a 1-day ethnic or holiday menu for the target market.

The menu I chose included a Moroccan themed harvest lunch, consisting of stuffed acorn squash, beet salad, and a mixed green salad at the salad bar. The items in this meal were chosen based on the current season, nutritional value, patrons' food preferences, and cost. Preference also played a role in the development of a vegetarian option of the meal, excluding the beef.



Objective B: Develop and distribute marketing materials.

I developed fliers for the event, which were displayed on the cafeteria wall for the few weeks leading up to the event. My meal was added to the menu calendar displayed in the cafeteria for the month of October. I also set up the cafeteria with Fall and Moroccan themed decorations. Patrons were provided with recipe cards on the day of the meal.

A Moroccan Harvest

Moroccan cuisine is characteristic for its exotic seasonings and vibrant presentation, and never disappoints on flavor! This meal offers savory, and sweet flavors, and a variety of antioxidant-rich seasonal vegetables, hearty grains, and delightful tastes.

Squash is an excellent source of potassium and offers a sweet, tasty vessel for this Moroccan-inspired meal!

STOP IN THE CAFE ON
WEDNESDAY, OCTOBER 4TH
TO TRY THIS MOROCCAN-
THEMED FALL HARVEST MEAL!

STUFFED ACORN SQUASH serves 4

Ingredients:

- 2 medium acorn squashes
- 1 lb. ground beef
- 2 tsp. olive oil
- ½ medium onion, chopped
- ¾ cup cooked couscous
- ¼ cup golden raisins
- 2 tbsp. pine nuts
- 4 minced garlic cloves
- ¼ cup chopped parsley
- 2 cups water
- Pinch cinnamon
- Pinch nutmeg
- 2 tsp. salt

Directions:

Preheat oven to 400F. Place squashes, cut side down, in casserole dish and bake 35-40 minutes.

Heat oil in pot over medium heat. Add beef, cinnamon, nutmeg, and 1 tsp. salt. Stir frequently until cooked. Transfer meat to bowl, keeping liquid in pot.

Add onion, garlic, and remaining 1 tsp. salt to pot and cook about 5 minutes. Add couscous and water and bring to boil. Reduce heat to medium-low and cook, covered for about 15 minutes. Remove from heat, fluff with fork, and add to meat mixture.

Scrape out baked squashes, forming 1/4-inch-thick bowls, and fold flesh into couscous mixture. Divide among squash halves, and return to oven. Bake until tops are browned, about 12-14 minutes. Enjoy!

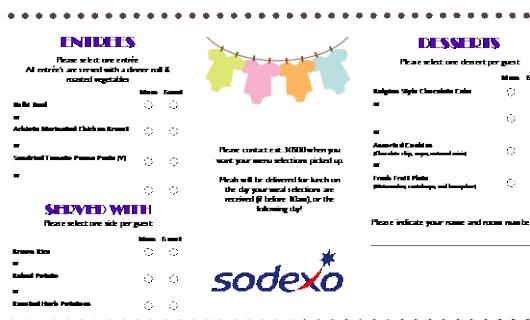
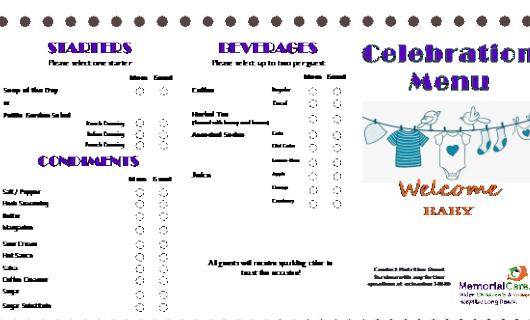
PE Showcase: Foodservice Management at Long Beach Memorial Medical Center

Foodservice 3.3.1/3.9.1: Develop a working knowledge of menu planning and marketing.

Candace Gonzalez

Objective A: Plan a 1-day ethnic or holiday menu for the target market.

I planned a 1-day menu for new parents. This menu will be given to expecting mothers once they are transferred from Labor and Delivery to the recovery floor. New parents will be able to choose one entrée, one side dish, and a dessert. The items included were kalbi beef, achiole marinated chicken breast, or sundried tomato penne pasta. Side items included brown rice, bake potato, or roasted herb potatoes. Desserts included fresh fruit, Belgian style chocolate cake, or yogurt parfait.



Objective B: Develop and distribute marketing materials (flyer, memo, poster, decoration).

The marketing materials to advertise the newly implemented menu. The advertisement flyer was handed out to all nurses and nursing assistants in the Women's Hospital at Long Beach Memorial. I also assisted in answering any questions that arose at this time. I also posted a flyer in each unit for the hospital staff to see.

Planned Experience Showcase: In-Service Training on the Renal Diet



What I did...

The Patient Services RD at **St. Mary Medical Center** brought to my attention that the diet office & kitchen staff desired an in-service training on the **Renal Diet**. There had been some confusion among staff regarding **what to feed**, & what not to feed, patients following the Renal Diet. I used the **Nutrition Care Manual & Davita Kidney Care** to create a 10-minute PowerPoint in-service presentation.

By Alaina Coffey

NT 3.3.1 Develop a working knowledge of effective written & oral communication skills using oral, print, visual, & electronic & mass media methods for maximizing client education, employee training & marketing in all communications in the practice of dietetics. Demonstrate this ability by performing the following:

- C. Develop & deliver an in-service training to staff using a PowerPoint presentation & other visual methods.

Limited Nutrients

- Renal patients must **limit** their intake of:
 - Sodium
 - Potassium
 - Phosphorus
 - Protein *
- Chronic Kidney Disease Stages 1, 2, 3, 4 → **limit protein intake**
- Stage 5 (End Stage Renal Disease) → **increased protein needs due to hemodialysis**
- So, what does this look like in **food choices**?

I aimed to create color-coded, **easy-to-read** slides, so that staff & volunteers with **no prior nutrition background** would be able to follow & understand the presentation. I presented the PowerPoint to diet office staff, kitchen staff, & volunteers, & received positive feedback. I plan to follow up with a 1-2 page **handout** that volunteers & staff may refer to during their workday. I would like to present more in-service trainings in the future.

« Sample
PowerPoint
Slides »

The sample PowerPoint slides provide renal diet guidelines for fruits, categorized into low-potassium, medium-potassium, and high-potassium groups. Each category includes a list of allowed foods and a list of foods to avoid.

Fruits

Low-potassium fruits, < 150mg per ½ cup serving

Low-Potassium Fruit Choices	
Apple (1) / apple juice / applesauce	Pineapple
Blackberries	Plum (1)
Blueberries	Raspberries
Cranberries / cranberry juice / cocktail	Strawberries
Fruit cocktail	
Grapes / grape juice	
Lemons / limes / juices	
Peaches (canned) / peach	

Medium-potassium fruits, 150-250mg per ½ cup serving (Limit)

Medium-Potassium Fruit Choices	
Guava	Papayas
Grapes	Peaches (fresh) *
Mango (1/2 whole)	Pears (fresh) *
Orange / grapefruit juice	Rhubarb
Orange / mango nectar	

Fruits

Please avoid high-potassium fruits

> 250mg per ½ cup serving

Examples: banana, orange / orange juice, nectarine, kiwi, apricot, dates, prunes / prune juice, raisins, honeydew melon

Encourage patients to eat majority of their fruits & vegetables from low-potassium group

Diagram of kidneys: An illustration of a human torso showing the location of the kidneys in the lower back area.

Organic Food Waste Audit

Corinne R Smith

SNS 4.5.1 (a,b,c) Planned Experience Showcase

"Develop a working knowledge of food service facility operations and propose and use procedures as appropriate to reduce waste and protect the environment".



Photo by Melissa Terry, University of Arkansas



The audit was carried out by helping the children separate their *organic waste* from trash, like wrappers or utensils. In just one day there was over 200 lbs of just organic waste, filling almost an entire industrial trash bin (shown above). With the data we collected, it is the responsibility of the RD **and** school district to create a plan, like the Food recovery Hierarchy from the EPA, to reduce the amount of organic waste filling the landfills.

For more information on how to conduct your own audit visit:

<https://www.epa.gov/sustainable-management-food/guide-conducting-student-food-waste-audits-resource-schools>

PE Showcase: Long Beach Memorial Medical Center-- NT

4.10.1 Develop a working knowledge of business planning.

Objective A:
Propose possible revenue-generating projects. A possible revenue-generating project that could work for outpatients would be a purchasing healthy foods education program for the weight management population.



Objective B:
Justify idea.

Every Tuesday, Long Beach Memorial puts on a farmer's market from 9am-1pm on the quad right outside of their main entrance. It is possible that an LBM registered dietitian could get an outpatient weight management group together and walk them through the farmer's market educating them on making healthy food purchases while grocery shopping. This idea would generate revenue, as it would be highly likely that the participants would buy food/groceries directly from the farmer's market.

Esmeralda Salcido, CSULB Dietetic Intern

PE Showcase: Leadership

LE 2.9.1B & C

September, 2015

My assignment for PE 2.9.1 B & C was to research local community gardens and to create a written report and PowerPoint presentation of my findings. I was instructed to talk to organizers, go to websites and research how, when and why the community garden was started, how it is helping the community, who supports the garden, and concerns for the future. I chose to highlight GrowingGreat, a local nonprofit organization specializing in nutrition and garden education programs for elementary school students. As a former employee, I know a lot about the organization. To gain further information, I interviewed the Director of Education at GrowingGreat.



Sarah D. Minkow

PE Showcase: Hospital Foodservice at CHOC

Foodservice 3.2.1/3.6.1: Develop a working knowledge of menu planning and marketing. Safieh Ajine

Objective A: Plan a 1-day ethnic or holiday menu for the target market.

I planned a 1-day lunch menu which focused on Lebanese cuisine. All menu items were selected from the mindful menu section of the Sodexo recipe database.

Stop by and awaken your taste buds with some

Lebanese Cuisine

Garlic Chicken

Served with Lebanese garlic sauce

Aromatic Rice

Made with fresh herbs

Tabbouleh

Traditional herbaceous Lebanese salad

Seasoned Hummus

Lightly seasoned with cayenne pepper

Baklava

Light and flaky crust layered with sweet filling

When?
Friday October 9, 2015

Where?
North Tower Cafe

Special
\$6.59
(Does not include dessert)
Baklava
\$2.99



Objective B: Develop marketing materials (flyer, memo, poster, decoration).

The marketing materials I developed included an informational brochure on the health benefits of garlic and olive oil, two main ingredients in Middle Eastern cooking, as well as recipes for the Lebanese Tabbouleh Salad and the Lebanese Garlic Sauce.

Objective C: Market menu.

I marketed my menu by placing flyers throughout and near the cafeteria area. On menu day, I distributed brochures and interacted with customers as they purchased their lunch.

Resources
Lebanese Tabbouleh
Garlic & Olive Oil

Health Benefits
Garlic
Olive Oil

Garlic
The power of garlic
Garlic & Olive Oil

Olive Oil
The power of olive oil
Garlic & Olive Oil