

PROSTART EDUCATOR NEWS BITES

News You Can Use for North Carolina ProStart Educators from NC HEF
February 2019

2019 Trends in the Restaurant Industry

The National Restaurant Association works with the American Culinary Federation for its annual chefs' survey of menu trends for the coming year. This year, the Culinary Institute of America trained chefs identified top concept trends, such as zero-waste cooking, hyper-local ingredients and plant-based protein. (Learn more at Restaurant.org/research.)

Nearly 77 percent of the chefs ranked **cannabis/CBD-infused drinks** as the No. 1 trend, and 76 percent of them tapped **cannabis/CBD-infused food** as the second most popular. (I don't recommend incorporating this at the NC ProStart invitational.) Chefs who participated in the survey said infusing foods with the ingredients could create unique cuisine opportunities and potential new markets for experiential dining occasions. Seventy percent ranked **zero-waste cooking** as the third most popular trend. "The Association's 2019 What's Hot report reflects contemporary consumer cravings in tandem with emerging societal dining trends," says Hudson Riehle, senior vice president of research for the National Restaurant Association. "We're seeing a more **eco-friendly perspective** and greater emphasis on global flavors/cuisines as well as enhanced availability of **healthful items/children's meals** and the exploration of **new food sourcing options**."

The survey indicates that Americans crave foods that not only nourish them but also help sustain the planet. **Plant-based and veggie centric foods** are no longer just for vegetarians. In fact, three of the 15 hottest items are plant-based sausages/burgers, veggie-centric/ vegetable forward cuisine and plant-based proteins. **Hyper-local sourcing**, including restaurants that grow produce in their own gardens, also made the Top 10 list. Zero-waste cooking, which transforms food scraps, damaged produce and leftovers into culinary delights, ranks third on the list of overall trends for 2019 and second in the culinary concepts category. Chefs are taking a second look at items they trashed in the past — using coffee grinds to flavor homemade ice cream and showcasing cabbage butts in crowd-pleasing stir-fries. **Global flavors** also ranked highly, with the trend heating up from last year. Globally inspired breakfast dishes claimed the fourth spot on the survey, followed by global flavors in kids' meals.

New cuts of meat, such as shoulder tender, oyster steak or Merlot cut, cooled some after nabbing the top spot for the past two years. As for "yesterday's news," chefs ranked overnight oats, anise-flavored cocktails and pretzels in desserts as trends that have come and gone.

Use these trends and forecasts to help prepare your students for the NC ProStart invitational.



Above: Teams competing at the 2018 NC ProStart Invitational.

*“When baking,
follow direc-
tions. When
cooking, go by
your own
taste.”*

-Laiko Bahrs

Important Dates

- 2/15: Participation waiver and dish requests due for NCPI ; no roster changes after this date
- 3/7-3/9: 2019 NCPI
- 3/20: NC HEF scholarship and grant application closes
- 3/20: Certified Guest Service Professional workshop (coastal region)
- 5/8-5/10: 2019 National ProStart Invitational, D.C.
- 6/17: Excellence in Education awards breakfast, Cary
- 7/14-7/17: NC CTE Summer Conference, Koury

ProStart COA: Common questions

The ProStart Certificate of Achievement is the “crown jewel” of credentials because it requires students to complete multiple components: 1) pass the level 1 NRAEF exam, 2) pass the level 2 NRAEF exam, and complete 400 work hours. Here are some facts about the COA that may help provide clarity for you to help students achieve this milestone. Teachers frequently have questions about the process and logistics related to earning this credential.

- **Can my student retest if they failed the NRAEF exam?** Absolutely! A student can retest the very next day or several weeks later. You will need to purchase a test voucher prior to scheduling the retest. Each voucher is \$18.
- **My student passed the level 2 exam and has enough work hours but never passed the level 1 test. What should I do?** Go ahead and encourage the student to take the level 1 exam. They can go back and retest as long as they are still in the ProStart program.
- **How many hours can be volunteer work?** Students must have 400 total work hours. Of those 400 hours, up to 200 could be volunteer hours. However, no volunteer work is required. And, these volunteer hours must be food/hospitality related. Volunteering at a day camp doesn't count unless you were working the concession stand, serving lunches, or engaged in other tasks related to food service.
- **When do the hours start counting towards the COA?** Here is the answer from Amy Saltzman, National ProStart program director: *“Students have a total of four years to claim the 400 hours required to obtain their COA. The window of time to claim the hours will be unique to when a student passes the first FRMCA exam. At the time the student passes the Level 1 exam, ChooseRestaurants.org will generate a COA Tracker for the student's application. The student is then able to enter work hours up to one year prior to and three years following the date of the Level 1 exam to enter valid work hours.”*
- **What can a student “get” with the COA?** Visit <https://www.ncrla.org/foundation/prostart/student-resources> for the most up to date list of colleges from across the US that offer scholarship awards for students who earn the COA. ProStart students with the COA can also enter the NRAEF apprenticeship program further along than traditional high school graduates. In addition, some NC community colleges offer local articulation credit for COA achievers.
- **Can a student take the NRAEF exam towards the COA if they are enrolled in my Foods 2 class?** The NRAEF exam and COA is only for students in the ProStart program. Even if the student has lots of work experience, they need to be in ProStart to be eligible for the COA and the credential exam.

Exciting news about credentials and training!

This spring, NCHAF will be rolling out additional student and instructor opportunities for ProStart students. Be on the lookout for FREE ServSafe seminars in your area. This day long class and exam would be for your ProStart students and provided by NCHAF at no cost. Taught by certified ServSafe instructors with a track record for success, we hope to certify over 300 students this spring.

You've been supportive of the Certified Guest Service Professional workshops and they will be back in the spring semester. Dates are being determined at this time and will be released soon.

NRAEF Summer Institutes are posted on the ChooseRestaurants.org website. Registration will open in March and if you are a 1st year ProStart teacher or new ProStart teacher for SY18-19, NCHAF will be awarding grants to cover your registration and providing a travel stipend.

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