HOPKINS FOODSERVICE SPECIALISTS, INC.

First Winter 2026

"THE NEW WORLD ORDER AT HOPKINS"

Consultants to the Best in Food Service Planning and Design

FYI Newsletter

Dear Associate,

In this first FYI of 2026, I am announcing a new chapter in the life of Hopkins Foodservice Specialists (HOPKINS). To expand our capacity and to continue to offer our illustrious clients the best in food service planning and design, we have formed an alliance with two of the best food service consulting firms **Nahum Goldberg of NGA Associates Foodservice Consultants, Inc. (NGA)** *and* **Carolyn Ruck of Ruck-Shockey Associates, Inc. (RSA)**. *With our affiliates, we can offer you the highest quality process and product. To increase our capacity immediately, NGA and Ruck-Shockey will either sub-contract with us, or we will refer new projects to them to propose on directly.*

NGA, based in San Francisco, is a premier firm with team member offices across North America, specifically Ottawa, Washington, D.C., Austin, Denver, and of course the Bay Area. NGA has successfully completed and has current projects around the globe. NGA's, Nahum Goldberg is the most conscientious, accomplished, kind and responsive person I've had the pleasure to work with. His firm's work is technically intelligent in a way that will impress you. Nahum has often spoken highly of Registered Dietitian Carolyn Ruck's depth of food service knowledge and affability. For projects where advantage is given to the WBE certification, Ruck-Shockey Associates, Inc. offers insights for new food production systems, strategic plans, technology and implementation for hospitality services in a variety of venues. RSA has offices in California, Texas, Ohio, Louisiana, and New York.

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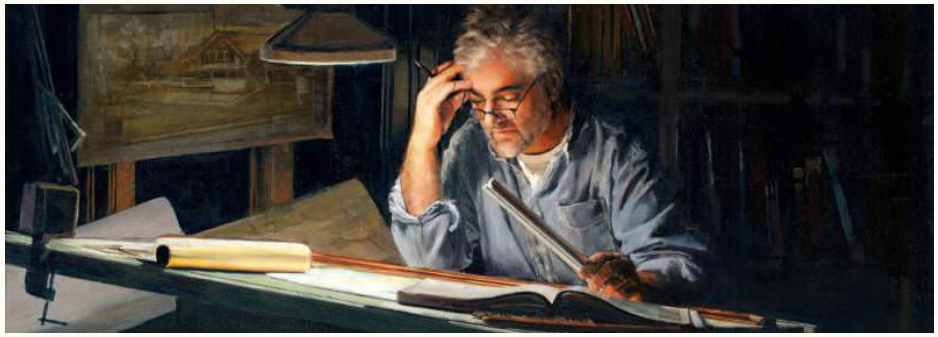

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The priceless ingredient of every product
is the honor and integrity of its maker.
~David Ogilvy

Letter continued here...

HOPKINS remains in our Washington, D.C. metro area office.

Please join me in welcoming NGA and RSA, and Nahum and Carolyn to HOPKINS. I call them affiliates, rather than associates for they have become "friends" to me and hopefully also to you too. Nahum and Carolyn are just a call or an email away.

Nahum (m) 510-255-9684 nahum@ng-associates.com www.ng-associates.com;

Carolyn (m) 510.543.4230 carolyn@ruckshockey.com www.ruckshockey.com.

The carousel pictured above represents HOPKINS - no one gets off a carousel while it's moving. Although we are gradually retiring our business after 50 years and will begin to slow down by accepting fewer new projects, we are committed to: (1) completing every current project through opening; (2) completing every project that comes to us from the 29 IDIQs we are on which take us into 2033; (3) completing winning projects we have submitted on, and 4) selecting new projects for which we will continue to submit proposals.

Where's Richard? My partner, Richard Hopkins, retired due to a neurological movement disability. What has been impressive is that his food service design acumen remains strong and we confer with him often for advice. Daniel Hopkins stepped into his role as head of design two years ago, and is now also employed part-time by NGA. Feel free to come to me with new work or go directly to NGA or Ruck-Shockey with opportunities. Let's keep in touch!

With food for thought,

Lynn Hopkins

Healthy Snacks That are Quick to Make

The following recipe is nutritious, delicious and filling for vegan-days, Lenten days, super busy days, or for long hikes or intense sports. A food processor (either a Robot-Coupe, or Nutri-Bullet blender) is essential. These treats are simple to make (no baking required) and are delicious and nutritious. The dough can either be made into 1-inch balls or rolled out and made into bars before topping with coconut or sesame seeds. (Bars are faster to make, but less fun to eat.) Store them in the refrigerator.

Power Balls

Ingredients

- ½ c dried figs (cut off the stiff vine of each fig)
- 2/3 c dates (I purchase pellets of dates coated in oat flour online.)
- ¼ c sunflower seeds
- ¼ c walnuts
- ¼ c pumpkin seeds
- ½ c chocolate chips
- ½ c peanut butter
- ½ c sesame seeds for topping

Directions

1. Blend the dates and figs well in food processor.
2. Chop the seeds, walnuts and chocolate chips separately until fine.
3. Add the seeds and walnuts to the dates and figs in the blender.
4. Add peanut butter.
5. Mix only until it is blended.
6. Scoop or roll into 1-inch balls then roll around on the dish of sesame seeds.

HOPKINS

Wintering with You

EDUCATION

SOM
Pennsylvania State Police Academy

U.S. EMBASSIES

Kieran Timberlake - Brussels, Belgium
Studio Gang - Brasilia, Brazil
SHoP - Milan

HEALTHCARE

HOK
New York Public Health Lab

STV
Mid-Hudson Forensic Replacement Hospital

MUSEUM

Perkins & Will
Bezos Learning Center of NASM
Vicksburg Civil War Visitor Center

WORKPLACE

AECOM
Senate Kitchens - AOC

Jacobs
USACE Baltimore 2 ECIPO projects

SOM
Illinois Legislative Building
Montgomery County Judicial Center

Art Credits: Pompeo Massani, Darby and Joan, ~1889; Jacqueline Bischak, The Architect, ~ Carousel Andreas Weilguny, Scott Gustafson, Pere Borrell del Caso, Escaping Criticism, 1874