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FOOD TANK *cont. from page 22*

harnessing the power of changing consumer demand. The dramatic change in consumer preference for locally grown and sustainably produced foods can drive significant change if farmers and food producers are providing the support needed to sustainably scale production and access wholesale channels effectively. Amplifying this consumer demand through early childhood education provides a powerful “one-two” punch.

FT: What advice can you give to President Trump and the U.S. Congress on food and agriculture?

MK: Level the playing field for small and medium-sized agri-businesses through rationalized regulation, investment in “food security” infrastructure, and rural economic development funding and jobs creation.

As the Vice President of Sustainability and Corporate Responsibility for Sodexo North America, Ted Monk oversees Sodexo’s Better Tomorrow 2025 commitments, which address issues surrounding health and wellness, sustainable sourcing, water waste, and energy management. Ted has more than 25 years of experience in operations in corporate services, health care, and education. Ted is the Board Chair for the Alameda County Community Food Bank and sits on the board of Open Heart Kitchen.

Food Tank had the chance to speak

with Ted about his desire to end hunger and food waste, and about those who have inspired him to work towards those goals.

FT: What do you see as the biggest opportunity to fix the food system?

TM: We have to find a way to feed an ever-increasing population with food which is healthier, while improving animal welfare and protecting the environment. I do believe it is possible, but it will take significant changes in the supply chain, and the food may cost more money. We either pay more for it at the front end, or we pay through health care costs in the future.

FT: What is one small change every person can make in their daily lives to make a big difference?

TM: Reducing the amount of meat they consume and replacing it with a plant forward alternative. This one step has positive implications for health as well as the environment.

FT: What advice can you give to President Trump and the U.S. Congress on food and agriculture?

TM: My request would be to continue supporting farmers through the various USDA subsidy programs, because so much of the excess food finds its way into our schools and our food banks where it can help to provide nutritious meals for children, seniors, and those in need.

KITCHEN DESIGN *cont. from page 16*

employees to expend the least amount of energy to complete the most tasks in the shortest amount of time. An undercounter freezer, for example, might be placed right beside the deep fryer. This allows the fry cook to retrieve foods and place them in the fryer with little effort. The cook doesn’t even have to take a step. Or, a kitchen may invest in taller prep tables to save chefs from bending over to cook. This cuts down on injury and physical exertion. Ergonomic design even extends to things like equipment selection and lighting. Having the right equipment for the job makes cooking easier and keeps employees happy, while good lighting allows employees to see what they’re doing and do it safely. The one drawback of ergonomic design is monetary. It is not necessarily the cheapest option because it is not always energy-efficient, depending on what types

of equipment are placed together.

Keeping Your Kitchen Up to Code

After all of the hard work you put into designing a kitchen, the last thing you want is to be shut down by the health department or suffer major fire damage because you are not up to code. Every state and local area has its own codes, so be familiar with them before you start designing a kitchen. A good place to start is with your state’s department of health. Also, every piece of equipment has guidelines for installation and location, so make sure to read their instruction manuals. If you put in your due diligence, there should be no issues keeping your kitchen up to code.

OSMAN YAZGAN is the president of ITEK Construction + Consulting, Inc.