

Registration Deadline: Feb. 25! INFO: 204-467-4745 or mobilewellness@irha.mb.ca

## EXTREME MAKEOVER: Menu Edition 2010

### REGISTRATION FORM

(One form per person)

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Mail: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please Indicate Your Session First Choice for both the Morning & Afternoon Sessions:**

Morning Sessions:

'Food Safety Connection' **or** \_\_\_\_\_

'Hell's Kitchen—Not!' & 'Dash for Cash' \_\_\_\_\_

Afternoon Sessions:

'Food Safety Connection' (repeat of AM) **or** \_\_\_\_\_

'Attention to Detail' & 'Foodborne Illness Intervention' \_\_\_\_\_

**Fee:** Interlake Residents \$30

All Others \$50

**Please send your Registration and Payment to:**

Interlake RHA, 589-3rd Ave South, Stonewall, R0C 2Z0, Attn: Keri Mitton. Please make your cheques payable to the "Interlake Municipal Recreation Association"

**Thursday  
March 4,  
New Life Church  
Stonewall  
(6106E, PTH 67)**



**Presented by:**

- Interlake Regional Health Authority
- MB Agriculture, Food & Rural Initiatives
- MB Healthy Living, Youth and Seniors: Interlake Region
- Interlake Municipal Recreation Association



**Registration Fee: \$30  
Lunch & Refreshments  
Included**

**Community Facilities  
& Volunteers can:**

- Hear about regional success stories with facility healthy menu options
- Learn the importance of safe food handling
- Get tips on kitchen planning & design
- Leave with Resource Toolkits
- Hear about Resources available for Kitchen

9:00AM

**REGISTRATION**

9:30AM

**WELCOME & INTRODUCTIONS**

**“SO YOU THINK YOU CAN COOK** Presenter: Caroline Le Clair (Registered Dietician / Certified Chef, Interlake RHA Community Wellness Team) Ever wonder how to take one of your favorite recipes, make it healthier and have it still taste good? Get some tips on how to change old favorite recipes to keep your body healthy and your taste buds happy while sampling some delicious options!

***2 Options to Choose From for the Morning!*****OPTION 1****10:10AM FOOD SAFETY CONNECTION**

Presenter: Jayne Kjaldgaard (Manitoba Agriculture Food and Rural Initiatives, Stonewall) This workshop on Food Safety for Community/ Catering groups will provide you with the information necessary to prepare food safely. You will learn what a foodborne illness is, its causes and symptoms and what steps can be taken to prevent it from occurring. Included: info on proper hand washing, recommended internal cooking temps, serving and holding food safely, storing leftovers, and sanitizing work surfaces.

**OPTION 2**

**10:10AM HEALTH INSPECTOR** Presenters: Glenn Jorundson (Public Health Inspector/Environmental Health Officer with Manitoba Health) & Ari Rana (Public Health Inspector, Manitoba Health) This session you will cover the Health regulatory requirements to operate food handling establishment in the Province of Manitoba.

**11:00AM DEAL OR NO DEAL** Presenter: Ian Goodall-George (Interlake Regional Consultant, Healthy Living Youth and Seniors) Getting resources to realize your project can be a gamble. You will explore funding options available to non-profits, organizations for kitchen and canteen renovations and equipment upgrades. Tips on building applications to include to increase your odds of success.

12:00PM

**LUNCH / TRADE SHOW / SUCCESS STORIES**

1:00PM

**MENU PLANNING** Presenter: Chef Peter Ecker (Corporate Chef with Sysco Winnipeg)

Menu planning can be challenging. These challenges include kitchen equipment, preparation time, food service facilities and volunteer manpower. Discover healthy and nutritious menu options that you can use. Chef Peter will demonstrate a variety of food products to consider and learn how easy these options are to prepare and serve. Also learn more about the type of service that Sysco Winnipeg can offer to assist with the operation of your facility.

***2 Options to Choose From for the Afternoon!*****OPTION 1****2:00PM FOOD SAFETY CONNECTION**

Presenter: Jayne Kjaldgaard (Manitoba Agriculture Food and Rural Initiatives, Stonewall) This workshop on Food Safety for Community/ Catering groups will provide you with the information necessary to prepare food safely. You will learn what a foodborne illness is, its causes and symptoms and what steps can be taken to prevent it from occurring. Included: info on proper hand washing, recommended internal cooking temps, serving and holding food safely, storing leftovers, and sanitizing work surfaces.

**OPTION 2****2:00PM ATTENTION TO DETAIL: KITCHEN PLANNING & DESIGN**

Presenter: Ralph Finck (Metal Tech Industries.) Maximize your facility potential by looking after the details of kitchen planning. Session includes: planning steps & considerations, review finishes, electrical and mechanical details that meet code requirements & equipment for current & future menu changes.

**2:45PM** **FOODBORNE ILLNESS INTERVENTION** Presenter: Walter Keryluk, Public Health Inspector (retired) In this session you will learn the importance of having people trained and be aware of how the nation wide trends are going to affect how you prepare and store food for your facilities.