

Amber Graleski - after only 2 years with the District - has achieved the position of Cook/Baker for WTC. This usually takes a few years working as a general worker, training under a cook, then finally applying and interviewing for the Cook/Baker position. While learning on the job, each Child Nutrition Services (CNS) employee is required to take 4 courses at DTCC to acquire knowledge needed to affectively and safely perform job tasks. Usually, CNS employees have completed all courses before becoming a cook. Each of the 4 classes consists of 30 hours and culminates with a project and presentation.

In the fall, Amber took the first of these classes. Upon completion her instructor, Ms. Susan Pascoe, approached her to applaud her work and – especially – her final project. She appreciated Amber’s unique perspective as she provided insight during class discussions. Ms. Pascoe said that Amber’s project “was perfectly matched to her position. She took her understanding of time and temperature and married it with her personal goal of a quality appealing food product. She totally gets it! She knows how to keep her food safe and keep it at its optimum quality, taste and texture”. She expressed that she cannot wait to have Amber in another class.

Amber’s final project, **The Tripod Triangle**, consisted of time, temperature, and taste/presentation. She stressed, “All 3 components are very important and correspond with each other in Child Nutrition”. She demonstrated the danger zone with specific times and temperatures for all categories. She truly believes that *how we store, prepare, cook, and serve nutritional meals to our customers makes all the difference!* Amber clearly has a passion for what she does and takes enormous pride in her work. She said it’s “from the heart, made with love – everyday!”.

How lucky is Lake Forest SD to have Amber Graleski on the CNS team?!