

# IFSEA CHRONICLES

IFSEA is a legacy organization, dedicated to further developing students, military and it's members by providing continuing education and professional certifications to the foodservice and hospitality industry leaders."

March 2025

## CHAIRMAN'S CORNER

### Customers experience enhancement and staffing.

Welcome to 2025 and we apologize for being a couple of months tardy with our first IFSEA Chronicles this year. A bit of the delay relates to some software updates our beloved Newsletter and all around IFSEA champion Matt Trupiano was experiencing coming out of 2024. Hoping that 2025 has started off positively for our members and colleagues. IFSEA in our 124-year young history has been so dedicated to mid-level and entry level food service and hospitality industry professionals in the public, military and healthcare sectors. Often, IFSEA has been pivotal in providing education, information and for nearly seventy five years meaningful scholarship opportunities for students in 2- and 4-year programs. This dedication to students and our members has been a core competency for IFSEA and remains as a steadfast foundation. I have taken an excerpt from a recent article in Nations' Restaurant News and have found this information to hopefully be beneficial to many members as well.

This year, professionals predict [many trends to upgrade the customer experience at restaurants of all levels](#), from marketing and UE (Unreal Engine) updates to improved menu items. And since last year, [technology integration has been a major focus for restaurants](#) looking to improve upon their operations and meet trends. I am excited to see another trending target audience among the industry's improvements: employees.

According to a recent article from Nation's Restaurant News (NRN), "[the restaurant of the future is designed for the employee.](#)" Alicia Kelso profiled the new updated Chick-fil-A location outside of Atlanta for NRN, whose upgrades definitely appeal to customers but also were

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### Food For Thought

*The harder you work for something, The greater you'll feel when you achieve it!*



Richard F. Weil, MCFE, MCFP  
Chairman of the Board

## Food trends for 2025

As we welcome this new year, wellness continues to evolve, reflecting the shifting priorities of individuals and society. In 2025, the focus on holistic health, sustainability, and intentional living is more critical than ever. From nurturing mental well-being to making environmentally conscious choices, this year's wellness trends encourage us to slow down, reconnect with ourselves, and embrace balance in all aspects of life.

Equally important is knowing what to leave behind. Many outdated habits and practices are not only ineffective but also detrimental to our mental, physical, and emotional health. Here are the 25 "ins" that will elevate your wellness journey in 2025 and the 25 "outs" you should eliminate to create space for a healthier, more fulfilling life.

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## **CHAIRMAN'S CORNER**

### **Customers experience enhancement and staffing.**

implemented with employees in mind. The drive-thru prototype “features...four drive-thru lanes and a food transport system that allows a meal to be delivered from the kitchen on the second floor to employees serving guests below. It also includes some less sexy details that maybe don’t merit big headlines but that illustrate a growing trend, nonetheless. The dishwashing station, for example, is flanked by giant windows providing natural light and a view of the outdoors, while the employee lounge is sizable and cozy.”

She goes on to write that “more restaurant brands are focused on the employee experience, supported by ‘the math’ that happy employee’s equal happy customers,” as has been a major point for our restaurant consultants over the years. In my travels with operators across the country I emphasize employee experience on the basis that company culture affects everything: from the efficiency of operations to the broader customer experience—not to mention the mental health and lives of the staff members who are integral to the restaurant business. I have featured to operators regarding employee incentives, such as [growth tracks](#) and [appreciation days](#), and regularly lead trainings so that employees feel prepared, heard, and cared-for.

Chick-fil-A is tackling another factor in employee happiness: restaurant design. Whether it’s about operations efficiency, systems reliability, or simple design aesthetics, a person’s workspace affects their quality of work and the quality of their work experience. According to Kelso’s NRN article, “[Nearly 40% of employees](#) said they’d be happier if their workplace design was updated, while a staggering 95% said a well-designed workspace helps them be more productive and focused.”

Other restaurant chains are following suit. “Freddy’s Frozen Custard and Steamburgers made a minor back-of-house change recently when it replaced tickets with a pictogram system showing employees what is on each burger build,” reports NRN. Kelso wrote separately about Popeye’s, who also went “[all in on a kitchen redesign to create a better employee experience](#).” Kelso goes on to share changes at First Watch and Red Robin, some of which are generally operational, and most of which are direct results of employee feedback. “Sometimes the solution to create better employee experiences is to simply provide them with more support,” she writes.

This article demonstrates that many larger restaurant groups are recognizing the employee experience as essential to good customer service. Many regional, smaller and independent operators may believe that investment and space requirements may not be feasible. However, I believe it starts by first sitting down with staff and asking questions and ideas that may be as simple as a new staff portable table, to possibly even music/lighting in an employee break area. Solutions may be at every operator’s finger tips by involving staff and managers alike. The rewards will yield happier staff, and the result will be better customer service and employee retention.

IFSEA has been at the forefront for training and certifications for dozens of years. It’s important to remember that the restaurant and hospitality industry is about more than the bottom line. It’s also about more than customer experience, it’s a business of helping people, and employees are people to be cared for. Little changes of care, for the customer or for employees, get to the heart of what the industry is about; and in the end, putting people first also does impact profits. Good business starts with treating all people well. IFSEA, I believe reflects these models and wishing all our friends, members and associates a positive 2025.



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# Food trends for 2025

25 Wellness 'Ins' And 'Outs' For 2025 [Nel-Olivia Waga](#) Forbes contributor

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1. **Forest bathing (Shinrin-yoku):** Immersing yourself in nature by walking through forests can significantly reduce stress, lower blood pressure, and improve your mental clarity. This Japanese practice encourages mindfulness and a deeper connection with the natural world.
2. **Digital detox hours:** Carving out dedicated time away from screens can refresh your mind, improve focus, and strengthen real-life relationships. Start with an hour a day and observe the positive impact on your mental clarity.
3. **Sound/song alarms:** Replace harsh alarm sounds with calming songs or nature-inspired tones to ease into your day with positivity. This small shift sets a peaceful tone for your morning and lowers stress levels.
4. **Journaling as therapy:** Writing down your thoughts and feelings daily can help you process emotions, identify patterns, and set intentions. A few minutes each morning or night is enough to foster clarity and emotional balance.
5. **Positive affirmations:** Repeating kind, uplifting phrases to yourself, such as "I am capable" or "I deserve happiness," can rewire your mindset over time. Use sticky notes or phone alarms to make this practice consistent.
6. **Guided breathwork sessions:** Practicing intentional breathing, such as box breathing or alternate nostril breathing, can quickly calm anxiety and improve your focus. Guided sessions are particularly effective for beginners.
7. **Emotional intelligence coaching:** Develop skills to recognize, understand, and manage emotions effectively. Emotional intelligence not only improves relationships but also enhances your ability to handle stress.
8. **Mental health days:** Take proactive days off to recharge mentally and emotionally. Use this time for activities like meditation, nature walks, or simply resting to prevent burnout.
9. **Boundary-setting as self-care:** Learn to say no to demands that overextend your time and energy. Setting healthy boundaries empowers you to focus on what truly matters without guilt.
10. **Decluttering à la Marie Kondo:** Clearing physical clutter not only organizes your space but also clears mental clutter. Extend this practice to digital and emotional aspects of your life to eliminate anything that doesn't spark joy.
11. **Quality over quantity:** Prioritize meaningful activities, relationships, and possessions. This mindset reduces overwhelm and allows you to focus on what truly enriches your life.
12. **Seasonal eating habits:** Aligning your meals with seasonal produce ensures you get the freshest and most nutrient-rich food. It's also environmentally friendly and supports local farmers.
13. **Local farm-to-table eating:** Choosing locally sourced produce not only supports small farmers but also ensures fresher, healthier meals with fewer preservatives and

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# Food trends for 2025

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transportation emissions.

14. **Sleeping well and enough:** Good sleep is foundational to health, aiding everything from immune function to mental clarity. Aim for 7-8 hours of uninterrupted sleep each night and establish a calming bedtime routine.
15. **Play-based exercise:** Infuse joy into your workouts with activities like trampoline jumping or [Sanctum](#) multi-sensorial experience workout classes with headphones, or outdoor play such as tennis. Having fun while exercising will keep you consistent while boosting your endorphins.
16. **Regular health check-ups:** Preventive healthcare is essential for long-term wellness. Routine screenings catch potential issues early, ensuring you stay on top of your health.
17. **Replace your coffee with matcha –** Matcha offers a steady energy boost, rich antioxidants, and calming focus without the jitters or crashes of coffee. Try it out, you won't regret it.
18. **Nature-inspired interior design:** Incorporate plants, natural wood, and earthy tones to create a calming and restorative space that mirrors the tranquility of the outdoors.
19. **Eco-friendly holidays:** Opt for low-impact travel, like visiting less-touristed destinations or staying at eco-conscious hotels such as [Six Senses](#), where quality, comfort and fun meet sustainability and wellness.
20. **Wellness retreats over party vacations:** Instead of exhausting party trips, choose destinations that prioritize rest and renewal. These retreats offer spa therapies, nutritious meals, and relaxation-focused activities.
21. **Alcohol-free socializing:** Embrace mocktail culture or sober gatherings to prioritize clarity and deeper connections with others. You'll wake up feeling more refreshed and present.
22. **Energy Cleansing:** Use palo Santo these tools to cleanse your space of negative energy or create a grounding and protective atmosphere.
23. **Natural beauty:** Prioritize skin health with natural skincare or practices like mesotherapy, a nutrient-rich skin treatment, and a diet rich in antioxidants rather than invasive cosmetic treatments.
24. **Hybrid work-life balance practices:** Combine the flexibility of remote work with structured routines to maximize productivity while maintaining personal well-being. **Financial wellness education:** Gaining financial literacy reduces money-related stress and empowers you to make informed decisions about saving, investing, and budgeting.



# Happy Birthday IFSEA!

Did you know, and many of you may not have heard, that IFSEA is 124 years old this year. Please see some pictures from some of our most beloved past chairs who have sadly passed away.



Fred Dunsmoor from Guam



Don Schoenbrun from New Orleans



Don MacIntosh from Detroit

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# Happy Birthday IFSEA!

(Continued from page 6)



Dennis Farley from Michigan



President Emeritus  
Edgar DeGasper Buffalo NY



Gerald Scoresone – Rochester, NY



Jon DeJong and wife Coz SC Palmetto

# Eating in the Fifties

## EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.



# LUCK O' THE IRISH



BE WITH YA!

# Did You Know?

## CHERRIES

Cherries are drupes, or stone fruits, related to plums and more distantly to peaches and nectarines. They have been enjoyed since the Stone Age -- pits were found in several Stone Age caves in Europe. The Romans carried cherries throughout Europe and England along the routes of conquest.

Michigan has over 35,000 acres of tart cherry trees and grows almost 75% of the tart cherries produced in the United States. Traverse City is called the Cherry Capital of the World.

Eau Claire, Michigan, is known as the Cherry Pit Spitting Capital of the World.

Michigan has almost 4 million cherry trees, producing about 150-200 pounds of tart cherries on each tree.

The Cherry was designated as the Official Fruit of Utah in 1997.

Seventy percent of the cherries (both sweet and tart) produced in the United States come from four states (Washington, Oregon, Idaho, and Utah).

Washington state grows more sweet cherries than any other state. In 2023 Washington growers produced about 226,000 tons of tart cherries compared to Michigan's production of about 223,000 tons.

Michigan state grows more tart cherries than any other state. In 2023 Michigan growers produced about 182 million tons of tart cherries which was the largest harvest since 2018 compared to Washington state's production of about 26 million tons.

The earliest known mention of cherries is in Theophrastus (372-272 B.C.) 'History of Plants', in which he indicated that cherries had been cultivated for hundreds of years in Greece. Pliny suggested that Roman General Lucullus introduced cherries to Europe around 74 B.C., but some re-



search suggests that cherries were known in Italy at a much earlier date. Lucullus is said to have committed suicide when he realized he was running out of cherries.

Broadway in New York shifts west at East 10th Street because a cherry tree once stood there.

There are more than 1,000 varieties of cherries in the United States, but fewer than 10 are produced commercially.

Kane, Pennsylvania, is the Black Cherry Capital of the World. At one time it was against the law to serve ice cream on cherry pie in Kansas.

There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions), and it takes about 250 cherries to make a cherry pie, so each tree potentially could produce enough cherries for 28 pies.

There are thousands of Japanese cherry trees that circle the Tidal Basin and the Jefferson Memorial in Washington D.C. The trees were originally planted as a gift from the people of Tokyo, Japan, in 1912. In 1910, a previous donation of 2,000 cherry trees had to be destroyed after they were infested with insects. Each spring, the National Cherry Blossom Festival, a two-week-long celebration, attracts tens of thousands of visitors from around the world to see the magnificent trees in full bloom.

# Let's Get Cooking!

## Fresh Pear and Cherry Salad with Vanilla Pear Vinaigrette

Serves 2



## Cherry Enchiladas

Serves 2



1/4 cup white sugar  
1 teaspoon ground cinnamon  
1 cup walnuts  
1 (15.25 ounce) can pears in light syrup, drained reserving syrup  
3 tablespoons white wine vinegar  
3 tablespoons fat-free vanilla yogurt  
2 tablespoons honey  
3/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1 teaspoon vanilla extract  
1 pinch ground nutmeg  
1/2 (10 ounce) package mixed salad greens  
1/2 (10 ounce) bag spinach leaves  
1 pear - peeled, cored and sliced  
1/2 cup dried cherries  
1/3 cup crumbled feta cheese  
Combine sugar, cinnamon and walnuts in a skillet over medium heat. Mix together until sugar and cinnamon are melted and walnuts are evenly coated. Remove from heat. Spread walnuts on a large plate to cool.

In the container of a blender, combine the drained pears, 1/3 cup of the reserved syrup from the can, vinegar, yogurt, honey, salt, pepper, vanilla extract, and nutmeg; blend until smooth.

Assemble the salad by tossing together the mixed greens, spinach, pear slices, dried cherries, feta cheese, and walnuts in a serving bowl. Serve with dressing on the side.

### Ingredients

1/2 cup water  
1/2 cup butter  
1/2 cup white sugar  
5 (10 inch) flour tortillas  
1 (21 ounce) can cherry pie filling  
2 tablespoons white sugar  
1/2 teaspoon ground cinnamon  
1 tablespoon crushed sliced almonds

Grease a 9x13 inch baking dish. Combine the water, butter and 1/2 cup of sugar in a small saucepan and bring to a boil. Place a few spoonfuls of cherry pie filling just slightly off center of each tortilla. Roll up and place seam side down in the baking dish. Pour the hot liquid over the 'enchiladas' making sure to coat the tops completely. The mixture will be watery. Cover and refrigerate overnight.

Preheat the oven to 375 degrees F (190 degrees C). Combine 2 tablespoons sugar, cinnamon and almonds in a small bowl or cup; sprinkle over the top of the enchiladas.

Bake for 35 to 40 minutes in the preheated oven, or until outside edges of the tortillas are golden brown. Let cool slightly before serving.



# Let's Get Cooking!

## Prosciutto-Wrapped Cherry Stuffed Chicken Breasts

Serves 2

1 TBLSP vegetable oil  
1/3 cup dried cherries, chopped  
1/4 cup plain bread crumbs  
1 egg yolk  
1 1/2 tablespoons finely grated Parmigiano-Reggiano cheese  
2 teaspoons olive oil  
1 teaspoon fresh thyme  
1 teaspoon fresh oregano, minced  
2 cloves garlic, minced  
salt and pepper to taste  
1 pinch cayenne pepper  
2 (6 ounce) skinless, boneless chicken breast halves  
4 thin slices prosciutto  
3/4 cup chicken broth  
1 1/2 tablespoons balsamic vinegar  
1 tablespoon butter  
salt and pepper to taste



Preheat the oven to 400 degrees F.

Brush the inside of an oven-proof skillet with vegetable oil.

Set aside.

Mix cherries, bread crumbs, egg yolk, Parmigiano-Reggiano cheese, olive oil, thyme, oregano, garlic, salt, black pepper, and cayenne pepper until combined.

Cut a 1-inch slit in each chicken breast by slicing at an angle from the thick end of the breast toward the thinner end.

Open flap and place one butterflied chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2-inch. Repeat with the other breast.

Place half the stuffing on each chicken breast, place each breast on a piece of plastic wrap and roll into a tight roll, twisting the ends of the plastic wrap to hold create a tight package.

On a piece of plastic wrap, slightly overlap 2 slices of prosciutto so they are as wide as the rolled chicken breast. Unwrap rolled chicken breast and place the breast at one end of the prosciutto. Roll prosciutto around the stuffed breast using the

plastic to make a tight roll. Repeat with the second stuffed breast and remaining 2 slices of prosciutto.

Lay 4 pieces of string on the cutting board, about 1-inch apart. Place chicken roll across the strings, and tie each into a knot to keep the chicken from unrolling. Repeat for the second stuffed breast.

Place stuffed, rolled chicken breasts in the prepared skillet and bake in the preheated oven until the prosciutto is browned and crispy and chicken is no longer pink, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove chicken to a plate and loosely cover with aluminum foil.

Drain grease from the pan as desired, leaving juice and browned bits. Pour in chicken stock and balsamic vinegar, and bring to a boil over high heat. Cook, while scraping the browned bits from the bottom of the pan, until liquid has reduced by half, 5 to 6 minutes. Remove from heat, add butter and stir until melted. Season with salt and black pepper to taste.

Remove twine from chicken breasts; slice into bite-sized pieces. Serve drizzled with pan sauce.

# From the Vine

## Here's the Trick To Tell if a Riesling is Going to Be Dry or Sweet

These tips from wine professionals will make buying Riesling a bit less confusing. Lucy Simon Food and Wine

“I don’t like Riesling, it’s too sweet” is a phrase that bedevils wine professionals everywhere. Riesling, the grape behind some of the world’s most alluring white wines, can produce high-acid, bone-dry wines just as easily as it can make fruity wines with residual sugar (in fact, in Germany, the home of Riesling, dry wines are actually more popular these days). Both styles can be delicious, but knowing how to tell whether a wine is sweet or dry from its label can be complicated.

“With Riesling, sweetness is the elephant in the room that wine professionals don’t want to talk about,” says David Weitzenhoffer, founder of Community Wines & Spirits in New York City. “We so badly want people to love Riesling but it’s even difficult for us to give consumers hard and fast rules that make it easy to tell the styles apart.”

Riesling is an [aromatic grape](#) native to Germany and is the most widely planted grape there. High-acid by nature, it particularly thrives in cooler climates. Riesling, dry or sweet, often has flavors of pear and green apple, stone fruits like peach and apricot, and lemony citrus notes, too.

Its thin skins make it susceptible to botrytis (a mold that affects grape clusters, which when beneficial often is referred to as “noble rot”), which can yield sweet, luscious wines with dried fruit and bitter honey notes. When aged, Riesling can take on a honeyed or nutty qualities, the fruit often shifting more towards citrus marmalade; sometimes it also takes on kerosine-like aromatic notes.

Though there are excellent Rieslings to be had from Austria, Australia, France’s Alsace region, and, more recently, New York’s Finger Lakes Region, Germany is Riesling’s homeland. German Rieslings run the gamut from quite sweet to lightly off-dry to very, very dry.

As a consumer, buying or ordering Riesling can be confusing, as the labelling isn’t standardized across all producers or all regions. In the U.S, you’ll often find the word “dry” printed on the label, but in other places it’s often less clear. In Germany there is an entire system of [labeling](#) terms that define Riesling quality and sweetness.

It can be frustrating to open up a bottle you just picked up at the wine shop, expecting a dry wine with tons of acid and brightness, to find you’ve landed on an off-dry Riesling that’s instead rich with honeyed sweetness (or vice-versa). To avoid Riesling-related disappointments, here’s everything you need to know to tell if a Riesling is dry, according to wine professionals.



## Macadamia Nuts



Macadamia nuts are tree nuts that have a subtle, butter-like flavor and creamy texture. Native to Australia, macadamia trees are now grown in various places around the world, such as Brazil, Costa Rica, Hawaii, and New Zealand.

Like most other nuts, macadamia nuts are rich in nutrients and beneficial plant compounds. They're also linked to several benefits, including improved digestion, heart health, weight management, and blood sugar control.

Macadamia nuts are rich in vitamins, minerals, fiber, and antioxidants. Their benefits may include weight loss, improved gut health, and protection against conditions like diabetes or heart disease.

Macadamia nuts are also rich in monounsaturated fats, a type of fat that may boost heart health by lowering your total LDL (bad) cholesterol levels.

Like most nuts, macadamia nuts are source of antioxidants. Antioxidants neutralize free radicals, which are unstable molecules that can cause cellular damage and increase your risk of conditions like diabetes and heart disease.

Additionally, macadamia nuts boast some of the highest flavonoid levels of all tree nuts.

This antioxidant fights inflammation and helps lower cholesterol.

Furthermore, this nut is rich in tocotrienols, a form of vitamin E with antioxidant properties that may help lower cholesterol levels.



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