PHA and Children’s Mercy

Our journey continues toward healthier food options here at the Children’s Mercy Hospitals. We continue to implement new programs that promote healthy eating. Our latest options are new grab and go salads that are designed to make it convenient and easy to take back to the office or take home for a quick healthy meal. These salads come with homemade dressings that are not only tasty, but much lower in sodium. We are using a base of blended juice with added balsamic vinegar, arrowroot and virgin olive oil. The salads are layered in a sealed container so that even if you were to throw them in the car for a trip home, they would not spill out its contents. Additionally, these salads have two ounces of protein or equivalent and two whole grain equivalents.

Our next venture is to redesign all of our cooking processes to remove frying. This has been in action for over two years in patient care and was implemented in Classics Express Café last year. Our customers and patients have embraced the foods and have cut their consumption of higher fat at the same time. We know that this presents an opportunity for education while serving our foods that are healthier yet tasty. This re-design is scheduled to occur over the next year beginning this July. Final completion is scheduled for July of 2015.

We are committed to not only serving healthier foods to all our kids, patrons and staff but to move an entire community toward better eating and health. We do this because we care and because it is the right thing to do.

Bill Barkley, MBA, RD/LD, FADA
Food Services Director & General Manager of Sodexo
Catering

Mit’s Catering News

The Doctor’s Day event was held on Wednesday, April 2. The theme for this year was 70’s Disco. The Community Room was decorated with beads, miniature disco balls, silver streamers on the tables, jell-o molds and can of cheese and crackers. There was music from the 70’s playing such as “play that funky music” and much more. Our department provided healthy casseroles. Swiss chard, kale and other greens were added to the casseroles to make it healthy. We had “Italian beef helper”, “tuna helper”, and “vegetarian helper”. We also provided dipping items for the chocolate fountain. With great music and food, the 70’s theme was a groovy success!

Mitmaly Klema, Catering Manager & the Catering Team

Patient Services

“At Your Request” Room Service News

A Pilot Program has started with Cystic Fibrosis patients that need extra calories and protein to meet their daily estimated nutrition needs. Along with the Clinical Dietitians that work with these patients and myself A “Build Your Own Menu” has been put together of items that contain higher calories and protein that these patients would like. Examples of some of these items are “Build Your Own” Nachos, a Baked Potato Bar, Deluxe Burgers, Omelets and Frito Pies. Bethany Caudill, an intern from the University of Kansas Dietetics and Nutrition has completed calorie counts for the Cystic Fibrosis patients before the pilot program started and will do calorie counts after the Pilot Program is completed to see if the “Build Your Own” menu has assisted in increasing these patients calorie and protein intake. Thus far, Shannon Beattie has stated that she has received positive feedback about the new menu.

If the pilot program proves to be a success with patients with cystic fibrosis, it will be a choice for other patients that may need extra calories and protein based on the nutritional needs calculated by the clinical dietitian. For example, patients that have cancer or have severe burns both are groups of patients that may benefit from the meal selections from this menu.

The “Kids in the Kitchen” Program is going strong, with 7 participants at April’s Event. Patients and their siblings got to choose various selections of fresh fruit and granola to make their own parfaits and play a game of naming different fruits and vegetables by the color. This has been a great program to provide the patients with an activity that they can use all 5 senses.

Jennifer Willoughby, RD, LD, Patient Services Manager
Tornadoes

Tornadoes are violent by nature. They are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles. A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornado intensities are classified on the Fujita Scale with ratings between F0 (weakest) to F5 (strongest). Although severe tornadoes are more common in the Plains States, tornadoes have been reported in every state.

Know the Difference

Tornado Watch - Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!

Tornado Warning - A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. Go immediately under ground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

What's New...?

“You spoke. We Listened”; several of your favorite Food selections have been added (back) into the 5 week menu cycle. These selection can be viewed a Week at-a-glance on the Scope under Food Service option Oceanside café.

A variety of Healthy snacks, Beverages and Yogurt are now available in grab-n-go..

Room service menu revisions are in the works ...stay tune for more healthier choices.

Our next Theme meal will be Cinco-de-Mayo

South would like to Welcome the New staff members to our team!

Tanisha Rhodes – Part-time diet aide
Kayla Patterson – Part-time diet aide

Andrea Y. Davis
Operations Manager CMH South
Chef’s Corner

Food safety: *Time-temperature abuse happens any time food remains between 41F and 135F. This range is called the temperature danger zone. You must try to keep food out of this range. A thermometer is the most important tool you can use to prevent time-temperature abuse. We test thermometers twice a week so if yours isn’t get with Mark or myself so we can check and record this in our calibration log. Most important, thermometers must be cleaned and sanitized before and after each use. Labeling and dating is also a critical procedure that ensures we are using food within our dating guidelines. Keep up the good work. Please welcome back Omar Bunde and new employee Michelle Chrisman to the production staff. Thanks for your efforts.

John Barbosa
Chef Manager

Mandarin-Orange Kale Salad
Serves 4
1 bunch kale, destemed & shredded.
½ cup shredded carrots
2 oz. roasted sunflower seeds
2 oz. golden raisins
3/4 cup cooked & cooled edamame beans
1/2 cup (drained) canned mandarin oranges
1/2 cup diced mango
Dressing:
2 oz. soy sauce
1 tsp rice vinegar
2 oz. orange juice
½ tsp toasted sesame oil
Pinch ginger powder
Pinch garlic powder

Directions: Blend dressing ingredients together. Combine salad ingredients into large bowl, toss together with dressing, let sit covered & refrigerated for 2-4 hours before serving.
New Employees

Kylie Chrisman - Production
Noah Ybarra - Room Service
Shawnte Johnson - Tray line
Jacqueline Young - Tray line
Pamela Tate - Classics
Abiola Olatunde - South

Employee Spotlight

Hi. My name is Joel Barohn and I am so glad to be a part of the CMH family. I am currently a Dietetic Intern and a first year Masters student at The University of Kansas Medical Center. Currently I am developing my knowledge of food from a dietary perspective. Previously I worked as a professional Chef in Kansas, New York, Connecticut, and South Texas. My goal is to combine both dietetics and culinary arts into my future practice. After finishing my rotation of Children’s I will be moving back to my home state of Texas where I will be working at The University of Texas Athletic Department developing training programs for collegiate athletes. Nothing in life is isolated and I will use my experience at Children’s to better my knowledge of helping anyone I can through my love of food. Thank you for all your help at CMH. You live in a fantastic city and work at an outstanding hospital. You are all very special to me and I am glad to have you in my life.

Health Tip

Parsnips

Parsnips provide an excellent source of vitamin C, fiber, folic acid, pantothenic acid, copper, and manganese. They also offer a very good source of niacin, thiamine, magnesium, and potassium. They are a good source of riboflavin, folic acid, and vitamins B6 and E. Parsnips provide similar nutritional benefits as potatoes. Some significant differences are that parsnips are lower in calories and contain only about 50 percent of the protein and vitamin C content of potatoes. However, parsnips do contain more fiber than potatoes. Even though both parsnips and potatoes provide good amounts of B vitamins, parsnips provide a much better source of folic acid.

Sources:
Centers For Disease Control And Prevention-5 A Day.
National Agricultural Library-USDA. usda.gov.
Brenda Wallace
March is National Nutrition Month!

“Enjoy the Taste of Eating Right” is the theme for National Nutrition Month 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year’s key messages for NNM focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.