

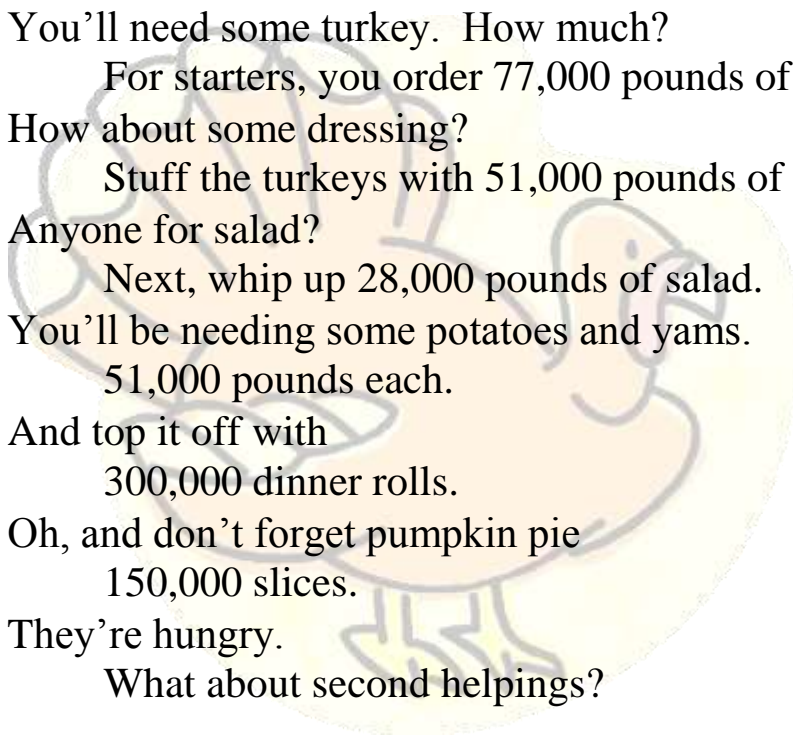
Thanksgiving Nutrition and Quantity Food Challenge

Thanksgiving is always a big meal production for most of us, but imagine an even bigger cooking challenge! Imagine you're the Food Manager for the State Department of Corrections and you need to feed 150,000 inmates a traditional Thanksgiving holiday meal. Or perhaps you are in charge of feeding 150,000 soldiers or 150,000 refugees or employees a nourishing and festive Thanksgiving meal.

What do you do?

Think Big!

- You'll need some turkey. How much?
For starters, you order 77,000 pounds of turkey.
- How about some dressing?
Stuff the turkeys with 51,000 pounds of dressing and start baking.
- Anyone for salad?
Next, whip up 28,000 pounds of salad.
- You'll be needing some potatoes and yams.
51,000 pounds each.
- And top it off with
300,000 dinner rolls.
- Oh, and don't forget pumpkin pie
150,000 slices.
- They're hungry.
What about second helpings?



Whew!

Our family dinner may not be quite that challenging, but it involves the same quantity food issues to feed a large group. It helps to make a shopping list and get organized well in advance.

- Logistics Equipment, space, time, supplies
- Quantity Scalable to meet variable demand
- Nutrition Meet high standards
- Modified diets Tailored to specific needs (vegetarian, gluten-free, low-fat, etc.)
- Food safety Meet high standards
- Flavor Appealing in taste, aroma, mouthfeel
- Delivery Available ontime everytime
- Economics Prudent use of funds
- Temperature Keep hot food hot and cold food cold (bacteria danger zone is 40-140°F.)
- Satisfaction Family members, patients, customers, inmates, soldiers, employees

Guilt-free Thanksgiving ideas:

- Turkey low-fat protein, tryptophan
- Tofurkey or Quorn roast soy, plant-based estrogen
- Sweet potatoes vitamin A, C, calcium, iron, thiamine, fiber, beta carotene
- Stuffing celery, carrots, onions, garlic, walnuts
- Green beans fiber, low fat, folic acid, B₆, B vitamins, iron, phosphorus, magnesium, potassium
- Cranberry sauce antioxidant flavonoids
- Pumpkin pie zinc, potassium, magnesium, iron

I hope family Thanksgiving meal preparation seems less overwhelming now. Give thanks and Enjoy!

Happy Thanksgiving!