January Meeting Minutes

Date: January 13th, 2011

Time: 10:00 a.m. - 11:30 a.m.

Location: Compass Center – 210 Alaskan Way South, Seattle, WA 98104

In Attendance:

Michael Gregory – Phinney Neighborhood Association
Brent Herrmann – Millionair Club Charity
Rachel Butler – Food Lifeline
Fe Arreola – City of Seattle
Shayne Kraemer – MPC Staff
Hollianne Monson – YWCA Angelines
Matt Fox – ROOTS
Eve – Food Not Bombs
Tasha Fekeshaz – LLAA
Elizabeth Martinez – Senior Services, Meals on Wheels
Krista Grimm – OSL
Lynnet Mitchell – WAPI
Angela Wilhite – El Centro de la Raza
Linda Berger – HIP
Cesar Spear – Community House Mental Health Agency
Joyce Zeigen – NW Harvest
Amber Montgomery – Genesis House
Karen Jackal – Asian Counseling and Referral Services
Trisha Lapitan – Heroes for the Homeless
Michael Hokett - Set Free Ministries
Joanna Hokett - Set Free Ministries
Valerie Chandler - Seed of Abraham
Don Jensen - Food Lifeline
Eve - Food Not Bombs
Dagmar Cronn - South Park
Danette Allen – MPC

Topics of Discussion:

The main topics of discussion for today were 1) desired outcomes for 2011 and 2) the ongoing RFI process to obtain continued city funding for MPC and Seattle Food Coalition. Kim von Henkle, who will be conducting the RFI, was in attendance and listened to members input on this process as well as community meal program needs. Recent survey results from coalition members were also discussed as an entry point to talking about what the coalition would like to achieve this year.

Some of the critical points of discussion were:
- 2010 MPC member survey results and overview:
    - Most common responses in survey had to do with equipment needs, staffing needs, food needs, request for volunteer coordination

- o MP's (meal providers) also requested continued educational seminars, trainings, guest speakers and food safety trainings
  - o Many groups had individualized/specialized food concerns regarding health problems of client base served and/or cultural competency of meal programs
  - o Other ideas for upcoming trainings were anti-racism trainings, cultural competency trainings for staff and volunteers, cooking training for illiterate or ESL meal site cooks
- Expansion of EFAP and TEFAP funds regarding Kim Eads, department of agriculture.
- A UW student from the school of business is working to create a voter initiative to include meal programs in the funding available that is currently for food banks only.
- Overall, the above mentioned needs reflected in the survey will be what MPC focuses on this year.
- Committee meetings will now meet during monthly meetings for 30 minutes. We need committee members! Shayne urged people to join 1 of 5 committees: fundraising, steering, bulk buy, communications, emergency preparedness

- **Introduction of Kim von Henkle, heading up RFI process.**
  - o Handout of emergent issues facing meal providers distributed. Dannette read handout to familiarize everyone with these issues (See attached handout)
- Kim responded explaining that this is a chance for her to hear from meal providers about their overall needs as well as individualized program needs.
- Shayne gave quick background on why we are going through RFI process: it's a budget issue. $40,000 was removed from emergency food systems funding by city)
  - o The City made the decision to RFI for one organization that would support both food banks and meal programs. Also, it has been proposed that both coalitions (MPC and SFC) might be joined under one entity. So the question is, what would this entity need to do for meal providers if this change happens?
- Member responses and feedback:
  - o The entity must know the members. MPC has provided a great deal of support for meal providers.
  - o Fear of losing intimacy with generalized support. A new entity must understand the different needs of meal providers at different times.
  - o SFC meetings are often food bank-centered. Meal providers need their own advocacy and support.
  - o In addition to fundraising and support, the education and advocacy are really important for meal providers. These things will disappear under one entity.
- Kim: Where does advocacy happen?
  - o Shayne: Local, county and state levels.
- More responses and feedback:
  - o To not serve meals is devastating to those who count on them. Meal providers have to be available 3 meals a day, people count on it. People don't count on food banks in the same dire way.
  - o There has been an attempt to distinguish between meal providers and food banks because the needs are different. Lumping hunger relief together as one cause means that meal providers will be treated as less important than food banks.
- Kim: What are the differences between food banks and meal providers?
  - o Food handling, food safety, cooking surfaces, transportation
  - o How food is delivered. Fresh foods need to be consumed quickly. Food banks need more storable food, canned food.

- o Legislation is also different. Food safety laws are different. Volunteer pools are different. Donor bases are different – some donors will only give to meal providers. Two coalitions provide more and equal representation.
- Kim: Can you explain food distribution?
  - o It is important for all meal providers to have a voice in this. Bulk buy, nutritionally dense foods, purchasing foods online, food delivery – all are uniquely managed by meal providers based on needs and resources.
  - o For example, apples would go to food banks and bananas would go to meal providers because bananas go bad more quickly.
  - o Monitoring meal providers is totally different than food banks. You ask different questions, there are different issues.
  - o Meal providers have different resources, more support is needed.
  - o At El Centro, the food bank is very different than the meal program. The populations have different needs. Bulk buy is a big help. Storage space is a big issue. There is concern about what will happen if these food programs have to compete for the same resources.
  - o ACRS – How will all needs be met in a huge meeting with everyone clumped together? Not all needs will be met.
- Kim: The RFI will have to be very clear about differences in needs. Don't get stuck on the one entity push. Focus on what meal providers needs are.
  - o ACRS – If one body oversees both groups it will create more work for one person at the helm. Without Shayne and Trish, the coalitions will fall apart. This will create safety risks with food service too.
  - o It seems like it's them or us.
- Kim: We are going through this process without expectations of what the outcome will be. That is why getting this feedback is so helpful.
  - o Brent – MPC is our voice in the larger community. Our population doesn't access food banks often or at all. For us it is apples and oranges. Programs not getting city funding will be excluded.
- Kim: The entity has to meet the needs of both groups. Specifics to meal providers are very important to consider.
  - o This is a very small investment on the city's part, but it will have a big impact.
- Kim: Based on the city council decision, we have to work with what we have and go forward with the RFI. The situation is not ideal. She expresses her appreciation for what meal programs are doing.
  - o Is it too late to submit the city survey?
- Kim: No. Please let me know if there are any other thoughts questions lingering.
  - o Please consider other groups also (Lettuce Link, transportation – they have separate contracts for those deliverables.) Those contracts will still be in place seperately.

Partner Updates:

City of Seattle – Edwin and Fe are working on contracts.

Food Lifeline – Rachel Butler:
- o Closure dates coming up on holidays.
- o 3/21/11 – Member agency conference
- o Applications for excellent programs due
- o Introduction of Candace (grassroots coordinator)
- o Hunger Action Day! Feb. 25th
- o There will be a class put on by FLL: it will be interactive, consciousness raising, please come!

NW Harvest – Joyce:
- o Did anyone get the newsletter? Let her know if you receive it.
- o Plastic bag order form. Bulk Buy information in newsletter.
- o Weather regulations in accordance with Seattle Public Schools.
- o They are open for holidays.
- o Job opening
- o Applying for membership
- o Shayne – Lots of membership space available at NW Harvest.

Seattle Food Committee Update – Karen:
- o Spoke about RFI and the fact that SFC is currently exploring the same issues.

Seattle Human Services Coalition – Shayne Kraemer: No update

WA Food Coalition – Conference Sept. 14th – 16th. Good to get involved for advocacy.

NEXT MEETING: February 10th, The Compass Center at 10am.

CRITICAL AND EMERGENT ISSUES IMPACTING MEAL PROVIDERS

Seattle meal providers long ago recognized that the lack of coordinated systems support services weakened the network of meal providers and weakened their capacity to effectively distribute safe and nutritious meals to the growing numbers of hungry Seattle residents. The RFI process that is currently being conducted by the City of Seattle Human Services Department calling for one entity to coordinate services for both meal providers and food banks will significantly impact the stability and capacity of meal providers throughout the city and it remains uncertain, at this time, how efforts to secure operational efficiencies will best support and strengthen the meal program or food bank systems.

Since1999, the City of Seattle has supported and funded Meals Partnership Coalition, recognizing the coalition's unique capacity to coordinate a systems support network that delivers significant and measurable improvements in service, quality, efficiency, and capacity within Seattle's emergency meal provider network. With over 11 years experience of working on behalf of the network of over 100 Seattle community organizations and groups that provide emergency meals, MPC can confidently present the City of Seattle with a description of the critical and emergent issues impacting meal programs and can also identify current issues that will jeopardize the provision of nutritious and safe emergency meals for Seattle residents.

To be of true assistance to Seattle meal providers, any entity professing in an RFI process to provide support services to meal providers must be prepared and committed to addressing the following issues on behalf of meal providers:

- Creating access to increased donations of nutrient-dense foods.

- Creating access to funding sources to purchase nutrient-dense foods that are not readily or consistently available through the food donation stream.

- Procurement of meal preparation sites/facilities that are adequate for the volume of meals prepared.

- Identification of funding resources that can be utilized by meal providers to purchase essential infrastructure needs including meal site facility upgrades and equipment for food preparation and storage.

- Identification of funding for meal provider costs associated with staff and volunteer recruitment supervision, training, and retention.

- Identification of resources to secure vehicles of adequate size and capacity to pick-up and transport food, supply, and equipment donations/purchases to the meal program service site.

- The provision of on-site meal provider needs-assessments to best determine agency-specific needs.

- The provision of meal program management and fundraising trainings for new and existing meal providers.

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- The provision of food safety trainings that are offered on-site at community organizations where meals are prepared and served.

- The provision of specialized trainings on nutrition, food preparation, menu planning, and special dietary needs that are specific to meal providers and that are offered on-site at community agencies where meals are prepared and served.

- On-going collaboration with other emergency food and human service providers, coalitions, community partners, funders, and with Public Health-Seattle/King County to enhance the distribution of safe and nutritious meals.

- On-going community, funder, and donor education that builds awareness of the essentiality of emergency meal provision to address Seattle/King County hunger needs.

- On-going advocacy on statewide levels to secure sources of food, funds, and provider-collaborative opportunities that meet the specific needs of meal providers.

The following list identifies overarching issues that will jeopardize the provision of nutritious and safe emergency meals for Seattle residents if not carefully addressed during the RFI process:

- A perception that the food banks and meal providers have essentially the same systems support needs. This perception can lead to the creation of coordinated services support services to these two vital, but very diverse components of the emergency food system that undermines the stability of one or both groups.

- The tendency to view meal providers as a non-essential or less-significant component of the emergency food network, and thus to give inadequate attention to meal provider needs.

- The dismantling of an active and vital meal provider systems support network that is currently providing essential services to 68 member agencies and to a broader network of over 100 Seattle emergency meal providers.

- In response to the call for operational efficiencies in the RFI process, the creation of a coordinated system of support services that is inadequately staffed to meet the systems support needs of Seattle meal providers and that lacks the infrastructure capacity to perform the tasks and activities essential to addressing meal providers support needs.

- Coordinated support services for meal providers that are available only for City of Seattle-funded meal providers rather than being available to/for the entire network of over 100 Seattle meal providers. (This would occur if the RFI designates that the coordinating entity only need to provide services for a select number of meal programs).

Thank you for this opportunity to give input into the RFI process.

Dear Food Bank and Meal Providers,

ə are writing to ask for your thoughts and ideas. As you have likely heard, the Seattle City Council has requested that the Human Services Department conduct a Request for Investments process to select one entity to coordinate services for both food bank and meal providers. This will be a change from the current structure in which services are provided by two entities: the Seattle Food Committee and the Meals Partnership Coalition. This change does not affect funding for individual food bank and meal programs.

We invite your responses to the following questions to inform us on our RFI to select the new entity. Thank you for taking the time to respond. All information that you provide is confidential.

Program Name (Optional)_____

1. Given that there will be only one coordinating entity for both food banks and meal programs, what should be the role and purpose of this organization?

2. How could this entity best support and strengthen your program?

3. How could this entity best support and strengthen the food bank and meals systems?

4. Please comment on critical and emerging issues in the food system and how the entity could assist in addressing these issues.

5. Please feel free to add other thoughts or comments about food bank and meal program coordination.

Please return survey to Kim von Henkle by Wednesday, January 12th
By email to kim.vonhenkle@seattle.gov
Or anonymously by fax: 206-684-0146
Or mail:
Kim von Henkle, HSD-HIBGA
SMT, 700 5th Ave, Suite 5800
P.O. Box 34215
Seattle, WA 98124-4215

Helpful Food Storage Tips:

Prudent methods of food storage are learned over many years. Taking time to learn good methods and plan your storage will pay off in the long run. Learning how to use food storage items in your daily diet is part of this learning process. A more self-sufficient lifestyle results when we learn to properly produce, process, store, and use food.

•**Be Practical**. Store the food you eat and eat the food you store. It doesn't make sense to buy food storage that your family isn't accustomed to eating. Many items, such as wheat, flour, oats, and dried milk are needed to sustain life and are already included in many of the foods that we enjoy each day. Become familiar with recipes that include ingredients contained within your food storage. This will not only enable you to become familiar with the preparation of foods within your food storage, it will also allow you to rotate your food in a timely manner.

• **Store Foods Properly**. Quality is best maintained by minimum exposure to light, heat, moisture, and air. Items stored in a basement will last much longer than in a pantry or garage. Store food on shelves or on a raised platform rather than directly in contact with concrete floors or walls. Avoid storing items next to certain products such as soaps or fuels; this will prevent the spread of odor and other possible contaminants.

• **Temperature**. Where possible, always store your food indoors. Temperature has the largest affect on food storage. Canned goods will store 2 to 3 times longer at 70°F than they will at 90°F. Most dry goods store indefinitely below 70°F. Temperature affects nutrition, texture, and taste.

• **Moisture**. Dry goods should contain less than 10% moisture. The more a container is opened, the more moisture is introduced. The humidity in the air the day food is dry packed or home canned can also affect storage life. Weevil cannot grow in grain with less than 10% moisture. For a maximum shelf life, non-fat dry milk should have no more than 2.8% moisture.

• **Light.** Store foods in opaque containers or dark cupboards. Light fades colors, destroys vitamins, and speeds the rancidity of fats.

• **Air**. Containers should have airtight seams and lids. If in doubt, use duct tape as an additional seal. Plastic buckets with rubber gaskets are airtight if the gasket has not been damaged.

• **Use Variety**. Use a variety of fruits, vegetables, grains, protein sources, and dairy products to obtain balanced nutrition. This will provide greater flexibility in cooking.

• **Use Labels**. Label your containers with the date of purchase.

• **Rotate Your Storage**. Rotate as many items as you can by using food storage at least twice a week. This will allow for a complete rotation of a year's food supply every three years. It will also help your family become accustomed to the items you have stored.

• **Store Water**. Be sure to store a large amount of water (at least 14 gallons per person for a two week supply). Soda and juice bottles will work for water storage as will larger food-grade plastic

containers. For larger quantities, 5, 15, 30, and 55 gallon storage drums can be used. Water will need to be treated before storage. FEMA recommends treatment with 4 drops of bleach per quart of water. Water supplies should be replenished yearly.

• **Store Non-Food Items**. Food storage is only part of emergency preparedness. Don't forget to store non-food items such as medicines, toiletries, soap, cleaning supplies, paper products, laundry detergent, and clothing.

• **Grow a Garden**. For easy access to fresh produce, grow a garden. Also, store and rotate seeds. If you don't have garden space, try using pots to grow vegetables.

Best Practices for Food Storage Rotation

1. Keep storage areas clean
Maintaining clean storage areas is critical in promoting the service of safe food. Not only does maintaining clean storage areas help fight illness causing bacteria, but it also reinforces the importance of cleanliness and safety as a priority for the business among your staff. To achieve this goal, it is recommended that operators utilize daily and weekly cleaning schedules for all storage areas. A few 'must-haves' on any cleaning schedule would be the daily mopping of storage area floors, routine cleaning of storage shelving and walls and the changing out of drip pans used to collect any blood/liquid from stored or thawing product.

2. Put products away immediately after receiving them
The first opportunity for product quality loss is directly after receipt of the product. To help prevent this, it is critical that product is immediately stored in its proper location once it has been received. Failure to do so can cause those products requiring refrigeration or freezing to be exposed to ambient temperatures that can reduce product quality within a relatively short period of time. Further, as product thaws, it will more easily contaminate other products surrounding it, creating both safety and quality concerns. Finally, until product is safely stored in its proper location, there is an increased likelihood of pilferage or utilization of the new product for production needs, rather than staff going into storage to procure the correct product. The key to executing this best practice is to ensure adequate staffing on delivery days, as well as managing the times of delivery with your suppliers.

3. Follow health/safety guidelines for shelf storage, including keeping items off the floor and following recommended storage room temperatures.
Maintaining proper temperatures and ensuring that products are stored in a manner that prevents cross-contamination is critical in the safe storage or products. There are a number of resources that outline these procedures, including HACCP materials and the NRA's ServSafe program, as well as our safe food temperature chart which can be downloaded form our website. Temperature is typically the most influential factor in product quality and spoilage reduction. It is critical that storage units are maintained at optimal temperatures and, for refrigeration and freezer units, their gaskets are in good repair and that doors are not left open. Next to temperature, the most critical storage safety concern is ensuring that products are zoned in a manner to help prevent the cross contamination of potentially hazardous foods from spilling or dripping. The materials previously referenced can provide acceptable product zoning procedures to help reduce the effects and possibility of cross contamination, or you can download our refrigeration storage chart from our website.

4. Follow recommended storage "zones" to maintain optimal product quality.
Depending on the storage limitations of a particular business, operators may wish to store products in product-specific coolers, such as separate meat, produce, seafood or dairy coolers. While this is often not possible because of space and financial limitations, at least segregating these items within a shared cooler can help maintain product quality, as these products have varying optimal temperatures and can suffer from being stored too closely to other products that can influence their flavor—fresh fish stored near butter, for example. It should be noted that

this is a refinement of the previous best practice. While there are product zones that should be established to ensure safe product and limit cross contamination, there are also products that require separate zones to maintain quality, even if there is not a food safety concern, as in the previous example of the neighboring butter and fish. Ensuring all product is properly sealed can help prevent this quality issue, as well.

5. Store product in labeled "zones"
It is highly recommended that operators label storage areas and shelving so that personnel know the correct "home" for each product. The most common brand of storage shelving, Metro, makes a label clip that can be attached to the shelving unit so that a label can be affixed. Regardless of the method used to label product zones, be sure that labels will adhere to the surface over a long period of time. Once shelves are labeled, it should be clear to personnel where product should be stored, and much easier to train staff on how to routinely organize storage areas. Labeling and zoning storage areas will also help ensure that safety and quality objectives are maintained, even by staff members not familiar with the reasoning behind the specific zoning.

6. Do not store products in the shipping box/case, if product is stored in smaller boxes within the shipping case.
Unless product is utilized for production solely by the case in which product was received, product should be stored in the smaller product pack units of each case. Doing so helps conserve space on shelves, enables personnel to quickly grab a container of product as needed and enables an operator to better see what products are on the shelves at any given time. For example, #10 cans of product should be stored out of the cardboard container in which they were received.

7. Do not store product in opened containers, cans or boxes.
Once product is opened, it should be removed from its original container and stored in one that can be sealed and labeled--such as a cambro or lexan-style container. Following this practice will help personnel easily identify open product that should be utilized first, as well as prevent the exposure of product that can lead to quality loss or cross contamination.

Operators should also consider transferring product to heavy-duty containers for those products received in packaging that is susceptible to damage, such as bulk bags of sugar, flour or rice. As these bags can become easily punctured or exposed to moisture, using large, plastic sealable storage bins for these, and similar, products is recommended.

8. Sufficient refrigerated storage to enable proper thawing of frozen product.
Properly thawing product is critical to ensuring that product safety and quality is maintained. In keeping with this, it is important that operators have sufficient space set aside in walk-in coolers to enable the safe thawing of product—often referred to as "pull thaw". Further, it is highly recommended that "pull thaw" pars are set so that personnel know how much given product to pull from the freezer on a given day to ensure sufficient time for product to thaw before being required for production. It is also important that personnel use drip pans for thawing products so that product does not rest in liquid or blood, nor drip onto products below.

9. Properly cooling product before storage.

It is important that prepared, hot product be either brought to a safe temperature prior to storage, or stored in a manner that will enable the safe cooling of the product. This can be done through ice baths, blast chillers or breaking the hot product down into smaller pieces or batches. Regardless of the method used, it is important that hot, prepared items are cooled down and stored so that they do not remain in the temperature danger zone for more than four hours once placed into storage. More information and recommendations on this are available through the NRA's ServSafe program or HACCP, or by downloading our food service safe temperature chart from our website.

10. Label all opened product with the date the product was opened, as well as the name of the item.

Once a product is opened, it is important that product is labeled with the name of the product and the date the product was opened. For those operators that want to go a step further, it is not a bad practice to also label the expiration date of the opened product based on established shelf lives. There are a number of ways to complete this, but one of the easiest is to purchase dissolvable "day dots" that your staff can use to label product, and will then dissolve in the dishwasher when the pan is washed. Labeling products will enable operators to follow through on established shelf lives.

11. Establish shelf lives for your products and post these charts for staff to reference.

Products will most likely need to have an unopened shelf life and an opened shelf life. Establishing product shelf lives is critical in ensuring the safest and highest quality products. Further, it is essential that these shelf lives are communicated to operational personnel. A good way to help with this is by creating shelf life charts that can be posted in various operational areas, especially those used for product preparation. In most cases, products will need to have two shelf lives: one for unopened containers and one for opened product. Many of these shelf lives can be obtained from your suppliers. Based on these charts, employees can label product they open with the expiration date to ensure adherence to these dates or, at a minimum, dated product can be compared to posted charts to check shelf life.

12. Date each box placed into storage with the receiving date.

Just as product that is opened should be "dated" to ensure it stays within established shelf lives, unopened containers of products should be labeled with their receiving date to ensure that they not only are used before their shelf life expires, but also to ensure proper product rotation is being observed and that ordering pars make sense based on the usage of particular products. The easiest way to complete this is by using a "price gun," similar to those used in stores to affix prices to products. Making this process as easy as possible will increase the likelihood that staff consistently executes the standard.

13. Restrict access to storage areas to only those that require it.

Every operator must find the balance between restricting access to product and the need for personnel to quickly access this product during production. For example, operators may wish to restrict access to liquor storage to management only, but may find this policy difficult to adhere to on busy shifts. As a general principle, however, operators should try and restrict access to

product to only those personnel that require the product. For costly product, operators may wish to limit access to management only--such as for liquor, steaks and some seafood. If separate coolers are not possible for high-cost product, we recommend the use of product cages that can be setup within storage areas. Again, Metro is a common manufacturer of product cages.

14. Utilize the proper storage equipment and containers.
Setting the right standards with your staff will only be effective if they have the right tools to execute the established standards. This means that operators should be sure to have sufficient storage containers and lids, thermometers for storage areas, sufficient cleaning suppliers, enough drip containers/pans so that they can be routinely changed out, labels for containers, date "gun" for new product, etc. Having sufficient supply of these products requires an investment, but will help ensure that your product is being stored in the safest manner possible to protect your product and guests. Further, there is no better way to reinforce negative behavior in your personnel than setting a standard and then not supplying the necessary tools to achieve the standard--it is almost guaranteed that the standard will never be met.

This may be a good place to note that it is important that the storage equipment designated for particular products needs to work with the storage zone designated for the particular product. To do this, it is helpful to establish the maximum par of each product, figure out the number of containers needed to store that level of product and to then ensure that the established zone has the necessary room for the containers.

15. Periodically organize storerooms to return products to the proper zone.
One of the most critical, routine practices in restaurant storage management is having personnel regularly assigned to spending thirty minutes in each storage area organizing the room according to the established product zones and standards, as described in this article. This practice will prevent storage areas from getting too disorganized over a series of busy shifts, and will again stress the importance to your staff regarding the organization of the storage areas, as well as creating a "sense of ownership."

16. Store products in a neat and organized manner, with labels facing up and forward and product stored towards the front of the shelves.
It is important that product, in addition to being stored in zones, is stored in a neat and uniform manner. This should include labels facing up and forward, as well as product being stored to the front of the shelves, leaving room towards the back for new product that may be received in the future. Storing product in this manner makes it much easier to view what is on the shelves, as well as execute orders, inventories and receive new deliveries.

17. Rotate product upon receiving.
Another critical factor in ensuring fresh product is the rotation of product upon delivery. It is essential that older product be moved towards the front of each product zone, making room in the back for newer product. This practice will help ensure that older product is utilized first, a practice commonly referred to as FIFO—first in, first out. FIFO, of course, is also an accounting practice that values inventory using the same philosophy. Labeling product upon receipt is a good way to validate this practice. While product rotation is relatively easy for some items, you may find staff avoiding this practice on heavy, bulk freezer items that require the movement of

significant product in order to store new product. It helps to ensure that product pars are properly set so there is only a limited amount of each product on hand, making the rotation process a bit easier.

Hopefully, we have been able to successfully outline storage best practices, as well as the reason for their importance. We began this article stating that the subject matter is not very interesting. This is not only true of articles about restaurant storage procedures, but about the practice itself. Often times, operators overlook the importance of dedicating staff and time to this critical function because there seems to be many more important operational areas to focus on. That being said, we hope that we have been able to convey why following these best practices is important for food service operations and how executing them is critical in any comprehensive food cost control program.

Food Storage: Cold Food Perishables Chart

Product	Refrigerator (40° F)	Freezer (0° F)
Eggs:		
• Fresh, in shell	3-5 weeks	Do not freeze
• Raw yolks & whites	2-4 days	1 year
• Hard cooked	1 week	Does not freeze well
• Liquid, pasteurized substitutes:		
○ Opened	3 days	Does not freeze well
○ Unopened	10 days	1 year
Mayonnaise, commercial	Refrigerate after opening, 2 months	Do not freeze
Frozen dinners and Entrees	N/A	Keep frozen until ready to eat, 3 – 4 months
Deli and vacuum packed products:		
• Egg, tuna, ham, chicken, pasta salads	3-5 days	Does not freeze well
Hot Dogs		
• Opened	1 week	1-2 months
• Unopened	2 weeks	1-2 months
Luncheon meat		
• Opened	3-5 days	1-2 months
• Unopened	2 weeks	1-2 months
Breakfast meats:		
• Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
• Smoked breakfast links, patties	7 days	1 to 2 months
• Hard sausage — pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
Summer sausage labeled "Keep Refrigerated":		
• Opened	3 weeks	1-2 months
• Unopened	3 months	1-2 months
Corned Beef:		
• Corned beef, in pouch with pickling juices	5 to 7 days	Drained, 1 month
Ham, canned labeled "Keep Refrigerated":		
• Opened	3-5 days	1-2 months
• Unopened	6-9 months	Do not freeze
Ham, fully cooked:		
• Vacuum sealed at plant, undated, unopened	2 weeks	1-2 months

• Vacuum sealed at plant, dated, unopened	"Use-By" date on package	1-2 months
• Whole	7 days	1-2 months
• Half	3-5 days	1-2 months
• Slices	3-4 days	1-2 months
Ground Meat:		
• Hamburger & stew meat	1-2 days	3-4 months
• Ground turkey, veal, pork, lamb, & mixtures of them	1-2 days	3-4 months
Fresh Beef, Veal, Lamb, Pork:		
• Steaks	3-5 days	6-12 months
• Chops	3-5 days	4-6 months
• Roasts	3-5 days	4-12 months
Variety meats:		
• Tongue, liver, heart, kidneys, chitterlings	1-2 days	3-4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with dressing	1 day	Does not freeze well
Soups & Stews Vegetable or meat added	3-4 days	2-3 months
Fresh poultry:		
• Soups & Stews Vegetable or meat added	1-2 days	1 year
• Chicken or turkey, pieces	1-2 days	9 months
• Giblets	1-2 days	3-4 months
Cooked meat and poultry leftovers:		
• Cooked meat & meat casseroles	3-4 days	2-3 months
• Gravy & meat broth	1-2 days	2-3 months
• Fried chicken	3-4 days	4 months
• Cooked poultry casseroles	3-4 days	4-6 months
• Poultry pieces, plain	3-4 days	4 months
• Poultry pieces in broth, gravy	1-2 days	6 months
• Chicken nuggets, patties	1-2 days	1-3 months
Other cooked leftovers:		
• Pizza, cooked	3-4 days	1-2 months
• Stuffing, cooked	3-4 days	1 month

Food Storage and Rotation Tips

Here are some things to keep in mind as you plan your food storage rotation:

- **Store wisely** Store items that will keep for a long time. This will greatly reduce the food rotation burden. Also, don't store more than you need! True, storing a little extra seems like a good thing to do. Just remember, the more you store, the more you will need to rotate in order to keep it fresh.

- **Put a date on everything!** Whether you buy it from the store or you can it yourself, date it! Knowing when something was put away is essential to knowing when it needs to be consumed. Even if you can't determine when a store-bought product was canned, just writing the purchase date on the can will help.

- **Establish a method** If you stock a pantry with canned goods, put new purchases in the back and withdraw older cans from the front. Sloped shelves can be constructed that let newer cans roll forward as the oldest cans are taken. If you have a separate cold storage, establish regular times for withdrawing foods. Or establish a schedule for restocking your pantry from a longer-term storage area.

- **Make your food storage easy to get to** This may sound trivial, but when it comes to food storage: out of sight is definitely out of mind. And, when it's easier to drive down to the grocery store than to get to your stored food, guess where you'll head most of the time!

- **Estimate a rate of consumption** Keep in mind that each year you will need to consume one half of anything with a two-year shelf life. Likewise, you will need to consume one third of anything with a three-year shelf life, an so on.

- **Learn from your experience** Letting your family sample what you have stored will help you determine what to store in the future. Let's face it, if all those dried lima beans haven't moved after two years, they probably won't make anyone really happy during an emergency either.

- **Grow your own** Consider providing for at least part of your needs from your garden. That way, if you ever do have to live from your stored food, you can supplement with fresh produce from the garden.
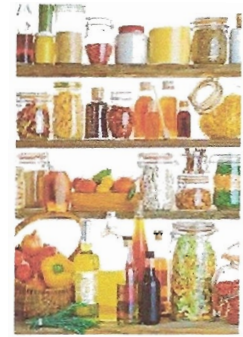
Orange Honey Garlic Chicken

allrecipes.com

Rated: ★★★★☆

Submitted By: NIBLETS

Photo By: momma_s

Servings: 200

"Baked chicken in a slightly sweet, slightly tangy herbed orange-soy marinade."

INGREDIENTS:

40 (2 to 3 pound) whole chicken, cut into pieces

7-1/2 cups soy sauce

5 cups honey

10 cups orange juice

80 cloves crushed garlic

1/3 cup and 1 tablespoon

and 1 teaspoon dried oregano

3 tablespoons and 1 teaspoon ground black pepper

1/3 cup and 1 tablespoon and 1 teaspoon paprika

DIRECTIONS:

You have scaled this recipe's ingredients to yield a new amount (200). The directions below still refer to the original recipe yield (5).

1. To Make Marinade: Combine the soy sauce, honey, orange juice, garlic, oregano, pepper and paprika. Mix all together and pour over chicken pieces. Refrigerate for 2 to 4 hours.

2. Preheat oven to 350 degrees F (175 degrees C).

3. Remove chicken from refrigerator. Place chicken and marinade in a 9x13 inch baking dish and bake, uncovered, in preheated oven for 1 1/2 hours. Baste once.

Nutrition Information

Servings Per Recipe: 200
Calories: 324

Amount Per Serving	Amount Per Serving
Total Fat: 17.2g	Total Carbs: 9.6g
Cholesterol: 97mg	Dietary Fiber: 0.3g
Sodium: 635mg	Protein: 31.5g