



FYI Newsletter



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The Pleasure of Rest



Happiness Together

Dear Associate

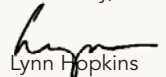
Welcome to the FYI on Well-Being

Isn't it easier to be happy in the summer than any other time of year? Sun shining on colorful flowers, vacations that open doors to explore new worlds, garden-fresh fruits and veggies, and more exercise while enjoying nature or gardening all help to make summer the official season of happiness.

Being happy is a science. Aristotle aside, Tama Duffy Day (Gensler) recently told me about her friend, Dr. Mark Rowe, who developed a transformational journey to happiness and well-being. Learn about it on his website <http://www.doctormarkrowe.com>. Tama and Mark met with a bipartisan committee in the House of Representatives to discuss well-being in the House. Now, to schedule a similar meeting with the Senate!

We at HOPKINS support the International WELL Building Institute and its standards for WELL Building certification. My feature article describes strategies we employ to make kitchen workers happy. After all, kitchen conditions have historically been horrible. It has been very satisfying to be able to give these hard-working people pleasant environments to work in. Spreading happiness is even better than experiencing it alone!

Yours truly,


Lynn Hopkins

The Hoppy Kitchen

Wellness Extends to Kitchen Design

Nowadays, clever interior architects and engineers enthusiastically design intelligent workplaces that conserve Earth's resources and promote human well-being. USGBC's LEED certification is partnering with the International WELL Building Institute's WELL Building certification program to ensure that humans and the planet are equally nurtured by intelligently designed buildings. For example, a certified WELL Building may feature grand staircases, operable windows, and privacy nooks. WELL building users enjoy an environment in which to build better widgets, a healthier and smarter society, and consequently a better world.

Foodservice workers in Hoppy's (a.k.a. Richard Hopkins) kitchens are just as happy and productive as the upstairs office workers they feed.

It takes a chef like Richard Hopkins to empathize with the burden of cooks and pot-washers who stand all day in loud, often humid rooms with clashing odors and aromas, and with a cacophony of noises, surrounded by grease-encrusted walls and equipment. It takes an innovative engineer like Richard Hopkins to transform dark, dank kitchens into uplifting work-spaces. How satisfying it is to know how much better we can make life for foodservice workers by design.

The Tesla factory may be in a league of its own when it comes to car production, but Tesla aside, Hoppy's kitchens sing on-key because, like Tesla, they are designed for the staff who may spend decades there. In a string of consequences, happy cooks produce better food, which attracts appreciative diners who then spend more money, which results in well-compensated, even happier cooks (completing the cycle.)

A pleasant environment pleases all our senses;

Sight: Visual comfort. We often get requests from interiors that the servery and kitchen should be mostly stainless steel (s/s). While there are sanitation benefits, s/s conveys an institutional

HOPKINS Summering with YOU!

Our Healthy Business

EDUCATION

- Gensler**
 - Georgetown Day School
- Goody Clancy / BIG**
 - Isenberg School
- Leo A Daly/BIG**
 - Wilson School

HOSPITALITY

- DBI**
 - Savoire Fare

WORKPLACE

- BNIM**
 - OBO Kampala
- DLR-Westlake Reed**
 - Pentagonam HQ

- Ennead**
 - OBO Ankara
 - OBO Nogales

- HOPKINS PRIME**
 - The White House West Wing Navy Kitchen

- Jacobs**
 - Federal Reserve Martin Building

- Michael Graves**
 - Two Confidential Projects

- SHoP**
 - OBO Tegucigalpa

- SOM**
 - Saudi Arabian Monetary Authority
 - Confidential Federal Project

ROOM FOR YOU!



Honey, I Love You.

Next to humankind, bees must be the busiest, most productive, and most useful co-habitants of planet Earth and have been for millions of years. I buy local honey as a souvenir from everywhere I travel around the world to remind me of the uniqueness of that place. Here are a few highlights from a terrific book on the subject, Honey, Nature's Gold Healer by Gloria Havenhand, Firefly Books 2011 that tells us what these little bees give to us huge humans.

- Honey supplies an energy hit to the brain within minutes, but also sustains that boost by fueling the liver's energy store. A spoonful of raw honey before bed supports brain function while you sleep. Wake up feeling refreshed. Take a spoonful or two during the day for an instant energizer.
- Honey has a gentle laxative effect by stimulating the growth of friendly bacteria, aiding digestion all day.
- Honey reduces excess water in cells, helping to prevent swelling caused by accumulated water in cells and tissues.
- Honey boosts the immune system and has an antibacterial effect both internally and externally, helping the body to heal.
- Rubbing honey on roasted meats crisps it and adds to the taste. Rub it over pork chops before grilling. A mixture of mustard and honey creates a sublime skin when smeared on a pork roast 30 minutes before the meat has finished roasting at an increased 425°F. Mix honey and lemon for a lamb coating and basting.
- Always keep honey at room temp.

P.S. Bees also show us that you don't have to be big to be super valuable...like HOPKINS.



Hoppy's Kitchen Continued...

space that can soon become boring and can lower employee morale and consequently the sense of wellbeing.

Soft colors, matte finishes, and clerestory windows open the space with plenty of restorative, natural daylight.

Speed doors on walk-ins not only make food inventory immediately accessible to the line cooks when located at the end of the work aisle or in the cold prep area, but the view of fresh colorful fruits and vegetables creates a pleasing panorama that sends a subconscious reminder of the sunny farm fields of their origin. Nature soothes us.

Colored bottoms on induction sauté pans also help to cheer up the kitchen and servery.

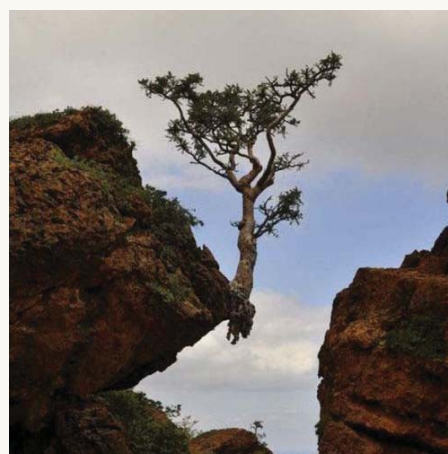
Sound: What did you say? The norm is over-ventilated cooking batteries, whirring self-contained refrigeration, fan motors, and clanging pots and pans that together create a cacophony that drowns out basic communication between workers. Most waste-sound in the critical range

for hearing speech can be reduced or eliminated by specifying remote refrigeration, recirculating chilled-water cooling, and properly sizing exhaust hoods.

Dish rooms can incorporate the latest heat reclaiming technology, which not only reduces initial energy demands during daily start-up, but eliminates the need for a noisy condensate fan.

Another often overlooked enhancement is the application of sound-deadening mastic under work and dish tables, and sinks that significantly reduces irritating clanging and vibration.

Smell: The kitchen should be the most aromatic place in the building. Wafting through the air should be nothing more than fresh food cooking, spices, and sauces bubbling up on back burners. Chefs rely on their keen sense of smell to tell if their food is cooking properly or starting to burn. Too often, because of improper design, good smells are masked by bad ones; instead of aromas, we have odors from pest control applications, cleaning compounds, grease-laden vapors, or old soiled dishes and cookware.



The Well Soul

Summer Reading for a Busy Person with Time Travel. 1766

Elegy on the Death of a Mad Dog by Oliver Goldsmith

Good people all, of every sort,
Give ear unto my song;
And if you find it wondrous short,
It cannot hold you long.

In Islington there was a man
Of whom the world might say
That still a godly race he ran
Whene'er he went to pray.

A kind and gentle heart he had,
To comfort friends and foes;
The naked every day he clad
When he put on his clothes.

And in that town a dog was found,
As many dogs there be,
Both mongrel, puppy, whelp, and hound, And
curs of low degree.

This dog and man at first were friends;
But when a pique began,
The dog, to gain some private ends,
Went mad and bit the man.

Around from all the neighboring streets
The wondering neighbors ran,
And swore the dog had lost his wits,
To bite so good a man.

The wound it seemed both sore and sad
To every Christian eye;
And while they swore the dog was mad,
They swore the man would die.

But soon a wonder came to light,
That showed the rogues they lied;
The man recovered of the bite,
The dog it was that died!

Hoppy's Kitchen Continued...

A kitchen designed to consistently smell good first addresses sanitation. All surfaces, exposed or concealed, need to be readily accessible for a thorough daily cleaning. Hoppy avoids over-sizing equipment so the hand or arm can reach in to clean. He typically places mobile equipment on either side of fixed equipment so it can be moved out of the way.

Treatment of refrigerators, walk-in coolers, and blast-chillers scrub the air clean of molds, and bacteria, and off-gassing of fruits, vegetables, and meats, which prevent those foul odors.

Grout-less floor finishes do not harbor the bacteria of tiled floors. Typical area floor-drains are best reduced or replaced with flush floor sinks and grates to serve both the equipment and floor cleaning. The most efficient way to clean floors at the end of the day is a quick sweep and then a manual brushing followed by a wet-vac clean-up. Larger kitchens can use mechanical floor machines that speed up operations which quickly dry the floor to reduce slip-and-fall accidents.

Touch: Culinary staff either stand or constantly move around the kitchen. State-of-the-art floor finishes such as recycled vinyl or compound sheet-good flooring with welded seams reduce strain on calf muscles.



Taste: When the first four senses are addressed, the result can be excellent tasting food.

Other aspects of a kitchen that create a pleasant environment include:

Ventilation: Clean air. Cooking battery canopies need to be properly sized so that even with the same air flow there is enough surge capacity to contain bursts of grease-laden vapors, steam, and heat within the canopy, until the ventilation system can send it up the shaft.

Vapor roll-out is experienced when the canopy is too shallow and clouds of cooking vapors are forced into the kitchen; this is particularly common in pot and dishwashing areas.

While engineers obtain the rejected heat loads from the manufacturers to right-size ventilation in sanitation areas, they typically fail to account for the hundreds of steaming hot clean dishes air-drying on the clean dish table and the atomization of the pre-rinse operations on the soiled dish table.



Returned soiled dishes and hot, wet, air-drying clean dishes require proper exchange rates and return air grills within the sanitation department to supplement typical condensate hoods over the dishwashers and high-temperature pot sinks.

Lastly, a Hoppy kitchen makes sure that the dishwasher chambers are double-walled with insulation to slow the constant rejection of heat into the room, which slows drying times and increases humidity in the space.

Walls: Smooth, easily cleaned, reinforced-plastic FRP (with the proper fire rating) panels are best used throughout the kitchen except in hot zones. At the cooking battery where continuous stainless-steel wall panels are used, for public cooking areas consider applying sheets of engineered stone to facilitate cleanup and provide additional visual enhancement.

Corner guards in high-impact zones are the practical icing-on-the-cake to protect wall systems and maintain a clean aromatic kitchen.

Rather than loading up walls with penetrations for electrical outlets, a more efficient approach is to use ceiling-mounted overhead retractable electric cord reels where food processing equipment is frequently moved or swapped out for cleaning.

Equipment: Use of the best tools and equipment help to make work-life pleasant. While it is easy to jump on the latest bandwagon for equipment efficiency, research field testing with at least a year-long proven track record.

For example, induction cooking, which had in the past been relegated to the dining room food buffets, has now moved into the kitchen with high-capacity ranges and griddles, steamers, and hopefully soon, the return of the induction fryer. The induction fryer was such a huge success that competitors bought the patent and shut it down. They excelled because the heat transfer area quadrupled, lowering energy input and quickly heating the oil without burning it. High volume slower velocity induction fryers are gentler and their higher transfer rate fries quicker.

Layout: Proper adjacencies and sequencing of work centers relate to the menu and skill level of the cooks. Fundamental menu categories may remain constant during the kitchen's thirty-year life, but to maintain the cooks' efficiency, planners should not be too shy to re-sequence the lineup when a new item is introduced. Hoppy's design strategies facilitate future re-sequencing.

Circulation: The primary circulation from receiving to storage and storage to bulk prep needs to be sufficiently wide to move both material and equipment as well as to provide space for workers to pass each other. One of the recent space saving features Hoppy employs is hinged walk-in doors which formerly required an eight-foot aisle for proper circulation. This can now be reduced to five feet by specifying an automatic roll-up door on the walk-in. Real Star Trek stuff.

Secondary circulation can be enhanced by proper specification of pieces of equipment with open shelves, pull-out drawers, or hinged doors, all of which require increasing aisle width.

Hoppy-kitchens make everyone happy, especially Hoppy, and you too! ☺

