

HEF Entrée

a monthly e-newsletter from the
Hospitality Education Foundation

Nebraska
RESTAURANT
ASSOCIATION
Hospitality Education Foundation

CONGRATULATIONS NINETEEN NEBRASKA SCHOOLS!!!

The following schools have been certified by the Education Foundation of the National Restaurant Association as Nebraska ProStart Schools.

BEATRICE HIGH

CRETE PUBLIC

FREMONT HIGH

GRAND ISLAND SENIOR HIGH

HEMINGFORD HIGH SCHOOL

KEARNEY HIGH SCHOOL

LINCOLN EAST

LINCOLN HIGH

LINCOLN NORTHEAST

LINCOLN SOUTHEAST

LINCOLN SOUTHWEST

LPS TECHNICAL
CAREER ACADEMY

MILFORD SENIOR HIGH

NORFOLK HIGH

NORTH PLATTE HIGH

PAPILLION-LAVISTA SOUTH

PLATTSMOUTH HIGH SCHOOL

SCOTTSBLUFF SENIOR HIGH

SIDNEY HIGH

The combined ProStart enrollment for the seventeen traditional schools and 2 career centers is 1,527 students. Three hundred thirty four students are employed in the industry.

Certified ProStart schools must use the National Restaurant Association Education Foundation textbook, Foundations of Restaurant Management and Culinary Arts. Fourteen of the schools offer Level I and Level II classes, four schools offer Level I classes and one school offers Level II classes. All of the schools teach culinary arts with 73% of the schools teaching management. Forty seven percent of the schools teach ServSafe. Eighty four percent of the schools will compete in a Nebraska ProStart Competition.

2018 ProStart Sponsors



SUMMER INSTITUTES DATES & LOCATIONS

The 2018 Summer Institute Dates and Locations have been released and are available at <https://chooserestaurants.org/Programs-and-Scholarships/Professional-Development/Summer-Institutes>. More information on the 2018 sessions, including sample agendas for each level and descriptions for the Spotlight Series sessions (previously known as Level 4) are also available at ChooseRestaurants.org. Hotel and travel recommendations for each site will be available here as well. Registration for the Summer Institutes will open March 1st. Questions? Email Slevents@restaurant.org.

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NRA Membership Director

WELCOME NEW HEF BOARD MEMBER, LINDSAY HIGEL

Tell us about your position with Central Community College.

I started working at CCC, Hastings campus in the Fall of 2001 in the Hospitality Management and Culinary Arts Department. I am the Program Director and oversee operations and curriculum and planning.

How did you get started in the business?

I knew from a young age I wanted to be in this industry in some capacity. I have literally always loved to cook and plan events. My first job was at Sehnert's Dutch Oven Bakery in McCook where Matt Sehnert instilled in me a passion for people and customer service.

What is your favorite thing to do on a day off?

I love to cook, read and plan my next home improvement project.

If you could have a super power, what would it be?

Teleportation. I have 4 kids, and a full-time career, which means I am busy!

What is your favorite color?

Yellow

What are you most proud of?

Watching our students succeed and better themselves no matter what level they come to us.

What is the best piece of advice you've ever received?

Love people, not things; Use things, not people.

If you could choose only one descriptive word to be remembered as, what would it be?

Helpful

What is the biggest challenge you've faced professionally?

Not being able to help a student in the way I know I could because of policy or procedure.

What is your favorite movie or TV show?

The Grinch with Jim Carrey

What talent would you like to have?

I can whistle a tune, but I want to be able to whistle like people do when they want to get someone's attention.



EDUCATOR GRANT APPLICATIONS ARE OPEN!

Educators interested in applying for a professional development grant to attend a Summer Institute may do so at <https://chooserestaurants.org/Programs-and-Scholarships/Professional-Development/Educator-Scholarships>. The application process is completely online and will close on February 28, 2018. The application is hosted through a different website URL this year and all applicants will be required to create a new application account. Last year, roughly one in four educators were able to attend a Summer Institute through our Professional Development Grants for Educators (PDGE). Questions? Email scholars@nraef.org.

Nebraska Restaurant Association | Hospitality Education Foundation
1610 S. 70th Street Ste. 101, Lincoln, NE 68516
phone 402.488.3999 | fax 402.488.4014

www.nebraska-dining.org | dineout@nebraska-dining.org | Like us on FACEBOOK!



FEATURED MONTHLY RECIPES

MOROCCAN CARROTS

INGREDIENTS

12 Ounces Carrots, Fresh, Peeled
1 Garlic Clove
1 ½ TBSP Fresh Lemon Juice
1 TBSP Parsley, Chopped
1 TBSP Extra Virgin Olive Oil
¼ TSP Paprika
¼ TSP Ground Cumin
1/8 TSP Cinnamon
Pinch of Cayenne
TT Salt & Black Pepper

DIRECTIONS

1. Wash and peel carrots. Cut into rondelle, diagonals or dices.
2. Peel and fine mince garlic.
3. Wash lemon. Squeeze juice.
4. Wash and coarse chop parsley.
5. Steam carrots until tender crisp—5 to 8 minutes.
6. Heat the oil over medium heat. Add garlic, paprika, cumin, cinnamon & cayenne. Cook stirring, until fragrant, 1 to 2 mins.
7. Add the carrots, lemon juice, parsley and salt to the spice mixture. Stir to combine.



MANGO PORK TENDERLOIN

INGREDIENTS

2 Medium Ripe Mangos
1 Pork Tenderloin (12 to 16 Ounces)
2 TSP Extra Virgin Olive Oil
TT Salt & Black Pepper
Few dashes of Hot Pepper Sauce

DIRECTIONS

1. Wash and mangos. Dice one mango. Set aside. Mash remaining mango. Set aside.
2. Remove silverskin from tenderloin. Slice into 1 inch thick medallions.
3. Place medallions between plastic film. Flatten slices lightly with hand.
4. Heat olive oil in saute pan over medium heat. Brown pork on each side.
5. Season with salt and pepper to taste.
6. Reduce heat and cook until 145F. Remove to plate and cover.
7. Add mashed mango to saute pan, scraping pan to remove brown bits of pork.
8. Add hot sauce and diced mango. Toss to heat through.
9. Spoon sauce over pork medallions.

CALENDAR OF EVENTS COMPETITIONS

State Culinary Showcase

Saturday, March 3, Great Plains Culinary Institute at Southeast Community College, Lincoln

Regional ProStart Culinary Team Competitions

Friday, February 23, Institute for the Culinary Arts, Metropolitan Community College, Omaha

State ProStart Culinary Team Competition

Friday March 2, Institute for the Culinary Arts, Metropolitan Community College, Omaha

State ProStart Management Team Competition

Saturday, March 3, Institute for the Culinary Arts, Metropolitan Community College, Omaha

FUNDRAISERS

Chick-fil-a

Tuesday, March 13th, 5:30pm - 7:30pm, Lincoln

StarCity Baconfest

Sunday, April 22, The Cornhusker Marriott, Lincoln

Raising Cane's Fundraiser

Wednesday, April 25th, 5:00pm - 8:00pm, All Lincoln locations

HEF Golf Tournament

Monday, June 18, Quarry Oaks, Ashland

Click here
for updates
on events!

It will be a busy year. We look forward to seeing you at the events & appreciate your support.

STUDENT SCHOLARSHIP NEWS

We're currently accepting scholarship applications for undergraduate students.

College seniors who will be pursuing restaurant, hospitality, or foodservice related degrees can apply for a 2018-2019 academic year scholarship at www.chooserestaurants.org/scholarships.

Applications for most scholarship opportunities will close on April 1, 2018.

Questions? Email scholars@nraef.org.

Click & view the ProStart
Promo video below & share
it with your students!

<http://www.nebraska-dining.org/prostart/>

ART GRANT & SCHOLARSHIPS

Your education can prepare you to leave a mark on the world. And we'll do everything we can to make your experience here more affordable. The Art Grant offers you an opportunity to do just that. Also, there may be additional scholarship opportunities, including merit, competition, and need-based. Full and partial scholarships are available to new and current students.

The tuition scholarships listed below are applicable at recruiting Art Institutes locations. Ask your local high school representative about additional scholarship opportunities that may be available in your state and region. Questions? Contact scholarships@aii.edu.



GO TO ARTINSTITUTES.EDU/SCHOLARSHIPS FOR COMPLETE DETAILS.

The scholarships listed to the right are applicable to those interested in the following areas of study:

Visual Design

Interior & Product Design

Marketing

Animation & Effects

Film & Production

Gaming & Technology

Fashion

Culinary

ART GRANT

The Art Grant can earn new and current students a grant award toward your tuition on average of up to 20% for Bachelor's degree programs and up to 15% for Associate's degree programs. For every 12 credits earned, as you maintain continuous enrollment and satisfy other eligibility criteria, you can earn an Art Grant to be applied to tuition. The Art Grant is offered at all Art Institutes schools except for The Art Institute of Pittsburgh—Online Division. Amounts vary by location. Check with the school you're considering attending for exceptions and details.

DECA SCHOLARSHIP

Open to high school seniors graduating in 2018 who are DECA members. There are varying numbers of DECA scholarships available nationwide and in various categories.

DECA membership scholarship: up to \$1,000

DECA state scholarship: up to \$1,500

DECA national scholarship: up to \$5,000

NATIONAL ART HONOR SOCIETY SCHOLARSHIP

Three nationwide scholarships are available and are awarded to high school seniors graduating in 2018 who are members of the National Art Honor Society.

1ST PLACE: \$20,000 tuition scholarship

2ND PLACE: \$10,000 tuition scholarship

3RD PLACE: \$5,000 tuition scholarship

FUTURE BUSINESS LEADERS OF AMERICA NATIONAL SCHOLARSHIP PROGRAM

Three \$10,000 nationwide tuition scholarships will be awarded to high school seniors graduating in 2018 who are FBLA members; students with a first-year GPA of 3.0 may earn an additional \$5,000 tuition scholarship.



The Art Institutes®

The scholarship listed to the right is applicable to those interested in the following areas of study:

Interior & Product Design

Fashion

Culinary

The scholarship listed to the right is applicable to those interested in the following areas of study:

Visual Design

Marketing

Animation & Effects

Film & Production

Culinary

The scholarships listed to the right are applicable to those interested in the following areas of study:

Culinary

Go to

artinstitutes.edu/scholarships
for complete details.

The Art Institutes is a system of over 45 schools throughout the United States. Programs, credential levels, technology, and scheduling options vary by school and are subject to change. Not all online programs are available to residents of all U.S. states. Several institutions included in The Art Institutes system are campuses of Argosy University. Administrative office: The Art Institutes, 210 Sixth Avenue, 33rd Floor, Pittsburgh, PA 15222 © 2017 The Art Institutes. All rights reserved. Our email address is materialsreview@aii.edu.

See aipprograms.info for program duration, tuition, fees and other costs, median debt, salary data, alumni success, and other important info.

FCCLA COMPETITIONS

(Family, Career and Community Leaders of America)

Open to high school seniors graduating in 2018 who are members of FCCLA and participate in competitions in the categories of Culinary (3 nationwide scholarships available), Interior Design (2 nationwide scholarships available), Fashion Design and Fashion Construction (1 nationwide scholarship available in each category), and Hospitality (3 nationwide scholarships available). Tuition scholarships are renewable for up to 4 years.

1ST PLACE: \$3,000 tuition scholarship (\$12,000 maximum)

2ND PLACE: \$2,000 tuition scholarship (\$8,000 maximum)

3RD PLACE: \$1,000 tuition scholarship (\$4,000 maximum)

SKILLS USA CHAMPIONSHIP

Open to high school and post-secondary students who are members of SkillsUSA and participate in competitions in the categories of Advertising Design, Culinary, and Photography (6 nationwide scholarships available in each category), as well as 3-D Visualization & Animation, Web Design, and Television Production (12 nationwide scholarships available in each category).

1ST PLACE: \$10,000-\$20,000 tuition scholarship*

**amount varies depending on the program in which the student enrolls*

2ND PLACE: \$5,000 tuition scholarship

3RD PLACE: \$2,500 tuition scholarship

C-CAP

(Careers Through Culinary Arts Program)

One nationwide, full-tuition scholarship will be awarded to a high school senior graduating in 2018 who is enrolled in a C-CAP program. Full-tuition scholarship valued at approximately \$38,000 to \$95,000.

PROSTART

(Advance Placement Credits)

High school seniors graduating in 2018 who complete the ProStart program with a C average or above and obtain a certificate of achievement may receive Advance Placement credits to any Art Institutes school. We encourage you to speak with your Chef's Chair at your campus of interest.

PROSTART STATE SCHOLARSHIPS

State level ProStart Scholarships are awarded to high school students who are first-place winners in ProStart Culinary Arts and/or Culinary Management competitions. The number of scholarships awarded varies by state. First-place award is a \$3,000 tuition scholarship, renewable for up to 4 years for a maximum of \$12,000.

NATIONAL PROSTART INVITATIONAL

High school students who are enrolled in a ProStart program are eligible for the National ProStart Invitational Culinary Competition Scholarship and Management Competition Scholarship. Competition winners may receive partial tuition scholarships.

1ST PLACE: \$10,000 non-renewable tuition scholarship

2ND PLACE: \$7,500 non-renewable tuition scholarship

3RD PLACE: \$5,000 non-renewable tuition scholarship

Check with your campus to see what additional local scholarships may be offered.



2018 SCHOLARSHIP
APPLICATION
DEADLINE TO APPLY:
APRIL 15TH

The Nebraska Restaurant Association Hospitality Education Foundation provides scholarship opportunities for qualified students that plan to pursue higher education within the state of Nebraska in the fields of culinary and hospitality.

Scholarship(s) will be awarded, at the discretion of the committee, of up to \$4,000.00.

PART A:

Name: _____

Cell Phone: _____

E-Mail: _____

Current Address: _____

City: _____ State: _____ Zip-Code _____

Current High School or Career Academy _____
GPA _____

Post-Secondary School Information

Post-Secondary School _____

School Address _____

City: _____ State: _____ Zip-Code _____

Major: _____

GPA: _____

Will earn a(n): Associates _____ Bachelors _____ Certificate _____

Are you a previous NRAHEF/NRAEF Scholarship winner? Yes _____ No _____

Employment Information

I am currently working in the restaurant/foodservice industry: Yes _____ No _____

My current position is _____ I am working Full-time _____ Part Time _____

I have participated in a Nebraska ProStart Culinary or Management Program: Yes _____ No _____

PART B:

On a separate piece of paper attached to this application, in 250 words or less, tell us why you selected the culinary or hospitality field, and how this scholarship might help you achieve your dreams.

PART C:

Additional Contact Information (Please list all 3)

Please provide the names and phone numbers of at least three people who will know how to contact you in the next six months or more (e.g., parents, siblings, friends)

Name/Relationship

Phone Number

Please e-mail or mail this form by April 15th to:

Nebraska Restaurant Association
Attn: Brandy Nielson
1610 South 70th Street, Suite 101
Lincoln, NE 68506
EMAIL: bnielson@windstream.net

If you are selected for a scholarship you will be required to give us your social security number.

Thank you for applying for a scholarship through the Nebraska Restaurant Association Hospitality Education Foundation.



**Sunday,
April 22nd**
4:30pm–7pm
Cornhusker Hotel

- Bacon-inspired delights
- Lincoln's finest Chefs
- Entertainment by
Screamers Cabaret

Order your tickets online at
StarCityBaconFest.com.

Tickets: \$25
*Children 12 and
under are FREE*



*Proceeds from this
event will provide
scholarships for culinary
students in Nebraska.*

