

Something to Chew On

Dining Trends: Top Trend That Will Shape Food Products In 2018

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- a. The report cites a general mistrust of food safety throughout manufacturing and supply chains, with only one in five Canadian adults saying that they trusted manufacturer labels on product packaging. As a result, foodservice retailers, manufacturers and distributors at all levels should see an increased call for accountability. "In addition to disclosing more specific transparency details, the next wave of clean label challenges manufacturers and retailers to democratize transparency and traceability so that products are accessible to all consumers regardless of household income," writes the author of the report, Jenny Zegler, Mintel global food and drink analyst.
- b. Will this transparency be enough to sway a consumer wary of an increased awareness of food recalls, restaurant sanitation and other previously hidden elements that have been brought to the forefront by apps, websites and media coverage? The move to bring this level of accountability to all levels of the food supply chain will be an interesting trend to watch.



<https://www.forbes.com>

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What's Cooking? Holiday Glazed Ham

Ingredients:

- 1 spiral sliced ham
- 1 20oz can pineapple slices, juice reserved
- 15-20 whole cloves
- 1 small jar maraschino cherries
- ¾ cup packed light brown sugar
- 2 Tablespoon yellow mustard

Directions:

1. Preheat oven as directed on the ham package and follow the instructions for baking the ham.
2. Remove the ham from the oven about 30 minutes before the end of the warming time.
3. Decoratively arrange the pineapple slices on top of the ham, securing them with whole cloves, if using, or toothpicks. Place a cherry in the center of each pineapple ring and secure with a clove or toothpick.
4. In a small bowl, combine the brown sugar, mustard and just enough of the reserved pineapple juice to make a thick glaze. Spoon glaze over the ham and bake for the remaining 30 minutes.
5. Remove the ham from the oven, transfer to a cutting board, and carve.



Nutrition Facts

Nutrients	Amount
Calories	249
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	86 mg
Sodium	1776 mg
Total Carbohydrate	18 g
Dietary Fiber	0 g
Total Sugars	11 g
Added Sugars	0 g
Protein	32 g
Vitamin D	0 mcg
Calcium	0 mg
Iron	0 mg
Potassium	0 mg

Food Safety Tips: For the Holidays

Feasting with family is part of many holiday celebrations. Follow these tips to keep safe from food poisoning, and food borne illnesses during the holidays.

- Wash your hands with soap and water before and after preparing food, after touching raw meat, eggs, unwashed vegetables, and before eating or drinking.
- Cook food thoroughly. Use a food thermometer to ensure that meat, poultry, and seafood have been cooked to the safe minimum internal temperature.
- Keep food out of the “danger zone.” Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze perishable foods within 2 hours.
- DO NOT eat dough or batter. If made with flour or eggs it may contain harmful germs such as E.coli. Do not eat dough or batter of any kind, including cookie dough.
- Safely thaw your turkey. Thaw your turkey in a refrigerator. Avoid thawing on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.



Congratulations to the following Managers for a 100% Survey or Sanitation Inspection:

Diane V.
Karla R.
Crystal H.
Peggy S.
Clara V.
Mary B.
Jeff K.
Jennifer D.

Employees of the Month

September: Ryan C.- MN
October: Kimberly W.-MN

RD of the Year

Paulette B.

Managers of Third Quarter

Sandy B. - CO
Steve M. - MN
Rikki H. - MN

Mindful Eating During the Holidays

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds! On average, **Americans gain approximately one to two pounds during the holiday season.** While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have

breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include fiber-rich foods as they are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. A common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful

eating plan — one that can also include dessert.

There are many strategies to help you avoid overeating. Using a smaller plate, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Fun Food Facts Trivia: Put Your Knowledge to the Test



1. _____ % of pumpkins sold in the United States are solely for decoration.
2. Non-dairy creamer is _____.
3. On average, a person will spend about _____ years eating during a lifetime.
4. Onions have no _____, only a smell.
5. Over _____ million Whoppers are sold at Burger King every day.
6. _____ are one of the ingredients in dynamite.

Answers from October Issue:

1. Saliva
2. Honey
3. Carrot
4. Medicine
5. Salads
6. Nachos