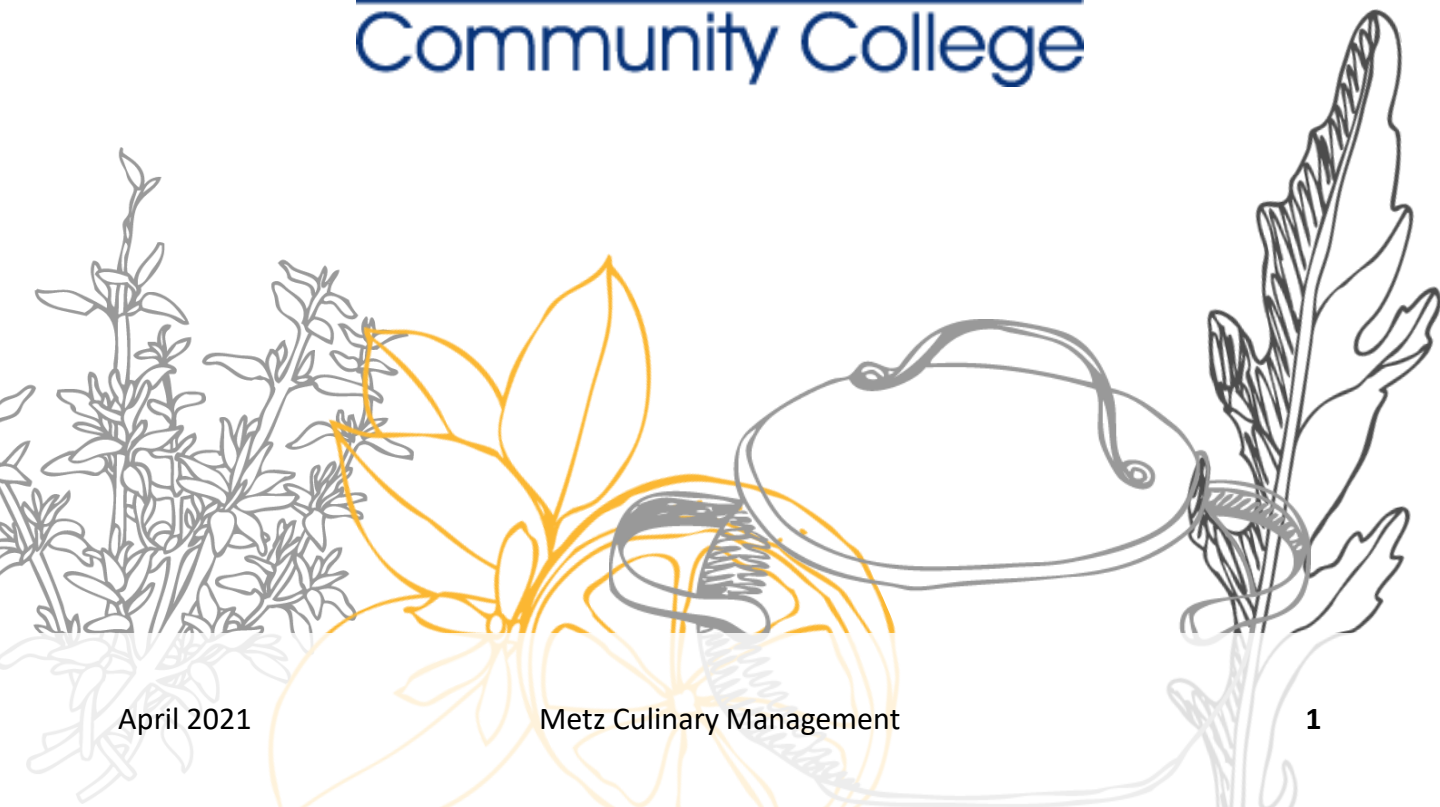




Metz
CULINARY MANAGEMENT

Monthly Update

HILLSBOROUGH
Community College





April 2021

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April At A Glance!

We started off April with our Baseball Opening Day Celebration complete with Hot Dogs, Popcorn, Peanuts, Cracker Jacks, and Cotton Candy!



We also had some great featured items in Hawk's Cay Café while celebrating the Food Holidays in April.





Earth Week 2021

Our guests absolutely loved our “tree-mendous” offering during Earth Week, in fact they were so popular that we have added some to our menu selections.

Some of the offerings were Avocado Toast, California Plant-Based Beyond Burger with avocado, buttermilk ranch dressing, tomato, red onion, and romaine lettuce, and a Quesadilla with plant-based meat-less crumbles, cheese, and cilantro avocado crema, served with black bean and roasted corn salsa.



We work with suppliers who can consistently supply locally grown food and use local businesses that can provide other essential products.



There are so many ways that our everyday choices impact the planet and we can play a part in reducing our environmental footprint with mindful food choices. Animal agriculture leaves a big footprint and making a choice to eat more plants to reduce our carbon footprint helps. Selecting seasonal and local items reduces pollution from transport as it hasn't had to travel thousands of miles. Eating more raw food reduces energy consumption from cooking. Mindful choices when it comes to food can make a difference.



Monthly Update

THE
MAIN DISH

Also popular during Earth Week were our plant based Smoothie and Smoothie Bowls. These items are always available anytime of day in Hawk's Cay Café.



Bike Give-A-Way

No purchase was necessary for guests to enter to win a bike during Earth Week 2021.



Monthly Update



CATERING
& EVENTS

We provided these individually “boxed to perfection”
Snack Boxes to Leadership Tampa Bay.



Let us know when your next event is and we will ensure that
every detail is safe and follows all recommended guidelines.
Contact Kim Brown, General Manager at 813-259-6030 or
kbrown@metzcorp.com.



Monthly Update

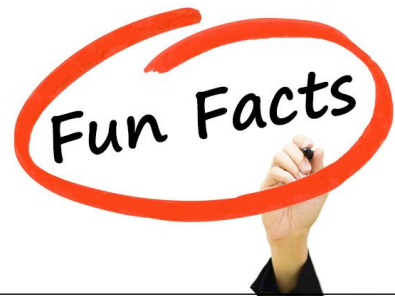


REPORTS

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



**ONLINE ORDERING
IS NOW JUST A
TAP AWAY AT HCC!**



\$453.45

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

48%

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

Our highest selling
entr  e items in April.
#1 Turkey Ranch BTL
Wrapper
#2 Classic 1/3 lb
Cheese Burger
#3 Acai Bowl

HCC Dining Card Benefits

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



HCC DINING CARDS

**NOW AVAILABLE
TO PURCHASE
ON THE TOAST
APP OR ANY
REGISTER**

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



April Safety Focus

During the month of April we focused on preventing slips, trips, and falls. Do you know the difference? Take our quiz below and find out. The kitchen can be a common place for slips, trips, and falls which is why all Metz team members are required to wear slip-resistant shoes. We also instruct team members not to leave an area unattended when a spill occurs until a “wet floor” sign can be brought to the area and the spill can be cleaned up.

For other safety tools and resources online, go to www.safetycompliancealert.com

Safety COMPLIANCE ALERT™ Training Shop

This training tool is included with your membership to Safety Compliance Alert – the latest news, rules, updates and training tools for a safe company and a safer workforce.

Slips and falls: Dangerous at any height

Even sure-footed workers are at risk of suffering serious injuries from trips and falls. Here's what you need to know, from fall-prevention to cleaning up spills.

What to know

When people think of fall hazards on the job, their minds usually go to the high-risk work that's conducted well above ground level.

But almost 65% of fall injuries are the result of falling from the same level on walking surfaces.

These may seem less dangerous than falls from heights, but they can result in sprains, contusions or fractures.

But falls are the cause of 14% of workplace fatalities, second only to motor vehicle accidents.

Definitions

It helps to know what a slip, trip and fall is before working to prevent them.

- **Slip:** The result of your feet losing traction with the ground.
- **Trips:** When one's foot or lower body strikes an object, causing a

- change in balance.
- **Fall:** A complete loss of balance.

What to look out for

- Certain conditions make a slip, trip or fall more likely. They include:
- wet, oily or contaminated surfaces
- floors in disrepair
- loose or unanchored rugs, and
- weather hazards, such as ice or snow.

If you observe any of these warning signs in your workplace, report them to a supervisor immediately.

Preventing injury

- One of the best ways to be safe from slips and falls on the job is to have proper footwear.
- The best footwear will depend on your job, industry or

duties.

However, workplace footwear should be:

- Comfortable. Make sure it fits properly without pain.
- In good condition. Footwear should have treading to give traction. Replace pairs before yours are worn out.



DON'T TAKE A TRIP

Keeping aisles, hallways and walkways clear of dangers and debris is a must for avoiding trips and falls. Here are some quick dos and don'ts for avoiding tripping hazards.

- **Do: Keep it clean.** Make sure aisles and walkways are clear of objects and kept in good order.
- **Don't: Make exceptions.** If you need to store an object temporarily, keep it away from areas with heavy foot traffic.
- **Do: Plan your route.** If you'll be carrying an object through the building, plan which way you'll go ahead of time. Look for possible hazards along the path before you start moving.
- **Don't: Rush.** Take your time when walking through the building. Make sure you're scanning as you go for unexpected hazards.
- **Do: Use floor outlets.** If you need to plug equipment in a well traveled area, use outlets on the floor instead of the wall.
- **Don't: Run cords across walkways.** Tape down cords when possible to minimize risk of tripping.

Training Shop Quiz

NAME _____
SIGNATURE _____
DATE _____

- On-the-job slips, trips and falls result in relatively few workplace fatalities.
☐ true ☐ false
- A slip occurs when you lose your balance after your foot or lower body strikes an object.
☐ true ☐ false
- Slips, trips and falls can result in pain, contusions, fractures and other injuries.
☐ true ☐ false
- Planning your route before you begin carrying an object is a good method for avoiding slip, trip or fall injuries.
☐ true ☐ false
- In the event of a chemical spill, the most important thing is to get the situation under control. That means you should get right to work cleaning the area.
☐ true ☐ false
- The more worn-in a pair of shoes is, the better.
☐ true ☐ false
- If you need to run an electrical cord across a walkway or area people will be crossing, make sure it's taped down.
☐ true ☐ false
- Most workplace falls are from heights (the roof of a building, high scaffolds and ladders, etc.).
☐ true ☐ false
- In the event of a non-chemical spill in the workplace, first block off the area of the spill. Then alert co-workers and clean it up.
☐ true ☐ false
- Potential dangers that could lead to a slip, trip or fall include: uneven carpeting or floor surfaces, weather conditions and wet, oily or contaminated floor surfaces.
☐ true ☐ false

CLEANING UP SPILLS

Spills are a leading cause of slip-and-fall injuries in the workplace. But depending on the spill type, different actions are required.

- **Non-chemical spills:** Block off the area, alert co-workers and clean it up.
- **Chemical spills:** Alert a supervisor immediately. Read the material safety data sheet for the material before determining whether you can clean it. If you can clean it yourself, put on PPE before attempting to do so.



ANSWERS

- False. Almost 14% of workplace fatalities are the result of falls. That's second only to motor vehicle accidents.
- True. Trips occur when you become entangled with an object or trip on a lower level unexpectedly.
- True. They can also be fatal, and the ground can occur when there's a loose object or trip on a lower level unexpectedly.
- True. By visualizing the route you'll take before you begin moving, you can spot potential hazards along the way and avoid them.
- False. When chemicals spill, you should call a supervisor immediately. Material safety data sheets should be consulted to see if and how you can clean it up.
- False. Your footwear should have good traction. Buy new shoes if they must be replaced. But it's best not to have electrical cords in these areas, but if they must be used, tape them down to prevent trips.
- False. Almost 65% of falls are from the same level on a walking surface.
- True. This is for slip suits as well as other non-chemical material.
- True. If you observe these conditions, report them to a supervisor.



{05}
2021}

What's on our table
IN MAY

FINALS
WEEK!

03-10

Look for our pop-up specials all week to help you power up, refuel, and distress during finals week.

05

Stop by Hawk's Cay Café for our Cinco de Mayo Chicken Fajita Power Bowl

10

Start off your day with our "It's Better with Avos" Breakfast Power Bowl in Hawk's Cay Café.

11-13

All food service locations will be closed.

17

Summer Semester Begins!

19

Try our "It's Better with Avos" Chicken, Mango and Avocado Power Bowl in Hawk's Cay Café.

26

Our "It's Better with Avos" Southwestern Power Bowl is being served up in Hawk's Cay Café.

31

In observance of Memorial Day all food service locations will be closed.



CONTACT INFORMATION

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