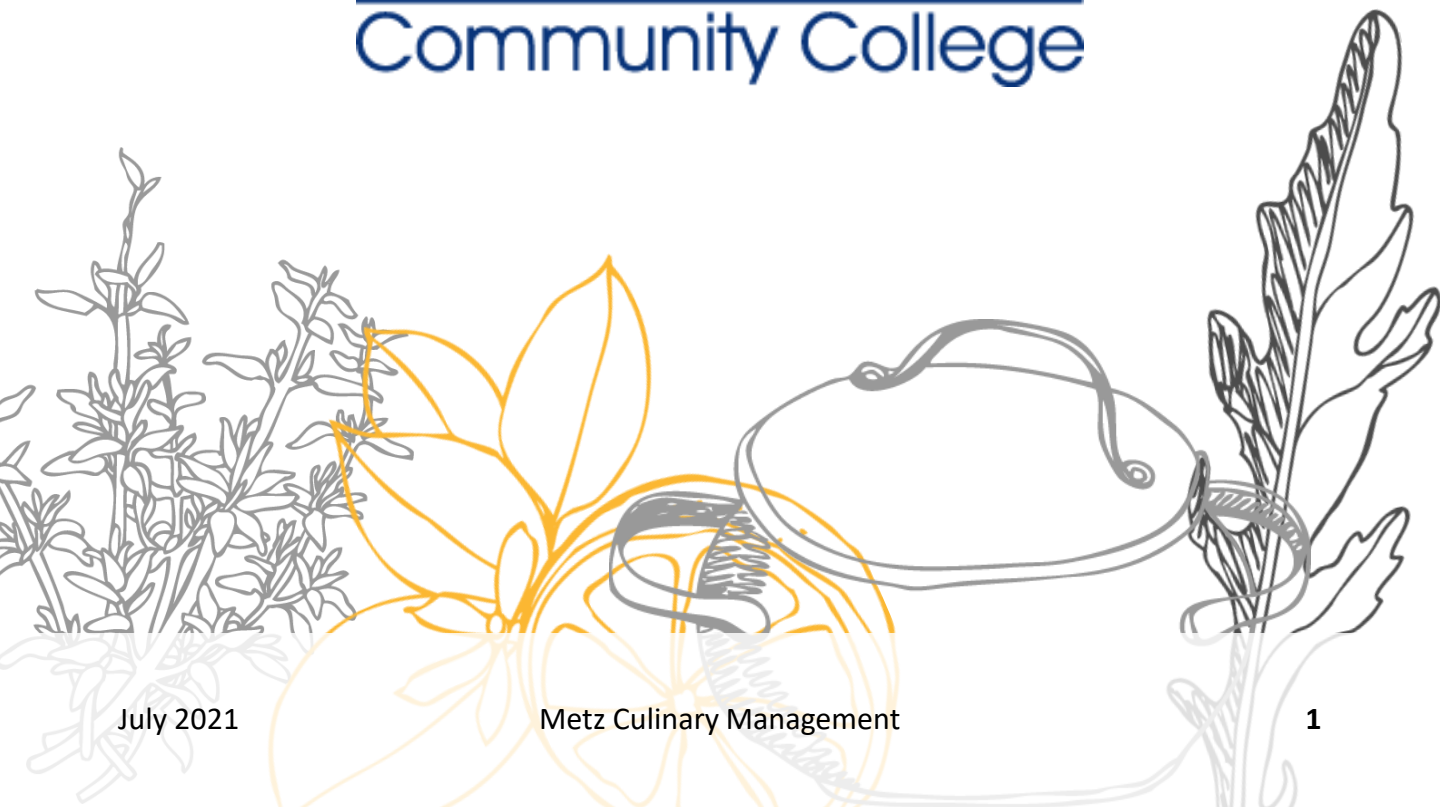




Metz
CULINARY MANAGEMENT

Monthly Update

HILLSBOROUGH
Community College





July 2021

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Monthly Update

THE
MAIN DISH

We celebrated these National Food Days with some deliciousness.

July At A Glance!



Oh yum,
Mexican BLT
with crispy
bacon, melty
cheese, fresh
guacamole, and
spicy chipotle
mayo.



What better
way is there to
celebrate
French Fry Day
than with
some Loaded
Fries?



We topped
everything
with Mac N'
Cheese, even
Chicken
Tenders!





Monthly Update

Welcome Dr. Paige Niehaus



As our New President Dr. Paige Niehaus brings 30 years of higher education expertise to the HCC Dale Mabry Campus. “Her energy and enthusiasm for the Dale Mabry Campus, its faculty, staff and students, as well as the innovative ideas, spirit of collaboration and commitment to creating a supportive teaching and learning environment that she would bring to the college overall, distinguished her during the search process,” said Dr. Atwater. “The feedback from the campus and cabinet forums validated as much.”



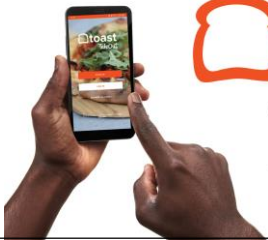


Monthly Update

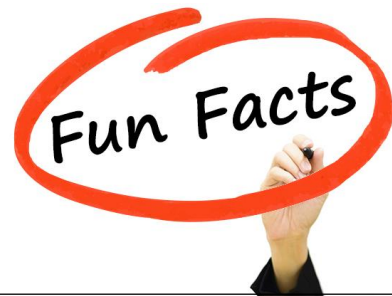


REPORTS

Our 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!



Our Acai Bowls out sold all Smoothies and our Kale Bowl this month! Have you tried one?



51%

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

Our #1 selling entrée item for July was once again our Classic 1/3 lb Cheese Burger

Our house made Chicken Tenders (made daily with NAE Chicken) and our Turkey, Ranch, BLT Wrap were tied for second place.

Our Mexican Kale Salad topped all other made to order Salads this month.



July Safety Focus

Workplace Safety was at the top of our list in July. We focused on Hands-Down Protection. This included topics such as wearing the right PPE for the job being performed and hand washing. We also talked about way of protecting yourself in Florida's summer heat!

TS TOP SAFETY.

Safety Around the Clock.

7.2021

Hands-Down Protection

Hand injuries are second only to back injuries as the most common body part to be injured at work, according to the Bureau of Labor Statistics. How can you protect your hands?

- Wear your PPE, including the appropriate protective gloves for the type of work you are performing.
- Make sure your desk setup is ergonomically correct. Keep wrists at a 90-degree angle when typing.
- Don't grip, pinch or bear excessive weight on wrists for long periods of time.
- Take frequent breaks when doing repetitive tasks with your hands.
- Use a neutral grip with your wrist straight, switch hands regularly and alternate finger usage when using electronic devices.
- Make sure all machine guards are in place and avoid wearing jewelry when working with moving equipment.
- Don't place your hands between a load and a fixed object when handling or moving materials.



- Wash your hands immediately after using chemicals, even if you wore gloves.
- Use power tools with caution, always follow instructions and never disable the safety device.
- Take breaks when working with hand-held vibration tools, keep hands warm and grip the tool lightly while using it to not increase the vibration coupling and to prevent hand-arm vibration syndrome.

Scam-free Vacations

Ready to get away? Make sure you follow these FTC guidelines so you can truly relax on your next vacation:

Do your research. Ask friends and family for recommendations; check reviews and scam alerts; check cancellation and refund policies; beware of extra charges, fees and taxes; and bring copies of confirmation details.

Use a credit card. Paying with a credit card for travel spending offers you more protection.

Consider getting travel insurance. If you're taking an expensive trip, be sure to buy travel insurance, read the fine print to see what is covered and what isn't, and be sure the travel insurance company is licensed by checking with nata.org.

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 coronavirus.gov.

Extend Your LADDER Knowledge

Ladder safety is basic — place the ladder on stable, even ground; inspect the ladder before use; keep three points of contact when ascending and descending the ladder; never carry tools or other objects in your hands while using a ladder and wear shoes that grip.

However, there are extra guidelines for extension ladders:

Read specific manufacturer's instructions regarding extension ladders — there are different guidelines for special situations.

Ensure that you don't place an extension ladder upside down.

Set the ladder at the proper angle. For example, when leaning a ladder against a wall, the bottom of the ladder should be one-quarter of the ladder's working/extended length away from the wall. Don't step or stand higher than the step label that marks the highest standing level.

Always extend the ladder three feet above the landing when accessing an elevated work surface.

Use extra care when getting off and on the ladder. Avoid tipping the ladder sideways or causing the base to slide off.

Never use an extension ladder horizontally like a platform.

Don't exceed the load rating of your ladder. Remember to include the weight of tools, materials and equipment.



Don't pay for prize vacations. Also, use caution when looking into timeshare or resort offers — watch for high-pressure sales and don't sign anything if people try to rush you.

Protect your identity. Take only the IDs, credit and debit cards you need. Make a copy of your insurance card to take with you. Lock away the rest of your documents at home. **Tips:** make copies of your documents to leave at home — in case of theft, you'll know what you lost.



Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

Ways to Protect Yourself and Others



Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- ✓ **New and returning** workers need to build tolerance to heat (acclimate) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water
Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks
Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area
Take breaks in a designated shady or cool location.



Dress for the Heat
Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other
Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering
Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1

CALL 911 IMMEDIATELY

2

COOL THE WORKER RIGHT AWAY WITH WATER OR ICE

3

STAY WITH THE WORKER UNTIL HELP ARRIVES



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



Take these actions:

- Give water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice, or a fan
- Do not leave alone
- Seek medical care if needed



OSHA

Occupational
Safety and Health
Administration

For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 www.osha.gov/heat

Federal law prohibits you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See https://www.osha-slc.gov/resources for information about how to file a confidential complaint with OSHA and ask for an inspection.



{08}
2021}

What's on our table IN AUGUST

2-5

Dine your way through the Summer Games all week long. We will be featuring International Sandwiches, Sliders, and other culinary treats at J Clark's Grille.

10-15

All Dining Services will be closed.

16-19

Welcome Hawks! We have an exciting week planned with lots of give-aways including a Nintendo Switch, Beats by Dre, Amazon Gift Cards and much more!

23

Celebrate National Cuban Sandwich Day with our house-made Cubans served with black beans and rice.

27

Try our Chipotle Burger with creamy avocado sauce for Burger Day!



Monthly Update

Fall Semester Hours 2021



BRANDON CAMPUS

J. CLARK'S GRILLE
AT BUILDING BSSB
Monday - Thursday: 7:30 a.m. - 3 p.m.
Friday: Closed

WE PROUDLY SERVE STARBUCKS®
AT BUILDING BSSB
Monday - Thursday: 7:30 a.m. - 3 p.m.
Friday: Closed

ONLINE ORDERING IS HERE!

No time? Skip the line, go to hccflmetz.com/toast to order online and we'll have it ready when you arrive





DALE MABRY CAMPUS

<p>J. CLARK'S GRILLE AT HAWK'S CAY CAFE Monday - Thursday: 7:30 a.m. - 5 p.m. Friday: Closed</p> <p>SUBWAY® AT HAWK'S CAY CAFE Monday - Thursday: 10 a.m. - 3 p.m. Friday: Closed</p> <p>PIZZA HUT® AT HAWK'S CAY CAFE Monday - Thursday: 10 a.m. - 3 p.m. Friday: Closed</p>	<p>WE PROUDLY SERVE STARBUCKS® AT BUILDING DSSC, SGA LOUNGE Monday - Thursday: 7:30 a.m. - 2 p.m. Friday: Closed</p>
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ONLINE ORDERING IS HERE!

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YBOR CAMPUS

GREAT WRAPS®
AT BUILDING YBOR
Monday - Thursday: 9 a.m. - 3 p.m.
Friday: Closed

WE PROUDLY SERVE STARBUCKS®
AT BUILDING YLRC
Monday - Thursday: 7:30 a.m. - 2 p.m.
Friday: Closed

ONLINE ORDERING IS HERE!

No time? Skip the line, go to hccflmetz.com/toast to order online and we'll have it ready when you arrive





Monthly Update

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Catering website: <https://hccatering.catertrax.com>

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<https://www.facebook.com/hillsboroughccdining>