

OHIO DIETARY MANAGERS ASSOCIATION

DMA

Ohio Newsletter

Spring 2009

Message from the President

Welcome all to another year of hard work devoted to our profession. We put in a lot of time and effort and for some reason we always come back for more. That is the intriguing part of the food management profession because it never ceases to interest us and keep us going knowing that in some way we are contributing and growing. DMA Ohio has undergone a new election and is preparing to build on past successes by planning a great year ahead.



The regional meeting scheduled for March 25th through 27th at the Hyatt Capital Square in Columbus is the place to be. There will be great educational sessions, lots of CEU credits and networking fun galore. Please e-mail me if you can volunteer in some capacity. We have several jobs that do not take much time or effort but abound with networking opportunities and the chance to make great friends from around Ohio or the other invited states. Contact me at baumant@woodcountyhospital.org and we can find something fun to take part in. There will be a State of Ohio chapter meeting on Friday the 27th at 7:00 am we encourage Ohio members to attend. There will be state related information and a chance to ask questions and give opinions to your officers. The location will be listed at the conference.

We will have an Ohio DMA web site soon so surf the national site and look for a link to appear. The following are things we will incorporate in the site.

State of Ohio Chapter Website

For pages (represented in bold type) included on the new Ohio site we will start with the following:

Welcome: For mission and chapter overview

Events and Activities: What is going on and where it is happening

News: Newsletter and member news

Members Only: A section where we post PowerPoint's and articles generated that is password protected

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District pages: A separate linked page for the respective districts, list officers, events, activities and news. All districts will be included as follows:

- **Cleveland**
- **Northwest**
- **Columbus**
- **CinDay**
- **East Central**
- **Mount Vernon**
- **Lorain**

State of Ohio Officers: All officers, their photo and their contact information

Links and Contacts: Links and CDM certification programs around the state

We will also add social networking and will place links and access information for member inclusion.

Ohio DMA is filling the following committees and members can offer help as a great way to have a bit of professional fun. Have you ever been board on the job or just wanted to network with some one who is having the same challenges as you? Help on a committee and make the time at work and DMA meetings more professionally interesting and fun. The committees are as follows:

- *Budget/Finance:* The treasurer is chair with members who research advice and help us comply and stay on track.
- *Membership:* Find, suggest and implement programs to build awareness of DMA and grow the membership
- *Nominating:* We need a constant stream of new officers to continue the work of the organization. Seek and suggest talent and leaders. A sub group of this committee is the tellers committee which administers and counts ballots.
- *Program:* Often the president elect is chair. This committee sets up the meetings. You make great contacts here!
- *Education:* Work with the certification programs in the state and help us support new and future CDMs.
- *Travel:* Work with the program committee to pave the way for members to attend meetings. Suggest travel policy.
- *Newsletter:* This could be one of the biggest committees and here you can try your hand at educating and informing fellow CDM's. Each district needs someone to keep the state informed so we can print what the world of food service management needs to know about what is going on with your chapter.

Healthy Cooking Techniques

By Tim Bauman Director of Food and Nutrition Services

In recent years the knowledge of nutrition has grown tremendously. Every day so it seems the news features a newly released study on how the foods we eat affect our health. In healthy cooking, the choice of cooking method is as important a consideration as the ingredients used in the dish. Fortunately, with the exceptions of deep-frying and pan frying, most familiar cooking techniques are well suited to a menu built around healthy cooking goals.

The following cooking methods of sautéing, stir-frying, grilling, broiling, roasting and baking, smoke-roasting, steaming, poaching, stewing and braising and microwave cooking can be used with great success in healthy cooking. Each technique increases the quality and flavor of the finished dish in several ways. When ingredients are handled properly, great tasting healthy foods are sure to follow.

- ☛ **Sautéing and Stir Frying:** In its proper application, sautéing is a great way to cook healthy. Done correctly, sautéed foods are prepared quickly in a small amount of fat or oil over medium to high heat. The trouble with sautéing occurs only when oil is over used, which results in something akin to pan frying. The only difference between sautéing and stir frying is that the foods to be stir-fried are cut into small strips, dice, or shreds and are kept constantly moving during the cooking process.
- ☛ **Grilling and Broiling:** Grilling is a classic healthy cooking technique for a number of reasons. Grilling requires little or no additional fat during the cooking process, foods selected for this technique are generally lean (avoid the heavily marbled steak) and it produces a distinctive flavor element and attractive appearance many people find appealing. The major difference between grilling and broiling is that in grilling the heat comes from below where as broiling heats from above. Broiling can be used for very delicate foods such as fish and with spicing the flavors are intensified.
- ☛ **Roasting and Baking:** Roasted and baked foods are great for the healthy kitchen and foods that emerge from the oven or rotisserie have flavors that can not be duplicated by any other technique. Foods here do not require added fats because of the use of hot air to cook. Despite the potentially drying effect, these techniques are essentially gentle methods because hot air is less efficient at transferring heat than hot fats, liquids and even steam. Roasting is really the same procedure as baking except that roasted foods are cooked in large pieces and baked foods are cut into pieces (ex: whole chicken verses 8 cut chicken). Most people associate roasting and baking with meats, fish and poultry however, fruits and vegetables are terrific also. The heat caramelizes (browns) their natural sugars and leaves them soft on the inside and firm and even crispy on the outside. Soups made from roasted vegetables are unusually delicious. In order to avoid overcooking, remember that residual heat causes larger items to continue to cook after they have been removed from the oven (carryover cooking).

- ☛ **Smoke-Roasting:** Smoke roasting is a technique for hot-smoking foods in a bath of smoke so that they emerge from the smoker infused with unique flavors that result from using aromatics such as hardwood chips, teas (my favorite is Lapsang Souchong) and herbs. Many commercially smoked foods are brined and contain increased sodium and nitrates. Smoking your own foods allows you to have complete control over the ingredients.
- ☛ **Steaming:** Steaming is admirable suited to healthy cooking because foods are prepared without the addition of fats or oils. Furthermore, nutrients are retained because foods do not come in direct contact with the cooking liquid. Did you know that a baked potato wrapped in foil is actually considered steamed? Trapped steam actually does the cooking. A flavor adding technique is to wrap an item in on a bed of herbs, vegetables or other aromatic (having an aroma; fragrant or sweet-smelling; *aromatic herbs*) ingredients and moisten them with a touch of broth, juice or other liquid (wrap with other liquids in foil or parchment paper). The combination of these ingredients and their natural juices serves as the sauce.
- ☛ **Poaching (shallow and deep poaching), Simmering and Boiling:** Shallow poaching is used on tender fish and poultry partially immersing the item in a plain or flavored liquid and loosely covered. Deep poaching fully immerses the item in the liquid. Poaching occurs between 160 and 180 degrees. Boiling means you boil the water and this is good for foods like dried pasta and some vegetables. Boiling is of a more limited use because many foods become tough or stringy.
- ☛ **Stewing and Braising:** Stewing and braising are techniques in which one or more ingredients and aromatics are immersed in flavorful liquids and gently simmered together in an oven or on the stovetop for a long time. The cooking liquid becomes the sauce. These items are covered in the beginning and uncovered near the end to allow the liquid to reduce to a sauce consistency. If the main item is turned frequently it does not dry out and a glaze forms on its surface providing more flavor. Braising partially covers in liquid and stewing completely submerges the item.
- ☛ **Microwave Cooking:** Although microwave cooking ovens can be used successfully to cook some foods, their chief advantage is their rapid reheating capability. Mainly use this method to reheat your soup, TV dinner or make popcorn.

The key to cooking foods in a healthy manner is to resist the tendency to add oils, butter, cream and salt. With each technique, the quality of the finished dish may be increased by selecting quality ingredients and properly preparing them. In the Wood County Hospital kitchen, we modify all our recipes to make them as healthy as we can in an attempt to ease health on customers and not force it.

This website has been created to offer information as needed to the members of the Ohio Dietary Managers Association and to the general public.

Serving safe foods should be a priority of every eating establishment from a small family dining table to the largest dining hall. Be it for profit or personal consumption, foods are intended for nourishment should be prepared at the highest standards with the highest degree of safety.

Certified Dietary Managers (CDM) and Certified Food Protection Professionals (CFPP) are trained in food management and food safety from purchasing to serving and storage. If we can be of service to you with related food service concerns, please Contact us.

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News from Mount Vernon Dist

Our group meets the second Tuesday of each month excluding December, January, July and August. Currently we are meeting at the Wayne County Library on Liberty Street in Wooster, Ohio. We meet at 6pm for a one credit-hour meeting with various speakers. Last month we had Debbie Kemokai- Wright RD/LD owner of Nutrition Management System speak on "Nutrition tips for Residents with Alzheimers Dementia". In March, Jeremy Kauffman, Administrator from Walnut Hills spoke on "Cultural Change: Why is This So Hard?"

September is installation of officers. Our current officers are: President-Pam Goff; President Elect-Judy Price. Secretary-Terri Blanchard. Treasurer- Barb Hochstetler, Teller-Marcella Geiser. all CDMs, CFPPs. Each member chooses a month and provides a speaker. This upcoming month Terri Blanchard is the hostess for our April meeting. Hope to see some of you there. – Pam Goff, CDM, CFPP

DMA Enrollees / Certified Members / Associate / Student / Active

Certified Members

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Donna O. Lapasky CDM CFPP
Lurlie B. Sweet CDM CFPP
Deborah I. Cater CDM CFPP
Debra R. Smith CDM CFPP
Stacy R. Parrott CDM CFPP
Wendy M. Bertolotti CDM CFPP
Dorene Russell CDM CFPP
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Shelly Savage CDM CFPP

Student Members

Melissa Jordan
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Joseph Fieler

Enrollees

Denielle Peele
Thad Stroble
Davyta Kynard
Anita Bell
Kimberly Mickels
Gordon McLaughlin

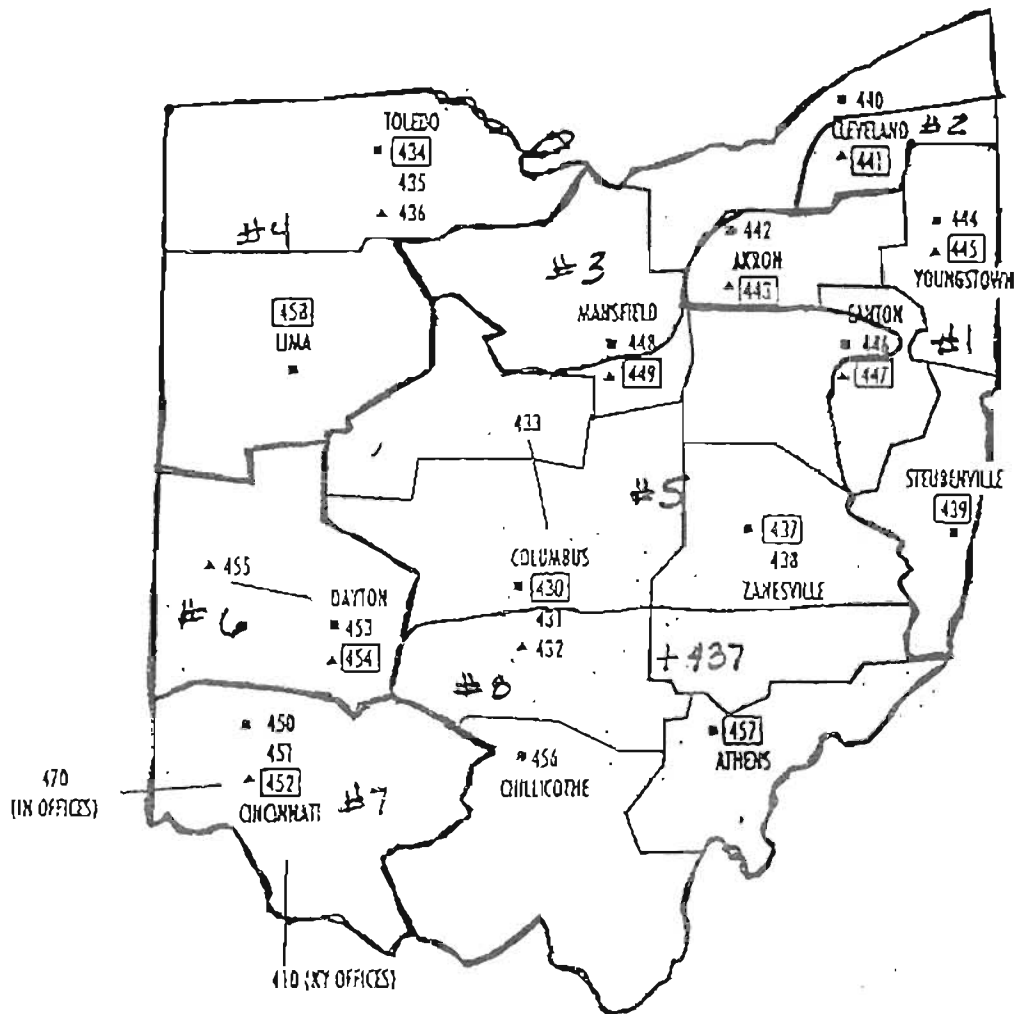
Associate Member

Shirin E. Assdi

Active Member

Terry J. Corrigan

OHIO



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#2 Cleveland: 441

#3 Lorain: 440, 448

#4 Northwest: 434, 435, 436, 458

#5 Mt. Vernon: 430, 433, 438, 446, 449

#6 Southwest: 453, 454, 455

#7 Cincinnati: 450, 451, 452

#8 Columbus: 431, 432, 437, 456, 457