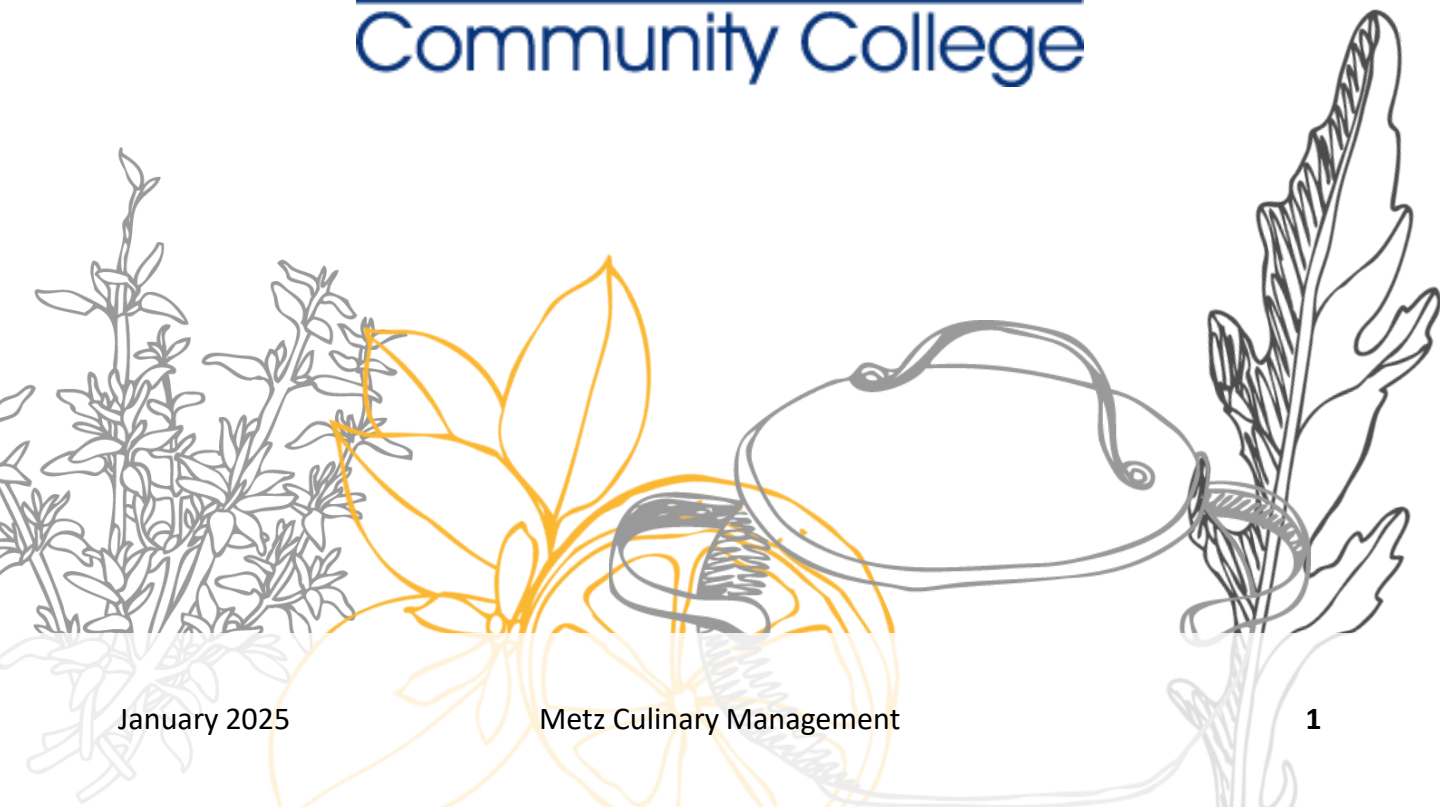




**Metz**  
CULINARY MANAGEMENT

# Monthly Update

**HILLSBOROUGH**  
Community College





## January 2025

The Main Dish.....3-5

Catering & Events.....6-7

Reports.....8

Safety Notes .....9

Coming Up.....10

Contact Us.....11



## January At A Glance!

Always be yourself unless you can be a pirate,  
*"Then ye be a pirate," says I*



**"THE BUCCANEER BURGER"**  
double beef patty with cheese,  
crispy bacon, tangy pirate sauce  
& onion rings \$6.29

**"WALK THE PLANK"**  
chicken tenders and fries \$6.99

**"SCALLYWAGS"**  
2 fish tacos, slaw mix, blimey sauce  
& pico de gallo \$5.99

**"BLACK JACK QUESADILLA"**  
roasted sweet potatoes, black beans  
& jack cheese \$5.29



### First Mate Doris

### Buccaneer Burger

### Scallywag Tacos

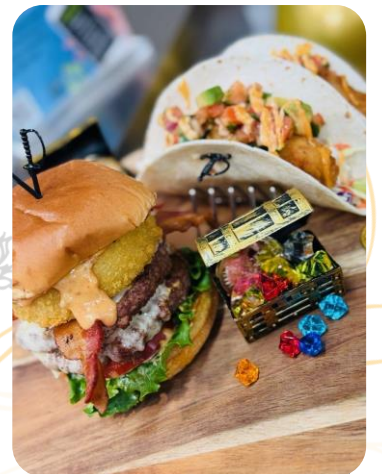




# Monthly Update

# THE MAIN DISH

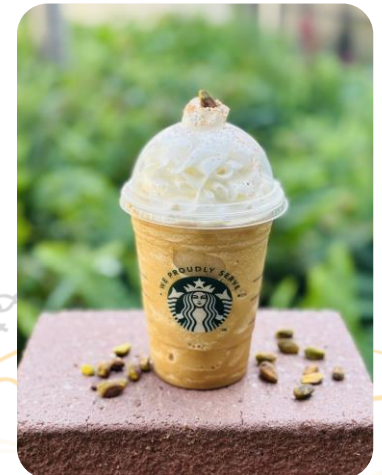
## Pirate's Life!





## January At A Glance!

Our January Food Holidays were a hit



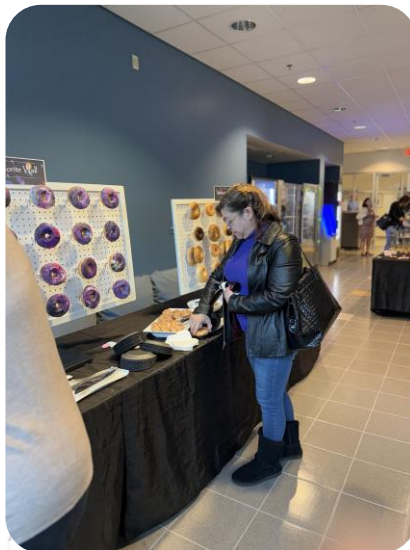


## Spring 2025 In-Service

It was "Out of this World"



**UNDER THE COSMIC SKY NOTHING FEELS IMPOSSIBLE**





# Monthly Update



CATERING & EVENTS

Our

## "Don't Leave Me Hangin"

Donut and Bagel Wall is always a hit!



Chef Gloryselle's new obsession



## Let's Graze

Where abundance meets perfection



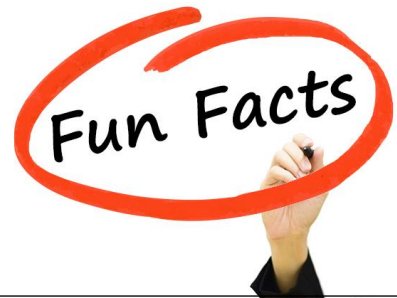


## Are you still waiting in line?



### toast

ONLINE ORDERING  
IS NOW JUST A  
TAP AWAY AT HCC!



*Life is better with  
a side of fries...*

French Fries  
remain our #1  
Top Seller with  
1169 orders sold  
in January!

Wednesdays  
were our busiest  
day of the week  
with 11 am - 1 pm  
being the busiest  
time.

## \$707.12

Redeemed in Rewards.  
If you haven't signed  
up for the Toast  
Rewards yet you are  
missing out! Ask your  
cashier how to sign  
up, it's easy.





## January Safety Focus

While New Years Resolutions are popular, we focused on Safety Resolutions for the New year. Guest and Workplace Safety are our number one priorities.

### TS TOP SAFETY

Safety Around the Clock

1.2025

#### Workplace Safety Resolutions Checklist

It's that time of the year to make safety resolutions. Consider posting this handy checklist to remind you to keep safety top of mind all year long:

- I will be a role model by following all safety precautions.
- I will not rush through a job.
- I will wear appropriate personal protective gear when necessary.
- I will follow all manufacturers' and Safety Data Sheet instructions.
- I will ask if I don't know how to operate equipment or perform a task.
- I will report near misses—even if they are minor.
- I will use strong passwords for work and personal accounts.
- I will stay alert and inform my supervisor if I feel fatigued.
- I will use the correct tools for the job.
- I will get help if anything is too heavy for me to lift.
- I will not engage in horseplay.
- I will clean my work area every day or shift before I leave.
- I will put away all tools when I finish with them.
- I will always look out around.
- I will tell my supervisor if I have any ideas that can improve safety.



#### National Radon Safety Month

#### Outdoor Winter Work Tips

Working outside in the cold is a reality for many people. In addition to slip and fall hazards, there is a chance for workers to develop cold stress if they aren't careful. Cold stress is when the cold air, moisture and snow draw heat away from the body, resulting in conditions, such as hypothermia, frostbite, trench foot and chilblains.

**Hypothermia:** When normal body temperature drops below 95°F due to heat being lost faster than it is replaced.

**Frostbite:** Tissue injury from freezing, usually affecting the extremities, particularly the feet and hands. Severe cases may require amputation.

**Trench foot or immersion foot:** Injury to the feet from prolonged exposure to wet and cold temperatures, leading to tissue death due to restricted circulation.

**Chilblains:** Painful inflammation of small blood vessels from repeated exposure of skin to cold, damp air.

**Take these steps to make sure you are safe while performing required outdoor work:**

**Recognize the symptoms of cold stress.** They can include tingling, blisters, itching, shivering, reddening skin and, in the case of hypothermia, confusion.

**Dress for the conditions.** Wear at least two layers of wool, silk or synthetic; these fabrics can retain insulation even when wet. Add a ventilated outer layer that offers wind and rain protection. Wear a hat or hood and insulated gloves.

Consider protecting your face with a synthetic or knit mask if the temperature is below freezing. Wear insulated and waterproof boots with good traction.

**Stay dry:** Bring extra socks, gloves, hats, jackets and a change of clothes in case you get wet and need to change.

**Drink warm, sweetened fluids.** Avoid alcohol.

**Don't touch cold metal or wet surfaces with your bare hands.**

**Follow safe work practices** and use personal protective equipment.

**Monitor your physical condition** as well as your coworkers' conditions.

**Take frequent breaks** in warm, dry areas.



#### In a Vehicle Accident? Here's What to Do



If you're in a vehicle accident—even if it's a minor fender bender—follow these six guidelines:

- Turn on hazard lights.
- Pull over if you can safely do so. Use flares or cones after you've stopped.
- Check for injuries.
- Call 911 to request EMTs and police.
- Don't hit anyone if it's your fault—even if it is.
- Collect information: names, vehicle descriptions, license and plate numbers, insurance information, and any police officer's name and badge number. Don't sign any document unless it's for the police or your insurance agent.

#### Caregivers' Guide to Elders' Bath Safety

Bathrooms are one of the most dangerous areas of the home for everyone, especially seniors. If you're caring for an elderly adult, be mindful of bathroom hazards, such as slippery floors and bathroom clutter.

Here are some suggestions to make life easier and safer for those you care for:

- Cover slippery tile or vinyl flooring with nonslip mats—ensure the mat don't cause a tripping hazard. Use nonslip mats in the bathtub or shower, too.
- Install sturdy grab bars secured to wall studs in showers and tubs.
- Consider installing a shower chair and a handheld shower wand.
- Keep water heater temperature settings at 120°F or below. Always test the water before helping your elder bathe.
- Consider installing a walk-in tub with a built-in seat.
- Replace toilets with taller ADA-approved raised height models or install a raised-height seat.
- Keep clutter stowed away to reduce trips and falls.
- Place a medical alert button near the toilet and mount a toilet grab bar.
- Store bath and grooming accessories within easy reach to minimize bending and reaching. Use shower caddies, shelves or wall-mounted dispensers in the shower for easy access.
- Install lighting that's bright enough but not too bright to cause glare. LED lights are recommended. Add task lighting if needed.
- Place nightlights on the path between the bedroom and bathroom and inside the bathroom.



January is National Bath Safety Month.

#### Vape Pens Pose Fire Hazard



Did you know that one of the most common sources of battery-related fires in airplane travel is vape pens? According to passenger and cargo airlines reporting, vape pens caused about 35% of battery-related fires or smoke incidents. The FAA database of battery-related issues indicates most overloading e-cigarettes were managed without incident.

However, airplanes present a unique environment, and a malfunction with a battery-powered device aboard can lead to serious problems.

Here's how you can prevent battery-related vape pen fires:

Turn off your vape pen before putting it in your pocket or purse. And always keep it within reach—not in the overhead bin.

Don't pack vape pens in checked luggage.

Follow the rules. Don't use or charge your vape pen while on an airplane.

Report smoke or fire to a flight attendant immediately.

#### SAFETY CORNER

#### Don't Let the Flu Get You

No one wants the flu. The good news is there are ways to help prevent it from getting you. Here are some tips from the CDC:

**Get vaccinated** every year. Even January isn't too late to get vaccinated.

**Avoid** close contact with people who are sick.

**Stay** home if you feel sick. Remain there until your symptoms improve, and you've been fever-free for at least 24 hours.

**Cover** your mouth and nose when you cough or sneeze. Wear a mask if you're around other people, such as family members.

**Wash** your hands often with soap and warm or cool water and especially before and after eating and drinking. Keep hand sanitizer and alcohol-based wipes handy in case there's no access to soap and water.

**Avoid** touching your nose, mouth and eyes.

**Clean** frequently touched surfaces, such as handrails, knobs, your phone, your keyboard and counter tops, regularly to remove germs.



The Great Movers Toolkit, including the search printable-download, 4 Pages of Examples, or at personalmoves.com/move2025tools.

1.2025

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# FEB | What's on 2025 | our table

06

Celebrate National Chopsticks Day at The Chopping Block. Try our hand rolled Sushi or a Sticky Soy & Sesame Dumpling Noodle Stir-fry Bowl. P.S. Keep the chopsticks!

13

Mangia, mangia! It's Italian Food Day and we're getting saucy at J Clark's Grille.

13

You'll be crushing on our Mocha Kiss Frappuccino at Starbucks



17

In observance of President's Day HCC and all dining services will be closed

18

We are Pistachio obsessed and proud of it. Stop by Starbucks for a Pistachio Latte or Frappuccino

24-27

Featuring Street Eats Shucos at J Clark's Grille all week long (Guatemalan Style Hot Dog)



# Monthly Update

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