

What's Cookin'?

February 2008

"WE FEED THE BEARS!"

UNC DINING SERVICES IS COMMITTED TO PROVIDING QUALITY FOOD AND SERVICE IN A PROFESSIONAL MANNER TO THE UNC CAMPUS COMMUNITY AND GUESTS. WE SUPPORT THE MISSION OF THE UNIVERSITY BY PROMOTING NUTRITIONAL AWARENESS AND MEETING DIVERSE CULINARY NEEDS WHILE EMPHASIZING VALUE FOR ALL CUSTOMERS.



Congratulations!



Congratulations to our very own Chef Aran Essig! On Monday, January 21st, he was honored with the Culinarian's Code Award from the American Culinary Federation Colorado Chef's Association (ACFCCA). According to Joan Brewster, the Executive Director of the ACFCCA, "This award is one of the highest awards the American Culinary Federation can give. It is given to a chef who lives his life and his profession guided by the principles of the Culinarian's Code. Chef Aran is an outstanding example of professionalism. He is respectful to all who come in contact with him. He generously gives of his time and energy to promote others in the pursuit of culinary excellence through education." Chef Aran and his award were also featured in an article in the UNC Mirror last week. **We're proud of you, Chef!**



A warm welcome to our newest employees:

Liz Betz, DSI at Holmes

Paul Davila, DSI at TK

Ed Easley, DSI at Holmes

Judy Friend, Administrative Assistant to the Director of Dining Services

Bernie Mediano, DSI at TK

Gloria Nopens, DSI at Holmes

Scott Permer, DSI at TK

Luz Ruiz, DSI at TK

And congratulations to:

Sheila Helton, who moved to a DSIII position as the baker at TK

Shawn Saito, who moved from a DSI position to a DSII position at TK

HR Fast Facts

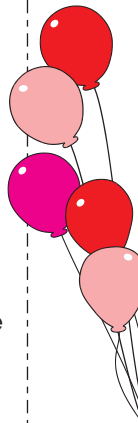
Worker's Compensation Changes

Beginning January 1, 2008, injured employees are able to select and make an appointment with a designated provider from the following:

*Family Physicians of Greeley - West
Workwell Occupational Medicine - Greeley*

An injured employee can make a one-time change to the other designated medical provider, by giving notice within 90 days of injury, but before he/she reaches maximum medical improvement. Change must be submitted in writing to the treating physician, UNC's authorized representative, and Pinnacle Assurance.

Please note that procedures for reporting injuries have not changed. Injured employees must report the incident to Human Resource Services within four working days. In the case of emergency, the injured worker seeks immediate treatment at the Hospital Emergency Room. When released, he/she makes an appointment for follow-up treatment with one of the designated providers, and reports incident to HR.



February Birthdays!

| | |
|-----------------------|---------------|
| Lee Nelson | February 15th |
| Norman Miller | February 25th |
| Suttiphan Ngamtipakon | February 28th |
| Angel Gorman | February 29th |



Did we miss your birthday? Do you have comments, questions or ideas? Feel free to call the Dining Services Office at 351-2652 or email diningservices@unco.edu.

MARK YOUR CALENDARS!

CLAIM YOUR SPACE DINNER:

Wednesday, February 6th at TK and Holmes is our annual "Claim Your Space" kickoff dinner. We'll be having fun carnival food, games and prizes to get students excited about living on campus again next year!

ASH WEDNESDAY:

Dining Rooms must have fish available Wednesday, February 6th and each Friday until Easter, which is March 23rd.

VALENTINE'S DAY:

Thursday, February 14th
Happy Valentine's Day!

UPCOMING PREVIEW DAYS:

Friday, February 8th
Monday, February 18th
Saturday, February 23rd



COMING NEXT MONTH . . .

March is National Nutrition Month. The theme is "Nutrition: It's a Matter of Fact!"

Daylight Savings Time Begins on Sunday, March 9th. Don't forget to set your clocks ahead one hour!

Spring Break is March 17th-21st. The last meal served before break is lunch on Friday, March 14th.

February is American Heart Month

Resources:

American Heart Association (www.americanheart.org),
National Safety Council (www.nsc.org)

Know the Signs

Half of all heart attack victims wait more than two hours before seeking help. If someone has chest discomfort for more than two minutes, call emergency medical services immediately.

Signs of heart attack:

- *Chest discomfort (described as pressure, squeezing, fullness, or pain)
- *Discomfort in other areas of upper body (arms, back, neck, jaw or stomach)
- *Sweating and shortness of breath
- *Dizziness, cold sweats, nausea, vomiting

Cardiovascular Disease Facts

Heart disease, stroke, high blood pressure, heart failure and congenital cardiovascular defects are all considered cardiovascular diseases.

Cardiovascular disease as an underlying cause of death accounted for more than 1/3 of all deaths in the US in 2004.

Heart disease has been the leading cause of death in the US every year since 1900 except during the 1918 flu epidemic.

Tips for a Healthy Heart

- ** Choose a variety of foods (fruits, vegetables, & whole grains)
- ** Eat a diet low in saturated fats, trans fats, and cholesterol (try fish instead of red meats)
- ** Use low amounts of sugar, sodium, and alcohol
- ** Avoid preventable risk factors such as stress, smoking, and high blood pressure
- ** Exercise for at least 20 minutes, 3 times a week
- ** Find out about your family's heart history
- ** Aim for five servings of nuts a week
- ** Keep an eye on your portion sizes
- ** Select fat free, 1% and low-fat dairy products
- ** Don't smoke and stay away from smoke as much as possible



Do You Know Your Fats?

Saturated fats are the main dietary cause of high blood cholesterol. Found in beef, veal, lamb, pork, lard, poultry fat, butter, cream, milk, coconut oil, palm oil and cocoa butter.

Hydrogenated Fats: Common in margarine and shortening, these fats raise blood cholesterol. Use sparingly.

Polyunsaturated & Monounsaturated Fats may help lower blood cholesterol level when used in place of saturated fats in your diet. Found in canola, olive, and peanut oils, avocados, corn, soybeans, many nuts, seeds & their oils.

Trans-Fatty Acids raise total cholesterol levels. Also tend to raise LDL "bad" cholesterol and lower HDL "good" cholesterol. Found in small amounts in beef, pork, lamb and the butterfat in milk and butter. Also formed during the hydrogenation of margarine, cooking oils, & shortening which are used in many packaged and prepared foods.



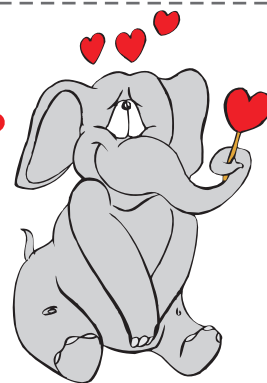
FEATURED EMPLOYEES OF THE MONTH

Featured Employees are picked at random every month and displayed in each dining room so both you and our customers can learn more about our wonderful employees!

The Featured Employees of the month for February are:

Peggy Anderson (TK)
Jan Nelson (UC)
Ann Rose (Holmes)

Happy Valentine's Day!



CAPTAIN GRAVITY'S SAFETY TIP OF THE MONTH

PERSONAL SAFETY CHECKLIST



Courtesy of Pinnacol Assurance

- ✓ Keep your work area free of clutter
- ✓ Wear nonslip shoes
- ✓ Avoid clothing that's loose-fitting or has dangling sleeves
- ✓ Use your legs, not your back, when lifting
- ✓ Push, don't pull loads
- ✓ Use mechanical tools to move loads when available
- ✓ Dry hands before plugging in or unplugging equipment
- ✓ Lock doors at closing time
- ✓ Wear personal protective equipment when using chemicals

