

# HEALTHCARE & SENIOR LIVING EXPO



## JOIN US!

CONTINUING EDUCATION &  
PRODUCT SHOWCASE

**UP TO 7.5 FREE HOURS**  
CONTINUING EDUCATION CREDITS



OCTOBER  
**18**  
2022

**SOUTHEAST  
COMMUNITY COLLEGE**  
8800 O St.  
Lincoln, NE 68520

**8:30AM  
to  
4:30PM**

[syscoevents.com](https://syscoevents.com)

**Sysco**  
At the heart of  
food and service

**8:30 – 9:30a**

**GUT HEALTH: IMPORTANCE IN HEALTH AND HEALING**

**1 Hr CEU**

**Session Description:** This session will review the differences between prebiotics and probiotics in relation to gut health. Including the mechanisms in the gut that help to maintain a beneficial environment for good health and healing. Nutritional recommendations to accomplish goals in challenging patient populations will be discussed.

**Learning Objectives:**

1. List the difference between Prebiotics and Probiotics.
2. Review the important functions of the gut microbiome.
3. Understand tools to strengthen their nutritional protocols to include gut microbiome health in healing.

**Speaker:** **Margene Reno** MS, RDN, Regional Sales Manager, Medtrition



Margene is a Registered Dietitian with experience in several areas of the Foodservice industry including Foodservice Purchasing, Foodservice Production and as a Hospital Foodservice Director. After developing hands-on Foodservice experience, Margene began her sales career at Sysco Minnesota as a Healthcare Sales Specialist, which then led to working for several healthcare related manufacturers: Diamond Crystal Specialty Foods, IFP Carbotrol Juice and Hormel HealthLabs - all leaders in healthcare institutional sales. Margene now owns her own foodservice brokerage company after merging with a larger firm where she has represented three healthcare clients for over 20 years.

**9:30 – 10:30a**

**NUTRITION AND BRAIN HEALTH**

**1 Hr CEU**

**Session Description:** This presentation will differentiate cognitive decline, dementia, and Alzheimer's disease and present current Alzheimer's statistics. Lifestyle habits that can help maintain and improve brain health will be discussed. Several diets and foods that may lower the risk of cognitive decline and improve brain health will also be reviewed.

**Learning Objectives:**

1. Participants will be able to name 2 lifestyle habits that can help maintain and possibly improve brain health.
2. Participants will be able to name 3 diets that may lower the risk of cognitive decline.
3. Participants will be able to name 3 foods that may have a positive effect on brain health.

**Speaker:** **Nancy Barwick** MS, RDN, CD, Regional Dietitian, Lyons Magnus



Nancy is one of five Dietitians on staff at Lyons Magnus and serves as the primary contact for healthcare accounts in the Midwest region. Nancy works with chain accounts, distribution, and end-user customers to provide product assistance, training, and solutions for their operational needs. Nancy has a wide and varied background in foodservice sales. Her areas of expertise include food service distribution, product training and applications, and reducing costs and driving profitability in the workplace. Nancy is a member of the Academy of Nutrition and Dietetics and the Wisconsin Academy of Nutrition and Dietetics. She is also a member of Dietitians in Business and Communications, Dietetics in Health Care Communities, Healthy

Aging, and Food and Culinary Professionals practice groups. Nancy has also served on the Industry Advisory Council for the Association of Nutrition & Foodservice Professionals. In her spare time, she loves walking her dogs and being on the lake in the summer.

**10:30 – 10:45a**

**BREAK**

**10:45 – 11:45a**

**INFECTION PREVENTION IN LONG TERM CARE**

**1 Hr CEU  
Sanitation**

**Session Description:** Having the necessary infection prevention procedures in place is essential to creating healthy communities, delighted residents, and optimized operations. Infection prevention starts with a focus on cleaning, sanitizing, and disinfecting. These three steps are distinctly different and uniquely important throughout any operation. This session will focus on the importance of these steps in a food service setting and how to execute proper procedures to enable optimized operations with the goal of ensuring your residents safety and satisfaction.

**Learning Objectives:**

1. COVID: Understanding Risk; How It spreads; Personal and Environmental Prevention; Impact on Food Safety.
2. Cleaning, Sanitizing, Disinfecting in a Food Service Area: What's the Difference; Determining Frequency; Labor consideration; Food Safety.
3. Warewashing: Machine Warewashing; Manual Warewashing; Labor Consideration.

**Speaker:** **Steven Lundberg**, Principal Chemist, Institutional Research & Development



Steve Lundberg is a Principal Chemist working on the Institutional Distribution Research and Development team. Steve has 10 years of experience at Ecolab, holding a variety of positions within the research and development team including developing products and providing customer support for laundry, warewash, and food service. Steve's key responsibilities on the Distribution team are supporting Ecolab's products sold through their distributor partner Sysco. Steve is also Ecolab's technical lead for the Keystone product line. Steve graduated from Gustavus Adolphus College in St. Peter, MN with a Bachelor of Arts in ACS Chemistry. In his personal time, Steve enjoys playing soccer, cooking, and spending time outside. Steve is married to his wife Natalie and they have a 5 year old dog named Henry.

**11:45 – 1:15p**

**VENDOR FAIR LUNCH & LEARN**

**1.5 HR CEU  
Food Show/  
Exhibits**

**Session Description:** A focused showcase of food and equipment supplies geared toward Healthcare and Senior Living communities.

**Learning Objectives:**

1. Name two characteristics of food that are important to its appeal.
2. Identify ideas for positive changes within your dining program and food service department.
3. Apply Foodservice math to measure and balance grocery supply cost vs. labor cost.

**1:15 – 2:45p**

**CULINARY ROUND ROBIN FOODSERVICE SESSIONS-PART 1**

**1.0 HR CEU  
.5 HR CEU Sanitation**

The Round Robin learning will take place in kitchen labs allowing for active learning. The topics will focus on kitchen efficiencies, automation, technology, food safety, foodservice math and labor pool management.

**Learning Objectives:**

1. Identify ways to avoid deficiencies in the areas of sanitation and food safety.
2. Learn how product selection can increase labor efficiency.
3. Understand growing seasons and their effect on year-round availability and cost.





## EFFECTIVE LABELING – HOW GOOD PRACTICES CAN IMPROVE CONSISTENCY, INCREASE PROFITABILITY AND MAKE THE FOOD YOU SERVE SAFER

**Session Description:** Food product dating is especially critical for Healthcare and Senior Living communities; historically, food storage is one of the most common deficiency citations. An effective food dating system can help your department not only ensure food is consumed while at peak quality, but it also helps back track in event of a recall, reduces food waste and controls labor all while helping you comply with current food safety regulations.

**Speaker:** **Chuck Shrider**, Regional Sales Manager, National Checking Company



With more than 25 years in the foodservice industry on his resume, Charles has gained some good insight into the workings of multiple segments of the hospitality industry. Charles's journey through the foodservice industry has led him to experience everything from catering to executive dining, running the helm at restaurants, and running a bakery withing a large healthcare facility. He was a corporate chef for 12+ years, has been part of research and development teams helping to design new food products, and has spent a lot of time working with menu design, cost analysis, and food safety. He is a certified food safety manager, and proctor. For the last 3 years he has taken a role as Regional Sales Manager for NCCO Foodservice Solutions and spends a lot of time working with teams on good food labeling practices.

## TRUE COST OF MADE FROM SCRATCH COOKING

**Session Description:** Labor concerns within the Healthcare foodservice industry continue to worsen, posing serious concerns to daily operations and food safety. Skilled labor has become a premium and the lack of availability is often leading Kitchen staff to compromise quality of their finished products. We will take a look at labor saving ideas that will not compromise the quality of your product. We will demonstrate the true finished product cost of cooking proteins from raw, and how we can improve your bottom line, and keep your patrons satisfied.

**Speaker:** **Kayla Barnes**, Senior Account Executive, Hormel Foodservice Division



Kayla is a Senior Account Executive in the Foodservice Division. Her responsibilities include all Healthcare, Assisted Living/Long Term Care, and College & University sales activities. In addition to Non-Commercial accounts, Kayla also works with Regional and National Multi-Unit Restaurant Chains within the NE, IA, SD and KS markets. Hormel has specific focus segments as a Foodservice division and healthcare is #1. The Foodservice Division provides a platform for additional training, and specific product innovation - allowing Hormel to be able to bring relevant solutions to healthcare operators. Kayla has been with Hormel Foods for 10 months. Before Hormel, Kayla worked as a Distributor Business Manager at KeyImpact for 9 years.

## PRODUCE EXPLORATION: INFORMATION, VALUE AND SAFETY

**Session Description:** Learn what is happening in the world of produce. In this session our produce specialist will demonstrate produce standards and usable product yield through a produce cutting. You'll also hear about Quality Assurance field inspections, sanitation efforts in the field and the associated standards and product specifications that must be met. Explore if value-added produce can benefit your labor and cost savings over commodity produce. Learn how the weather affects produce in the various growing regions.

**Speaker:** **Dean Schwartz**, Produce Specialist, Sysco Lincoln



Dean is the Produce Specialist for Sysco Lincoln. Dean has had a diverse background in Foodservice distribution and held various positions ranging from Sales Consultant, District Manager, Non-Foods Specialist and Sysco Brand Manager. Dean is a valued asset who has worked with all segments of foodservice over his 29 years of service.

**2:45 – 3p**

**BREAK**



**QUICK AND EASY RECIPES FOR THE SENIOR SEGMENT**

**Session Description:** The rule of five allows you to adapt and simplify your BOH operations by requiring fewer steps and ingredients needed to prepare high quality meals. The versatility of staple products can allow operators to reduce the number of pantry items they carry without having to compromise on their menu offerings. Additional benefits include the reduction of complexity in the kitchen, allowing for less labor to be required.

**Speakers:** **Chef Alvaro Lima**, Corporate Chef, Unilever Food Solutions  
**Jennifer Fishback**, Territory Development Manager, Unilever Food Solutions



Chef Alvaro Lima (Chef Alvy), is someone who loves everything about food. He's from Chicago and enjoys cooking bold Latin Flavors, think of Modern Latin inspired dishes. He is a Culinary Alumni from the Technology Center and College of DuPage. Chef Alvy has worked as an Executive Chef for various establishments in Chicago, from fine dining to upscale contract catering. He is currently in his eighth year at Unilever Food Solutions as a Corporate Chef. Throughout his culinary career he has coached several culinary teams to compete at Regional and National level competitions, many of which have resulted in First Place Gold Medals. Chef Alvy is a Board Member of the American Culinary Federation Chicago Chefs and was recently inducted into Les Amis d'Escoffier Society- Chicago. A quick fun fact about Chef Alvy is that he was a culinary intern at Unilever Food Solutions in 2005. He then was hired as the Test Kitchen Manager/Chef Assistant through June of 2008. Unilever has been a big part of his career and he is happy to be back where it all began. In his spare time, Chef Alvy enjoys cooking with his daughters and dining at new restaurants to stay up to date on food trends.

**THERMAL CIRCULATORS & SOUS VIDE BASICS****Session Description:**

The Sous Vide trend is growing at an ever-rapid rate. The projected annual growth for this equipment is over 27% year over year during this next 5 years. In this presentation we will be covering the basics of sous vide and how this cooking system not only works, but why it's becoming more common place in commercial kitchens. The sous vide process, including identifying food safety issues of concern and HACCP principles will be discussed. Whether you're interested in sous vide as a home cook or wanting to get a better understanding for your professional industry knowledge, this seminar will give you the foundation of what to know.

**Speakers:** **Chad Ridgway**, Outside Sales Representative, Midwest Professional Reps  
**Nate Sanford**, Sammic



Chad has been with Midwest Professional Reps for 17 years. Chad brings passion and enthusiasm to work daily which translates into helping numerous customers, consultants, and dealers in various foodservice segments, find solutions to their everyday equipment needs. Chad enjoys personally connecting face to face with customers who appreciate his hands on approach to identifying challenges and needs in this constantly changing industry and going above and beyond to assist. Chad is CFSP & Serv-Safe, Certified.



Nate Sanford is a North American Association of Food Equipment Manufacturers Certified Food Service Professional (CFSP), with over ten years of experience helping operators from every facet of the foodservice industry with their equipment needs. Nate is specialized in Sammic's food preparation, preservation, and sous vide technology. This equipment is helping operations across the country react positively to increasing labor struggles by providing technology that can assist chefs by reducing their workloads without compromising food quality.

