

Welcome to a Hispanic Heritage Month Inspired Lunch and Celebration!



HISPANIC HERITAGE MONTH

SEPTEMBER 15 TO OCTOBER 15

Celebrate
with a lunch
inspired by
traditional
Hispanic
cuisines!

Thursday,
September 21,
2023
11 am - 2 pm
Employee Cafeteria



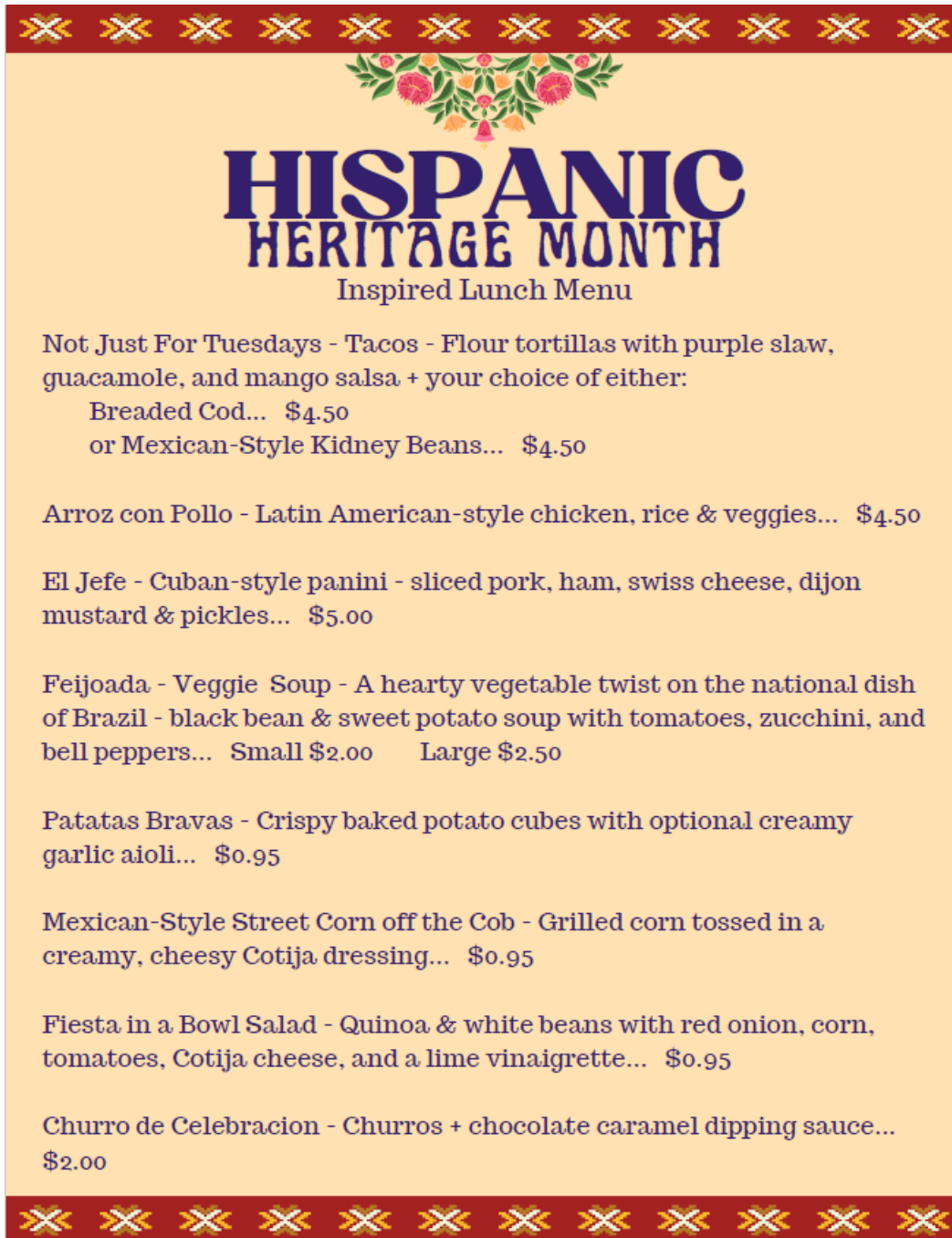


Celebre con un almuerzo inspirado en la cocina tradicional hispana.

jueves
21 de septiembre
de 2023
11 am - 2 pm
cafetería para
empleados

Both marketing flyers were hung around the hospital by me and distributed via email by hospital administrators. The SALUD president helped by translating the message to Spanish.

Menu – The hospital was planning to create a menu for Hispanic Heritage Month, so when I arrived for my rotation, they assigned this theme to me. I worked closely with the manager of the employee café to create an inspired menu that included recipes from different countries and cultures. I wanted there to be vegetarian and vegan options on the menu. For this reason, there was a bean taco option and the soup and potatoes with garlic aioli were kept entirely plant-based. The street corn, salad, and churros were vegetarian, containing some dairy ingredients. The dairy included was Cotija cheese in the salad and street corn; the street corn also contained mayonnaise; and the churros and dipping sauce included milk products.



The graphic is a vertical menu card with a light orange background. At the top and bottom are decorative borders with a repeating pattern of stylized 'X' marks in red, yellow, and white. In the center, there is a floral illustration of pink and orange flowers with green leaves. Below the illustration, the text 'HISPANIC HERITAGE MONTH' is written in a large, bold, blue serif font. Underneath that, 'Inspired Lunch Menu' is written in a smaller, blue serif font. The menu items are listed in a blue serif font, with descriptions and prices. The items are: 'Not Just For Tuesdays - Tacos - Flour tortillas with purple slaw, guacamole, and mango salsa + your choice of either: Breaded Cod... \$4.50 or Mexican-Style Kidney Beans... \$4.50', 'Arroz con Pollo - Latin American-style chicken, rice & veggies... \$4.50', 'El Jefe - Cuban-style panini - sliced pork, ham, swiss cheese, dijon mustard & pickles... \$5.00', 'Feijoada - Veggie Soup - A hearty vegetable twist on the national dish of Brazil - black bean & sweet potato soup with tomatoes, zucchini, and bell peppers... Small \$2.00 Large \$2.50', 'Patatas Bravas - Crispy baked potato cubes with optional creamy garlic aioli... \$0.95', 'Mexican-Style Street Corn off the Cob - Grilled corn tossed in a creamy, cheesy Cotija dressing... \$0.95', 'Fiesta in a Bowl Salad - Quinoa & white beans with red onion, corn, tomatoes, Cotija cheese, and a lime vinaigrette... \$0.95', and 'Churro de Celebracion - Churros + chocolate caramel dipping sauce... \$2.00'.

**HISPANIC
HERITAGE MONTH**
Inspired Lunch Menu

Not Just For Tuesdays - Tacos - Flour tortillas with purple slaw, guacamole, and mango salsa + your choice of either:
Breaded Cod... \$4.50
or Mexican-Style Kidney Beans... \$4.50

Arroz con Pollo - Latin American-style chicken, rice & veggies... \$4.50

El Jefe - Cuban-style panini - sliced pork, ham, swiss cheese, dijon mustard & pickles... \$5.00

Feijoada - Veggie Soup - A hearty vegetable twist on the national dish of Brazil - black bean & sweet potato soup with tomatoes, zucchini, and bell peppers... Small \$2.00 Large \$2.50

Patatas Bravas - Crispy baked potato cubes with optional creamy garlic aioli... \$0.95

Mexican-Style Street Corn off the Cob - Grilled corn tossed in a creamy, cheesy Cotija dressing... \$0.95

Fiesta in a Bowl Salad - Quinoa & white beans with red onion, corn, tomatoes, Cotija cheese, and a lime vinaigrette... \$0.95

Churro de Celebracion - Churros + chocolate caramel dipping sauce... \$2.00

Recipes – Although I sourced recipes and did the math to make them all for 25 servings, while working with the director of the Food Service and Nutrition Department, several items were selected to be purchased pre-made to cut down on the production time needed to prepare all the items on the menu, as well as cut back on costs. Frozen breaded cod and packaged tortillas were used. Canned beans were used for the tacos, but spiced up in-house. Pre-made guacamole was served with the tacos. A premade mango salsa was brought in, but bulked up with additional ingredients, such as cilantro and corn, in-house. Pre-cubed sweet potatoes and white potatoes were used for the soup and patatas bravas. Pre-cooked red quinoa was used for the salads. Canned white beans were used for the salad, which was made early so the flavors could soak in. Pre-made chocolate and caramel sauces were mixed in house to make the churro sauce. Frozen churros were cooked in-house.

Spicy Mexican Kidney Beans - <https://rainbowplantlife.com/how-to-cook-beans-in-the-instant-pot/#wprm-recipe-container-5637>

Original recipe quantity and serving size

Makes 5 servings - 3 cups total, about 0.6 cups per serving

<i>Ingredient</i>	<i>Quantity from original recipe</i>	<i>Quantity for 25</i>	<i>Instructions</i>
Kidney beans	8 ounces	40 ounces	Canned or soaked dry beans
Red onion	½ cup (75g)	2.5 cups (375g)	Finely diced
Garlic	4 cloves	20 cloves	Minced
Kosher salt	1 teaspoon	5 t	Add more to taste
Chili powder	½ tablespoon	2.5 T	Or less/omit to keep beans mild
Cumin powder	1 teaspoon	5 t	
Oregano	1 teaspoon	5 t	
Paprika	½ teaspoon	2.5 t	Smoked, or regular
Green chiles	4 oz can (115g)	20 ounces (575g)	Select mild chiles, or omit to keep beans less spicy

Low-sodium veggie broth	1.25 cups (300mL)	6.25 cups (1,500mL)	
Salsa	16-ounce jar (454g)	80 ounces (2,270g)	Red or green salsa (I have used red, mild or medium heat, but I omit the can of green chiles)

Directions: This recipe is originally for the instant pot, so the amount of broth may be different for stovetop cooking. Two options - combine all ingredients and cook until beans can be easily mashed with medium pressure from a fork OR sauté onions in pot with a splash of broth until soft, add dry spices and another splash of broth, stir, and cook for about 30 seconds (do not let spices burn). Then, add the beans, jalapenos, garlic, chiles (optional), salsa, and the rest of the broth, stir, and cook until the beans are soft, checking/stirring periodically.

Mango & corn salsa - <https://oohlalaitvegan.com/10-minute-mango-sweet-corn-salsa/#recipe>

Original recipe quantity and serving size

6 servings - about ½ cup per serving

<i>Ingredient</i>	<i>Quantity from original recipe</i>	<i>Quantity for 25</i>	<i>Instructions</i>
Mango	1 cup	~4.25 cups	Diced
Corn	1 cup	~4.25 cups	Fresh or frozen
Lime juice	2 tablespoons	~8.34 T	Squeezed
Jalapeno	1 medium	~4 peppers	Remove seeds and membranes; finely diced
Red onion	½ cup	~2 cups	Finely diced
Orange bell pepper	½ cup	~2 cups	Finely diced
Cilantro	½ cup	~2 cups	Coarsely chopped; optional
Garlic	1 tablespoon	~4 T	Minced

Directions: Mix all ingredients, serve cold.

Fiesta in a Bowl Salad - <https://www.isabeleats.com/mexican-quinoa-salad/#wprm-recipe-container-28840>

Original recipe quantity and serving size

8 servings - about ½ cup per serving

<i>Ingredient</i>	<i>Quantity from original recipe</i>	<i>Quantity for 25</i>	<i>Instructions</i>
Uncooked quinoa	1 cup, uncooked	3 ⅛ cups	*For salad Using pre-cooked red quinoa.
Water or veggie stock	2 cups	6.25 cups	
White Beans	1 can (15 ounce)	46.9 ounces	Drained and rinsed
Corn	1 can (15 ounces)	46.9 ounces	Drained and rinsed
Tomatoes	1 pint	3 ⅛ pints	Grape tomatoes, quartered
Red onion	½ medium	About 1.5	Finely diced
Cotija cheese	¾ cup	2 ⅓ cups	Can sub feta; crumbled
Cilantro	¼ cup	0.78 cups, about ¾ cups	*For dressing; chopped
Olive oil	3 tablespoons	9.375 T	
White wine vinegar	3 tablespoons	9.375 T	
Oregano	½ teaspoon	1.5 t	dried
Kosher salt	½ teaspoons	1.5 t	
Black pepper	¼ teaspoons	About ¾ t	Freshly ground recommended

Lime juice	2 tablespoons, about 1 lime	6.25 T or about 3.25 limes	Juiced
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Directions: Instructions to cook quinoa omitted, since premade quinoa is being used. Make the dressing. Add all ingredients to a small bowl or mason jar, and whisk or shake together to combine. Cover and refrigerate until ready to serve. Add quinoa to black beans, yellow corn, grape tomatoes, red onion, and crumbled cotija cheese in a bowl. Pour in the dressing and toss to combine. Taste and season with more salt, if necessary. Serve immediately or cover and refrigerate until ready to serve.

Menu Costs – These three recipes were costed out for 25 servings using the Sysco Shop website used for ordering by the CMC Food Service and Nutrition Department. The employee café receives funding to keep the cost to employees lower.

Recipe Name: Purple Slaw

<i>Ingredients</i>	<i>Quantity (for 25)</i>	<i>Purchase price and pack</i>	<i>Cost per unit</i>	<i>Total cost of ingredient in recipe</i>
Shredded green cabbage	8.34 cups (2.09 lbs)	\$6.13 per 5lb	\$0.82 per lb.	\$1.71
Shredded purple cabbage	8.34 cups (2/09 lb)	\$8.56 per 5lb	\$1.71 per lb.	\$3.57
Cilantro	1 cup (16g)	\$4.79 per 1lb (454g)	\$0.01 per gram	\$0.16
Lime juice	8.5T (4.5 limes)	\$21.53 for box of 54 limes	\$0.40 per lime	\$1.80
Salt	To taste	\$4.47 per 25 lb	\$0.18 per lb	Variable
Pepper	To taste	\$8.32 per 18 oz	\$0.46 per oz	Variable
Total Cost of Recipe				\$7.24

Recipe Name: Mexican-style Street Corn

<i>Ingredients</i>	<i>Quantity (for 25)</i>	<i>Purchase price and pack</i>	<i>Cost per unit</i>	<i>Total cost of ingredient in recipe</i>
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Corn (frozen)	8.34 lb (~25c, ~200oz)	\$31.97 per 12x2.5 lb (30lb)	\$1.07 per lb	\$8.92
Mayo	18.75T (1.2c, 9.4 oz; 256T per gal)	\$14.05 per 4x1gal (4gal)	\$0.1 per tablespoon	\$0.19
Garlic	6.25 cloves (~10 cloves per bulb, ~0.625 lb)	\$19.54 per 5 lb (~11 bulbs per lb)	\$1.78 per lb	\$1.11
Limes	6.25 limes	\$21.53 for box of 54 limes	\$0.40 per lime	\$2.5
Scallions	4.25c (~1 lb)	\$11.27 per 2 lb	\$5.66 per lb	\$5.66
Cotija cheese	3 1/8 cup (0.8 lb)	\$5.42 per lb	\$5.42 per lb	\$4.34
Cilantro	1.5 cup (24g)	\$4.79 per 1lb (454g)	\$0.01 per gram	\$0.24
Paprika	1.5T (1 lb = ~66T)	\$4.31 per 1 lb	\$0.07 per tablespoon	\$0.11
Jalapeño	6.25 (~13 per lb; 0.48 lb)	\$20.84 per 10 lb	\$2.08 per lb	\$1.00
Sea salt (flaky)	1.5 t (1 lb = 75 t; 0.02 lb)	\$28.19 per 3.1 lb	\$0.12 per teaspoon	\$0.18
Total Cost of Recipe				\$24.25

Recipe Name: Patatas Bravas with Garlic Aioli Sauce

<i>Ingredients</i>	<i>Quantity (for 25)</i>	<i>Purchase price and pack</i>	<i>Cost per unit</i>	<i>Total cost of ingredient in recipe</i>
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Potatoes	6,250g (13.78 lb)	\$56.40 per 6x5 lb (30 lbs)	\$1.88 per pound	\$25.90
Sea salt (flaky)	6.25 t	\$28.19 per 3.1 lb	\$0.12 per teaspoon	\$0.75
Vegetable oil	1,250 mL (~0.33 gal)	\$60.78 per 6 gallons	\$10.13 per gal	\$3.34
Chives	12.5 t (~2.08 oz)	\$7.99 per 4 oz	\$1.99 per oz	\$4.13
Soy milk	750 grams (27 oz)	\$19.73 per 6x64 oz	\$0.05 per ounce	\$1.35
Lemon juice	12.5 T (0.20 qt)	\$23.73 per 6 quarts	\$3.96 per quart	\$0.79
Garlic	50 cloves (5 bulbs; 0.45 lb)	\$19.54 per 5 lb (~11 bulbs per lb)	\$1.78 per lb	\$0.80
Sea salt (flaky)	3 t (1 lb = 75 t; 0.02 lb)	\$28.19 per 3.1 lb	\$0.12 per teaspoon	\$0.36
EVOO	14 oz (0.11 gal)	\$41.04 per 3 gal	\$13.68 per gal	\$1.50
<i>Total Cost of Recipe</i>				\$38.92

Food Waste and Costs – There were only a few of the prepackaged salads remaining at the end of lunch service. There would have been a bit of slaw, but myself and a couple of employees that were serving were allowed to make ourselves a taco at the end of the lunch service, and we finished what was not sold. I put the salads that were leftover on a tray and walked around passing them out, so they would not go in the trash.

Nutrient Analysis – I selected the plant-based meal option: a kidney bean taco with purple slaw, guacamole, and mango salsa (with two tortillas to fit all the toppings) + the veggie soup + patatas bravas with garlic aioli sauce

<i>Menu Item</i>	<i>Kcal</i>	<i>Fat (g)</i>	<i>CHO (g)</i>	<i>Pro (g)</i>	<i>Vit D (IU)</i>	<i>Calcium(mg)</i>	<i>Iron (mg)</i>	<i>Potassium (mg)</i>	<i>Sodium(mg)</i>
<i>Kidney bean taco with 2 tortillas</i>	459	7.2	80.2	17	0	239	4.8	400.5	1914
<i>Purple slaw</i>	36.4	0.2	8.8	1.3	0	42.5	0.7	217.9	141
<i>Guacamole</i>	28	2.1	2.3	0.5	0	4.6	0.2	103.4	119
<i>Mango salsa</i>	69	0.7	16.4	1.7	0	19.4	0.4	208.1	69.8
<i>Feijoada soup</i>	325	8.3	57.1	11.5	0	114.7	4.8	1523.4	57.6
<i>Patatas bravas</i>	324	10.4	53.4	6.6	0	48	2.9	1370.1	170.3
<i>Garlic aioli sauce</i>	186	18.7	4	1.5	7.3	42.9	0.3	96.2	156.4
<i>Tortilla alone</i>	280	6	50	8	0	160	2.9	0	840
<i>Tortilla x2</i>	560	12	100	16	0	320	5.8	0	1680
Total as-is	1427.4	47.6	222.2	40.1	7.3	511.1	14.1	3919.6	2628.1
<i>Total with only 1 tortilla</i>	1147.4	41.6	172.2	32.1	7.3	351.1	11.2	3919.6	1788.1
Total with no tortillas (taco salad)	867.4	35.6	122.2	24.1	7.3	191.1	8.3	3919.6	948.1

Analysis of data above: I analyzed three items that were all plant-based, using two tortillas to fit the beans and toppings. Including two tortillas, this meal comes to 1,427 kcal, which is a lot for one meal, if we are thinking of a ~2,000 kcal day. Still a large meal, at 867 kcal, this meal minus the tortillas (taco salad + soup + potatoes with sauce) supplies plenty of complex

carbohydrates/starch without the excess calories and sodium that come from the tortillas. The macronutrient percentages for this meal (minus the tortillas) are 20% fat, 67% carbohydrates, and 13% protein. Adding one tortilla would bring the distribution to 17% fat, 70% carbohydrates, and still 13% protein. I would recommend either cutting out the tortillas, or swapping out the potatoes and sauce for one tortilla, if this meal were to be eaten regularly.

I added a sodium column because I noticed while looking at the minerals, that the sodium was very high in the taco portion and most of it was coming from the tortilla. The tortillas also supply zero potassium. However, the meal in total provides 3,919 mg potassium, which is more than most people get in a whole day.¹ Without the tortillas, the total sodium for the full meal is 948 mg, which is still on the higher side, but not terrible, if breakfast and dinner are lower sodium to balance out this lunch. One positive of the tortillas, is that they provide calcium, 180 mg each. Without the tortillas, the meal contains 191 mg of calcium, but even just adding one tortilla brings that up to 351 mg. Each tortilla provides 2.9 mg of iron, but even without any tortillas, the meal contains 8.3 mg of plant-based, non-heme iron. There is also 556.4 mg of vitamin C to help improve the absorption of the non-heme iron!

This plant-based meal (taco salad + soup + potatoes with sauce) contains 24.1 grams of protein, mostly from the black beans and kidney beans, but there are a few grams in the slaw and salsa, and 8.1 g in the potatoes and sauce. The benefits of getting protein from different plant sources is that there are also a wide array other nutrients included in the whole package, especially plenty of fiber. This meal, minus the tortillas, provides 33.2 grams of fiber! That is greater than the recommendation for adult women, a little lower than the recommendation for adult men, and more than twice what the average American consumes per day.²

If the typical customer at the facility chooses this menu, how would it fit into a daily and weekly eating pattern?

This meal could fit into a daily and/or weekly eating pattern, especially if the taco salad options (minus the tortillas) or potatoes with sauce for tortillas swap options were used most days. This meal provides complex carbohydrates, plant-based protein, plenty of fiber, vitamin C (50% of recommended daily intake from potatoes with sauce alone), non-heme iron, vitamin K (over 75% from tacos, over 50% from potatoes/sauce), vitamin B6 (over 50% from each potatoes/sauce and soup), manganese (over 50% from soup), and copper (over 50% from soup). When adding all components together, this meal is very nutritious!

Production Schedule –

<i>Menu Item</i>	<i>Person Responsible</i>	<i>Time Frame</i>	<i>Notes</i>
Purple slaw	Kathleen	Mix dry ingredients on Wednesday, store in fridge, add sauce Thursday AM	
Mango & corn salsa	Kathleen	Mix ingredients Wednesday, store in fridge	

Guacamole	Kathleen	Defrost in fridge Tuesday; Thursday AM move to trays for grill line area	
Mexican-style beans	Kathleen and Timmy (cook)	Kathleen: mix all ingredients Wednesday, store in fridge; cooks: heat Thursday AM	
Street corn	Kathleen	Mix all ingredients except corn on Wednesday, store in fridge; Thursday: steam frozen corn and mix with other ingredients	
Salad	Kathleen	Mix all ingredients Wednesday, put into 6 oz bowls with lids, store in fridge	
Fish for tacos	Kathleen and café grill staff	Bring to café on Thursday AM (Kat); Café staff: cook on grill behind hot station, start before lunch service and make more as needed	
Patatas bravas	Theresa (cook)	Bake pre-cubed white potatoes Thursday AM	
Garlic aioli	Kathleen and Tom (director)	Make sauce Thursday AM	
Veggie soup	Theresa (cook)	Cook soup Thursday AM	
Arroz con pollo	Timmy (cook)	Defrost chicken on Wednesday; cook on Thursday	
Churros	Kathleen and Tom	Cook from frozen Thursday AM, toss in sugar and cinnamon	
Dipping sauce	Kathleen	Mix chocolate syrup and caramel sauce Thursday AM	
Tortillas	Kathleen	Bring to café from fridge Thursday AM	
Cuban panini	Kathleen and panini station staff	Kathleen: cut pork into thin slices Wednesday, bring to panini station Thursday AM; staff make paninis to order	

Production Record –

<i>Menu Item</i>	<i>Portion Size</i>	<i>Quantity Prepared</i>	<i>Quantity Leftover</i>	<i>Quantity Used</i>	<i>Special Instructions</i>
Purple slaw	½ cup	3 1/3 pans	None	All	Staff finished the little left after lunch for staff meal (for all food)
Mango salsa	½ cup	3 1/3 pans	None	All	
Guac	1 scoop #16	3 1/3 pans	None	All	
Beans	½ cup	½ pan	None	All	
Corn	1 cup	3 ½ pans	None	All	
Salad	½ cup	25 servings	9 bowls	16 bowls	I walked these around and gave them out
Fish	2 pieces, 2-3 oz each	Made to order after the first trays went out	None, cooked from frozen	Unknown	
Patatas	1 cup	3 ½ pans	None	All	
Garlic aioli	Squeeze from plastic bottle	Unknown	None	Unknown	Any leftover was used by staff for staff meal on potatoes, corn, and tacos
Veggie soup	Small and large (6 and 8 or 10 oz?)	20 gallons (extra made for doctor’s lunch option)	None	21 small, 18 large	Extra distributed to other departments instead of other/regular vegetarian soup option that day
Arroz con pollo	1 cutlet and	170 portions were sold,	None	All	

	1 cup of rice	Timmy was cooking chicken during the entire lunch service to keep up with demand			
Churros	1 churro, cut into 4 pieces	100	None	All	
Dipping sauce	4 oz	100	None	All	
Tortialla	1 10" flour tortilla	Used from package	None, the rest went back in fridge for wraps in the café	65	
Cuban panini	1 slice pork, 2 slices ham, 2 slices Swiss cheese, and bread, Dijon mustard, and pickles	Made to order at station, until pork sold out (28 servings of pork available)	None	28 Cuban paninis	

Summary & self-reflection –

After working with the employee café manager to create a menu, I worked with the director of the Food Service and Nutrition Department to determine where the ingredients would come from and what form would be best. Both the manager and the director helped to forecast what would be needed for the lunch and an inventory helped us to learn what would need to be ordered. The department had many of the ingredients on hand, including: flour tortillas, shredded green cabbage, frozen guacamole, frozen corn, frozen breaded cod, kidney beans, chicken cutlets, rice, pork, ham, Swiss cheese, pickles, Dijon mustard, cubed sweet potatoes and white regular potatoes, EVOO, soy milk, mayo, precooked red quinoa, canned white beans, canned black beans, premade salsa (for taco beans), tomatoes, red onions, lemons, cilantro, chocolate sauce, caramel sauce, and all the needed spices. With the help of the director, we added the ingredients not on hand to the order that would be delivered two days before the lunch. Items that were ordered included: a container of premade mango salsa, shredded purple cabbage, limes, agave syrup, bell peppers, kale, Cotija cheese, and churros. When the order had been stocked on Tuesday, I found that the limes and agave syrup had not been delivered. I also discovered that the red onions were no longer in the walk-in fridge. Tuesday night, I went to Aldi to pick up the missing ingredients, so I would have them for prep on Wednesday.

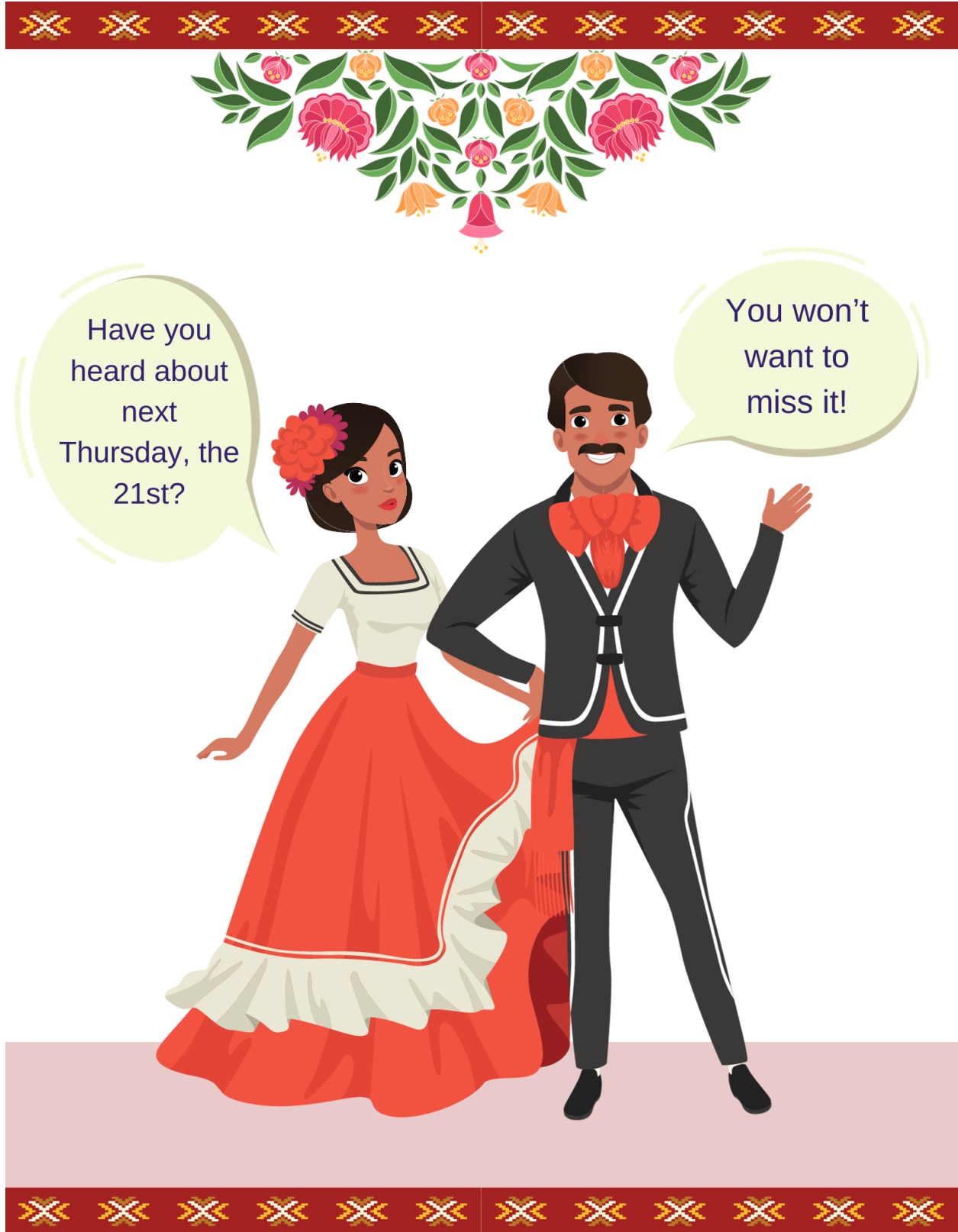
I made a plan of who would do what with the director and then had a meeting with the lead cook, Theresa, who looked at the schedule and decided herself and Timmy, another cook, would be helping me on Thursday with several of the menu items. I spoke with them both and let them know which items I would be prepping on Wednesday and Thursday, and we planned for their

items. Most of the prep work was completed by me on Wednesday; I stayed several hours late to get things done. Theresa also helped with some of my prep when she had some free time in between patient meals. I found extra space in the kitchen and tried to stay out of everyone's way, since most of what I was doing was extra and taking up needed space. Everyone was really nice and very helpful! I could not have done any of it without Theresa and Timmy. The day of the lunch, Timmy had prepped several trays of arroz con pollo, but they sold out before the first hour was up. Timmy proceeded to cook more chicken to add to the leftover rice for about two more hours. We did end up selling out before the three-hour lunch was over though. We sold 170 servings of arroz con pollo that lunch.

I worked in the hot bar/grill area with the two regular employees, since they anticipated a busier lunch – they were right! The hot bar/grill area held the tacos, arroz con pollo, patatas, street corn, and churros. The regular one employee worked at the panini station. The soup and salad were in the café self-serve area. At times, the line was out the door to the café and we had a wait on chicken several times, for the arroz con pollo.

The menu prices (as seen on the menu above) were determined by the café manager and seemed low to me, but I learned from the director that the café is subsidized to keep the price down for the employees. I was told by the manager that my theme lunch was the best day she ever saw and she worked there for over 20 years. She shared that a normal day at the café brings in about \$900 and in the past, the higher earning theme meals have done between \$1200 and \$1600. Between cash and card, my Hispanic Heritage Month inspired lunch took in \$2230!

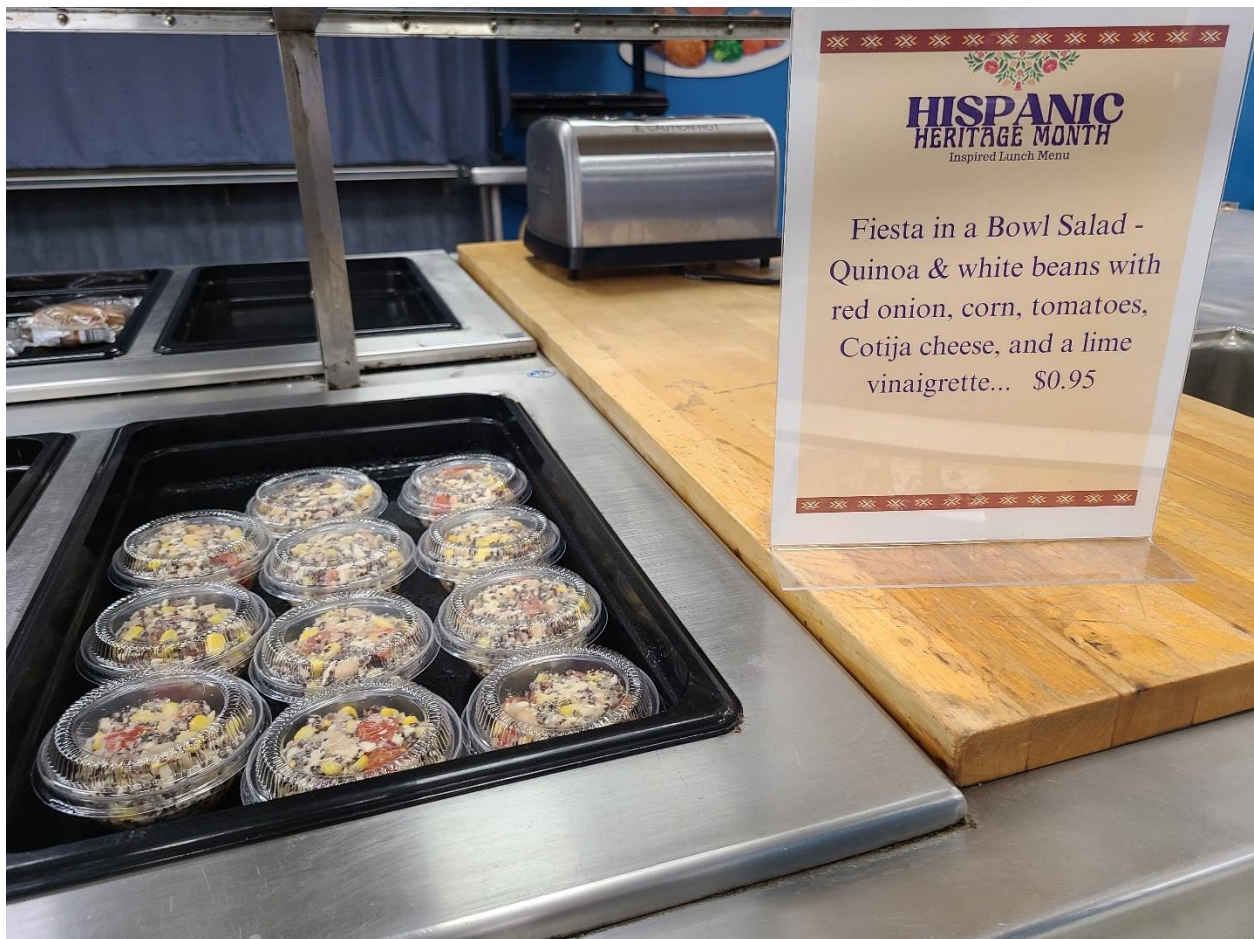
Despite doing our best to forecast how much of what would sell, we did not plan for the event to be so well-attended. What began as a school project to create a meal and a hospital assigned theme, soon became a party! I worked with the Director of Diversity & Inclusion and SALUD (Service and Advocacy for Latinos United for Development) to turn my theme meal into the opening ceremony for the hospital's Hispanic Heritage Month Celebration, with an inspired lunch menu, music, speakers, and a poster display giving tribute to many of Hispanic countries. I also created a large bulletin board outside of the café exit which helped to advertise for the coming festivities beginning the week prior. I met with the diversity and inclusion director and the SALUD president several times to pull everything together, in addition to the normal theme meal tasks. The project took on a life of its own and was very time consuming, but it led to an amazing event that so many employees enjoyed, and I was blessed to be a part of it!



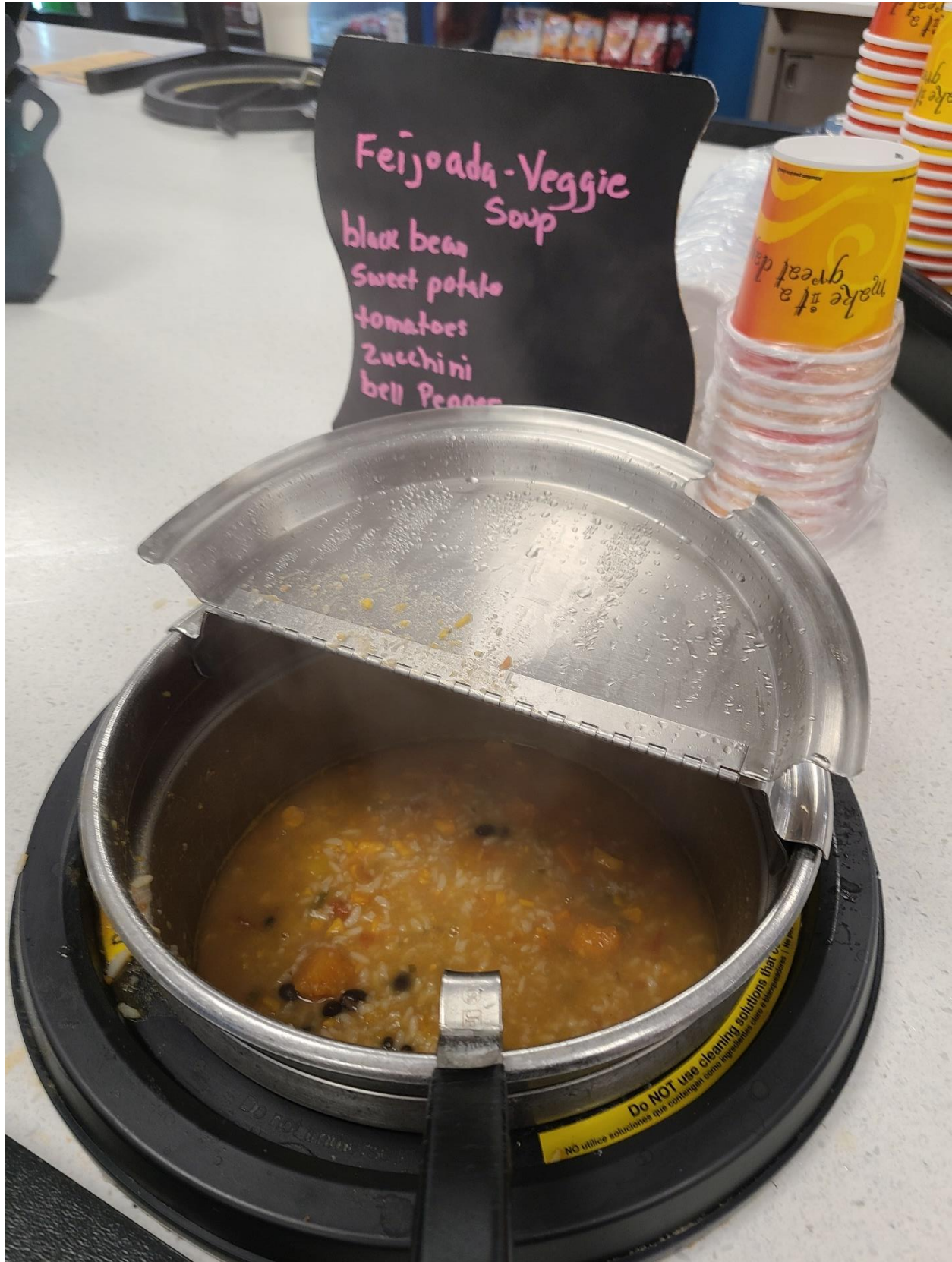
Teaser flyer hung up prior to the flyers with the date, time, and theme of event.



Hispanic Heritage Month bulletin board, entirely created by me.



Individually packaged Fiesta in a Bowl salads.



Veggie Feijoada, the soup that people were raving about. One lady came back for thirds, she told me!



A very messy, but so delicious Mexican-style bean taco I made after lunch service.



The hot bar/grill area.



Panini and sandwich area of café.



From left: Juan, the SALUD sponsor; Leigh, café manager; Jen (crouching), SALUD member; Kathleen (me!), Karen, Director of Diversity & Inclusion; and Juan, president of SALUD at CMC. We are all wearing the matching shirts Karen ordered for us, special for this event.



Juan, next to a tribute to his close friend and former co-president of SALUD, Annie, who passed away since the last Hispanic Heritage Month. There were a lot of tears, but being part of this special day and Juan's beautiful tribute is something I will never forget.



A celebration of Hispanic countries – posters on loan from Juan, a collection he put together a couple of years ago with his friend Annie.



Another view of the poster display.



These fiesta-themed wall decorations were also hung throughout the café seating area.

References

¹Potassium. National Institutes of Health. Published June 2, 2022. Accessed August 27, 2023. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/#:~:text=Potassium%20Intakes%20and%20Status,-Dietary%20surveys%20consistently&text=In%20adults%20age%2020%20and,and%202%2C320%20mg%20for%20women.>

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