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Hi, just a reminder that you're receiving this email because you have expressed an interest in HEFG. Don't forget to add leegray@hefg.org to your address book so we'll be sure to land in your inbox!

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HEFG Newsletter

News and Information from your Education Foundation

Brought to you by your friends at the



Hospitality Education Foundation of Georgia

THANK YOU
to our valued
sponsors



Upcoming Events

ACF Meeting
January 9
Sysco
Foodservice
6-8 pm

ACF Meeting

Happy New Year and Welcome back

With the new year comes new excitement for HEFG. This year is going to be one "wow" after another. Here is your first.

The new HEFG website has launched. I know everyone has a new look for their website, but HEFG has more.

What you will find at www.HEFG.org

- Over **50 training videos**, produced by HEFG, designed to be used in your classroom
- Over **100 links to information** to directly support your curriculum
- Industry **recipes** you can download and use today
- Support **materials** you can download that will directly support your classes
- **Answers** to your frequently asked questions
- And so much more
- And we'll be adding to it

I hope you enjoy the website. I had a great time doing it.

President's GALA

February 6
Park's Springs
Stone Mountain
6-8 pm

HEFG's Career Expo

Feb 10
AmericasMart
8 am - 1:00 pm

ACF Meeting

March 5
Five Seasons Brew
Pub
6-8 pm

**HEFG State
Championships**

March 23
Kennesaw State
University
Volunteers Needed

Now, all our efforts at HEFG are turning to the Expo. If you think you know the **Hospitality Expo on Feb 10th**, you will not believe what you will find this year.

- **US Foods** will start you off with a new Asian demo to warm you up on a cold winter's day
- A full section from **Georgia Grown**
- **Sysco** will give you the calorie count of your dish
- The **Georgia Beef Board** always has a breathtaking demonstration
- Visit **Compass Group** to see some great chefs
- Stop by **Popeyes Louisiana Kitchen** and thank them for your mentor
- Win the **Art Institute of Atlanta** scholarship
- See 5 technical colleges, 3 universities, 3 culinary schools
- 4 hotels and **more hospitality booths**
- **Gas South** and **Georgia Power** always do amazing things
- Manufacturers, brokers, and distributors
- Over 100 booths and still growing...

This year the Hospitality Expo on February 10th at AmericasMart already has me saying "wow". You wont want to miss it!

Lee Gray, Executive Director, HEFG

Register for the 2012 Hospitality Career Expo **Friday, February 10th at AmericasMart**

Bring your students, and join Georgia and National industry leaders at the 2012 Hospitality Career Expo. Come for one day and take away enough information to last you a year.

Meet experts in culinary arts, hotel, travel, tourism, marketing, nutrition, and more. **Free bus parking**. Free t-shirts.

Students can win college scholarships and learn about careers and industry trends from culinary, catering, hotels, events, travel tourism, and more.

Students walk up to each booth and say "***What do you want me to know about your company?***". Industry will be ready to answer. Will your students be ready to learn?

New this year: industry-hosted Student Orientation.

VIP Workshop:

- **Roz Mallet:** Incoming Chair, National Restaurant Association, and CEO/President, PhaseNext Hospitality, which operates Buffalo Wild Wings and Smashburger
 - **Kate Monahan:** Area Vice President, Ritz-Carlton
 - **Jim DeVos:** Vice President Marketing, Morrisons
 - **Patrick Curraro:** Chair, Georgia Restaurant Association, and General Manager, Affairs to Remember
- Moderator: **Ira Blumenthal:** President, Captain Planet Foundation, industry speaker

For more information go to: www.HEFG.org events.

For more information on what a school can expect at the Expo

[Click here](#)

For the school registration form

[Click here](#)



If you are interested in more information regarding exhibiting at the 2012 Hospitality Expo please contact HEFG at 678-887-8009

**2012 HEFG Georgia State Culinary and ProStart Management
Championships_
Friday, March 23, 2012, Kennesaw State University**

**Good luck to all the teams competing
Practice your knife skills!**

Culinary Competition Teams

Alpharetta High School
Carrollton High School
Charles Drew High School
Grayson Technical High School
Grovetown High School
Heard County High School
Houston County Career Center
Marietta High School
Maxwell High School
Meadowcreek High School
North Murray High School
North Cobb High School
Pope High School
South Forsyth High School
Westover High School

Management Competition Teams

Alpharetta High School
Grayson Technical High School
Heard County High School
Maxwell High School
Meadowcreek High school
Pope High School
South Forsyth High School
West Forsyth High School
Westover High School



News from the Georgia Restaurant Association

by Karen Bremer, Executive Director

Legislative Issues: What to expect in 2012

The Georgia Restaurant Association wanted to share some information that affects you.

Having ended this past session without legislation to change the state's tax structure, leadership is expected to try again during this 2012 legislative session of the Georgia General Assembly, which convened on January 9, 2012. Proposed changes include large tax breaks for corporations and tax increases on Georgia families in the form of reinstating the 4 percent state sales tax on food. Taxes will be a hotly debated issue again this year.



Another issue expected to be at the top of the agenda:

School Funding: Lawmakers will consider recommendations on revising the state funding formula for local public school systems, which has been cut by billions of dollars over the past nine years.

Please remember to check www.garestaurants.org under the Advocacy tab for issues that we will be tracking that affect you.

Thanks for the work you do with the future leaders of our industry.

News from the American Culinary Federation

By: Mike Janosik, Corporate Chef / Manager of Culinary Services Schwan's Food Service

It's Chowder Time!

People in the northeast love the winter for different reasons: skiing, snowmobiling, clear, and the food. Chowder has been a staple in the diet in this region for centuries. The first written



recipe goes back to the 1700's using the local ingredients native to the region.



In Maine they use the traditional clams and haddock that come from the cold waters in the gulf. Onions, potatoes, cream, pepper, and thyme all blend together with the ocean bounty for a hearty meal that satisfies when one comes in from the cold. Tiny Maine shrimp that are harvested in the frigid winter months give a fantastic briny burst of flavor that work well in a chowder as well.

So when you are chilly this winter and are looking to be satisfied and warmed from the inside, consider taking a little time to make the time honored tradition of New England chowder.

Georgia Department of Agriculture

Gary W. Black, Commissioner

Q: What are ornamental peppers? Are they edible?

A: Ornamental peppers are peppers grown for their beauty rather than for their culinary qualities. Some varieties may have pods in several colors on the same plant. The leaves may be variegated, deep purple or green like regular peppers. They can be as attractive in a garden as a flower or any other bedding plant. The peppers are not bred for flavor and, though technically edible, are often so hot and strong they may make you want to stick your tongue on a frozen flagpole.



The Georgia Department of Agriculture looks forward to attending the 2012 Hospitality Career Expo on Friday, February 10th. We look forward to featuring some of Georgia's top commodities and featuring their peak season and complimentary recipes.

We are also pleased to announce the launch of our new Georgia Grown website www.georgiagrown.com. Please visit and keep checking as we update our database to list and feature Georgia Grown restaurants, suppliers, farmers markets, seasonal availability and much more.

Check out our website <http://agr.georgia.gov/home.aspx> for more information.

In Season: Carrots

News From Greater Atlanta Dietitian Association

By Danielle Moore, dietetics student. Edited by Kate Wiley, RD, LD., GADA

Eat More Fat in the New year

This year, instead of focusing on cutting the fat, let your resolution be to reduce the "bad" fats and increase the "good" fats. "Bad" fats, like saturated and trans fats, can increase your risk for certain diseases, while "good" fats, like monounsaturated and polyunsaturated fats, can decrease your disease risk and help keep you healthy.



The School of Public Health at Harvard offers 5 easy tips to choosing healthy fats:

1. Use liquid plant oils, like olive or canola oils, for cooking and baking.
2. Avoid trans fats (found in meat, dairy products, "hydrogenated" oils).
3. Try soft tub margarine. Be sure to look for products with no trans fats or partially hydrogenated oils.
4. Eat at least one good source of omega-3 fats each day. (Fatty fish, walnuts and canola oil).
5. Go for lean meats and low-fat milk.

Remember when it comes to fats, the type you choose has a major impact on your risk of disease. Follow these five steps to start the path to a healthier, fat-friendly new year.

If you need something or if you have a suggestion, [we are here for you.](#)



Hospitality Education Foundation of Georgia

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