

ASSISTED LIVING NUTRITION AND FOOD SAFETY



Target Audience

Assisted Living Managers

Assisted Living Dietary Staff and
other Staff members

Speaker

Gary Hutchinson is Vice President of Operations for the Mid-Atlantic region of Sodexo in the Senior Services division. He has over 33 years of progressive, resident-focused management experience. Since joining Sodexo in 1979, Gary has held positions in both the Acute Care and Senior Services divisions. .

Fees

LIFE SPAN MEMBER

\$150 per person

NON MEMBER

\$185 per person



Tuesday, March 24, 2009

8:00 a.m.— 4:00 p.m.

Handelman Conference Center

Columbia, Maryland

Registration & Breakfast will begin at 7:30 am

Doors open at 7:15 am

Agenda

- **BASIC NUTRITIONAL NEEDS**
 - Food Guide Pyramid
 - Food Groups
 - Nutrients of Foods
 - Hydration Needs
 - Diet Therapies (Therapeutic Diets)
 - Diet Consistencies
- **MENU AND MEAL PLANNING**
 - Applying Food Pyramid and Nutritional Needs Presentation
 - Exercise- Planning a weeks menu
 - Regional Preferences Applications
 - Diet Extensions
- **ARE YOU SMARTER THAN A DIRECTOR OF DINING SERVICE?**
 - Group activity focused on what the Dining Director should understand in regards to Nutrition and Food Safety in the Assisted Living Community
- **SAFE FOOD HANDLING (Preventing Food borne Illnesses)**
 - Understanding HACCP Principles
 - Storage
 - Food Handling
 - Proper Cooking Temperatures
 - Service, Holding Temperatures
 - Handling of Leftovers
 - Personal Hygiene
 - Video, "Sink, Sank, Sunk"
 - Showing examples of poor food handling