

FALL 2023

KENTUCKY

RESTAURANT JOURNAL

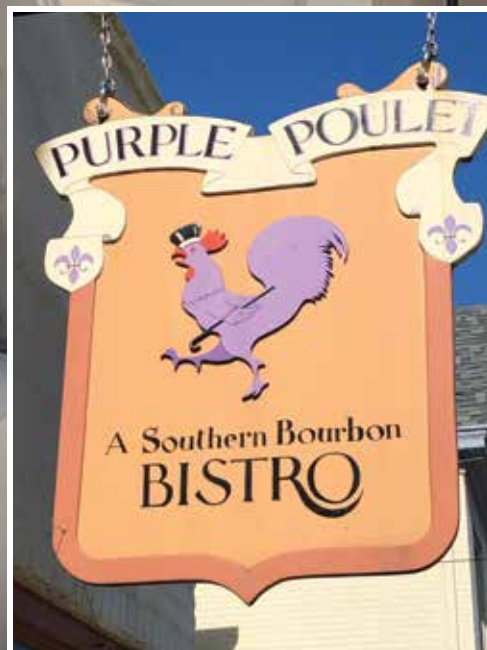
The Official Publication of the Kentucky Restaurant Association

CHEFS THAT SIZZLE

*Chef Z
Purple Poulet*

FOOD SAFETY

What's Your System?



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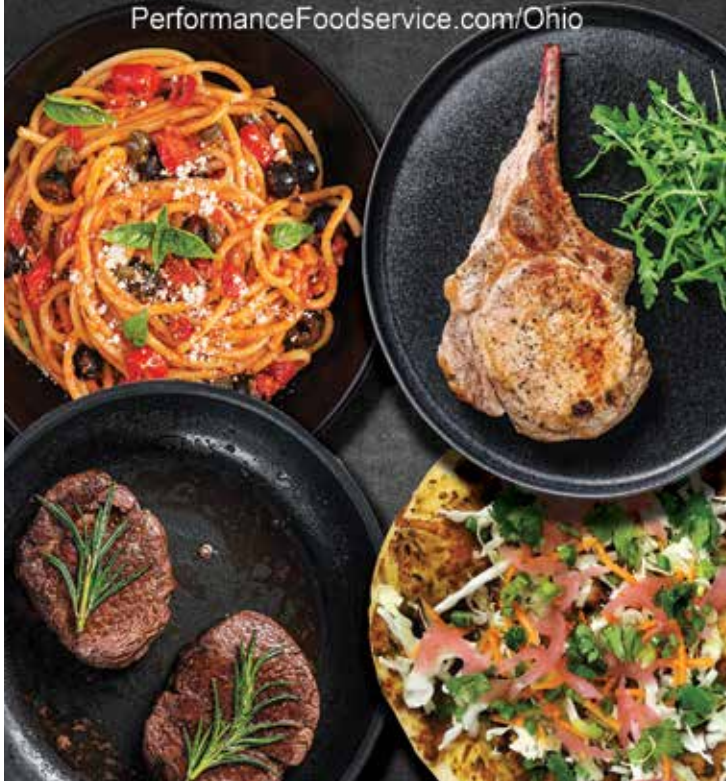
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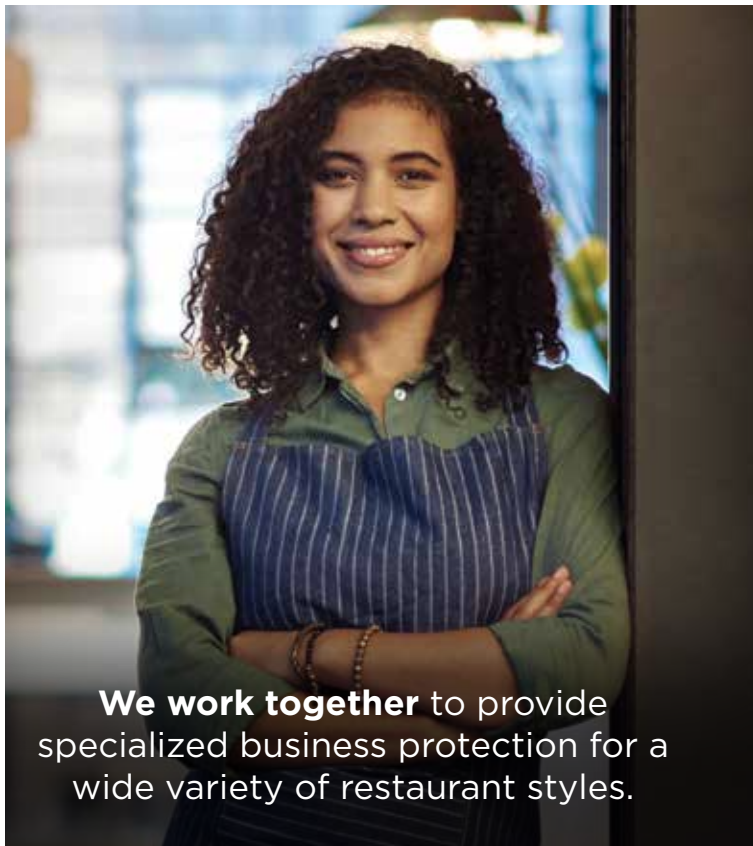


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FRONT BURNER



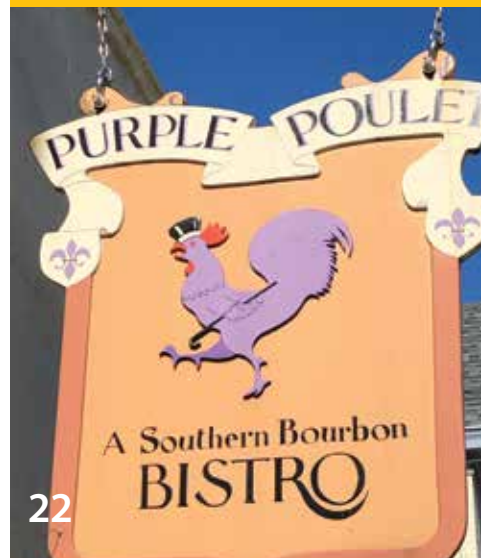
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Do you know a chef in your area who is creating a buzz with innovative cuisine, exceptional presentation or fresh new ideas?

KRA wants to tell the state about them in a quarterly feature in the Kentucky Restaurant Journal. Submit your favorite chef du jour to stacy@kyra.org. Please include restaurant and contact information. Selected submissions will be featured in the magazine as Chefs That Sizzle.



Chefs That
Sizzle

A WORD FROM OUR PRESIDENT

I've started writing this column about 10 times, and I just couldn't convey my thoughts. I'm trying again, so please bear with me. A couple of weeks ago we lost our Kentucky ProStart Coordinator, Jim Lyon. He unexpectedly passed away in his sleep on July 31st and it has been a tough transition for us. Jim and I worked together in many parallel ways and his desk was close to mine. He was a champion for hospitality education, working closely with teachers and students throughout Kentucky. He genuinely cared for them and worked to grow our program through fundraising and networking with industry and the education world. We are seeking someone to fill this role, and they will hit the ground running as school has begun and students are starting their ProStart curriculum. We have received some very generous donations to the Kentucky Restaurant Association Educational Foundation in Jim's honor and for that we are grateful.

This issue is centered around safety as it's National Food Safety Month. I hope you'll read through and implement some best practices in your systems. Amy Shankle, KRA Director of Training, is available and eager to help you and your staff. Seriously, she loves training and developing leaders – with her extensive restaurant background she has a well-rounded perspective and tools to help you take small or large steps to better your operation.

Please contact her any time with questions or to ask for tips at amy@kyra.org.

Fall is a busy time and full of events. I know, I know, it's hard for restaurant operators to get away from being in the restaurant – but it's essential to recharging and meeting other operators and suppliers. Think of it as a support group! Every industry has their professional association – and this is yours. Who else to learn most from than others who do a variation of what you do every day? We strive to bring you together and throw in some fun. Some upcoming dates – September 18 KRA's Northern Kentucky Chapter has their golf scramble; October 2 is Golftoberfest, the whole KRA scramble; October 11 is the 49th annual Taste of Louisville; November 16 we'll be at Churchill Downs for our Day at the Races. Look for specifics in this issue or let me know if you need forms/links/any information to participate.

Thank you for reading, and would it even be my article if I didn't say – if you're not yet a KRA member you should be. Dues are 75% tax deductible, a few hundred dollars and we're the only Kentucky group specifically helping you every day, every year. It's sooooo easy to join: <https://securepayment.link/kyra/membership-application/>

- Stacy Roof

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Calendar of Events

SEPTEMBER

- 4 - Labor Day
- 12 - ServSafe Class KRA Office, Louisville
- 18 - Northern Kentucky Chapter Golf outing
- 25 - ServSafe Class KRA Office, Louisville

OCTOBER

- 2 - Golftoberfest
- 10 - ServSafe Class KRA Office, Louisville
- 11 - Taste of Louisville
- 17 - Northern Kentucky Chapter
Board of Directors meeting
- 23 - ServSafe Class KRA Office, Louisville
- 31 - Halloween

NOVEMBER

- 5 - Daylight Savings Time ends
- 6 - KRA Board of Directors meeting
- 6 - ServSafe Class KRA Office, Louisville
- 7 - Election Day
- 14 - ServSafe Class KRA Office, Louisville
- 16 - Day at the Races
- 23 - Thanksgiving
- 24 - Black Friday



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September 25 - Louisville
October 10 - Louisville
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FRONT BURNER

Gubernatorial Election in full swing, other constitutional officer candidates vying for voter attention

by STACY ROOF

The election to serve as Kentucky's next governor is in full swing. The airwaves are crammed with political ads from current—Democrat Andy Beshear—and current Republican attorney general Daniel Cameron, who is fighting to unseat Beshear. Kentucky is decidedly a red state with Republicans gaining registered voters every quarter, but Beshear, who has managed multiple crisis remains popular with the Democrat and Republican Kentuckians. If one can interpret the polls, its likely the best interpretation is that the race is highly competitive.

Cameron selects State Senator as Running Mate

Republican gubernatorial nominee Daniel Cameron has selected State Senator Robby Mills of Henderson to serve as his running mate. Mills is a small businessman from Henderson, in the western part of the state. Mills was first elected to the state House in 2016, ran for the Senate in 2018 and won. He currently serves as the Chair of the Senate State and Local Government Committee. Mills is a husband and father of three children and one grandchild. If elected, Mills would be the constitutional officer from West of I-65

Who is running for governor?

Incumbent Andy Beshear

Gov. Andy Beshear and Lt. Governor Jacqueline Coleman have completed a nearly four-year term in office, after narrowly defeating then Republican Gov. Matt Beavin, who angered many teachers by changing their pensions. Beshear was elected Kentucky's attorney general in 2015 and served one term before running for governor. Beshear's running mate Jacqueline Coleman is an educator, who has been involved in Kentucky politics. She served as Secretary of Education and Workforce Cabinet

before its reorganization. They served through the COVID-19 pandemic, the tornadoes in Western Kentucky and the Eastern Kentucky floods. Coming under fire sometimes for closing businesses and churches during the pandemic. The Beshear Coleman Ticket is seeking reelection again to serve a second term as chief of the executive branch, where his relationship with the Republican supermajority of the legislature is strained. Under the Beshear administration strong economic growth through major economic development projects including the Ford electric battery plant, is what he touts as his greatest accomplishments. Beshear and his wife Brittany reside in Frankfort with their two children. His father Steve Beshear is also the former governor of Kentucky.

Republican Gubernatorial Nominee Daniel Cameron

Attorney General Daniel Cameron came on to the political scene with a strong showing the race for attorney general in 2019. He is the only independently elected African American to serve as a constitutional officer and he won more votes in the 2019 election than any Republican on the ballot. As attorney general, he has shown that he has no qualms about taking on political foes. Cameron challenged Beshears closing of churches during the COVID-19 pandemic, questioning whether his office had the constitutional authority to shuttered churches. He also, has sued President Joe Biden's administration multiple times over energy issues, abortion and environmental rules. Cameron is closely aligned with

long-time Senator Mitch McConnell (R-Louisville), working for the Senator, and assisting in federal judicial nominations. A graduate of the University of Louisville and born in Elizabethtown, Cameron is young as future leader of the Republican party. Cameron currently resides in Louisville with wife McKenzie and their young son Theodore.

Attorney General Election

Republican Nominee Russell Coleman

Appointed U.S. Attorney for the Western District of Kentucky by Fromer President Donald Trump, Coleman is no stranger to a prosecutorial role. Prior to serving as a U.S. attorney, he served as an advisory to U.S. Senator Mitch McConnell. Coleman also served as a special agent for the FBI—fulfilling his childhood dream working for the agency. Coleman grew up in Western Kentucky and now resides in Louisville with his family.

Democratic Nominee Pamela Stevenson

State Representative Pamela Stevenson represents House District 43 in Louisville, where she was born. She is a former attorney with the U.S. Air Force, serving 27 years in the military before retiring. She won her House seat in 2020 and serves on the House Judiciary Committee. She is seeking the seat of attorney general, although she has recently come under fire for not being licensed to practice law in Kentucky. Stevenson often challenges her Republican colleagues in the House.

Secretary of State Election

Democratic Nominee Charles "Buddy" Wheatley

Attorney and former state legislator Charles "Buddy" Wheatley is an attorney from Kenton County in Northern Kentucky. He served as a fire fighter prior to becoming a lawyer. He is married with two daughters and resides in Covington, Ky.

Republican Nominee Michael Adams (incumbent)

Secretary of State Michael Adams is an elections lawyer and underdog who won election for Secretary of State in 2019. As Secretary of State, he has worked to increase the voting options for Kentuckians. He resides in Oldham County with his family.

Agriculture Commissioner

Republican Nominee Jonathan Shell

A fifth-generation farmer and former state legislator, Jonathan Shell is no stranger to Frankfort or the farm. Shell defeated state Representative Richard Health for the nomination of agriculture committee. Shell resides in Garrard County with his wife and children.

Democratic Nominee Sierra Enlow

Ms. Enlow grew up on a farm in Larue County, Ky and is a graduate of the University of Kentucky College of Agriculture and has a master's degree in agriculture economics. She has worked in the City of Louisville on economic development efforts.

State Auditor

Kimberley Reeder is tax attorney born in Rowan County Kentucky who is the Democratic candidate for State Auditor. She is a graduate of Yale University and received a law degree from the University of North Carolina.

Allison Ball is the current State Treasurer, completing her second term in that office. She is an attorney from Eastern Kentucky. As treasurer, she returned more than \$142 million in unclaimed property to Kentuckians. She is a mother and a wife and currently resides in Frankfort.

State Treasurer

Republican Nominee Mark Metcalf

is a graduate of the University of Kentucky where he received both his undergraduate degree and law degree. He worked for the U.S. Army National Guard from 1992 until 2020. He won a contested Republican primary to win the nomination. He was born in Lancaster, Ky

Democratic Nominee Michael Bowman formerly ran for the office of State Treasurer, but he was defeated in his election bid by current state treasurer Allison Ball. The Louisville resident is seeking the nomination for state treasurer.

Louisville plastics ordinance boomerangs around the chamber

Louisville Metro Councilwoman Betsy Ruhe has proposed an ordinance that would require restaurant customers using the drive-thru or carryout options to affirmatively request utensils, straws, and napkins. The motive behind this regulation is to reduce plastic waste. The Kentucky Restaurant Association has been on the frontline in fighting this issue, but even when a reasonable solution is reached, to encourage a collaborative educational campaign with restaurants and the City of Louisville. The regulation would require that a customer affirmatively request utensils and other items necessary to enjoy a carryout meal. Customers could become frustrated when they are not provided with these items. Further, restaurant employees may forget that they cannot automatically provide these items, risking further regulatory action. Restaurants encourage the

Louisville Metro Council to work with restaurants in developing an educational campaign for Kentucky. So far, there is no evidence that such laws reduce plastic use in communities, especially when plastic is contained in so many items American use everyday.

Louisville discusses earlier bar and restaurant hour closures

The city of Louisville's 4 a.m. bar 'last call' has long been a point of discussion, many residents of the Louisville Highlands community where there is a significant concentration of bars and restaurants are raising concerns about the increased criminal activity in their community. One of the proposed solutions is to reduce the number of hours bars and restaurants can serve alcohol. The proposal would allow bars and restaurants to serve alcohol until 2 a.m. instead of the current 4 a.m. No ordinance has been formally filed, but a policy change is under discussion.

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When: Monday, September 18, 2023

Time: 9AM Shotgun Start

Where: The Golf Courses at Kenton County, Willows Course



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Sponsorships Range from \$100-\$5000

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For more information

FOOD SAFETY MANAGEMENT SYSTEM

September 2023 is FOOD SAFETY MONTH!

To recognize the importance of this topic please read the article below talking about how owners, operators and managers can help control or eliminate the risk factors to our food.

Food Safety Management Systems

In June 2023 the FDA released results from the 10-year (2013-2023) Retail Food Risk Factor Study. The FDA investigated the relationship between food safety management systems (FSMS), certified food protection managers (CFPM), and the occurrence of risk factors and food safety behaviors and practices commonly associated with foodborne illness in restaurants. In the 2017-2018 data collection report the FDA suggested that a well-developed and documented FSMS can help reduce the occurrence of foodborne illness risk factors, which are:

1. Purchasing food from unsafe sources
2. Failing to cook food correctly
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

The study also showed the three food safety behaviors/practices needing the most improvement:

1. Cold holding of food requiring refrigeration
2. Employee handwashing (includes when to wash hands and how to properly wash hands)
3. Cooling food properly

Results showed that inadequate FSMS were the strongest predictor of data items being out of compliance in both fast food and full-service restaurants and poor implementation of FSMS has been described as a precursor to foodborne illness outbreaks. Out of the 409 fast food restaurants surveyed, only 12% had a well-developed and documented FSMS. Of the 430 full-service restaurants surveyed only 2.6% had a well-developed and documented FSMS! Restaurants with well-developed FSMS had less than half as many risk factors and food safety practices that were out of compliance than restaurants with non-existent FSMS. This may seem like common sense, but just because a food establishment has a FSMS, doesn't mean it is "well-developed". The FSMS is proactive when these crucial programs are in place to help prevent a foodborne illness outbreak:

1. Personal Hygiene program
2. Food safety training program
3. Supplier selection and specification program
4. Quality control and assurance program
5. Cleaning and sanitation program
6. Standard operating procedures
7. Facility design and equipment maintenance program
8. Pest control program.

Being "well developed" means these programs have

standard operating procedures in place; these are defined actions or step by step instructions adopted by management for accomplishing a task to minimize food safety risks. Training is consistent and ongoing; this is the process of educating employees on food safety practices and how to implement them. Monitoring is consistent and ongoing; this is routine observations/measurements to determine if these procedures are being carried out and they are documented.

As owners, operators, and managers, you must ensure that your teams are being consistently trained and held accountable to your FSMS. Having a certified food protection manager on each shift that can monitor the team and systems will help create a food safety culture in your restaurant that will lead your team members to a higher standard of ownership, productivity, and execution. But most of all when guests come to enjoy delicious food, you can be confident that it is being served to them safely!



Food Safety First!
Amy Shankle
Director of Training
Kentucky Restaurant Association

www.fda.gov/retailfoodriskfactorstudy
www.foodsafetyfocus.com

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KRA Day at the Races

Churchill Downs ~ November 16, 2023

Starting Gate Suites 5 ~ 11:30 a.m. thru afternoon

Lunch ♦ Speakers ♦ Networking



Hospitality Owners, Managers and Chefs – register below to attend!

\$20 for each Owner, Manager or Chef

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\$7,500 KRA Members, \$9,000 KRA Non-members

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- One double suite and a table round to exhibit your products or services; includes 6 company representatives*
- Company name and logo listed on all printed materials as premium sponsor.

Win-Place-Show Sponsor – 5 Available

\$2,500 KRA Members, \$3,500 KRA Non-members

- One suite and one table round to exhibit your products or services; includes up to 4 company representatives*
- Company name and logo listed on all printed materials

Centerpiece
contest for
Table Sponsors!

Table Sponsor – 18 Available

\$500 KRA Members, \$1,000 KRA Non-members

- One table round to network with guests and exhibit brochures; includes 2 company representatives*
*Additional company representatives \$50 each

Please select "Attend" or "Sponsor" and complete form below: I would like to ☐ Attend ☐ Sponsor

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Job Title

Additional Attendees/Titles

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State

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Join us for
GOLFTOBERFEST!

October 2, 2023

Persimmon Ridge Golf Club – Louisville, Kentucky

Registration Form



Contact Information (Required):

Company: _____

Contact: _____ Title: _____

Address: _____

Phone: _____ Fax: _____ Email: _____

☐ I am registering a team for the Golftoberfest Tournament. My team members are listed below. **Team fee \$600.00***

☐ I am registering myself for the Golftoberfest Tournament and need to be placed with a team for play. **Individual fee \$150***

Players' Names

***Fee covers Greens Fees, Cart, Tee Prize, Food and Beverages
Mulligans \$5 each, 2 per person.
10 a.m. Registration & Lunch ~ Shotgun start at Noon**

Total Amount \$ _____ Check enclosed or charge my credit card:

Please circle one: Visa MasterCard Discover American Express

Name on Card: _____

Card Number: _____ Exp: _____ CVV Code: _____

Signature: _____ Date: _____

Authorized Signature: _____ Date: _____

Send Form & Payment to: Kentucky Restaurant Association
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KRA GOLFTOBERFEST!

Persimmon Ridge Golf Club

October 2, 2023



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- ☐ Birdie Sponsor - \$3,000
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- ☐ Hole Sponsor* - \$300
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Contact: _____ Title: _____

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Phone: _____ Fax: _____ Email: _____

In order to secure a sponsorship package, please complete & return this agreement to KRA office with full payment.

Total Amount \$ _____ Check enclosed or charge my credit card:

Please circle one: Visa MasterCard Discover American Express

Name on Card: _____

Card Number: _____ Exp. Date: _____

Signature: _____ Date: _____

CVV Code: _____

Official Signature: _____ Date: _____

Mail Agreement & Payment to:

Kentucky Restaurant Association
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Louisville, KY 40243
502/400-3736
502/896-0465 fax





CREATING A FOOD SAFETY STRATEGY THAT IS EASY TO IMPLEMENT

by ANNE SHADLE, OWNER OF LEFT BRAIN SOLUTIONS & CO-OWNER OF MAYAN CAFÉ

Having a **C** on your front door is one of the most embarrassing things that can happen to a restaurant. One critical violation and you're wearing the Scarlet Letter for at least a week. Unfortunately, it's happened to so many of us.

Getting a C will push you to want to create new policies around food safety. It can feel intimidating to break down the food code into usable instructions for your team, so I'm here to help! Every kitchen is different, so my suggestion is to connect with your area's health inspector. When I first created a list of rules for our kitchen, I sent it to my inspector to look over and make sure it was accurate and thorough. Not only did this improve my list, but it showed my inspector that we were trying to work with him,

rather than against him.

Once you build a list that is applicable to your kitchen, the next step is devising an implementation strategy to make sure it's being used consistently. My suggestion is to place the responsibility on your highest level non-kitchen manager. Ask them to go over every step on the list once per week. If there are issues, they should show them to the kitchen manager in the moment to let them know what's going wrong. It's valuable to have someone who works outside the kitchen do the checking so they have fresh, outside eyes.

It's also important to engage your kitchen team in implementing these rules. We have had a financial incentive in place for the last 10+

years in our kitchen. When the inspector comes, if we get an A, everyone who was working that shift gets \$50 cash. If we failed and the critical violation was on your station, you get a write up. Everyone knows about the cash incentive, so they are extra motivated to help us get an A since they all have something valuable on the line.

I'm including my list here to give you all some ideas on what types of things should be on your own. Please reach out if you need assistance with this or other operational issues inside your restaurant.



DAILY CHECK LIST OF HEALTH DEPT. POLICIES

ALL KITCHEN STATIONS

- Health Dept certified food manager in the building at all times.
- All staff wearing hat/head covering at all times
- Employee Drink in proper cup and in proper location – with a lid and straw.
- Coolers at 40-41 degrees
- All pre-prepared food dated and discarded after 7 days
- When cooling food, write time taken out of oven. It must cool to 70 degrees within 2 hours and then goes in walk-in.
- Sanitizer buckets at all stations – bleach between 100-200ppm. Do not store on floor. Separate buckets for raw meat & fish and another for vegetables or anything else cooked.
- Must have stick thermometers available as well as bleach (purple) & quat (green) test strips.
- Check that dish machine is between 50-100ppm
- All spray bottles with cleaning solutions must be clearly labeled.
- Spoons or tongs in all garnishes or foods you'd touch with your hands – handle up, not touching food
- Use tongs, gloves or some barrier when touching all ready-to-eat food.
- Handwashing – often, for 20 seconds, turn off water with paper towel
- Check knives, tongs, pots, pans and other equipment for chips, cracks or dents
- Sanitize cutting board, knives and tongs every 4 hours
- Sanitize knife/change gloves when prepping ready to eat food between changing tasks
- Clean all greens well, checking for any bugs from the farm
- Ice Cream Scoop either stored in ice cream bucket with handle up, not touching food. Or sitting out on clean, dry surface and sanitized every 4 hours. Not stored in ice water!
- Make sure NO food is in the hand sink
- 3 Comp sink:
 - a. Bleach at 100ppm on left sink,
 - b. Water temp at or less than 75 degrees
 - c. Make sure wash sink has clean, soapy water at all times – refill & change water appr. 3 times per shift (or as necessary to keep clean)
 - d. Let dishes air dry. Do not dry with towel.

WALK-IN REFRIDGERATOR

- 41 degrees or cooler
- All foods/boxes 6 inches off floor
- All shelves easily cleaned (Have dishwasher clean shelves of walk-in 1 time per month)
- Order of food in walk-in : (top to bottom) Ready To Eat – Fish/ Pork/Rabbit (all cooked at 145 degrees) – Ground Beef (cooked at 155 degrees) – Poultry (cooked at 165 degrees) (If not enough shelves, store in separate containers, covered well)
- Eggs on bottom shelf, under anything that is not raw meat.
- All foods prepped and not used within 24 hours have date marked.
- No prepped food longer than 7 days old.
- Meat must have safe-handling label and address on packaging
- Check dates on all dairy products. Throw away if not used by date of expiration

FRONT OF HOUSE

- Wash hands before cutting lemons and limes and any other garnishes. Put on gloves when cutting garnishes. Wash hands after removing gloves.
- Date perishable garnishes. Check date on milk & cream. Discard after date of expiration
- Wash hands after touching dirty plates, don't just use sanitizer (wash hands for 20 seconds and turn off water with paper towel)
- Thermometer in wine fridge. Temp at 41 or below.
- All servers with hats/hair pulled back.
- All employee drinks on employee drink shelf in proper cup – with lid and straw.
- No food that staff is eating on the wine cooler/mixed with service items.
- Bleach solution tested daily to make sure bleach is between 100-200 ppm. Label bottle.

In 2007, I opened Mayan Café with my business partner, Chef Bruce Ucan. Over these past 16 years, I have learned countless lessons about how to run our business sustainably and enjoyably. After working with over 400 small business owners as a business coach with the Kentucky Small Business Development Center, I decided to start my own consulting firm. With my clients now, we do a deep dive into their financial management habits, HR practices and marketing strategies with the goal of increasing efficiency and profitability. If you're interested to learn how to run your business smarter, please reach out to me. anne@leftbrainsolutions.io

AN OUNCE OF SAFETY IS WORTH A POUND OF SAVINGS



Employee safety procedures at a restaurant are crucial to maintain a safe working environment and prevent accidents or injuries. It maintains morale of your employees, and it helps keep your insurance costs low.

In Kentucky, restaurants have seen lower frequency of accidents over the past 10 years that have resulted in lower rates. How much lower? The Restaurant NOC class has decreased almost 59% since 2013, and the Fast Food Restaurant class down 62%. A true testament that safety does pay off!

But to keep rates low, safety needs to remain a priority each and every day. Here are some common safety procedures that successful restaurants have implemented:

Training and Orientation: All employees should receive proper training and orientation when they join the restaurant. This training should include information on safety procedures, emergency protocols, and the proper use of equipment.

Personal Protective Equipment (PPE): Restaurant employees may be required to wear specific PPE, such as slip-resistant shoes, gloves, aprons, and safety goggles, depending on their tasks. PPE helps protect against hazards like slips and falls, burns, cuts, or exposure to harmful chemicals.

Sanitation and Hygiene: Maintaining proper sanitation and hygiene practices is essential to prevent foodborne illnesses and maintain a safe working environment. Employees should follow proper handwashing techniques, wear disposable gloves when handling food, and regularly clean and sanitize work areas, utensils, and equipment.

Safe Lifting and Carrying: Restaurants often involve lifting heavy items such as crates of supplies or kegs. Employees should be trained in proper lifting techniques, such as bending at the knees and using their leg muscles rather than their back, to prevent strains and injuries. Equipment like dollies or carts should be provided to assist with heavy lifting.

Fire Safety: Fire safety procedures should be in place and communicated to all employees. This includes knowing the locations of fire extinguishers, emergency exits, and evacuation routes. Regular fire drills and training sessions should be conducted to ensure everyone knows how to respond in case of a fire emergency.

Equipment Safety: Proper use and maintenance of kitchen equipment are essential to prevent accidents. Employees should be trained to operate equipment safely, such as fryers, ovens, slicers, or grills. Regular inspections and maintenance should be performed to ensure equipment is in good working condition.

Slip and Fall Prevention: Slip and fall accidents are common in restaurants, often caused by wet floors or cluttered walkways. Employees should promptly clean up spills, use caution signs to warn others, and keep walkways clear of obstacles. Non-slip mats can be placed in areas prone to wetness.

Hazardous Chemical Handling: If your restaurant uses cleaning chemicals or other hazardous substances, employees should be trained on their proper handling, storage, and use. This includes using appropriate personal protective equipment, following

instructions on labels, and storing chemicals in designated areas away from food preparation areas.

Emergency Response: Employees should be familiar with emergency procedures, such as responding to accidents, injuries, or medical emergencies. First aid kits should be readily available, and designated employees may need to be trained in CPR and basic first aid.

Regular Inspections and Maintenance: Regular inspections of the premises, equipment, and safety protocols should be conducted to identify and address any potential hazards. Maintenance and repairs should be promptly carried out to keep the restaurant environment safe for employees.

It's important for restaurant owners and managers to develop and enforce safety policies, provide ongoing training, and encourage employees to report any safety concerns. By prioritizing employee safety, restaurants can create a healthy and secure working environment for their staff.

Need help with getting these safety measures in place? Turn to your insurance company for assistance. Many companies like ClearPath Mutual Insurance provide these services when you place your business with them at no additional cost.

In closing, let's apply a famous phrase from Benjamin Franklin to this topic, "An ounce of safety is worth a pound of savings."

Jeff Borkowski
President & CEO, ClearPath Mutual
Insurance Company
Louisville, KY

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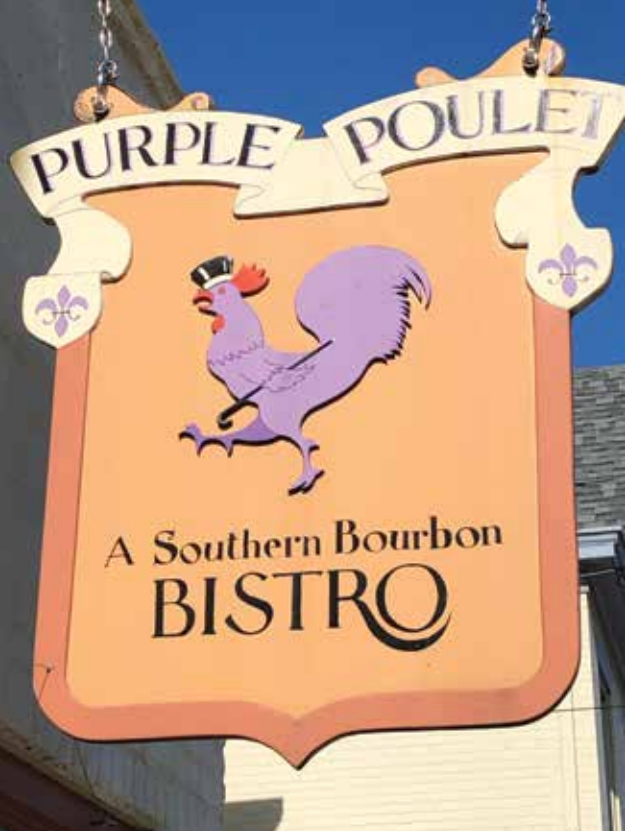
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Chefs That Sizzle

Chef Z of Purple Poulet

Purple Poulet, A Southern Bourbon Bistro located in a recently restored historical building in the Northern Kentucky river-city of Newport, was named Best Fried Chicken in the State of Kentucky by Southern Living Magazine. The restaurant represents the passion of Chef/Owner Richard Zumwalde and his love for southern foods and most especially, bourbon!

Chef Z, as he is affectionately known began his career in the late 70's & 80's working in classically French restaurants and private clubs. Guests of the restaurant commonly ask, "How did the name come to be?" The story goes... Although classically French trained, Chef Z's passion has always been southern foods. What's more southern than fried chicken, the restaurant's Claim to Fame? The menu also features other upscale traditional southern dishes such as the Chef's Kentucky Chicken Coq

Au Vin, Voodoo Salmon and the Swanky Shrimp and Grits. Our philosophy...upscale southern cooking with an emphasis on our Claim to Fame, Fried Chicken Dinner, hence the name Poulet. Why Purple? Although there is a bit more to the story, purple, gold, coral and other bright hues all bring to mind the vibrant colors of some of our favorite historical southern cities...and purple is his wife's favorite color!

Purple Poulet is a southern bourbon bistro inspired by the cuisines of Charleston and New Orleans, with an infusion of Kentucky. Perfect for a dinner with friends, a special occasion or simply any occasion. It's our mission to provide an unparalleled dining experience — one that reflects the original culture and flavors of the Bluegrass State and the Deep South.

Being Southern is about more



than our food. It is about devotion to our roots, a sense of place, of tradition, of family, of hard work and each other. To that end, Purple Poulet, a Southern Bourbon Bistro where farm-fresh ingredients, classic southern cooking, warm, inviting southern culture and hospitality await you. What goes better with southern foods than Kentucky Bourbon. We have that covered also...our bar features



over five hundred bourbons and ryes. Whether you're hankering for an old favorite such as Jim Beam, Maker's Mark or Old Grand Dad or maybe you're more adventurous and looking to try something new such as Monk's Road 5th District Series, Boone County Bourbon or our very own single barrel pick

from our neighbors and friends at New Riff Distillery, it's all here at Purple Poulet.

Many of the Bistro's menu items also incorporate Kentucky bourbon in the recipe. The Casino Style Market Catch with Bourbon, Bacon, Bar B Que, Maple Broth, Hickory Smoked Beef Brisket with Bourbon Peach Broth, and our eclectic PB & J Pork Chop with Bourbon Mashed Sweet Potatoes are just a small sample of our southern offerings.

Creating tasty, mouthwatering dishes is not the only priority of our day-to-day operations. Earlier in his career, Chef Z through his affiliation as

president of the local chapter of the American Culinary Federation worked to establish high standards for sanitation and cleanliness. Sanitation is a very important part of this restaurant's standard process and staff are trained and continuously reminded of the importance of cleanliness and the prevention of cross contamination and spread of germs. The restaurant receives many comments/compliments on the appearance of our kitchen, dining rooms and other guest areas.



PURPLE POULET **PICKLED SHRIMP with MANGO** **VINAIGRETTE & WATERMELON SALAD**

2 C. White Vinegar	1 Tbls. Mustard Seed
1 C. Lemon Juice	1 Tsp. Celery Seed
½ C. Lime Juice	1 Tsp. Fennel
¼ C. Orange Juice	1 Tsp. Red Pepper Flakes
¼ C. Olive Oil	½ Tsp. Turmeric
2 Cloves Garlic, Minced	1 Bay Leaf
1 Tbls. Salt	1 ½ Lb. Shrimp
1 Tbls. Coriander	

Mix all ingredients, except the shrimp, in a medium sauce pot. Bring to a boil, reduce heat and simmer for ten (10) minutes. Remove from heat, add shrimp and allow shrimp to sit in the mixture for approximately ten (10) minutes, until they turn pink. Remove shrimp from liquid, into separate bowl and allow both shrimp and liquid to cool in refrigerator. Once cool, add liquid mixture back to the shrimp. Keep chilled until ready to serve.

WATERMELON SALAD

4 C. Cubed Watermelon
½ Red Onion, Sliced
1 C. Favorite Italian Vinaigrette

Mix all ingredients and chill until ready to serve

MANGO VINAIGRETTE

1 C. Chopped Mango, Fresh or Frozen
2 Tbls. Water
6 Tbls. Salad Oil
1 Tbls. Cider Vinegar
2 Tbls. Lime Juice
2 Tsp. Honey
¼ tsp. Salt
Pinch Red Chili Flakes
Puree all ingredients in blender or food processor

How can restaurants reduce some of the most common injuries?



Laceration Prevention Tips:

- Wear protective gear, like steel mesh or Kevlar gloves, to guard hands against knives and mandolin slicers and sturdy, closed-toe shoes to protect feet should a knife be accidentally dropped
- Use stable cutting boards or a solid surface when chopping and cut away from the body
- Avoid distractions while slicing and dicing
- Properly store knives when not in use



Burn Prevention Tips:

- Use protective oven mitts or gloves when lifting hot pots and pans – not a hand towel
- Wear splatter shields or gauntlets to protect arms from hot grease splashes
- Allow heavy, hot stockpots or oil containers to cool before attempting to lift them
- Follow the proper procedures for using deep fryers



Strain Prevention Tips:

- Provide lifting aides such as dollies, carts or another employee when possible
- Train employees to understand that objects over 50 pounds require a two-person lift
- Allow for breaks from repetitive movements
- Encourage employees to avoid awkward positions and ensure workstations are the appropriate height



Contusion Prevention Tips:

- Properly store items on high shelves to ensure they do not fall and strike employees
- Store heavy objects close to the floor
- Prevent file cabinets from tipping over by opening one drawer at a time
- Wear proper PPE such as hard hats and steel-toe boots



Sprain Prevention Tips:

- Enforce a policy that makes slip-resistant shoes mandatory for all employees
- Clean up spills immediately or place a wet floor sign over the area if the spill cannot be immediately cleaned
- Use slip-resistant mats with beveled edges in wet areas
- Ensure employees understand the proper soap-to-water ratios when mopping floors



Fracture Prevention Tips:

- Practice ladder safety, including inspecting the ladder for damage before use and not overreaching when on the ladder
- Prevent slips, trips and falls by keeping the floor clear of fallen objects, cleaning up reported spills, checking the pathway for obstructions and ensuring slip-resistant mats and rugs are placed throughout the restaurant
- Properly store items with the largest, heaviest boxes at the bottom and lighter items on higher shelves and do not overload the shelves past their maximum weight capacity



Puncture Prevention Tips:

- Make cut-resistant gloves available for staff that use knives or slicing equipment to prepare food
- Use designated buckets to dispose of broken glass, bottles and plates – do not use regular trash
- Do not pick up broken glass with bare hands
- Do not carry knives in your pocket
- Cut away from yourself when using a knife



Inflammation Prevention Tips:

- Use easy-to-grip knives and kitchen utensils with sturdy, padded handles
- Make sure employees are allowed to take frequent breaks from repetitive tasks, like cutting, to help avoid injury
- The height of the work surface should be appropriate to the employee's height and the task involved
- Use good posture to prevent additional strain on neck, shoulder and arm muscles
- Keep everything within easy reach



Foreign Body Prevention Tips:

- Read and understand the safety data information for each unknown kitchen cleaning product or tool
- Wear proper personal protective equipment, such as protective glasses or gloves, when needed
- Store chemicals in designated storage areas below eye level



Concussion Prevention Tips:

- Prevent slips, trips and falls by keeping the floor clear of fallen objects, cleaning up reported spills, checking the pathway for obstructions and ensuring slip-resistant mats and rugs are placed throughout the restaurant
- Wear proper non-slip shoes
- Pay attention to your surroundings
- Remove any clutter from high-traffic areas
- Teach staff proper lifting and carrying techniques



Questions & Answers

Q: What is a food safety culture and how do I set up a culture of food safety in my restaurant?

A: Food safety culture is the practices and beliefs of an organization about the food they handle. It is all about a set of values, behavior, attitude, and organizational mindset when it comes to food safety. Focus on these five core components:

1. Leadership
2. Employee confidence
3. Management Support
4. Accountability
5. Sharing of knowledge and information.

To set up that culture for success, develop a vision and lead by example, empower your employees through training and support on your food safety practices, consistently hold them accountable, and share any new knowledge or information as food safety regulations may change.

Q: How can I be intentional with my staff throughout their shifts, reminding them of important food safety points while they're in a hurry to get their tasks done?

A: Make it fun, make it quick and make it simple! Come up with rewards or ways to recognize best practices and champion your best staff!

Q: What is the FDA Food Code and how is it enforced?

A: The FDA Food Code a science-based code that provides federal recommendations on food safety regulations. Although every U.S. state apart from California has adopted some version of the FDA Food Code, the Food Code is not federally enforced. Rather, it serves as a guidance document for states and local jurisdictions to oversee the health and safety of food establishments in the region. Restaurants must adhere to their state or territory's own food safety codes and regulations.



How may we be of assistance?

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or email stacy@kyra.org with your question.



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- Minimum Wage / Fair Labor Standards Act
- Uniformed Services Employment and Reemployment Rights Act (USERRA): The full text of the notice must be provided by each employer to persons entitled to rights and benefits under USERRA. Employers may provide the notice by posting it where employee notices are customarily placed. However, employers are free to provide the USERRA notice in other ways that will minimize costs while ensuring that the full text of the notice is provided (e.g., by distributing the notice by direct handling, mailing, or via electronic mail.)
- Family and Medical Leave Act: must be posted by private sector employers who employ 50 or more employees in 20 or more work weeks, and by all government agencies.

Individual notices may be printed from the US Department of Labor website at www.dol.gov or an all-in-one poster containing these six federal notices may be obtained from the KRA office. Kentucky state law requires all employers post the following notices as well:

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