

November 2024

FSC

Who's hungry?

Congratulations to the David H. Phillips Memorial Scholarship Winners!



David H. Phillips

Food Service Consultants Inc. is proud to announce the recipients of the 2024-2025 David H. Phillips Memorial Scholarships. Established by Dave Phillips, who founded FSC in 1985, this scholarship reflects his core values: education,

family, and the essential role our employees play in the company's success.

Dave truly believed in the exceptional quality of education provided by the schools FSC partners with and his commitment to this belief has shaped FSC into a family focused business for nearly 40 years. Following Dave's passing in 2010, the scholarship was re-named by Michael Kumpf and continues to honor Dave's legacy and commitment to these values. Over the years, the scholarship has continued to grow, and today, FSC proudly awards ten \$1,000 scholarships to members of the FSC family with children or grandchildren attending any of the schools that FSC has the privilege of serving.

We extend our heartfelt thank you to the hundreds of individuals who enable FSC to serve our community and wish to congratulate this year's winners.

Amy Kalal works at FSC office, and her son attends St. Paul School – Fenton.

Christi Klockenkemper works at St. Mary's Catholic School – Alton where her children attend classes.

Jill Carson is our Café Manager at St. Cletus, and her children attend school there.

Autumn Burr manages the cafeteria at Seton Regional Catholic School and her child attends Marquette High School – Alton.

Bridget Beaman works at Purina Farms and her children attend St. Francis Borgia Grade School and High School.

Tamara Barlow is the Manager at Holy Family and her child attends St. Pius X High School – Festus.

Wendy Buehrig works at Holy Infant and her children go to school at St. Francis Borgia and Holy Infant.

Brittany Powderly manages the café at St. Charles Borromeo where her children go to school.

Amy Mueller is Café Manager at Immaculate Conception Catholic School – Dardenne and her child attends St. Dominic High School

Robert Mirabile is Director of Operations at St. Louis University High School and his child attends St. Dominic High School.



FSC Excellence Awards

The creation of the FSC Excellence Awards was announced at our Manager Meeting in October 2023.

Supervisors and Office Staff nominate accounts for each of the awards and a panel, including Home Office staff, will collaborate and select the winners in each category and they will be presented at three of our managers' meetings.

The parameters for each category are as follows:

- Food - Cost, Presentation, Inventory, Handling and Creativity.
- Safety & Sanitation - Health Inspections, Slip Resistant Shoes, Gloves, Personal Hygiene, Food Temps and Food Storage.
- Communication - Paperwork Timeliness, Response time to messages, Client Relations, Interaction with Students & School Staff, and Interaction with their Team.

The winning team receives a poster to hang in their kitchen and each employee receives a pin signifying the category in which they won the award. Our hope is for employees to try their best to win all three pins!

The winners of the Second Round of Awards are:

Food - DeSmet Jesuit High School

Safety & Sanitation - St. Gerard Majella

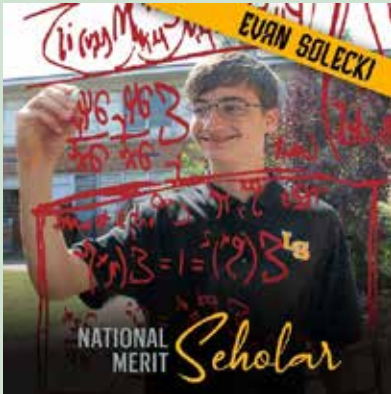
Communication - Tower Grove Christian School

FSC wants to thank all the nominees and winners for their hard work and dedication. You make us proud!



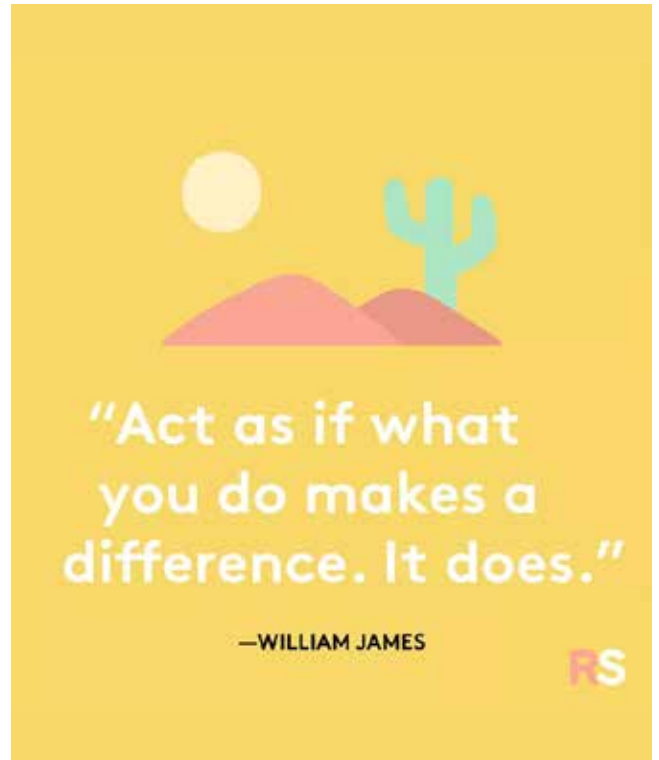
Winners, L-R: DeSmet Jesuit High School, St. Gerard Majella, Tower Grove Christian School

We Serve *Great People!*



Lutheran High School South Senior Evan Solecki is a National Merit Scholarship winner! Based on Evan's score on the PSAT during his junior year, he has received a full-ride

scholarship to the University of Missouri, where he will study electrical engineering. Congratulations, Evan, for being recognized for your academic excellence, hard work, and individual contributions to your school and community!



Join us in celebrating Dr. Tim Brackman's well-deserved recognition at the Association of Lutheran Secondary Schools conference in Dallas this spring! Dr. Brackman received the prestigious Paul Lange Award, an honor that speaks volumes about his outstanding leadership and commitment to Lutheran education.

The Paul Lange Award, established in 1994, pays homage to Dr. Paul Lange, affectionately known as 'Mr. Lutheran High School.' Dr. Lange's tireless dedication to Lutheran secondary education paved the way for countless administrators and educators. His legacy, deeply rooted in faith and service, continues to inspire generations.

This award serves as a beacon of excellence, recognizing administrators like Dr. Brackman who exemplify unwavering commitment to the educational ministry of Lutheran high schools.



We Serve *Great People!*

Metro Christian Academy

Tower Grove Baptist Church is the proposed location for a new Christian high school to be launched in partnership with the St. Louis Metro Baptist Association. The Tower Grove church has hosted Tower Grove Christian Academy for many years with classes for Kindergarten through 8th grade. At one time, several years ago they offered a high school also. Now Metro St. Louis Baptist Association is making plans to partner with them to expand classes and sponsor a new high school beginning in the fall of 2024.

The new school will be rebranded Metro Christian Academy. Plans are to add high school classes starting with 9th grade and add a grade level each year for four years.

DeSmet Jesuit Middle School

De Smet Jesuit High School for boys, one of the St. Louis region's largest private secondary schools, plans to add middle school grades beginning in the 2025-26 school year.

The school announced that it will launch classes for grades 6, 7 and 8 beginning in August 2025. De Smet, which opened in 1967, currently enrolls students in grades 9 through 12. FSC is excited to serve even more Spartans!



Congratulations to Academy of the Sacred Heart student Mike B. '27 who competed in the Regional Finals for the National Geography Bee. With a score ten points higher than his nearest competitor, Mike won the gold medal and qualifies for both the National and International Geography Bee! He will compete in the National Geography Bee in Orlando, FL.



FSC Family Features



Tommy Kalal, son of Amy Kalal at the FSC Office was installed at Master Squire for Crestwood Manor Missouri DeMolay.



Timothy Sallwasser, son of Cindy and Gregg Sallwasser, got engaged to Megan Zaiz. He proposed at the Fabulous Fox Theater. He also works for Events by FSC. Cindy is the Manager at Messiah Lutheran School.



Lee Gustin, District Supervisor, and his wife Tammy welcomed another granddaughter, Ella Jo Gustin on June 7, 2024. The proud parents are Brett and Wendy Gustin.

Sports



Congratulations to Duchesne High School student Charlie Burks '25, on placing first and achieving a new personal record of eleven feet in the pole vault at the MICDS track meet!

Congratulations also to Duchesne's Oliver Rothweiler '25, who tied for second and also reached a personal record of eleven feet!



Congratulations to Andrew Henke on being selected as the St. Dominic 2024 Post-Dispatch Scholar Athlete!

Andrew holds a 4.21 GPA, achieved a 32 score on the ACT, along with playing basketball and baseball for the Crusaders. He is attending Mizzou this year.

Outstanding work, Andrew!

State Champs!

Congrats to DeSmet's Ultimate Frisbee team! The Spartans went 8-0 in state tournament play and defeated Parkway 12-9 to win De Smet's 13th Ultimate championship.



Sports

Huge congratulations to Messiah Lutheran School's 5th Grade girls' volleyball team for winning first place at the Immanuel St. Charles Tournament!

Shoutout to the sixth-grade team for bringing home the Consolation Championship trophy from the St. John Arnold Tournament!



Messiah's middle school volleyball team worked hard and earned first place out of sixteen teams at the Green Park Tournament! Winning the championship two years in a row is a huge accomplishment, and we could not be prouder of their effort and teamwork.

Special congratulations to Dahlia for being named to the All-Tournament Team and Sloane for earning Tournament MVP! Your dedication truly shined.

Way to go, girls!

Café Fun

FSC has held a Cooking for Spartans culinary camp at DeSmet for the past three summers. It is one of the most popular camps and fills up quickly. Steve and his staff really enjoy collaborating with the young chefs.



The students at Tower Grove Christian School surprised the cafeteria staff on School Lunch Hero Day.



Café Kudos!

Gunnar Newhouse experienced his first time cooking and carving a whole Ribeye.

Nailed it! The Beauceron Club had rave reviews!



The students at Holy Redeemer showed their appreciation to Sandy and Luke at the end of the school year.



Dear Sandy & Luke,
Thank you for giving us lunches. We
appreciate to the food. We like the mac-n-cheese
and love the pepperoni pizza.
♥ The HR kids!





FSC Family Picnic

It was a warm, sunny day as our employees and their families gathered for our annual picnic.

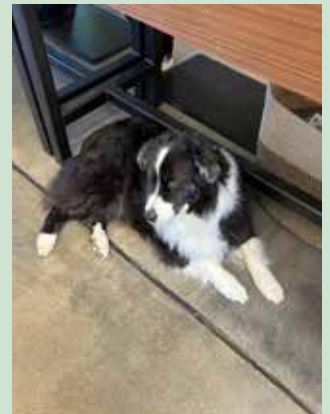
It is our way of thanking everyone for their hard work throughout the year. It also gives us a chance to see how our employees' children and grandchildren have grown over the years.

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 providing the perfect backdrop for the festivities.

The Purina Farms staff treated the attendees to wagon rides and an entertaining dog show. Everyone was able to visit the Pet Center where dogs live and features a 20-foot multilevel home for cats. There were also activities at the Barn and play area which houses domestic farm animals.

Ron Sallee and Leslie Craig provided musical entertainment. The audience was pleased with their selections and some folks even danced along to the music. There was also a face painter, balloon twister and caricature artist. They were very talented, and everyone enjoyed them!

We want to thank our vendors that provide 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 an excellent job planning this event. Many supervisors helped and Ken Foland and his *Events by FSC* staff served a delicious meal. We extend our sincerest gratitude to everyone who pitched in to make this one of the best picnics ever!



FSC Family Picnic



FSC Family Picnic



FSC Family Picnic





Catering Creations!

As we earned a name for ourselves, we wanted to find new ways to share our culinary talents with the community. *Events by FSC* was a natural fit. Now as St. Louis' premier caterer, we help everyone plan the event of their dreams. And of course, we are serving up plenty of delicious food along the way.

Please reach out to mjohnson@foodserv.org and she will help plan your next event!





Annual Kick-off Meeting

This year our kick-off meeting was again held at St. Louis University High School. It is the perfect location with plenty of room and all the required equipment. Our day started early with an informal breakfast gathering with delicious food prepared by the SLUH staff. This is a wonderful 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.

- Scott Phillips, our President, began the meeting by welcoming everyone, introducing the new managers, and announcing the new accounts and management changes that may have occurred over the summer.
- Important pricing and purchasing updates were reviewed by Al Sanders.
- Debbie Hill, Lee Gustin and Lisa Baragiola went over new menu details and production sheets.
- Brad Boyink Zoomed in to discuss our new Meal Magic food service software.
- Ashley Soria and Jennifer McWilliams taught us about the new Vanco RevTrak payment portal.
- Elaine Baragiola's presentation featured updates in Human Resources practices.
- Claire Difani of Patterson Consulting Group helped us understand the new Paychex Time & Attendance software.
- Mark Rolf from Enterprise Bank Retirement Plans went over key details about our 401k program.
- Lisa Baragiola talked about the new SDS binders, how to utilize them, process for any changes/additions of chemicals and the highlights of the SDS sheet. She also spoke about labeling and dating.
- Michele Weinfeld-Johnson went over details about Events by FSC, our catering division.
- Susan Parisi talked about data to help communications with the office run smoothly.
- Matt MacLaughlin spoke about accounting department essentials.
- Scott Krietemeyer provided the parameters for the upcoming FSC Excellence Awards.
- Scott Phillips and Michael Kumpf distributed the Service Awards to the proud recipients.
- Katie Long of Barlow Productions headed up the group photo session which is always fun.





Service Awards

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

Five-year Award Recipients

- Amanada Wetton
- Anthony Wetton
- Elizabeth Blackwood
- Mary Ellen Corrigan

25-year Award Recipient

- Idania Salazar

30-year Award Recipient

- Pamela Carson

10-year Award Recipients

- Jean Runtz
- Dzevada Majetic
- Michelle Howerton
- Sharon Labarge
- Joseph Wyatt
- Richard Kraus
- Cynthia Buschmann

20-year Award Recipients

- Christma Patterson
- Angela Shaffer
- Teresa Stuckel



10-year recipient Sharon LaBarge



Scott Phillips, Pam Carson, Michael Kumpf



Scott Phillips, Christina Patterson, Angie Shaffer, Terri Stuckel, Michael Kumpf



Scott Phillips, Shelley Howerton, Rich Kraus, Joseph Wyatt, Michael Kumpf

Happy Retirement!

Two special employees retired in May. The FSC family wishes them the best of luck!

Jean Runtz worked at Marquette High School in Alton, Illinois since August 18th, 2014.

Her favorite things about Marquette were the kids and family atmosphere. She will miss her coworkers the most. Her favorite thing about FSC was The support!

During her retirement she will:

- Spend quality time with family.
- Travel - Jean and her husband Mike will be experiencing Alaska by land and sea this August.
- Focus on her bucket list

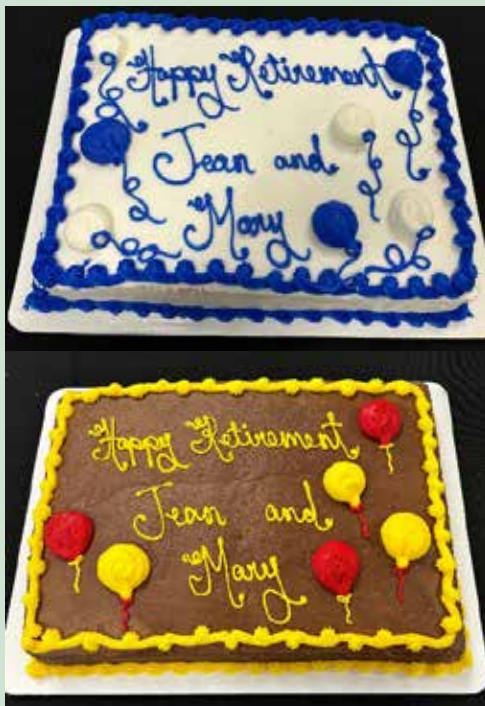
Mary Lohrum worked at St. Margaret Mary Alacoque and started with FSC on January 9th, 2017.

Her favorite thing about St. Margaret Mary Alacoque is the wonderful Staff & kids. Mary said she likes to be in charge, and she will miss that the most.

Her favorite things about FSC were the freedom, coworkers, and the support she has been given.

She will spend her retirement doing the following things:

- Travel to all 50 states (she has 30 to go)
- Visit with her grandkids.
- Being a groupie for her husband's band, *Amberwood*



Food Talk



By: Lisa Baragiola

Give Your Teen's Iron a Boost

What is the nutrient most lacking in your teen's diet?

While you might guess calcium, it could be iron. During childhood (ages 9 to 13) both boys and girls need about 8 milligrams of

iron daily. As teens grow, their muscle mass increases and blood volume expands, increasing their need for iron, so the recommendation jumps to 15 milligrams of iron daily for females ages 14 to 18, and 11 milligrams daily for males ages 14 to 18.

Despite the abundance of iron in the U.S. food supply through natural, enriched, and fortified food sources, teens may be consuming less of this mineral than their developing bodies require. Adolescent girls, especially, tend to have lower intake of foods that provide iron. Children and adolescents from food-insecure households are at even greater risk compared to their peers who have easier access to food. Girls are at increased risk of iron deficiency due to iron loss during menstruation. If teens are following calorie-restrictive diets to lose or manage weight, that may affect iron intake, and vegetarian or vegan teens may be at risk of not getting enough iron, too.

What Iron Does In the Body

Iron plays a significant role in many diverse bodily functions because it helps the blood carry oxygen to the lungs, muscles, and all parts of our bodies. Because of this role, it also is involved in brain function and helps keep our immune system strong.

An iron deficiency may not show any signs or symptoms, or it may result in several, so it is important for a pediatrician to evaluate your child. One common sign is fatigue. Other symptoms may include shortness of breath; frequent colds and infections; poor concentration;

pale skin; lightheadedness; irregular heart rate; headaches; and thin, brittle, and concave-shaped nails. Deficient teen athletes may have lackluster training sessions and experience fatigue during workouts.

How to Get More Iron

Iron comes from a variety of foods: meat, poultry, and seafood, as well as beans, nuts, enriched grain products and leafy green vegetables.

Animal sources of iron (which contain heme iron) are more easily absorbed by the body, while plant sources (non-heme iron) should be eaten with a vitamin C source to help increase its absorption. For example, serve iron-fortified cereals with strawberries, and cook beans with tomatoes to make chili. Cooking food in a cast-iron pan also can increase iron consumption.

You can check the Nutrition Facts Label for the amount of iron that a food provides based on the serving size that is listed. The Percent Daily Value (%DV) is a quick way to identify good sources. Look for a higher %DV of iron when comparing foods if more iron is needed.

Some foods and beverages may cause the body to absorb less iron when eaten close together. A registered dietitian nutritionist can develop an eating plan that's right for your teen and includes good sources of iron with meals and snacks.

Taking an iron supplement to correct an iron deficiency should be done only under a physician's supervision and monitored with follow-up blood tests since high doses of iron from supplements can be harmful, especially for young children.

Odds & Ends

\$100 Recruitment Bonus

We are always looking for good employees, and the best source for that is with our present staff. There is usually a need at the beginning of each semester as well as throughout the year.

As an incentive to help recruit new people, we will pay a \$100 bonus to any present employee who brings in an applicant who is subsequently hired and completes 90 working days of employment. We will also reward the newly hired employee with a \$100 bonus after completion of 90 days of employment.

Applicants may apply by email to susan@foodserv.org.



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:

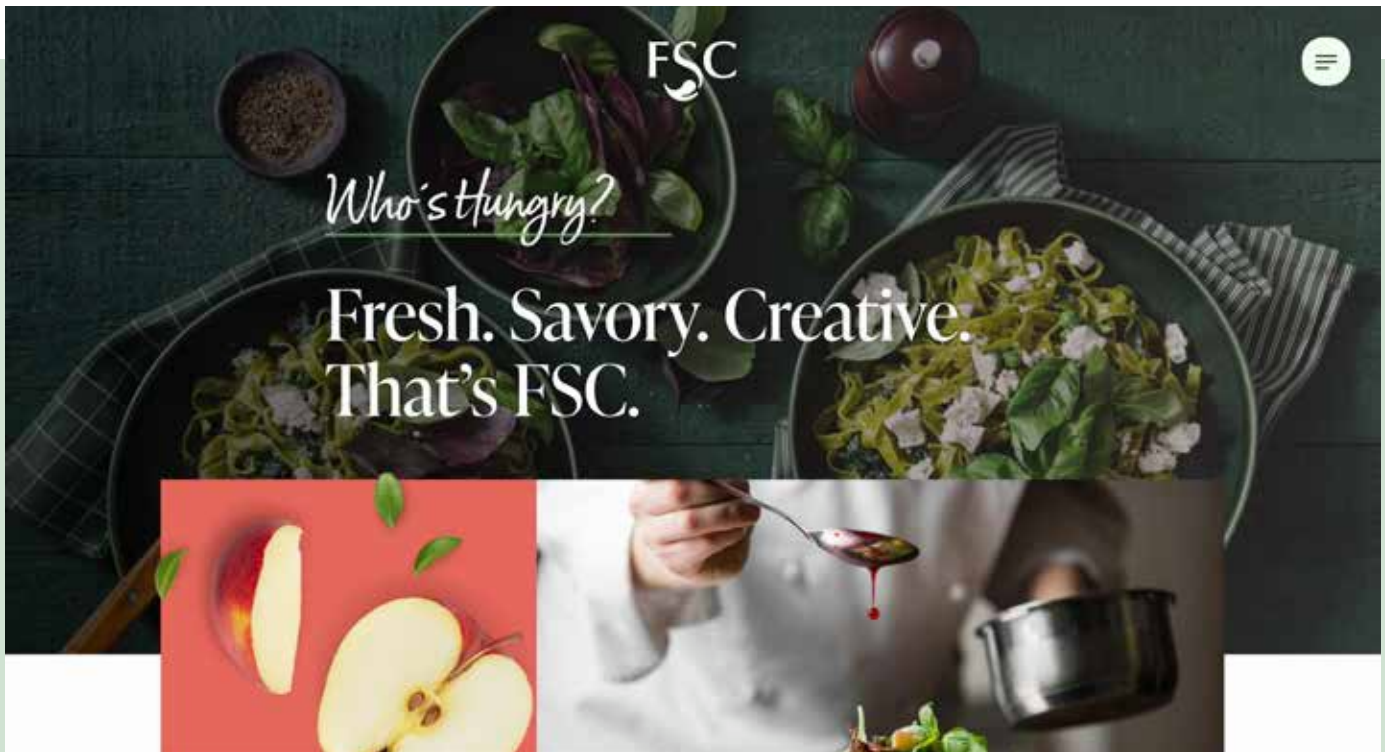
<u>Newsletter Date</u>	<u>Deadline for Info</u>
October	September 11th
January	December 15th
April	March 29th

Some of the information in this newsletter was taken from articles originally published in the St. Louis Review, and various school newspapers and social media.

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



Odds & Ends



Digital Edition

We offer a digital version of the FSC Insider. If you would prefer the digital 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.*

Visit our website!

www.foodserviceconsultants.org