
Go Fish! How to Successfully Put Seafood on the Menu
Sponsored By: US Foods

Even the best seafood is only as good as how it's served. You will learn tips and tools to help educate your staff on how to handle and serve seafood that is budget friendly and makes your residents ask for seconds. Discover new and emerging trends to update and enhance your Senior Living Menus with seafood options.

Cost: \$50
Date: April 6, 2018
Time: 8:00am – 3:30pm
CEU's: 6 Hours
Presenters: Elizabeth Howe, DeLancey Miller, Rob Johnson

Location: US Foods Demonstration Kitchen
10211 N I- 35 Service Rd, Oklahoma City, OK 73131

- 8:00am** Check In
- 830-930** Buying Seafood – what you need to know
- Seafood labeling guidelines
 - Sourcing and Sustainability Certifications
 - What to look for and what to avoid
- 930-1030** The Nutritional Value of Fish
- Health Benefits - The importance of including fish on a senior living menu
 - Allergens and Cross-Contamination Precautions
- 1030-1045** Break
- 1045-1145** Preparation and Handling of Fish
- Affordable options
 - Cooking methods and recipes
 - Plate presentation
- 1145-1230** Lunch
- 1230-330** Food Show

Please note:

- **ALL attendees MUST PRESENT ID to enter US Foods Building. This is a security measure with no exception.**
- To receive hours approved you must stay the designated time and payment must be received beforehand to get certificate
- Program approved for RD/DTR for 3 hours exhibits & 3 hours General – Approval # 139393
- Program approved for CDM for 3 hours food show & 3 hours General – Approval #163469

Registration deadline – Wednesday, April 4th
Payment deadline – Friday, April 6th