



MLC PACAREA FSAT



VOLUME 1, ISSUE 2 OCTOBER 2008
CULINARY CONNECTION



CREAM OF THE CROP COOKS

CGC HALIBUT FS IS HEADING TO FORT LEE!

October 2008s - **Cream of the Crop Cook** is FS2 Albert Mulford who hails from Hawaii's North Shore. Prior to joining the Coast Guard, FS2 Mulford professionally cooked at notable Hawaiian Restaurants and was a "sponsored" body boarder on Hawaii's North Shore. He spent his first tour as an SNFS/FS3 and FS2 aboard the CGC SPENCER home ported in Boston, MA. In the summer of 2006, FS2 Mulford reported aboard CGC HALIBUT in Marina Del Rey, CA. FS2 is most recognized for his fresh and innovative cooking style utilizing fresh herbs and locally grown produce. If you're in the area, stop by and try his **Seared Ahi Tuna, Cilantro Vinaigrette Carne Asada Tacos with homemade guacamole and salsa**, his crew loves it! As result of his outstanding performance and command support, FS2 Mulford was recently recommend by MLC PAC FSAT to be one of only twelve Coast Guard Chefs in Fiscal Year 2009 to attend the Army's Advanced Culinary School. Congratulations FS2!

Does your unit have any excess foodservice equipment they no longer want? Please contact MLC PAC FSAT TEAM with item information and we'll list it in our monthly news letter.

NEW THIS MONTH:



Meat Slicer- CG George Cobb

FS1 Garza—310-521-458

AVAILABLE ITEMS:

Sandwich Bar Refrigerator

ISC San Pedro - 310-521-6153

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NETWORK AVENUE

So are you ready for this week's networking tip?

Business Cards

Whether you are looking for a job or running a business, giving out business cards is crucial to marketing your skills or services. Business cards speak volumes about who you are, what you offer and how serious you are marketing YOU, Inc. Can you carry 10 resumes in your wallet? Do you or can you carry your resume everywhere you go? A church bell ringing lets people know they are open for business. Your business card is your bell. Here are some proven tips using business cards to increase your chances of landing a job or creating a business opportunity.

1. **Never leave home without them.**
2. **Insert a business card when mailing bill payments.** Bills contain advertisements. Why can't you advertise your skills or services the same way? Insert a business card with your payment.
3. **Use proper business card etiquette.** Whenever you give a business card, ask for a business card. When given a business card, don't just take it and place it in your pocket. Make the person feel important by looking at their card for a few seconds.
4. **Be generous.** Give business cards out to everyone, including family and friends. Don't let vanity stop you from giving out your last business card or giving 2 at a time to each person
5. **Ask for referrals.** When giving a business card, people feel more comfortable when you ask; 'I would appreciate a referral, if you know anyone that could use my services'.
6. **Use "In Your Face" follow up.** Immediately after getting someone's business card, send them an e-mail and thank them for there acquaintance.
7. **Use promotions to promote YOU, Inc.** If you know someone that works in the hospitality business that get promoted, send them an invitation size greeting card sincerely congratulating the person on their promotion, and insert your business card. For the cost of a 37-cent stamp, you have just made someone's day and may create an impression that makes a person feel compelled to respond back to you some day; People open invitation type envelops faster than any others.
8. **Brand yourself with a slogan.** Print a slogan on your business card that answers the question 'Why should I hire you' or "What makes you different from everyone else?" A catchy phrase or slogan insures people ALWAYS associate a company name with their product or services.

I look forward to meeting all of you in the future and getting your card!

FSCM Charles D'Amico



HEALTHY COOKING CORNER



TRANS FAT TRANSITION Coast Guard gets heart healthy by removing artificial trans fats from menus



Colleen Alarcon, CDM, CFPP

Blackstone Consulting, Inc. (ISC San Diego Galley)

As you know, the Coast Guard has mandated that all Coast Guard ran venues transition to trans fat free dining facilities. Immediate response from most customers will be “What? No more French fries (onion rings, Tater Tots, etc.)!” Relax! The idea of converting to a trans fat free environment is a virtually painless transition, for the dining facility and the customer.

Understanding what trans fats are, and how they affect the human body is the key. Trans fats are created in an industrial process that adds hydrogen to liquid vegetable oils to make them solidify ([American Heart Association](#)). A trans fat free product is not necessarily a “diet” food, and the idea of having a trans fat free facility is not to induce weight loss in patrons. What a trans fat free product does do is help prevent the elevation of low – density lipids (LDL’s) in your blood cholesterol. Consuming trans fats raises the level of LDL’s which have been shown to increase a person’s risk of developing heart disease, stroke or type 2 diabetes. ([AHA](#)). The idea is simple enough; however, to complicate matters, just because a product is trans fat free, it is not necessarily “healthy”. Incorporating these hydrogenated fats into products is also more economical for processors. To help defray costs, many manufacturers have turned to tropical oils, such as palm, palm kernel and coconut oils. These oils are all high in *saturated* fats which also raise blood cholesterol levels and increase the risk of coronary heart disease. Educating customers on how to read food labels can assist them in making informed food choices and help alleviate some anxiety. Trans fat contributions to the American diet are estimated at 40% for cakes, cookies, crackers, pies and bread, 21% from animal products, 17% from margarine, 8% from fried potatoes, 5% from potato chips and similar snack foods and 4% from household shortening ([Dietary Managers Association](#)). The Food and Drug Administration (FDA) website has many tools to assist in customer education, including interactive quizzes on food label knowledge. As for those French fries and onion rings? As a dining facility professional, we can control preparation methods such as using a trans fat free frying medium to assist in reducing the trans fat consumption of our customers, however, the responsibility lies with the customer in making smart food choices.

References:

American Heart Association (n.d.). *Trans fats*. Retrieved September 11, 2008, from <http://www.americanheart.org>

Dietary Managers Association (2005). *Food for thought: Trans fat: questions & answers*. Retrieved September 11, 2008, from <http://www.dmaonline.org>

Food and Drug Administration (2002). *Test your food label knowledge*. Retrieved September 24, 2008, from <http://cfsan.fda.gov>

Ignelzi, R. J. (2008, September 23, 2008). Is all fat evil?. *The San Diego Union-Tribune*, p. F1.

Not all fat is alike. (2008, September 23, 2008). *The San Diego Union-Tribune*, p. F1.



NEED TIPS ON PREPARING FOOD WITHOUT TRANS FAT OR
PRODUCT LIST OF 0 TRANS FAT OILS AND FAT? CHECK THIS SITE OUT!

<http://www.americanheart.org/presenter.jhtml?identifier=3050593>



DFAM TEST PILOT PROGRAM

We always hear from those individuals that don't actually use DFAM daily?

What about those that are currently using it?

This is what FS1 Justin S. Adalio (MCFE, CHM, CPFM) from CAMSPAC has to say in this month's addition!

I would prefer a faster way to create new inventory items. If I get an invoice with a new item, or a new size of an item I currently use, I have to wait to log that invoice. In the "old way" I would get the newly purchased items logged immediately. The BDFFA portion has had some great improvements, and I have no problems/gripes with that system. I feel the user manual will benefit from a lot of screen images, vice just text. I've benefited from Ian's emails with the arrows specifi-

cally pointing to what box the text is referring to. Has anyone had a problem with the EATAC LOGO in the top right corner being the BACK button? If you double click it on accident, you can log yourself off. Concerning the new user manual or "instruction" that will be coming out, will it spell out what is to be retained at the unit? I'm referring to actual paper copies of anything. A reminder to still retain 3 years of the old-way folders will help as well. Some units may feel we have moved on and they can get rid of it all. As we all know, running both

systems at the same time is a burden. If the new units will be required to do so, even for a month, they should be forewarned

of the increased demand. We currently do not use the barcode scanner, so I cannot comment on that. The naming conventions were the hardest thing to overcome for me. During this pilot I continue to have two names for every item on inventory. I will miss calling Chili "Chili" instead of "Chili,Canned, w/o Bean, Ranch Style"...

If you would like to speak to Justin directly, just give him a call at 415-669-2123, he would be happy to speak about the CG Dining Facility Automation Program anytime!



GREAT TRAINING OPPORTUNITIES

BRING YOUR FORK AND APPETITE AND HEAD ON DOWN

Looking to attend some great training to improve your Coast Guard Dining Facility? Talk to your command about sending you to one of these training conferences listed below:

DSPC CONFERENCE -November 19, 2008- Sheraton Dallas Hotel, Dallas, Texas

MLC PAC AREA FSAT FOODSERVICE ROUND-UP - December 15-19. 2008 - ISC Hawaii

CATERSOURCE 2009 CONFERENCE AND TRADESHOW- February 22-26, 2009 - Las Vegas Hilton & Convention Center

CHICAGO NATIONAL RESTURANT ASSOCIATION SHOW- May 16-19, 2009 - Chicago Convention Center

Unable to attend the above conferences and shows here is a great link that lists foodservice events by state & country:

Worldwide Food Festivals, Food Shows & Events Directory

The most complete up to date listing of Food, Beverage & Agricultural Festivals, Fairs & Shows

<http://www.foodreference.com/html/upcomingfoodevents.html>



RANDY'S PLACE

FS SUBJECT MATTER SPECIALIST

I would like to take a moment to introduce myself; I am FSC Spainhour your Subject Matter Specialist. What does that mean and what can I do for you? I am glad that you asked that question, as the SMS I write your End of Course Test (EOCT), Service Wide Exams (SWE), and maintain the FS related web-sites.

As for part two of your question "what can I do for you?" I can point you in the right direction when you are preparing for the SWE, I can not provide study guides.

I can assist you with repairing your paperwork programs, resetting your passwords and such.

I have a vast resource of training aids for you to use to conduct your FS training program at your unit, all you have to do is contact me and I will be more than happy to send you a copy of the training aids. I am working on making them available online in the near future but they will not be on the disk as they take up more space than I have available.

The web sites that I maintain belongs to you the FS Community, they are there for you to share your resources and information with your fellow FS, so keep sending in your input and sharing the great things that you are doing out there. Take a look at the "Demo Kitchen" page on the site FS school is in the process of demonstrating all the EPQS in video format, you can download and save the videos to use as training. This is a work in progress so check back often for updates. We are working on an online version of the 6 hour Sanitation Training that is required annually and it will be able to track in CG Central as GMT, this came about because of a suggestion from you. Once this is up and running I will add a link in the FS Information Portal.

I am excited and honored to be in this position and believe in doing all that I can to keep our rating the best in the Coast Guard so please use me as a resource and keep doing great things out there, you are the best of the best!

FSC Randy A Spainhour

FS Subject Matter Specialist

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707-765-7142

FSSMS Power Point Presentations
available by contacting
FSC RANDY A SPAINHOUR

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| <ul style="list-style-type: none"> Bread and Hot rolls Cake Preparation Pies & Pastries Quick Breads & cookies Sweet Dough Chilled Desserts Cheese & Eggs Cooking with Starches Food Prep Seafood Food Prep Fruit & Vegetables Meat Cookery Poultry Cookery Salad Preparation Soup, Sauces & Gravy Knife Training | <ul style="list-style-type: none"> BBQ/Brining Chicken Food Quotes Customer Service Food Presentation Menu Evaluation Menu Nutrition NAVSUP 1090 Menu Posting Menu Planning Recipe Conversions Herbs & seasonings Use of herbs & Spices Herbs & spices Healthy cooking techniques My Pyramid Whole Grains | <ul style="list-style-type: none"> Nutrition Healthy eating Nutrition Labeling Calories Hydration Calorie Salary Recipe Science Recipe Modification Dishwasher training Food Borne Illness Food Safety Cold Pizza Inspection & storage of food Food Safety Myths Cross Contamination Preventing FB Illness | <ul style="list-style-type: none"> FS Sanitation Farmers Market Equipment Safety Food Service Training HAACP Keep or Toss Proper stowage Fats Trans Fat Measuring Trans Fats Skinny on Trans Fats Riley Trans fat Slides History of Trans Fats Fat Facts/Healthy choices Napkin Folding (12WORD) Service Etiquette | <ul style="list-style-type: none"> Dinner Etiquette Wardroom Tableware Wardroom Etiquette Pro Cooking 6th Edition (35) EPQ Videos Pro Cooking EPQ (21) Energy Drinks E mail Etiquette Power Point Etiquette Special Command Aid How to Submit EOC Chef Certification Prime Training Post 9-11 GI Bill EPM Road show |
|--|---|--|--|--|



FS2 GRADUATES FROM THE AIR FORCE'S AIRMAN LEADERSHIP SCHOOL

On May 15th, 2008 – **FS2 Alia Riggins from the CCG Sherman** out of Alameda CA, graduated from the United States Air Force's Airman Leadership School. The course was 5 week long and a great leadership training program.

FS2 HAS BEEN KIND ENOUGH TO PROVIDE US WITH THE FOLLOWING FACTS:

The NCO Academy designed to help prepare junior enlisted members with the skills necessary to perform their future supervisory responsibilities. At the Airman Leadership School, you're graded on three levels: **Academics, Performance, and Behavioral**.

- **Academics** include testing in which you must achieve a 70% or above, Briefings, simulated counseling sessions with subordinates, and writing memos.
- **Performance** is basically your ability to achieve and maintain a 70% on all performance areas such as writing, speaking, counseling, and drill.
- **Behavioral** is your attitude, class participation, sportsmanship, teamwork, and the ability to meet minimum standards.

At **ALS**, we had uniform inspections and were taught how to properly wear our service uniform. You will be expected to meet the highest standards of dress and personal appearance at all times. Upon graduation, we wore our semi-formal uniform.

If you have any questions, please feel free to drop me an e-mail or give me a call!



WANT PENN STATE COLLEGE CREDITS ON TOP OF SERVSAFE?

This is how you do it! Just go to the Penn. State Website provided below and take the **DSM 101 course**. Then you can tell your prospective employer with confidence that you have both a current ServSafe Certification & Penn. State Credits, **Impressive!**

http://www.worldcampus.psu.edu/SchoolFoodServiceManagementCertificate_CourseList.shtml



Looking for a great site to find some healthy wrap recipe? Check out

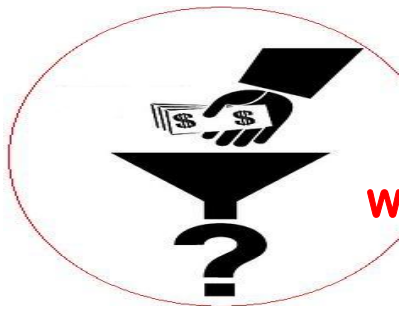
<http://www.missionfoodsfc.com/>



LOOKING TO DO A PIG ROAST UNDERWAY?
Check this out!

What a great idea for morale night. All you have to do is reheat and serve this product. Go to the site below and check it out!

www.porchettaprimata.com



FSAT

Words of Wisdom

by FSC Mike Kreider
Where's the Money?

In the **Purchase VS Allowance** system some units are surprised to find out at the end of the month they have to send money back to FINCEN. So where are the extra bucks coming from? **It is from the inventory difference or gain.**

The monthly Dining Facility Operating Statement CG-2576 line 26 tells us where we stand at the end of the month/operating period. Either you are within allowances or giving money back that could have been spent on the crew. **PVA** tracks money with purchase amounts vs. allowance amounts on the CG-3471 also known as the daily ration cost record. All eleven columns plus the SMS and remarks section break down into two things, deposits and withdrawals. In essence it is the FSO's checkbook, and it even comes with overdraft protection. The total operating allowance can swing 10% either way, savings or loss. One thing the daily ration cost record CG-3471 does not take into account is our beginning and ending inventory. Most units have some food left in the cupboards at the end of the month and if they're doing their inventory procedures correctly, the price is clearly marked on the product. (Chapter 8-D-3 food service manual). This gives us a dollar total for our ending inventory. Just like a check book your ending balance on one page (report) is your beginning balance on the next (report). If your ending inventory dollar amount is higher than your beginning inventory, there is savings, **the mystery money that our daily ration cost record CG-3471 doesn't show!** If our ending inventory is less, you then have a loss that the CG-3471 again, did not track.

FSOs, do yourself a favor each month and do a mid-month report. Count your inventory and see where you stand, and don't forget to write the price right on the inventory item! **This will save you having to go through the headache of digging through receipts at the end of the month?**

In closing: Please pass this information onto your junior FS personnel. Someday they will be exposed to the **PVA** system. Your FSAT also has an interactive power-point presentation with drill sheets and instructor syllabus to assist you!

If you plan on attending the Hawaii Symposium this coming December, FSAT Member FSCS Gooch will be providing classroom instruction on **PVA!** Hope to see you in Hawaii, Aloha.



ADOPT A CHEF PROGRAM

As of August 2008, MLC PAC FSAT started placing ACF Certified Chefs (**American Culinary Federation**) on board CG Cutters. The program is a great opportunity to have a professional Chef come to your unit free of charge! If you're interested in using the program, please contact Senior Chief Frank Ramos at 510-637-1258



FREE CULINARY STUFF!

Looking for some great material to improve your menu selection? MLC PAC FSAT now has all types of free items to assist you! Below is a list of some items currently available. Items will be added monthly, so read your monthly Newsletters!

MLC PAC FSAT "Cutting Edge"

Resource Booklet - CD`

Soup Recipe - CD

Techniques of Healthy Cooking - CD

Panini Recipe - CD

Armed Forces Recipe - CD



Air Force Leadership School Study Guide CD

Mission Foods—Southwest recipe CD

Contact FSC Mercilllott at 510-637-1263

It's the Great Pumpkin!



A sure sign that the fall season is upon us are all the pumpkins decorating everyone's doorsteps. Though it makes a great decoration and delicious pie, pumpkin has been apart of the American diet long before the English settlers. It is very good for you and there are so many ways to prepare it. It has no cholesterol, low in fat, sodium, rich in vitamins, in particular beta carotene and vitamin A. Although pumpkins are good for you many recipes are sky high in cholesterol. The reason for this is the recipe calls for several eggs. Try substituting with a cholesterol free substitute or reduce the number or size of eggs you use. We also suggest that those on low salt diets look to use reduced salt or salt substitutes.

If Bubba wanted to own a pumpkin farm instead of a shrimp boat here's what he would have said

"Anyway, like I was sayin', pumpkin is one of the oldest staple foods of the land. You can barbecue it, boil it, broil it, bake it, sauté it. Dey's uh, pumpkin pie, pumpkin cake, pumpkin ice cream. Pan fried, deep fried, stir-fried. There's pumpkin stew, pumpkin cheesecake, pumpkin ravioli, pumpkin risotto, pumpkin bread, pumpkin soup, pumpkin muffins, pumpkin chili, pumpkin pudding, pumpkin pancakes. That- that's about it."

Looking for some great pumpkin recipes check out

http://www.chef2chef.net/in_the_pantry/pumpkin_tips_recipes.php

Also try FS1 Stacey Russell's recipe that was featured on the Emeril Live Show :*"I don't have any evaporated milk!"* Pumpkin Pie

<http://www.foodnetwork.com/emeral-live/emeral-military-contest/index.html>



MORE FREE STUFF

Want to keep on the latest foodservice trends, equipment , etc.... ?

Well your just one click away from

dozens of free

foodservice magazine subscriptions.

Check them out at :

<http://bpubs.tradepub.com/?cat&page+Foodb>

Here at MLC PACAREA SAT we look forward to serving you with future publications of Culinary Connection . We value your input. Submit your ideas and suggestions to

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