

# HEF ENTRÉE



**NEBRASKA RESTAURANT ASSOCIATION**

HOSPITALITY EDUCATIONAL FOUNDATION

– The ProStart To A Smart Career –

## OCTOBER 2021

### NEBRASKA RESTAURANT ASSOCIATION WEBSITE

HEF Board of Directors and Advisory Council are located on the website as well as additional information about the Hospitality Educational Foundation and ProStart.

<https://www.nebraskadining.org/hospitality-educational-foundation>

# NEBRASKA PROSTART SCHOOLS

ALLIANCE

BEATRICE

CRETE

ELM CREEK

GRETNA

GORDON-RUSHVILLE

HEMINGFORD

KEARNEY

LINCOLN EAST

LINCOLN NORTHWEST

LINCOLN HIGH

LINCOLN NORTH STAR

LINCOLN SOUTHEAST

LINCOLN SOUTHWEST

MILFORD

NORTHWEST AT GRAND ISLAND

RONCALLI

PAPILLION LAVISTA

PAPILLION LAVISTA SOUTH

PLATTSMOUTH

SCOTTSBLUFF

THE CAREER ACADEMY

# AUGUST STUDENT ENGAGEMENT CHALLENGE

We wanted to recognize the August student engagement challenge winning team participants!

## CONGRATULATIONS WINNING TEAM:

Scottsbluff 4 Beans in a Pod!

Mac & Cheese Pepsi Dogs

## PARTICIPATING SCHOOLS:

Lincoln Northeast, Lincoln North Star, Lincoln Southwest, Milford, Northwest at Grand Island, Papillion LaVista South, and Scottsbluff!

Thank you to all the 7 participating schools and 30 student teams!



# OCTOBER STUDENT ENGAGEMENT CHALLENGE

- Theme - Beef Sliders
- Concept - Marketing and Recipe Adjustment
- Competition - Food Truck
- Due Date: October 29, 2021
- Correlates with Future Culinary Stars Fundraiser Event - November 14, 2021
- Sponsor - Freddy's, Sponsor selects winner



## SCHOLARSHIP OPPORTUNITIES

ProStart students are eligible to apply for the \$5,000 WebstaurantStore Diversity Scholarship and the \$5,000 WebstaurantStore Foodservice and Hospitality Scholarship. Use the link below to access and apply for these scholarships! The deadline for the applications is December 1, 2021.

<https://www.webstaurantstore.com/scholarship/>

# USE THE FOLLOWING RESOURCES TO SUPPORT CLASSROOM AND COMPETITION ACTIVITIES

## BEEF FOR THE CLASSROOM

The “Beef for the Classroom” reimbursement provides Nebraska family and consumer science teachers the opportunity to incorporate beef production in the classroom for educational purposes.

<https://www.nebeef.org/education/beef-for-the-classroom>

## FUTURE CULINARY STARS OF NEBRASKA

This event allows participating ProStart students to serve small plate tastings with a mentor to prepare students for the state competition. The event also features ProStart alumni, or Celebrity Chefs, and dishes they’ve prepared as well!



The graphic features a yellow background with stars and a fork icon. It includes a circular photo of a chef, a group photo of students in white chef uniforms, and a photo of two people eating. Text includes the event title, date, location, and a list of bullet points.

**FUTURE CULINARY PROSTARS OF NEBRASKA**

**SAVE THE DATE!**  
Sunday, November 14th, 2021 | 3-6 p.m.  
Champions Run | Omaha, NE

**Presented by NeRA – Hospitality Education Foundation**

- This is a fun and interactive event, where ProStart Student Teams are paired with Celebrated Chefs to prepare and serve small plate tastings.
- Attendees will sample the dishes while networking with industry professionals and meet Nebraska’s rising culinary stars of the future.

## NEBRASKA PORK PRODUCERS ASSOCIATION

Utilize pork in your curriculum and receive a \$100 reimbursement from the Nebraska Pork Producers Association by completing the form below and returning it to [dee@nepork.org](mailto:dee@nepork.org) or mail it to 4435 O Street, Suite 200, Lincoln NE 68510-1864.

## Pork for Pro-Start

### Nebraska Pork Producers Association Request Form

Please complete this form and the Nebraska's pork farmers through their checkoff dollars will provide \$100.00 for the purchase of pork products to assist your teaching endeavors. For additional information contact: Jane Stone, NPPA Domestic Marketing Director at jane@nepork.org or (402) 525-1525.

Please return this form to the NPPA Finance Director at dee@nepork.org or mail to 4435 O Street, Suite 200, Lincoln, NE 68510-1864. Please make check payable to: \_\_\_ Teacher or \_\_\_ School.

Teacher Name: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Email Address: \_\_\_\_\_ Number of Students: \_\_\_\_\_

School Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

What cut or cuts of pork will be used? (i.e. tenderloin, shoulder, chop):

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Comments: How will the pork be prepared and please share your recipe title.

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***"Serving Nebraska's pork industry — Responsible people. Sustainable Pork".***

# SIDES

This month we are focusing on seasonal apples! This is a nutritious salad recipe using in season apples and zucchini! This would make a very tasty side for your fall meals!


allrecipes

## Apple and Zucchini Salad

★★★★★

Fresh-tasting. Colorful. Potluck and picnic-worthy.  
By Deborah Hoermann Watt

**Prep:** 20 mins  
**Total:** 20 mins  
**Servings:** 8  
**Yield:** 8 servings



### Ingredients

- 1 pound zucchini, diced
- 3 apples, diced
- ½ green bell pepper, diced
- ½ red onion, chopped
- ½ cup vegetable oil
- 2 tablespoons red wine vinegar
- 1 teaspoon white sugar
- 1 teaspoon dried basil
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

### Directions

**Step 1**  
Combine zucchini, apples, green bell pepper, and onion in a bowl.

**Step 2**  
Whisk vegetable oil, vinegar, sugar, basil, salt, and black pepper together in a separate bowl; drizzle over zucchini-apple mixture. Toss to coat.

### Nutrition Facts

**Per Serving:** 122 calories; protein 1g; carbohydrates 10.4g; fat 9.3g; sodium 224.8mg.

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