



Issue No. 2, Fall 2018

Serving Indiana

with
Nutrition



— A Message from the CEO

Greetings, home-delivered meal clients! We have been very busy at Chef for Hire as we take on new responsibilities and explore fresh ideas for improving our meals and our service.

Recently at Chef for Hire, we have been preparing to take on an additional feeding responsibility. As of October 1, we began managing the USDA Commodity Supplemental Food Program in Marion County. We will assist the county in supplying monthly food boxes to more than 1,000

Indianapolis families each month. The boxes will contain various kinds of packaged food products, such as canned vegetables and fruits, pasta, rice and cereals, juice, and powdered milk. We are excited to work closely with the Indiana State Board of Health and CICOA to help provide nutrition to the families of Indianapolis!

We continue to work hard developing new ways to better our business. As part of our efforts, we are engaging in discussions with local farmers to increase the availability of fresh produce in our meals. Chef for Hire prepares thousands of meals every day and there are many challenges that accompany the inclusion of freshly picked fruit or vegetables, especially in the off-season. But, we are closer than ever to being able to offer these much-needed ingredients as part of our meals. Indianapolis is even home to indoor farms which will enable us to offer homegrown produce year-round.

As part of our dedication to providing high-quality meals, we are also investigating new packaging systems. The latest technology includes various models of sophisticated machinery that would allow us to deliver a fresh, never frozen, meal. Some options use safe atmosphere injection while others utilize a type of vacuum seal. Both options offer intriguing possibilities and will help us ensure that you receive a fresh meal.



Meal packaging for Indy Parks

Congratulations to Ms. Cindy Worthman of Fort Wayne! She submitted a fantastic liver and onions recipe. I was personally inspired because this was one of my mother's favorite dishes! We were elated to send Cindy a fifty-dollar gift card for her submission. At Chef for Hire, we are always looking to expand our menus and we love incorporating ideas from our customers. Please don't hesitate to contact us with any recipe ideas you wish to share.

- Chef Monty G. Degenhardt



Indy Parks Partnership

— Farm Fresh Meals for Local Kids

No child should be denied access to nutritious food. Monty Degenhardt, founder of Indianapolis-based meal provider Chef for Hire, has made this very principle his guiding mission. Thanks to a new partnership with Indy Parks and the Felege Hiywot Center, Chef for Hire is doing even more to provide nutritious meals to Indianapolis children.

This collaborative effort, named Farm to Forks for Indy, goes beyond supplying high-quality meals—it encompasses all activities from planting up to nutritional well-being. The program seeks to educate children about the fundamentals of a wholesome, healthy meal, all while instructing them how to grow their own produce and promoting engagement with the larger community.

“The delivery of basic nutrients to people seems so simple, but it’s a complex delivery system. Chef for Hire has tried to create manageable solutions for Indianapolis Department of Parks and Recreation,” Degenhardt says.



Indianapolis Mayor Joe Hogsett meets young urban farmers.

Indy Parks provides more than 400,000 meals annually to local children via the Summer Servings and After School Meals programs. Developing a process to supply fresh foods to such an extensive group presented a challenge to Indy Parks. This is where Chef for Hire became an essential piece of the puzzle, providing a logistical solution for packaging and supplying the meals.

The effort will help cultivate awareness of sustainable farm practices and the benefits of fresh food, while simultaneously fostering leadership skills in local youth. Mayor Hogsett praised the efforts of the Farm to Fork for Indy initiative, stating, “While our young urban farmers are learning agricultural service and leadership skills, the fruits of their labor will go to feed their neighbors struggling with food insecurity.”

Chef for Hire has maintained an ongoing partnership with Indy Parks for the Summer Servings meal program since 2004. The Felege Hiywot Center maintains multiple outreach programs targeting Indianapolis youth. The collaborative partnership with Indy Parks provides all the necessary elements to engage kids from the soil to the stomach. Degenhardt commented, “Most people endorse local produce in their food. This is a way to do the same for programs that feed some who otherwise have few healthy options.”





Nutrition Know-How

— *The Diabetic Diet*

Chef for Hire works diligently to ensure that we are meeting the needs of every individual we serve. We know that nutritional needs vary from person to person. That's why we keep an RD on our staff to help guide our nutritional efforts.

According to the CDC, more than 29 million Americans suffer from diabetes. If you are among those managing a diabetic condition, you know that diet is of the utmost importance.

Our RD, Christina Miller, has the following nutritional tips for diabetics:

- Select whole fresh fruits and vegetables. Fresh-frozen is also a good choice when compared to canned items. Fresh-frozen items contain less sodium and sugar and have a longer shelf life than fresh.
- Choose items that are high in whole grains and low in sodium and sugar. Read the nutritional content of labels to ensure your food choices are falling in line.
- Go for more color. Color equals nutrition, so try to select fresh foods that are bright in color. For example, you can opt for a leaf lettuce over an iceberg to increase your intake of iron, folate, and potassium.
- Try one new vegetable or fruit every month. You'd be surprised at the amount of foods you've never tried. You might also amaze yourself by finding some new favorites!
- Read labels for bread products. Many bread products contain a shocking amount of sodium. Take a peek at the nutritional content and select an item that contains low sodium.



Tasteful Tips *from* Chef Jeff

— *3 Simple Tips for Meal Prep*

Our meals are always fresh-frozen and we strive to provide only quality ingredients without sacrificing taste. Meal preparation is an important part of achieving this goal. Use the following guidelines from our chef to ensure you are properly preparing your Chef for Hire meal:



- **Rotate meals during the finishing process.** This will allow your meal to heat evenly and thoroughly.
- **Keep an eye on your meal as it heats.** Monitoring the finishing process will ensure your meal is not overcooked. We offer a wide variety of meal options and finishing instructions may vary for certain dishes. Please remember that recommended finishing times are suggestions and some meals may require more or less time to fully finish the preparation process.
- **Please prepare all meals at the recommended 165 degrees.** Our meals are carefully formulated to provide necessary nutrition without diminishing the taste. Using the appropriate temperature is important to ensure food safety and optimal flavor.

- Chef Jeff Scheck, Chef for Hire General Manager



Staff Spotlight

— *David Phipps*

David has been part of the Chef for Hire team for 11 Years. David manages many important behind-the-scenes tasks which allows Chef for Hire to operate efficiently. He washes dishes, ensures trash is removed, assists in meal production by traying, and checks each meal for proper labeling.



David lives with his brother and sister-in-law. He enjoys Cincinnati Reds baseball, NASCAR, and attending his local church. Without his help, we would be unable to provide quality meals to our customers. Thank you for everything you do!



Agency Spotlight

— *Generations*

Generations is the Area Agency on Aging & Disability serving the residents of Daviess, Dubois, Greene, Knox, Martin, and Pike counties. Our organization is part of Vincennes University's Community Services Division. Our mission is to offer older adults, individuals with disabilities, and caregivers options for a better quality of life.

Our services range from nutrition and counseling, all the way up to arranging the right in-home services. We work hard to connect individuals with the right programs and services to help improve their quality of life. Generations also offers Health & Wellness Programs and Volunteer Opportunities to help keep older adults active and encourage contributing to their communities.

Generations has been providing information and services to older adults, individuals with disabilities, and their caregivers since 1975. To find out how Generations can help you or a loved one, call 1-800-742-9002 or 812-888-5880 or visit our website at www.generationsnetwork.org.



chef for hire home delivered meals

