



16790
23 August 2023

MEMORANDUM

From: District Staff Officer, Culinary Assistance (DSO-CA)

To: District Commodore

Subj: CULINARY ASSISTANCE PROGRAMS TEAM REPORT, JULY 2023

1. **Direct CG Support**

a. Cutter support – District CA Team members continue to support critical fill-needs on USCG cutters. There are three (3) known cutter critical-fill support missions filled in July 2023.

b. Coast Guard Galleys - CG Base Alameda galley will be closed for a period in September 2023 for refit and new equipment installation. The galley will re-open 28 SEP 23 as a fully CG-staffed galley.

CG Base Alameda galley senior staff have reached out to DSO-CA to offer comprehensive training and facility support. DSO-CA will meet with Base Alameda galley senior staff to and Sector San Francisco galley senior staff to discuss renewed coordination efforts to meet galley staff needs.

2. **Auxiliary Support** – The District CA Team will support the September PCA Fair, limited by the unavailability of galley resources (above). We will offer snack service in the morning and sandwich selections for lunch (Saturday - tri-tip; Sunday – deli bar).

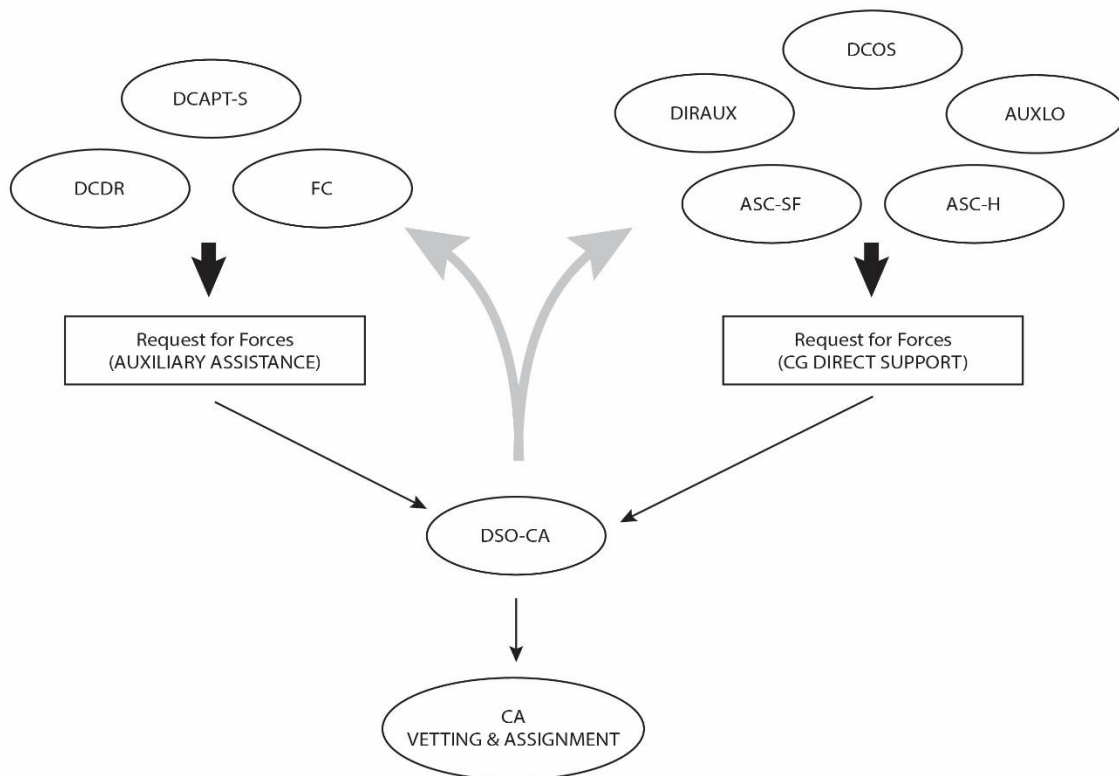
The District CA Training Team will also offer classroom and hands-on training at the September and January PCA Fair events. Interested candidates should contact DSO-CA via their COLM for required program admission interview.

3. **Request for Forces/Assistance (RFF/A)** – By design, Auxiliary culinary assistance services are primarily directed to CG direct support missions. CA volunteer forces must maintain a high level of readiness that provides the mobility required to fill surge capability and capacity requested by CG. Readiness includes team and force communications, team training and maintenance, team deployable physical wellness assessment, OIA orders coordination and command reporting. Readiness accountability rests with DSO-CA.

Subj: CULINARY ASSISTANCE PROGRAMS TEAM REPORT, JULY 2023

Secondarily the CA Team is responsible to support Auxiliary functions where the DSO-CA is accountable to district Auxiliary COLM with regards to organizing and coordinating culinary assistance programs, events, and training in the AOR. District Culinary Assistance support is critical to member morale and sustaining Auxiliary operational and training needs. DSO-CA reviews these requests on a case-by-case basis to help ensure adequate coverage.

To ensure team readiness, continuity of forces, and compliance with CG and Auxiliary competency and safety requirements, all RFF/As for CG direct support and District Culinary Assistance must be routed through DSO-CA for vetting and assignment. Direct solicitation of CAs by CG commands for CG direct support missions is prohibited as is CA self-deployment to CG direct support missions.



- Culinary Assistance Team Reporting** – DSO-CA is exploring team-member communications and reporting options to improve efficiency and response. Additionally, DSO-CA is exploring capabilities to meet national team required customer satisfaction reporting from CG direct support missions.

Subj: CULINARY ASSISTANCE PROGRAMS TEAM REPORT, JULY 2023

5. **Culinary Assistance Team Status** - We are seeking to engage all CAs, current and past, to increase our active participating members. Re-engagement includes active participation, and in some cases, re-training.

<u>Competency</u>	<u>Certified</u>	<u>REWK</u>	<u>REYR</u>
CA1	12	04	18
CA2*	13	04	18
CA Instructor	03	00	00

* *CA1s are co-qualified as CA2s*

6. Training Opportunities. Culinary Assistant training with new and updated material is available to be offered online and in-person. Interested candidates should contact DSO-CA via their COLM at jmzimmerle.uscgauz@gmail.com for required program admission interview.

7. At-Home Safe Cooking Tip – Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases. Some people, like those 5 years and younger, or 65 years and older, are at greater risk. Reduce the possibility of foodborne illness by following the four basics – clean, separate, cook, and chill. Please see and distribute to divisions and flotillas the Food Safe Families brochure attached at end of this report.



8. DSO-CA Contact Information - Please contact DSO-CA directly at jmzimmerle.uscgauz@gmail.com or (801) 369-6169 (voice/text) with any questions, concerns, or requests.

#

Copy: District 11NR Board and Staff via d11n-board-staff@d11nuscgauz.info



United States Department of Agriculture

Types of Food Thermometers:

- Digital Thermometers - are not designed to remain in the food while it's cooking. They should be used near the end of the estimated cooking time to check for final cooking temperatures in thin or thick foods.
- Dial Thermometers - have a dial display and are available as "oven-safe" and "instant-read." The dial thermometer senses temperature from its tip and up the stem for 2 to 2 1/2 inches and works well in thick foods.

To ask a food safety question:

- Visit "Ask USDA" at <https://ask.usda.gov/s/>
- Call the **USDA Meat & Poultry Hotline:** 1-888-MPHotline (1-888-674-6854)
- **FDA Food Information Line** 1-888-SAFEFOOD (1-888-723-3366)

USDA is an equal opportunity provider, employer, and lender.

FOOD SAFE FAMILIES



Four Steps to Keep Your Family Safe from Food Poisoning



CLEAN

- Washing hands with soap and warm water before and after handling raw food is the best way to reduce the spread of germs and prevent food poisoning.
- Thoroughly wash utensils, cutting boards, and countertops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Do not wash fruits and vegetables with soap, detergent or commercial produce washes.

1 in 6 Americans will get sick from food poisoning this year.
3,000 Americans will die.
Keep your family food safe.



SEPARATE

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- Use a separate cutting board for raw meat, poultry, and seafood.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked food, unless the sauce is boiled first.
- Never place cooked food back on the same plate that previously held raw food unless the plate has first been washed in hot, soapy water.

Raw milk and products made from raw milk (including certain cheeses, ice cream, and yogurt) are foods that can pose severe health risks. Raw milk and products made from raw milk can carry harmful bacteria and other germs that can make you very sick or kill you. At the grocery store, look for milk and milk

products that are labeled “pasteurized” (which means the milk has been heated briefly to kill disease-causing germs). If you do not see the word “pasteurized” on the product label, the product may contain raw milk. Pasteurized milk and milk products are safer than raw milk and products made from raw milk.



COOK

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- The food thermometer should be placed in the thickest part of the food, away from bone, fat, or gristle.

SAFE MINIMUM INTERNAL TEMPERATURES

As measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a 3-minute “rest time” after removal from the heat source.
Ground Meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165°F
Fin Fish	145°F

SAFE COOKING GUIDELINES

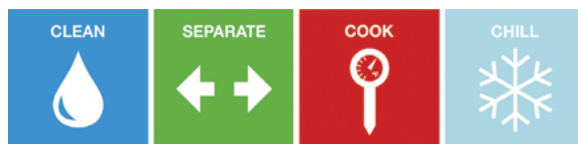
Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm



CHILL

- The temperature in a refrigerator should be 40°F or below, and the freezer 0°F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90°F).
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portions or slices. Place in shallow containers, cover, and refrigerate.
- Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

KEEP YOUR FAMILY SAFE FROM FOOD POISONING



Check your steps at FoodSafety.gov



CLEAN

WASH HANDS AND SURFACES OFTEN



SEPARATE

SEPARATE RAW MEATS FROM OTHER FOODS

COOK

COOK TO THE RIGHT TEMPERATURE



CHILL

REFRIGERATE FOOD PROMPTLY

