



November 2022

FSC

Who's hungry?

Logan College Hosts St. Louis 2022 World Para Powerlifting Parapan American Open Championships.

In July, Logan College was thrilled to welcome athletes and coaches from around the world to their Chesterfield campus. FSC was honored to serve meals to all of the talented athletes, trainers and staff that attended the event and hope our meals fueled them on to victory.

- This was the first time an international competition for the sport of Para powerlifting was hosted in the United States.
- The competition was open to athletes from all over the world and included twenty individual medal events and one mixed team event.
- Pan American (North America, South America, and Central America) athletes must participate in the St. Louis 2022 World Para Powerlifting Parapan American Open Championships to qualify for the 2024 Paralympic Games in Paris.
- Logan University is the High-Performance Management Organization of USA Para Powerlifting. Logan's Paralympic Operations Department manages all aspects of the sport, from serving as a site for competitions and coaching summits, to being a resource to USAPP athletes and their coaches. Members of USAPP have access to an array of Logan's health care experts for chiropractic care, nutrition and biometric analysis, and sports rehabilitation, among other services.

About Para Powerlifting

- Powerlifting is one of the Paralympic Movement's fastest growing sports in terms of

participants and is now practiced in nearly one hundred countries.

- The sport represents the ultimate test of upper body strength with athletes competing in the bench press discipline.
- Competitors must lower the bar to their chest, hold it motionless on the chest and then press it upwards to arms-length with locked elbows. Athletes are given three attempts, and the athlete who lifts the heaviest weight is declared the winner.
- Such is the strength of athletes competing in this sport that it is not uncommon to see a competitor lift more than three times their own body weight. *cont.*





We Serve *Great People!*

- World Para Powerlifting, under the governance of the International Paralympic Committee, acts as the international federation for the sport and is based in Bonn, Germany.
- Open to male and female athletes with eight eligible physical impairments, athletes compete in one sport class across ten different weight categories per gender.
- Men compete in the 49kg, 54kg, 59kg, 65kg, 72kg, 80kg, 88kg, 97kg, 107kg and +107kg divisions.
- Women compete in the 41kg, 45kg, 50kg, 55kg, 61kg, 67kg, 73kg, 79kg, 86kg and +86kg divisions.
- Major competitions include the Paralympic Games which take place every four years, biennial World Championships, triennial regional Championships and annual World Cup and Grand Prix events.

Paralympic History

- Although weightlifting made its Paralympic debut at Tokyo 1964, it was not until the 1984 Games that powerlifting was first included as

a Paralympic sport. At the 1984 Paralympics, the powerlifting competition featured sixteen male athletes from six countries. Since its Paralympic debut, the sport has been included in every edition of the Games.

- Initially the sport of weightlifting only catered to male athletes with a spinal cord injury, but in the years that followed the sport began to include other impairment groups too.
- Weightlifting featured athletes performing a dead bench press, whereby the lift starts from the chest. Powerlifting on the other hand involves athletes receiving the bar at arms-length, lowering it to their chest until it is motionless, before pressing it back upwards evenly.
- By Sydney 2000, the year women were first allowed to compete in Paralympic powerlifting, the sport was widely practiced in all five continents.
- For more information, please visit www.worldparapowerlifting.org. You can also follow World Para Powerlifting on Twitter, Facebook and Instagram.





We Serve *Great People!*

De Smet Jesuit High School is one of 18 Jesuit schools nationwide competing in The Great Ignatian Challenge during the month of November. This friendly holiday food drive competition encourages students to raise awareness of hunger and address those needs in their communities through food drives and collections. Winners of various tiered awards within the challenge will receive monies toward their school's financial assistance program, thanks to the generosity of Fordham Prep (New York) alumnus Jim Rowen. Donating canned goods could benefit the scholarship program at De Smet Jesuit.

What will this look like at De Smet? The Great Ignatian Challenge will fuel the energy for the annual Giving Tuesday fundraising campaign, which culminates annually on the Tuesday following Thanksgiving (November 29). Details are still being finalized, but students can expect spirited competition, incentives for achieving goals, and opportunities to unlock donor challenge gifts to benefit the Spartan Fund.

Why is De Smet Jesuit participating? It's all about a Jesuit school ideal known as Magis, which challenges us to do more for God by doing more for others. In addition, De Smet's President, Fr. Ronny O'Dwyer, S.J., has asked the school community to consider "where is God calling De Smet?" as part of his work to articulate De Smet Jesuit's strategic vision for the future. This vision includes forming well-rounded, compassionate leaders and building a community that reflects the values of the Catholic Church. Participating in The Great Ignatian Challenge is a great way for De Smet Jesuit Spartans to lead, learn, and serve.

If you'd like to support De Smet Jesuit's efforts to raise awareness and scholarship funds in the Great Ignatian Challenge, please contact Debbie Higgins, dhiggins@desmet.org.





We Serve *Great People!*

We were honored to serve an event
at the Archbishop's residence.
What a beautiful place!





We Serve *Great People!*

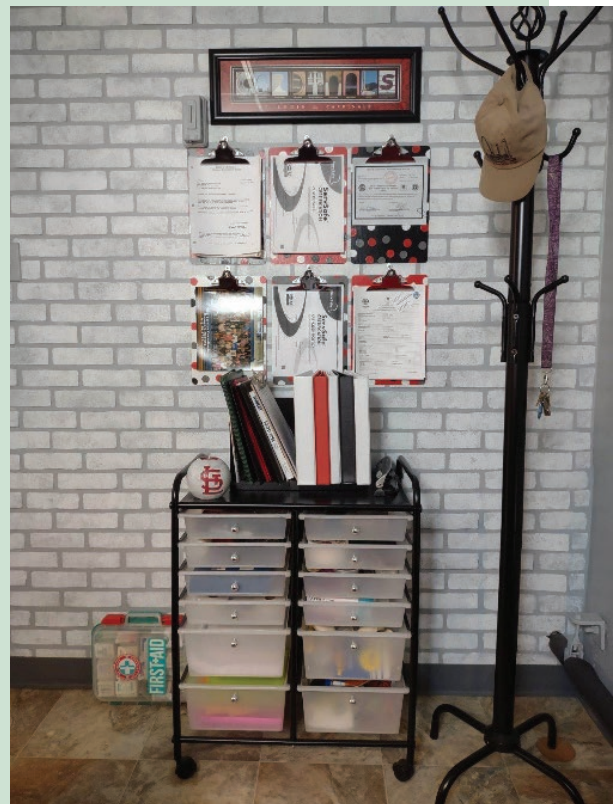
Purina Family Day

Nestle Purina's corporate headquarters has been a part of downtown St. Louis for over 125 years. They operate a pet friendly facility called Purina Farms in Gray Summit. Each year, Nestle Purina organizes a "Family Day" for all their employees. They host the event at Purina Farms and go all out to make sure their employees, and family members have a great day. Plenty of food, games, and activities of all kinds are planned to make sure everyone enjoys! With nearly 3,000 in attendance, and plenty of kids, this is a very unique event and one that Nestle Purina can be proud of! FSC looks forward to serving this event each year in the summer and is proud of the fact we have been a part of Purina Farms since it opened.



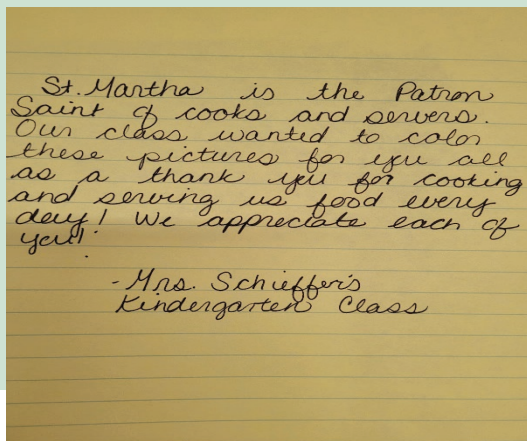
Café Fun

Katrina Brazel, our Manager at Bishop DuBourg High School missed her calling! She did a great job decorating her office over the summer. She did it on her own time and with her own dime! Looks great!



Café Fun

Mrs. Schieffer's Kindergarten Class at Sacred Heart Troy is awesome!



Villa served a fun Star Wars menu on May 4th

Today's Menu		
<u>Homestyle Fresh</u> Chewie's Loaded Mac & Cheese veggie and Bacon <u>Extra Extra</u> Skywalker Buttered Corn Candied Brussel Sprouts R2-D2 Tots <u>vegetarian</u> obi-Quinoa & greens Roasted Red Pepper Hummus	<u>off The grill</u> Classic Cheese Burgers grilled Chicken Breast oak Hill Dogs <u>Soup of The Day</u> Cheddar Broccoli Soup <u>Hot off The Press</u> Lightsaber Pretzels <u>greens</u> The Hill Salad Salad Caesar Salad	<u>Daily Items</u> Deli Sandwich Bar Fruit & Yogurt Bar Fountain Juices & Beverages <u>Ice Cream</u> vanilla wild Berry <u>FOOD FACT OF THE DAY</u> "May the 4th Be with You" is Star wars Day started on May 4th 1978 and has grown in years since.



Café Fun

The staff at St. Dominic High School decided to take a Family photo! They sure are a happy crew!

Here are some of the things they serve for lunch! High school lunch was not like this when I attended many moons ago!

- Grilled Honey Lime Cilantro Salmon
- Teriyaki Chicken with Pineapple chutney
- Sesame Cauliflower (vegetarian)
- Quinoa Stuffed Zucchini Boats
- Bruschetta chicken pasta (vegetarian)
- Spanish stuffed bell pepper(vegetarian)



Kudos!

LuSo Pep Rally Live on KSDK

The Lancers showed their school spirit one morning and packed the gym at 6:00 a.m. for a Pep Rally live on KSDK! The band, cheerleaders, and Lancerettes kicked off the pep rally with enthusiasm! The football players charged into the gym and enjoyed interviews by 5 On Your Side's Mercedes Mackay. The student body had fun playing games like human Hungry, Hungry Hippos, a pie-eating contest, bucket head, and tug-of-war. Everyone enjoyed a pancake breakfast afterward



Kudos!



National Merit Semifinalists

Garrick Springer and Ty Smith, pictured front to back, have been named National Merit Semifinalists!

This duo of thinkers earned impressive scores on the PSAT, representing the top 1 percent of seniors in the state. This designation qualifies them for scholarships at colleges across the country.

Congratulations!

Coach DeCoursey Inducted into the St. Louis Sports Hall of Fame

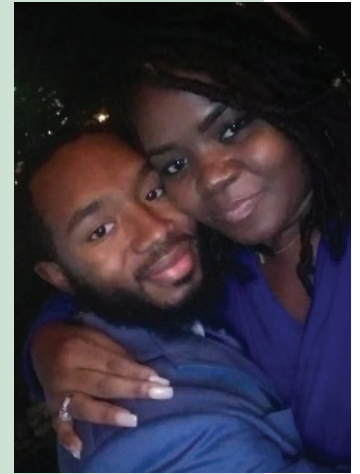
Congratulations to Marquette's Greg DeCoursey who was inducted into the St. Louis Sports Hall of Fame last night. "Coach D" was joined at the ceremony by his family and a contingent of former Marquette players and coaches. Coach DeCoursey is the second Explorer to be a member of the St. Louis Sports Hall of Fame, joining fellow Explorer Craig Hentrich. Coach DeCoursey guided the Explorers to two IHSA State Championships, one second place finish, 15 Regional Championships, 7 Sectional Championships and 7 Elite Eight appearances. Coach DeCoursey is fourth all time for most wins at one school with 641! He is also a member of the Illinois Baseball Coaches Hall of Fame! Congratulations to Coach DeCoursey on this great achievement and recognition of his thirty-three years of commitment to Marquette Catholic student-athletes. On Explorers!





FSC Family Features

Marlona Merrill and Joshua Morgan were married on October 1st in a beautiful ceremony! Marlona is the daughter of our Manager at Lutheran North High School, Marlon Merrill. He was beaming as the proud papa and happy to welcome Joshua into their family.



In October of 2021 Cindy and Gregg Sallwasser became grandparents. Their son and daughter-in-law (Nick and Clara) are the proud parents of Theodore Edward Sallwasser.

Born October 26, 2021. Baptized February 5, 2022. Started Day care in August 2022





FSC Family Features



Amy Bauer's son graduated from Olin School of business at Washington University on May 20, 2022. He moved to Chicago as an investment banking analyst in July. Amy is our Manager at St. Peters in Kirkwood.



Sandy Cambron, our manager at St. Norbert, welcomed her Grandson Hayes Michael Cambron on September 3rd.

Mary Puetz and Matt DeFranks were wed on August 6th at St. Michael the Archangel Church. Photos were taken at Forest Park after the ceremony. Mary is the daughter of Donna Puetz, who manages our cafeteria at Mary Queen of Peace.





FSC Family Features

In September SLUH honored past parent and dedicated volunteer Jeff Pitts with the Sacred Heart Award, which recognizes the remarkable contributions to SLUH made by women and men who are not alumni of the school.

In 2014, Mr. Pitts had a vision to introduce students at under-resourced schools to STEM. Out of his passion, drive and creativity was born The Clavius Project, a robotics program driven by SLUH students leading after-school robotics programs at middle schools as a project of intellectual service.

He started by building relationships with nine middle schools and has seen the program grow to more than fifty middle schools and continues to expand. The glory of the Clavius Project is on full display each year when the Danis Field House is transformed for the Clavius Jamboree – a robotics “competition” featuring hundreds of middle school students from across the region.

This past year, SLUH was honored to enter into a partnership with Saint Louis University and the Schilli Foundation, established by Tom Schilli '64. The Schilli Foundation is investing more than \$600,000 for the Clavius Project to grow and flourish across the region.

Mr. Pitts' hard work and generous service has been a special gift to SLUH. More importantly, it has been a powerful manifestation of the SLUH mission in building the kingdom of God in the City of St. Louis and beyond. Mr. Pitts is the brother of Jan Wilferd, our cafeteria manager at St. Joseph's Academy.





FSC Annual Picnic

It was a beautiful day as our employees gathered for our annual company picnic! It is our way of thanking everyone for their hard work throughout the year. It also gives us a chance to see how our employees' children and grandchildren have grown over the years!

Nestle Purina Farms in Gray Summit, Missouri has been kind enough to let us hold our event at their amazing venue for many years. We cannot thank them enough for allowing us this opportunity.

The Purina Farms staff treated our employees and their families to wagon rides and an amazing dog show. Everyone had access to the Pet Center where dogs and cats live and features a 20-foot multi-level home for cats. They were also able to visit the Barn and Play area which houses domestic farm animals.

Great music was provided by Out By 9. Everyone enjoyed their song selections. We want to thank our vendors that provided the food, dining supplies, raffle prizes and many fun items for the children's goodie bags.

Al Sanders, Director of Purchasing and Susan Parisi, Office Manager did a great job of planning this event. Many supervisors helped out and Events by FSC served a delicious barbecue meal for everyone. We extend our heartfelt gratitude to everyone who pitched in to make this one of the best picnics ever!





FSC Annual Picnic





FSC Annual Picnic





Annual Kick-off Meeting

This year our kick-off meeting was again held at St. Louis University High School. Our day started early with an informal breakfast gathering. This is a great way to start the new school year and allows a little time for everyone to catch up with each other and share summer vacation stories.

- Michael Kumpf, our President, began the meeting by welcoming everyone and introducing the new managers and announcing the new accounts and management changes that may have occurred over the summer.
- Al Sanders, Director of Purchasing, went over important bid, pricing and purchasing information for our managers to use throughout the year.
- Reta Thro and Danielle Varady, our U.S. Foods representatives, gave us all updates about their company.
- Mason Hutson from Ole Tyme Produce discussed the new program we have with them for milk, bread and produce.
- Debbie Hill and Kathy Robtoy discussed menus for the upcoming year.
- Susan Parisi discussed general office information and procedures.
- Matt MacLaughlin reviewed accounting department information.
- Michele Weinfeld-Johnson talked about upcoming catering functions and requirements.
- Service awards were given to our employees that have given from ten to thirty years of service to our company. We applaud their longevity and thank them for their dedication.
- Theo Welling of Barlow Productions photographed our group of managers and service award recipients. They always do a wonderful job.
- Delicious food was provided by Jeff Riedel and his crew which we all enjoyed!

Our meeting concluded by sharing a meal to celebrate the beginning of a new school year. New menu items were sampled and enjoyed by all.





Service Awards

Food Service Consultants is proud to have a number of employees that have been with the company for many years. The employees pictured below received awards for their years of service at our annual managers meeting in July.



Carol Marler, Michael Kumpf & Kathy Robtroy



Amy Kalal, Michael Kumpf & Jenise Williams



Lois Malek, Bernice Snyder, Michael Kumpf & Brandon Coplin



Michael Kumpf & Katrina Brazel



Cheri Scheu

The staff at Holy Infant celebrated Cheri Scheu's 20th anniversary in their cafeteria. She was not able to make the July meeting where the awards were presented.



Food Talk



By: Lisa Baragiola

Food Service Consultants would like to welcome Lisa M Baragiola to the FSC Family. Lisa is the new in-house Dietitian for Food Service Consultants, Inc. Prior to taking this role, Lisa worked for Sodexo, Inc. as a general manager of Food and Nutrition Services in their health care division for 13 years. Lisa earned a BA in Communications from Lindenwood University, a BS in Dietetics from Fontbonne University and completed her dietetic internship with Veterans Hospital, St. Louis, MO. In her spare time, you can find Lisa running, cycling, strength training at the gym or spending time with family and friends. We are happy to have her on board and excited about her upcoming projects!

Now is the Time to Build Your Child's Bone "Bank Account"

Your child's bone health might not be your first concern when you think of how optimal nutrition impacts your kids' health. After all, osteoporosis largely affects older adults. But, childhood and adolescence are the best time to focus on increasing bone mass, as most people reach their peak bone mass between the ages of 25 and 30. Bone health absolutely is a health issue for kids.

Think of bone health as a savings account. Bone is living tissue that is turned over constantly with regular deposits and withdrawals. During childhood and adolescence, bones are primed to make the highest rate of deposits possible, for use throughout the rest of a person's life.

What Builds Healthy Bones?

Many nutrients work in concert to provide the framework for healthy bones. Calcium lies at the forefront, but vitamin D, magnesium, vitamin K and regular physical activity also are important.

Calcium

Aim for a good calcium source in each meal and snack. Milk, yogurt and many cheeses are the richest natural sources of calcium. For instance, one 8-ounce glass of non-fat milk provides three hundred milligrams of calcium, or about one-fourth to one-third of the recommended daily intake. Other non-dairy food sources of calcium include almonds, broccoli, kale, turnip greens, figs and tofu prepared with calcium. Some foods and beverages are fortified with calcium, including certain juices, cereals and plant-based beverage.

Vitamin D

Sun exposure triggers vitamin D production, but this can vary greatly with skin pigmentation, season and geography. If you live in the northern United States, there is a good chance you will not get enough sun exposure in winter for adequate vitamin D production. Also, sunlight exposure increases the risk of skin cancer. There are just a



few natural food sources of vitamin D, including egg yolks, mushrooms exposed to UV light and fatty fish such as salmon and tuna. You can find vitamin D in fortified sources such as orange juice, milk and some non-dairy beverages. Talk with your pediatrician about giving kids vitamin D supplements to reach the recommended 600 IU per day.

Magnesium

Look for sources of this mineral in foods such as almonds, spinach, black beans, peanut butter, potatoes, oats and avocado.

Vitamin K

Leafy green vegetables, such as kale, turnip greens, cabbage, spinach and broccoli, are rich in vitamin K. A small amount of vitamin K is made from bacteria in the colon, but it is unclear how much our bodies are able to produce and use, so it is important to include food sources.

Physical Activity

Regular weight-bearing exercise stimulates bones and makes them stronger. Try activities such as running, hiking, dancing, tennis, gymnastics, basketball, volleyball, soccer and weight training to strengthen bones. While swimming and bicycling are great for cardiovascular health, they are not weight-bearing. If these are your child's preferred sports, encourage them to do weight-bearing activities, too.

Be Mindful of These Bad-for-Bone Actions

Just as important as what kids do to promote bone health is what they do not do. Bone health can be compromised in these critical years by:

- Smoking
- Drinking alcohol
- Dieting and disordered eating
- Undereating for athletic training which can result in compromised hormonal status
- Absent or missed menstrual periods

Undereating, especially during times of athletic training, may result in compromised hormonal status, which can impact bone health. Lower levels of hormones can also result in missed or irregular menstrual periods, putting females at additional risk.

Children and adolescents that receive the best interplay of nutrients and physical activity, while avoiding practices that harm bones, can maximize their bone saving potential.

Reviewed June 2022

www.eatright.org

Dishing it Up

We like to feature some of our offerings in our cafeteria and at our special events in this section. Everything looks delicious!





Odds & Ends

We had some key people retire this year!

Lisa Kolkemeier, Manager at Immaculate Conception Dardenne, Mary Beth Pavlison, Manager at Ascension, Ann Herides, Purchasing Director and Supervisor and our Dietitian Joann Augsburger-Jana. We miss you all and hope you are enjoying your retirement.





Odds & Ends

\$100 Recruitment Bonus

We are always looking for good employees, and the best source for that is with our present staff.

As an incentive to help recruit new people, we will pay a \$100.00 bonus to any present non-salaried employee who brings in an applicant that is subsequently hired and completes 90 days of employment. The employee will also receive \$100 bonus after completing 90 days of employment.

Applicants may apply by email to susan@foodserv.org or fill out an application on our website www.foodserviceconsultants.org.

Dave Phillips Memorial Scholarship Fund

Food Service Consultants awards ten scholarships annually in the amount of \$500 each. Any employee with a child enrolled in one of our high schools or universities in which we provide food service is eligible. The winners are selected by random drawing at the beginning of each school year and they are always ecstatic when they are told they were one of the lucky winners!

Start Spreading the News!

If you would like us to include stories about your school or business, please let us know. The information can be sent to Susan Parisi (susan@foodserv.org) or mailed to Food Service Consultants, 8534 Watson Road, St. Louis, Missouri 63119. If sending photos, it is best to send in digital format.

Newsletters are published as follows:

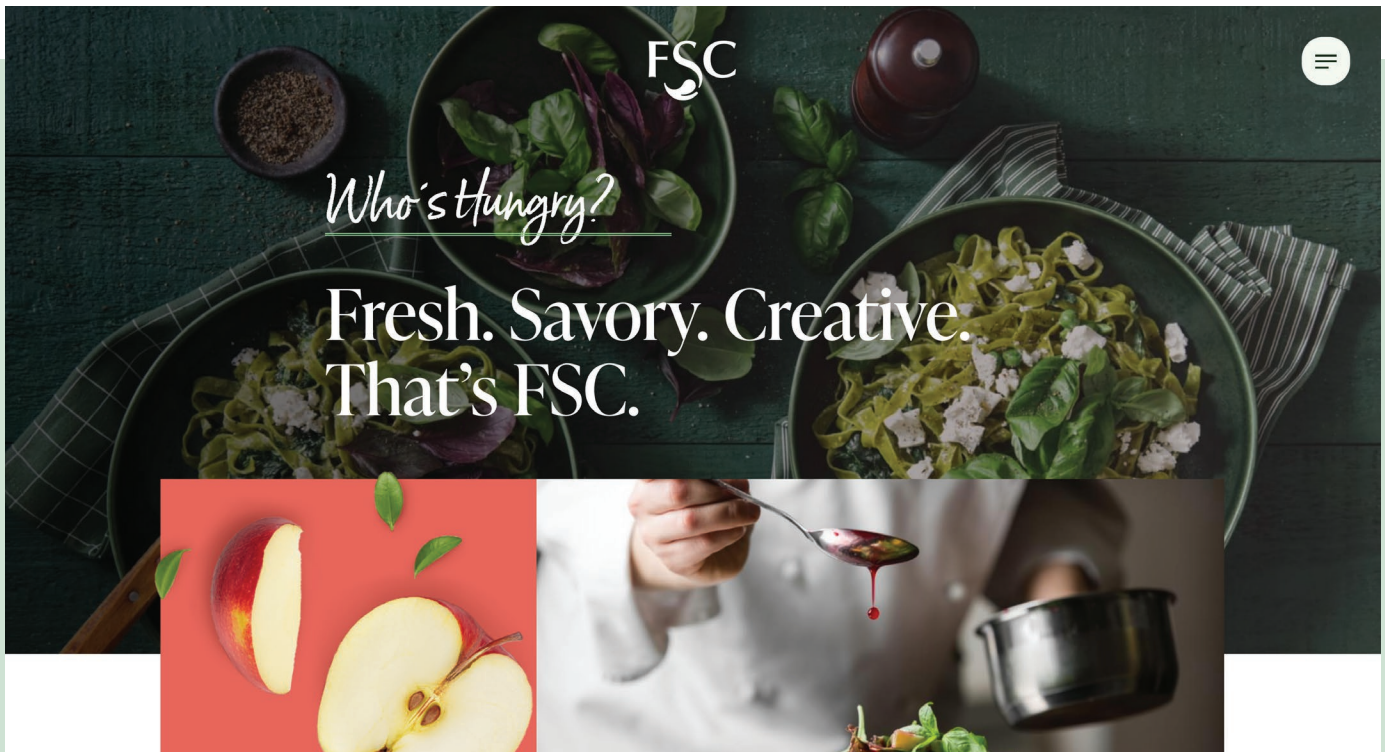
Newsletter Date	Deadline for Info
February	January 15th
May	April 1st
October	September 15th

Some of the information in this newsletter was taken from articles originally published in other media.

We are pleased to say this edition of the insider is printed on post consumable paper.



Odds & Ends



Digital Edition

To expand our Going Green program we are offering a digital version of the FSC Insider. If you would prefer this version over the printed version, please email susan@foodserv.org. Once the digital version is available, you will be sent a link to view the document. *Thank you.*

Be sure to visit our updated website!

www.foodserviceconsultants.org