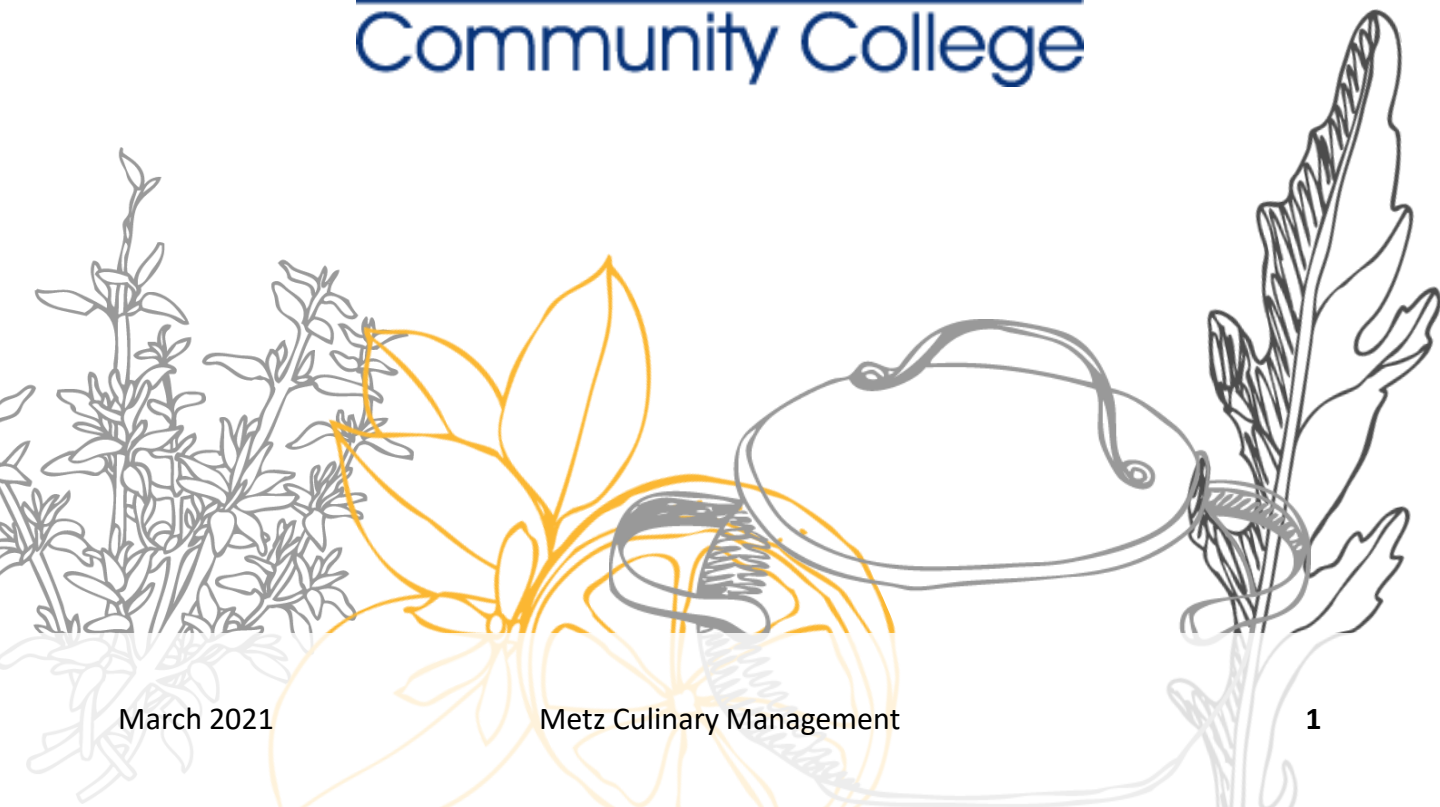




Metz
CULINARY MANAGEMENT

Monthly Update

HILLSBOROUGH
Community College





March 2021

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March At A Glance!

The Roost Has Been Ruled

Be the first to try our new Chicken Sandwiches!

Ultimate Southern Hot Chicken Sandwich

Kimchi Chicken Sandwich

Available for a LIMITED TIME

Voted Readers' Choice Best Chicken Sandwiches by Food Management Magazine*!

Metz Culinary Management ran a company wide promotion after 2 of it's Chefs had their original creations featured in Food Management Magazine's Readers' Choice Best Sandwiches!

The Ultimate Southern Chicken Sandwich

The breading on the chicken is made with corn flakes, but first it's brined in pickle juice. Details like the potato bun, chipotle-ranch dressing and bread-and-butter pickles take this into heavenly chicken sandwich territory.

The Kimchi Chicken Sandwich

House-made kimchi makes this fried chicken sandwich pop, along with gochujang aioli.

Our HCC Hawk's have spoken and although both sandwiches were a hit the overwhelming favorite was The Ultimate Southern Chicken Sandwich which is now being offered daily!



March At A Glance!

Engagement with our Hawk's is what it's all about and we are able to connect in a really fun way through our food celebrations.



*Hurry into Hawk's
Cay Café before they
are gone!*



We have limited quantities of this Limited Edition Oreo

OREO



First we were
dunking and then
we were dipping!

This layered
Mexican Dip for
Chip & Dip Day
was a hit.

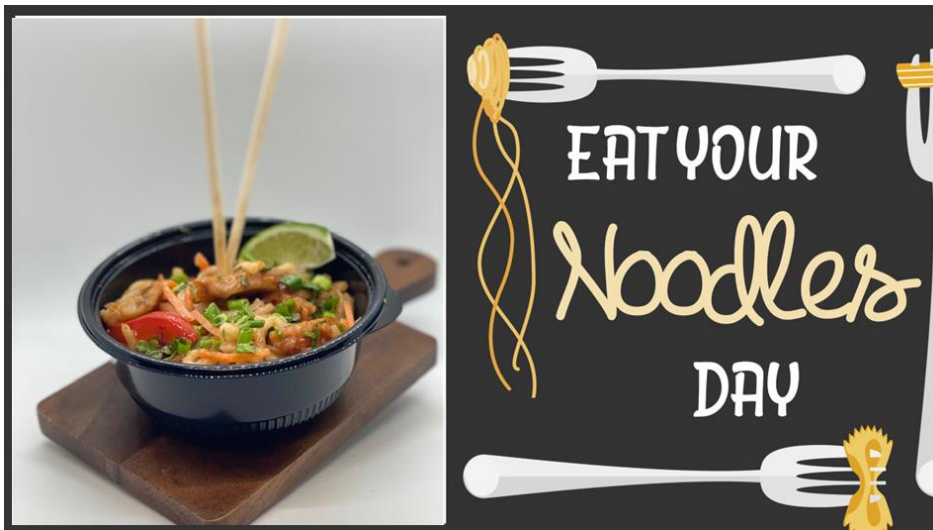




Monthly Update

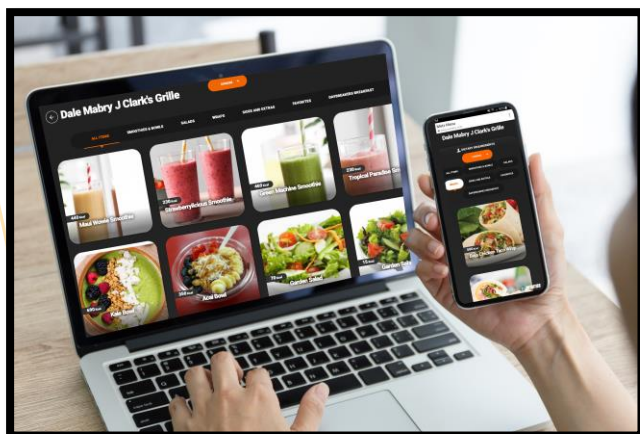
THE
MAIN DISH

This Spicy Thai Chicken Noodle Bowl received rave reviews from our Hawks.



Don't forget that you can scan this QR Code or use the link below for the nutritional and allergen information on every item we serve at J Clark's Grille.

<https://www.nutritics.com/menu/ma4020>





Monthly Update



CATERING
& EVENTS

HCC hosted the West Tampa Chamber of Commerce State of the Chamber address by WTCoc President Elvin Martinez Jr. This was our first catering event since March of 2020 and it was very successful. All Meals were individually “boxed to perfection” and guests were Socially Distanced.



A guest from the event sent us this picture to us with the caption “Bravo”.





Monthly Update



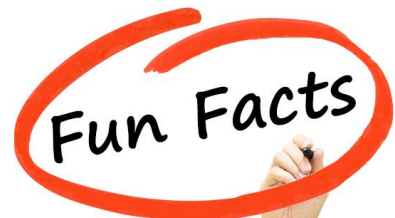
REPORTS

Our new online ordering system has been very popular and it helps to keep our guests and team members safe.



toast

ONLINE ORDERING
IS NOW JUST A
TAP AWAY AT HCC!



Fun Facts

61%

of all orders were
ordered either
online or with the
toast take out app



HCC DINING CARDS

NOW AVAILABLE
TO PURCHASE
ON THE TOAST
APP OR ANY
REGISTER

HCC Dining Card Benefits

Contactless Payment
Reloadable
Earn Rewards
Control your spending
Look up your balance
& points anytime

\$340.84

was redeemed in
Rewards Points
just for ordering
online or with the
toast takeout app

Rewards Members
earn 1 point for
every \$1 spent.
They receive a \$5
discount for every
50 points
redeemed.
That's 10% back!



March Safety Focus

During the month of March we remained focused on Preventing the Spread of COVID. Redoubling our efforts to ensure that our masks are worn at all times, we are washing our hands frequently and wearing gloves as well as keeping a safe distance from our coworkers and guests..

TS TOP SAFETY.

Safety Around the Clock.

March is Workplace Eye Wellness Month.

5 Ways to Prevent Eyestrain



Online meetings, virtual schooling and working from home have many of us staring at a computer screen for hours on end. And, when we're away from the computer, we're on our phones. All of this digital screen time can lead to dry, itchy, tired eyes and eyestrain. How can you make life easier for your eyes?

Here are five recommendations from the American Academy of Ophthalmology:

1. **Adjust your computer.** Position your computer so that you are sitting 25 inches from the screen, and your eyes gaze slightly downward, not up or straight ahead. Adjust your screen brightness to match the level of light in the room and reduce glare by using a matte screen filter.
2. **Remember to blink.** We normally blink about 15 times in one minute but only about five to seven times while using digital devices and computers, according to research. This lack of blinking leads to dry eyes, which in turn leads to eyestrain.
3. **Follow the 20-20-20 rule.** This rule means that we need to shift our eyes to look at an object 20 feet away for 20 seconds every 20 minutes.
4. **Use computer eyeglasses.** See your eye doctor for prescription glasses that reduce eyestrain during screen time.
5. **Use artificial tears.** When your eyes feel dry, use a few drops of artificial tears to refresh them.

Patient Precautions

People go to the hospital to get well, yet some end up with other illnesses as a result of their stay. To make sure you don't end up staying longer than you want to, follow these precautions:

- Keep your hands clean by washing them often or using a hand sanitizer.
- Take antibiotics exactly as prescribed to you. And, don't be afraid to ask if they are necessary.
- Watch for signs of infection (chills, fever, diarrhea) and tell your health care provider immediately if you experience these symptoms.
- Keep up with vaccinations. Get a flu vaccine well before any scheduled surgery or hospital visit.
- Inform your provider if you've been recently hospitalized in another facility, have had health care outside the U.S., or recently had an infection.
- Ask your provider what you can do to prevent and protect yourself against an antibiotic-resistant infection. For example, if you have a catheter, ask when it can be removed.
- Make sure health care professionals wash their hands before touching you.
- Request all visitors to wash their hands before coming near you.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit www.cdc.gov/coronavirus.

March is Red Cross Month.

To celebrate, look into safety courses that your local Red Cross chapter offers.

Safety: Nailed It!

If you use a nail gun for work or home improvement projects, heed this advice for staying safe while using one.

Read all of the instructions before using a nail gun.

Use the full sequential trigger, if you can. According to OSHA, studies of residential carpenters who use nail guns found that the overall risk of nail gun injury is twice as high when using contact-trigger nail guns than when using the full-sequential trigger. Understand the type of trigger on your nail gun and how to use it safely.

Check the wood surface before using the nail gun. Knots, nails, straps or other objects on the wood could cause ricochet or recoil.

Wear your PPE. A hardhat, ear plugs and high-impact safety glasses are recommended when working with or near someone using a nail gun.

Use a nail gun that has a safety catch and a non-slip grip. Don't dismantle any safety features. Never point the nail gun at anyone, even jokingly.

Hold the gun nose pressed firmly against the wood or material before pressing the trigger.

Keep your hands at least one foot away from the nailing point.

Turn off the power while walking with a nail gun or when leaving it unattended.



OSHA Occupational Safety and Health Administration

Highlights from OSHA's Revised Guidance on Preventing the Spread of COVID-19 in the Workplace

As part of the Occupational Safety and Health Administration's (OSHA) commitment to protect workers and issue stronger worker safety guidance, the agency has published *Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace* to help employers and workers identify risks of being exposed to or contracting COVID-19 in the workplace, and implement a COVID-19 Prevention Program. This fact sheet highlights the key elements of the revised guidance.

Employers should implement COVID-19 Prevention Programs that are tailored to their workplaces. The most effective programs engage workers and their representatives in their development, and include the following key elements:

- conducting a hazard assessment;
- identifying a combination of measures that will limit the spread of COVID-19 in the workplace;
- adopting measures to ensure that workers who are (potentially) infected are not in contact with other people in the workplace;
- implementing protections from retaliation for workers who raise COVID-related concerns; and
- educating and training workers on COVID-19 policies and procedures in a language they understand.

The guidance provides additional details on key measures for limiting the spread of COVID-19, starting with:

- ensuring infected or potentially infected people are not in the workplace;
- implementing physical distancing;
- suppressing the spread by using surgical face masks or cloth face coverings;

WEAR A MASK

Masks can protect everyone, but they are not a replacement for physical distancing.



- installing barriers;
- providing workers with appropriate personal protective equipment and making sure they are using it properly;
- improving ventilation;
- providing supplies for good hygiene, and
- routine cleaning.

Read the full text of the guidance document, *Mitigating and Preventing the Spread of COVID-19 in the Workplace* at [osha.gov/coronavirus](https://www.osha.gov/coronavirus).

OSHA will continue to update this guidance over time to reflect developments in science, best practices, and standards, and will keep track of changes to ensure transparency.

This guidance is not a standard or regulation, and it is intended for use as high-level guidance. It contains recommendations as well as descriptions of potential safety and health hazards. The recommendations are advisory in nature, informational in content, and are intended to assist employers in providing a safe and healthy workplace. The Occupational Safety and Health Act health and safety standards are enforceable. OSHA will continue to update this guidance as more information becomes available. OSHA will continue to update this guidance as more information becomes available. OSHA will continue to update this guidance as more information becomes available.

1-800-321-OSHA (6742)

TTY 1-877-889-5627

www.osha.gov

SAFETY FIRST

SAFETY FIRST

SAFETY FIRST



{ 04 }
2021

What's on our table IN APRIL

01

Celebrate Baseball's Opening Day with our Ballpark Fare in Hawk's Cay Café. Peanuts & *Cracker Jacks* included!

06

Try our Caramel Popcorn & Sea Salt Chocolate Caramel Popcorn Cones for National Caramel Popcorn Day!

12

It's National Grilled Cheese Day and we have a Gourmet Grilled Cheese Bar in Hawk's Cay Café today.

19-22

We are featuring some *tree-mendous* menu items all week long at J Clark's Grille. Stop in and see what's cookin'.

27

As National BLT Month comes to a close we are featuring The Ultimate BLT with Sriracha Aioli. 🥒



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