

February 2023

FSC

Who's hungry?

Major Apologies Requested!

In the article about the retirees in the previous newsletter, I left out the names of two key people and I am asking for them to please forgive me.

Terri Powell started with FSC in 1992 and did a great job as manager at different locations throughout her tenure at FSC. She retired in May from St. Dominic Priory.

Kathy Hylla started with FSC in October of 1990. After several roles in the company, she was promoted to the Food Service Director for SLUH.

She became part of the SLUH family and when she retired they honored Kathy for her 30+ years of dedicated, selfless service to the SLUH Community. In recognition of her remarkable, grace-filled tenure, SLUH formally announced the naming of the servery as KATHY'S KITCHEN.

Thanks to the generosity of an anonymous donor, SLUH has created a fully endowed scholarship in Kathy's name. The Kathy Hylla Scholarship will forever support full tuition financial aid for one deserving Jr. Bill each year in perpetuity.

We wish all of our retirees happiness in the next chapter of their lives. You are all missed!

Happy Retirement!



*Lisa Kolkmeier, Mary Beth Paulisin,
Michael Kumpf, Kathy Hylla, Ann Herides*



We Serve Great People!



Felicie VandeRiet retired in December. She started with the company back when it was founded in 1985. She was such a big part of the DeSmet community she was inducted into their Hall of Fame! DeSmet honored her with quite a sendoff. FSC initiated programs to help keep her legacy alive.



Tom Herides retired from Alberici in December. He worked there since July of 2016. The staff all wore chef hats in his honor! He and his wife Ann, who retired from FSC in May, are enjoying traveling and their grandkids.

Felicie and Tom will join the other 2022-2023 retirees at our Manager meeting in April when we celebrate them all!

Don't count the days,
make the days count

— **Muhammad Ali** —



FSC Family Features



On September 2, 2020, Jonathan Ringo (JR), our kitchen worker at Alberici and Nurila Alimanovic welcomed Johnathan Calvin Ringo, Jr. to the world at thirty-two weeks. Mom was in a car accident which caused her blood pressure to shoot high and not go back down so the little cutie had to arrive early. He was 2 pounds 6.4 ounces. He had two hernias, one in his side and another on his bottom. Both had to be removed. He has been at Mercy, Cardinal Glennon and Rankin Jordan and went home on February 14th, 2023.

Welcome home little buddy!



Tommy and Ashley Williams welcomed their fourth son Cassidy Eric Michael Williams on 10/20/2022. He weighed 7 pounds 2 ounces and was 19 inches long. Tommy is the son of our Manager at Rohan Woods, Jenise Williams.



On November 8, 2022, Christma Patterson welcomed her grandson Jalani English-Young. Congrats to mama Christian English!



FSC Family Features



Andrew and Teressa Sanders are expecting their first child on June 6, 2023. Andrew is the son of our Purchasing Director, Al Sanders and his wife Nancy. They announced the pregnancy to their family with a specially carved pumpkin!



October was a month meant for celebrating for the Sanders family as Abby Sanders became engaged to Mitch Cooper on October 16, 2022.

The wedding will take place October 28, 2023. She will make a beautiful bride!



Even the company mascot got into the spirit of Christmas!



FSC Family Features



Cake-Celebrating Life



Alexis Sallwasser (daughter of Gregg and Cindy Sallwasser) married James Eagan on Saturday, November 5, 2022. The wedding took place at S bar F Scout Ranch in Farmington, Mo. James and Alexis met at Boy Scout Camp. They were both on staff. Alexis has been on staff at camp for about 8 years. It is her home away from home. They will be relocating to Idaho Falls, Idaho for James' job as a Nuclear Engineer. Cindy Sallwasser is our manager at Messiah Lutheran. Food was catered by Events by FSC.

We wish them all the best.

Donna Puetz, manager at Mary Queen of Peace celebrated the wedding of her daughter Mary and Matt DeFranks on August 6th at St. Michael the Archangel church. Donna and her daughter in law Kelly made the cupcakes for the reception. *Congrats!*



Sports

World Cup Locals

Two of the optimistic performances in the World Cup game of US vs. Wales came from two St. Louisans who started. It's pretty amazing that in a country of more than 333 million people, two of the eleven starters on the national soccer team attended St. Dominic High School of O'Fallon, Missouri. Then again, we in St. Louis shouldn't be surprised. The history of U.S. soccer is, really, the history of St. Louis soccer. It didn't even start with the five fellows on the 1950 team – decades prior, the nation's soccer capital had the nation's first soccer league.

The striker Josh Sargent, 22, provides the red for the red-white-and-blue. His early header hit the post against Wales. He made numerous quality touches and also altered Wales' strategy by dropping deeper into the midfield. And his greatest contribution came in a matter of milliseconds. In the 36th minute, the redhead controlled a bouncing ball with his chest, while drawing a Welsh defender to move up on the play. Sargent's ball landed on the feet of Christian Pulisic, who was immediately ignited.

The space created by Sargent's defender allowed Pulisic to penetrate the defense, and he ultimately played the beautiful pass to Tim Weah for an assist.

The other St. Louis starter was Tim Ream, 35, who started and starred at center back. He just seemed to make the right decision every time. He was aggressive but controlled. His touches were smart. His hustle was undeniable. He was the oldest American player on the pitch, but it seemed he was fueled by experience, rather than potentially slowed by age.

“To limit (Wales) as much as we did,” Ream told ESPN in Qatar, “and still come away with only a point is, yeah, listen, it's disappointing.”

Everyone is proud of the performance of the team and extend congratulations for a job well done.



Josh Sargent of the United States is tackled by Wales' Joe Rodon during a World Cup match in Doha, Qatar, on Monday, Nov. 21, 2022. Aijaz Rahi, AP Photo



Tim Ream of the United States, right, challenges for the ball with Wales' Kieffer Moore during the World Cup group B soccer match against Wales at the Ahmad Bin Ali Stadium in Doha, Qatar, Monday, November 21, 2022. Ashley Landis, Associated Press

Sports



Lutheran South Senior Adam Snoke was named to the Big River Running All-Metro Team. The company honors the area's top high school cross-country athletes each year.

This year, Adam medaled ten times, taking first in five races, and breaking the school 5k record with a time of 15:38. He has earned 33 medals over the course of his high school career.

"I've never coached a faster human." - Coach Gilbert



Five Lutheran South Lady Lancers were named to the Academic All-State Volleyball Team. These girls not only excelled on the court, but in the classroom, playing in 75% of varsity matches last year and earning a 3.6 cumulative GPA. Congratulations to Libby Dalton, Hope Dicken, Haley Hinton, Maddie Moorhem, and Ellie Buscher!

**“ THE SECRET OF
GETTING AHEAD
IS GETTING
STARTED ”**

Food Talk



By: Lisa Baragiola

Tips to Help Kids Enjoy Fruits and Veggies

Fruits and vegetables are loaded with the nutrients kids need to grow, be strong and healthy and

perform well in school. Unfortunately, most children don't eat enough. Here are some ideas on how to make meals nutritious and delicious by incorporating fruits and veggies in fun and interesting ways that kids will enjoy.

Fill Half the Plate with Fruits and Vegetables

Encourage kids to consume more of these nutritional powerhouses by making them the star of the meal. Dish out generous helpings and always include options that your family enjoys. Serve vegetables in their undisguised state to give your child an opportunity to explore the tastes, textures and aromas. When kids see vegetables served center stage they learn to internalize what a balanced plate looks like. In addition, since most vegetables require lots of chewing, they naturally also slow down children, helping them eat more mindfully and encourage them to linger at the table rather than squirming in their seats.

Take Fruit to Lunch

Fruit is a great way to add a little sweetness to lunch. Make a habit of tucking an apple, tangerine, melon slices, two plums or kiwifruit, grapes, cherries or dried fruits into lunch bags.

Stuff Sandwiches with Fruits and Vegetables

Encourage produce-heavy sandwiches by creating a sandwich bar with whole-grain breads, wraps and rolls, various lean meats, low-fat cheese, sliced tomato, bell pepper rings, cucumber rounds, lettuce, marinated artichoke hearts, roasted red peppers, avocado slices, hummus and mustard.

Experiment to Try New Flavors and Textures

Substitute a new-to-you fruit or vegetable in a favorite recipe. Try mustard greens in stir-fries, jicama in salad or plantains in stew. Also be sure to have your children pick out a new fruit or vegetable at the grocery store or farmers market to make kids more likely to try new flavors. *cont.*





Toss a Fruit and Vegetable Salad

Combine colorful vegetables, legumes and fruits (such as berries, kiwifruit or mandarin oranges). Even if you prefer iceberg lettuce, which delivers less nutrients than other greens, pair it with other veggies – sliced beets, diced peppers, shredded red cabbage, spinach leaves, baby carrots.

Try Veggies at Breakfast

Fill omelets with a rainbow of diced veggies, create a colorful tofu scramble with your favorite vegetables or serve toast topped with avocado, white beans and sautéed mushrooms.

Incorporate Veggies into Other Foods

If your children prefer to push peas around the plate instead of eating them, you've probably considered sneaking a few veggies into their favorite foods. And while a little stealth nutrition can help children eat more vegetables, it shouldn't be your only strategy. If you're always hiding vegetables, how will your family get to know and enjoy them? By offering your family a variety of options they will be more likely to grow into true vegetable lovers.

You don't need to hide vegetables on a regular basis. However, if you have a picky eater who doesn't like vegetables, disguising them a little can be a helpful way to get more produce into their diet. When it comes to getting children to happily eat veggies, the

more alternatives the better. So go ahead and fold mushrooms into meatloaf and shred carrots into spaghetti sauce.

Using vegetables as a condiment is an easy way to give veggies more face time without making it overwhelming. Top pizza with onions and peppers, sprinkle tomatoes and avocados on tacos or fold butternut squash into mac and cheese.

Mix it Up

Eating the same old plate of steamed vegetables each day would be boring for anyone, so be sure to keep it interesting and varied. For instance, just because your family doesn't enjoy roasted vegetables doesn't mean they won't love them sautéed with garlic. Get creative and try different cooking methods, herbs and spices or try offering veggies raw with dip or in a crunchy salad.

If these efforts don't immediately boost your children's fruit and vegetable intake, take heart and be patient. Never force the issue because that usually backfires. Simply continue to make fruits and veggies a part of every meal and snack and offer them in a variety of ways. Eventually your children will develop a taste for a few favorites.

Reviewed August 2021
www.eatright.org





We Serve *Great People!*

St. Louis Catholic Academy Thanksgiving Lunch





We Serve *Great People!*

**St. Anselm hosted Breakfast with Santa.
The decorations were very festive!**



Michele, our Catering Coordinator, was excited to see parents of a bride she worked with in the past. Small world!





We Serve *Great People!*



Michael Kumpf was honored by Catholic Ed for all of his support during their holiday luncheon.



The alumnae at DeSmet Jesuit's class of 72 reunion enjoyed delicious food!

**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

WINSTON S. CHURCHILL



We Serve *Great People!*

Loyola Academy
Faculty and
Staff holiday
luncheon was a
fun time for all!





We Serve *Great People!*

We served a delicious holiday meal at a private residence.





We Serve *Great People!*

Everyone enjoyed the food and festivities at DeSmet's Christmas party.



Café Fun

Our manager Millicent Williams at Tower Grove Christian Academy really gets in the Halloween Spirit! Her son Jordan loves to dabble with special effects makeup and does a great job! Her co-worker Sharonda Leonard joined in on the fun too!



Café Fun

The cafeteria staff at St. Gerard Majella walked into the dining hall and saw stars with their names on them for Catholic Schools Week. What a nice surprise!





Café Fun



Marva Smith, our manager at St. Rose, enjoyed the change off pace while working outdoors at the Incredible Dog Challenge.

Office Fun



Happy 60th birthday to District Supervisor, Jeff Riedel!

**It always seems
impossible until it's done.
- Nelson Mandela**



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:

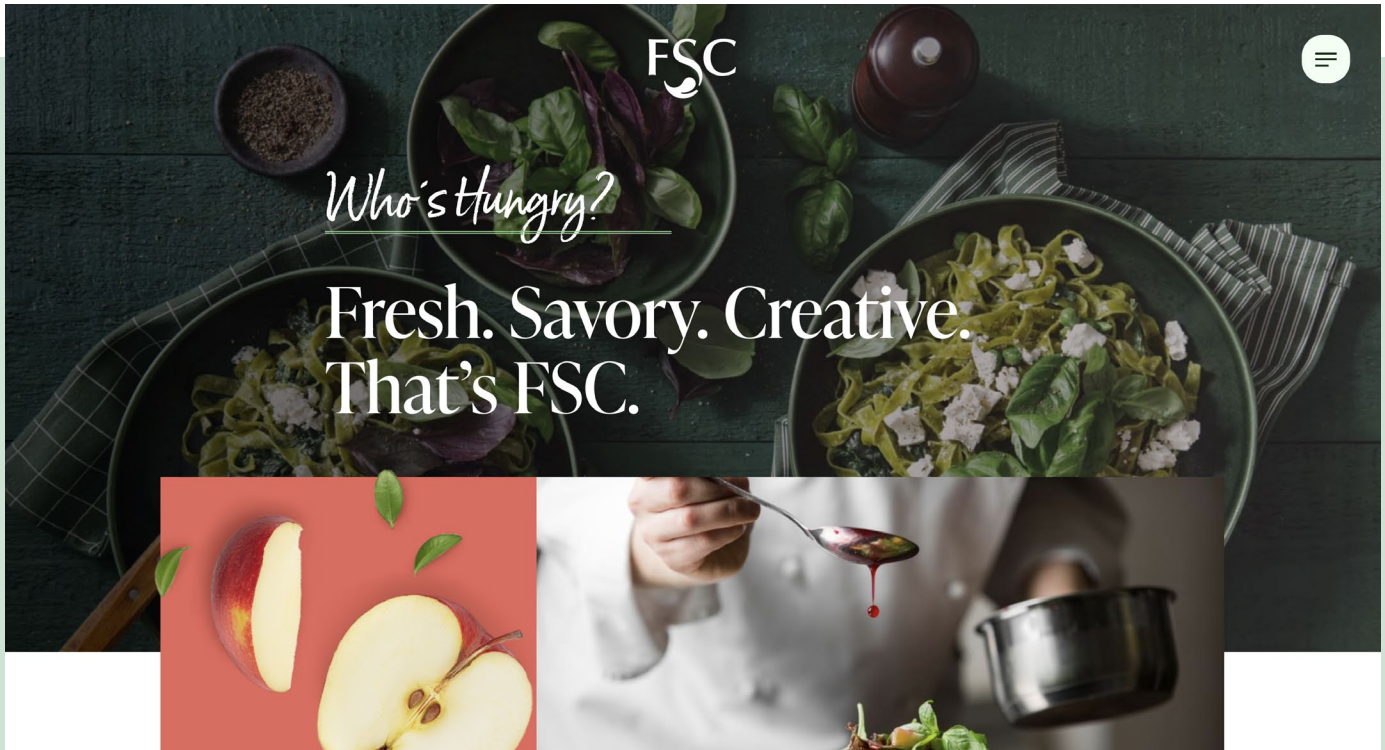
Newsletter Date	Deadline for Info
February	January 15th
May	April 1st
October	September 15th

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