



Association of Nutrition & Foodservice Professionals

FOOD & NUTRITION NEWS

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

July—September 2019

What is a Veterans Stand Down?

The original Stand Down for homeless veterans was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat operations. At secure base camp areas, troops were able to take care of personal hygiene, get clean uniforms, enjoy warm meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends in a safe environment. Stand Down afforded battle-weary soldiers the opportunity to renew their spirit, health and overall sense of well-being.

That is the purpose of the Stand Down for homeless veterans, and achieving those objectives requires a wide range of support services and time. The program is successful because it brings these services to one location, making them more accessible to homeless veterans.

The Louisiana Homeless Veterans Outreach program will be holding their annual Stand Down on September 27th 2019, in Lafayette La, at the VA mental health outreach center, located at 309 St. Julien Ave . Louisiana ANFP will be one of the many supporters out there and will be providing both breakfast & lunch to the Veterans and staff.

Please consider joining us out there!!!!!!!!!!



In This Issue

- 2019 Veteran's Stand Down Information
- Recipe of the quarter
- Labor was top of mind for many, Teamwork.
- Message from your National Chair
- What Do Can Codes Mean?
- Think Food Safety
- Food Access and Education Take Root in Hospital Farms
- Listeria monocytogenes infections being investigated in US and Canada
- Message from the State President

Please send us your recipes for our recipe of the quarter section of the newsletter. Email recipes to score1cjh@live.com for consideration

Recipe Of The Quarter

Louisiana Blue Crab Cakes

1 lb. Jumbo Lump Crabmeat

1 large egg

1/4 cup mayonnaise

1 1/2 teaspoon Creole mustard

1 1/2 teaspoon Cajun Seasoning

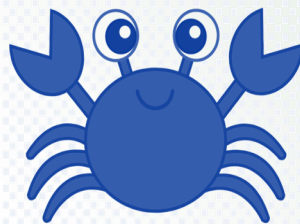
1-teaspoon lemon juice

1/2 teaspoon Worcestershire sauce

1/4 teaspoon of salt

1/2 cup Panko breadcrumbs

1 tablespoon chopped parsley



Preheat oven to 400 degrees. Drain crabmeat and pick through it lightly for shells without disturbing the lumps. Put in bowl and set aside.

In a small bowl, whisk the egg, mayo, mustard, Cajun seasoning, lemon juice, Worcestershire sauce, and 1/4 teaspoon salt. Gently stir in crabmeat and breadcrumbs and mix with hands lightly without breaking up the lumps. Mixture will be somewhat wet. Cover with plastic wrap and refrigerate for an hour or more.

Once chilled, shape the mixture into rounded mounds whatever size you would like. Do not flatten or make into patties. Place on lightly sprayed baking sheet with sides. Spray the tops very lightly with non-stick spray for browning.

Just before putting crab cakes in the oven, drop two or three ice cubes onto the baking pan in between crab cakes. This will keep the high temperature from burning the bottoms. Bake in hot 400-degree oven for 10-15 minutes depending on the size you made your crab cakes. Serve with lemon wedges.

You may also fry these in 1 tablespoon of olive oil and 1 tablespoon of butter. While they are wonderful this way, they tend to fall apart when you attempt to turn them, and they flatten out and are more like patties. Still delicious...not as pretty. I recommend baking them.

The Louisiana Chapter of ANFP is an affiliate of the national not-for-profit association. ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

If you have any questions regarding Louisiana ANFP, our activities or events, or if you would like to employ a CDM, CFPP in your facility, please contact any of our state officers.

ANFP is the premier resource for food service managers, directors, and those aspiring to careers in food service management. ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial settings. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and certification programs. ANFP monitors industry trends and legislative issues, and publishes one of the industry's most respected magazine.

Vision -The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

Mission - Position the Certified Dietary Manager as the expert in foodservice management and food safety.

For more information about ANFP please contact Association of Nutrition & Foodservice Professionals by telephone at 800.323.1908 or 630.587.6336.

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TEAMWORK

coming together is a beginning
keeping together is progress
working together is success

Labor was top of mind for many attendees of the Association for Healthcare Foodservice's annual conference, held this summer in Scottsdale, Ariz. Here are four ideas from the event to help engage employees.

1. Create a culture of caring

Crafting an environment where employees are not afraid to admit mistakes is important to finding solutions, said Chris McCracken, director of nutrition for University of California San Diego Medical Centers.

"We're not there to get them in trouble," he said. "We're there to make the job right and then hopefully they come to work and enjoy themselves and they do the right thing."

When there's food waste in the kitchen, for example, McCracken said the first step for operators is to acknowledge the mistake, then offer support. "When somebody tells me they've overproduced because they read five instead of four or miss ordered, then that's it," he said. "We just then say 'Hey, let's just try to get better at it the next time.'"

2. Host a Post-it party

As an easy way to encourage staff, Scott Friedman, a global speaking fellow, author and chief celebration officer at Friedman & Associates, suggested hosting a Post-it party, during which employees can leave Post-it notes with positive messages at peers' work stations.

3. Invest in yourself

Those in leadership positions should invest in developing their skill set, said Janet Porter, a strategy, operational and leadership consultant for Stroud Water Associates. Setting aside time to do things such as work with a meetings consultant to learn how to better manage meetings will benefit the team overall, she said.

Leaders should also ask employees what they could be doing better. "If you don't ask that question, people are reluctant to tell you," Porter said. "You're in a position of authority, and people respect that, but that makes them a little intimidated to really tell you."

4. Recognize small accomplishments

At St. Francis Hospital, The Heart Center, Director for Food and Nutritional Services Anthony Baffo has a board in the kitchen that displays examples of employees doing a good job. While he encourages his own staff to submit things about their peers, Baffo goes beyond the dining team for nominations.

"When we do rounding, we ask the folks working on the floor, 'Hey, have you seen one of my staff members doing anything in particular that they should be recognized for?' And most people can tell me something on a weekly basis," he said.

MESSAGE FROM THE NATIONAL ANFP CHAIR

by John Hickson, CCA, CEC, CDM, CFPP, FMP, MCFE, CHESP



Embrace Life and All it Has to Offer

My message today is not about me, but about you and me together and our wonderful association, and where I envision growth for the future. To set the stage for this, I have a request: I want every one of you here today to begin embracing life and everything it has to offer. This topic is very dear to me and something I strive to live by every day. Let me share with you how I arrived at this personal mission.

I think it all started when my family moved to America from England in 1977 and my parents, sisters, and I embraced the culture and diversity of this country. Growing up in New Orleans and attending culinary school there, I embraced the local culture and cuisine and became a chef because of my love of food and my passion for making people happy.

I began my career in New Orleans as an apprentice chef and worked my way up to becoming an executive chef. In 1997 I married my beautiful wife, and started my career in healthcare food service. Over the next three years, we welcomed three children, and I eventually earned a bachelor's degree in management and communication.

Two years ago on June 18, I suffered a massive heart attack (just two weeks after ACE in Las Vegas) and had to learn to adopt the lifestyle changes needed to make to ensure I lived longer. This also reinforced for me the importance of embracing life and all it has to offer. I'm especially cognizant of this as I begin my term as ANFP Board Chair.

As your chair, it is my goal— with the help of the board—to lead our association toward a prosperous future, one that positions the CDM, CFPP at the forefront of the foodservice industry. This means we'll continue to embrace many different ideas and possibilities. Ideas include partnering with like associations in an effort to grow our membership; building on the work of the Young Member Task Force to engage our young and newer members and guide them toward leadership roles in the future; celebrating the wonderful diversity that exists within our industry; heralding the importance of education and ensuring our offerings are best in class; and becoming comfortable with the inevitable changes that will come our way.

I mentioned diversity, and I hope each of you will commit to embracing this concept, because ANFP harnesses diversity to make our services relevant for all members. Diverse organizations draw upon the widest possible range of views and experiences so they can listen to and meet the changing needs of their members. Encouraging diversity benefits society, and I believe it benefits ANFP.

I also mentioned education because all through life you should never stop learning. Receiving the proper education is very important to help you reach the success and lifestyle you desire, and just like food is necessary for a healthy body, education is necessary for a healthy mind. ANFP will continue to evolve our educational offerings to provide you with not only the nuts and bolts you need to run your operations, but also with the leadership and personal development training that will inspire and equip you toward successful team management and personal success.

As your chair over the next year, my commitment to you is to build an even greater sense of community within our association, where we all feel welcome and a part of the big picture. CDMs make significant contributions to the communities they serve. I believe learning is a lifelong journey, and we all have a unique opportunity and ability to teach and inspire the next generation. I believe in diversity across all definitions of the word. I want every ANFP member to know that they can reach out to the board and me at any time with the confidence that you will be heard. This is your association and I want you to be proud of your membership. My expectation of each of you is to join me and embrace life, embrace ANFP, embrace your communities, embrace education, and celebrate diversity for it is the one true thing we all have in common.

THINK FOOD SAFETY!

SERVING SAFE FOOD TO OUR CUSTOMERS MEANS TAKING CARE OF THESE THREE KEY AREAS EVERY DAY:
PERSONAL HYGIENE, TIME AND TEMPERATURE CONTROL, CROSS CONTAMINATION

1) PRACTICING GOOD PERSONAL HYGIENE

Hand washing facilities. Hand sinks clean and in good working condition (hot and cold water, antimicrobial soap, disposable towels or air dryers, trash containers). Used only for hand washing.

Hand washing practices

Hands washed frequently and correctly. All employees and managers know and follow the company standards.

Employee health

No one allowed working with food if sick. Cuts, burns or abrasions on hands and arms properly bandaged. Cuts on hands also covered with disposable glove.

Jewelry, hair restraints, uniforms

No rings (except a smooth surface wedding ring / band), bracelets and watches worn on hands and arms during production and on serving lines.

Hairnets, hats or caps worn. (Must cover hair sufficiently to prevent it from falling onto food or food contact surfaces and to minimize hand contact with hair). § Clean uniforms and aprons worn. Aprons removed when going to restroom.

Disposable gloves. Used when handling ready-to-eat foods without utensils. Changed often (before starting another job, when torn, dirty or contaminated, when leaving work area, going to restroom, and going on break). Hands washed before putting on gloves.

2) CONTROLLING TIME AND TEMPERATURE

Thermometers

Thermometers cleaned, sanitized, calibrated and used correctly.

Receiving refrigerated and frozen foods

Perishable foods stored within 1 hour or less of delivery.

Critical Control Points

Potentially hazardous food cooked to correct internal temperature (see HACCP Manual and HACCP Critical Control Points Daily Temperature Log).

Hot food held at 135°F (58°C) or above. Cold food held at 41°F (5°C) or below.

Food cooled to 70°F (21°C) within 2 hours and then to 41°F (4°C) or below within an additional 2 hours (4 hours total cooling time).

Food reheated to 165°F (74°C) within 2 hours (reheated one time only).

Refrigeration temperatures maintained at 41°F (5°C) or below; freezer temperatures at 0°F (-18°C) - checked twice a day.

All HACCP logs completed and corrective action recorded if temperature requirements have not been met.

3) PREVENTING CROSS CONTAMINATION

Storing foods. Ready-to-eat foods stored above raw meat, poultry, seafood and shell eggs.

Unwashed produce stored below ready-to-eat foods and above raw meat, poultry, seafood and shell eggs.

Foods covered, labeled and dated.

Cutting boards. Correct color cutting boards in good condition (white for ready-to-eat food, red for raw food of animal origin, green for washed raw fruits and vegetables).

Red boards washed, rinsed and sanitized between using it for different raw foods.

Preparing and serving foods. Raw foods kept separate from ready-to-eat foods during preparation.

Separate utensils used for each food item (during preparing, cooking and serving).

Self-service food stations / serving areas. Food protected with sneeze guard or other protective covering.

Stations set up so customers' hands and clothing cannot touch the food. Handles of serving utensils do not come in contact with food.

Stations monitored consistently throughout service to prevent contamination of food by customers and to monitor product temperatures.

Sanitizing food contact surfaces. All food contact surfaces cleaned and sanitized before use.

Sanitizer solution prepared in correct concentrations (Ster Bac Blu: 200 ppm, Mikroklene: 25 ppm). Spray bottles and buckets clearly labeled. Sanitizer solution log completed twice a day for sample testing.

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Food Access and Education Take Root in Hospital Farms

Onsite farming provides ripe opportunity to improve food access and engage patients in better nutrition, benefiting outcomes and healthcare spending.

By Andrea Vega Moreno

At a time when healthcare's focus is shifting to patients' social determinants of health, hospitals throughout the country are making changes to way they think about delivering health, from the ground up. Over the past decade, hospital-supported farms have been cropping up across the country to provide for communities within the hospital and beyond. Whether patients have trouble accessing enough healthy food or don't understand what food is appropriate for their

individual health needs, a hospital farm provides the perfect backdrop for addressing unmet needs.

At Boston Medical Center, for example, which serves a patient population with high levels of poverty, chronic illness, and food insecurity, a rooftop farm feeds into the hospital cafeteria, a food pantry that allows patients to fill prescriptions for food, and a teaching kitchen in which patients and community members learn how to prepare nutritious, condition-specific meals. An added bonus? Preventive services like these can help reduce healthcare costs and improve patient and employee experience, hospitals say. Here are other hospitals and healthcare systems that have built farms and gardens on their campuses to address the health of the communities they serve. The brain child of Dave Maffeo, senior director of support services, and Robert Biggio, senior vice president of facilities and support services, the 2,658-square-foot rooftop farm was built in five months and now has 25 crop varieties and two beehives, housing more than 100,000 bees that produce honey and pollinate 75% of the food on the farm. The farm is part of the hospital's Nourishing Our Community initiative aimed at providing healthy food options. Under the direction of the hospitals' resident farmer, Lindsay Allen, it provides enough food to serve 1,800 meals daily, including food sold at the hospital

cafeteria, inpatient meals, teaching kitchen demonstrations, and prescriptions for patients facing food insecurity. The farm also hosts summer camps, helps reduce the hospitals' carbon footprint, and benefits employee wellness.





Association of Nutrition & Foodservice Professionals

What Do Can Codes Mean?

Packing codes are a type of closed dating which enable the tracking of product in interstate commerce. These codes also enable manufacturers to rotate their stock and locate their products in the event of a recall.

Codes appear as a series of letters and/or numbers and refer to the date the product was canned. The codes are not meant for the consumer to interpret as a "Best if Used By" date.

Cans must exhibit a code or the date of canning. Cans may also display "open" or calendar dates. Usually these are "Best if Used By" dates for peak quality. Discard cans that are dented, rusted, or swollen. High-acid canned foods (e.g. tomatoes and fruits) will keep their best quality for 12 to 18 months. Whereas, low-acid canned foods (e.g. meats and vegetables) will keep for two to five years. Additional information on food canning and the handling of canned foods may be found at Shelf-Stable Food Safety.com



Contact Us

Louisiana Association of Nutrition & Foodservice Professionals
louisianaanfp@gmail.com

Visit us on the web at

<http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home>

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Listeria monocytogenes infections being investigated in US and Canada

An outbreak of *Listeria monocytogenes* infections, which has seen two deaths been reported, is being investigated. The Centers for Disease Control and Prevention (CDC), several states, and federal partners are investigating a multistate outbreak of *Listeria monocytogenes* infections. This investigation is ongoing and has not identified a specific food item, grocery store, or restaurant chain as the source of infections.

As of 23 August 2019, a total of 24 people infected with the outbreak strain of *Listeria monocytogenes* has been reported from 13 states in the US. A list of the states and the number of cases in each can be found [here](#).

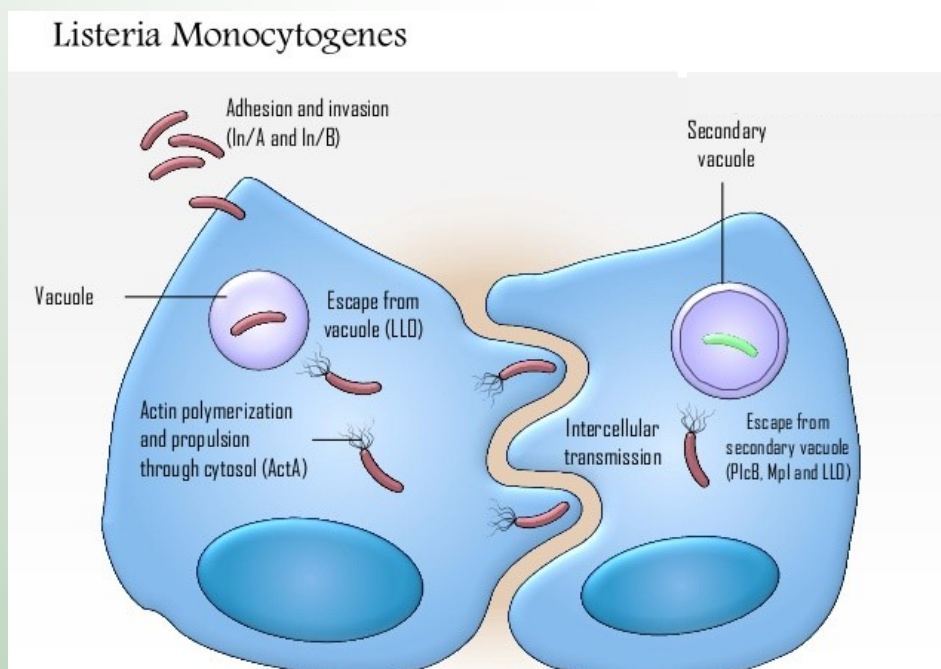
Listeria specimens were collected from ill people from 20 July 2017 to 1 August 2019. Ill people range in age from 35 to 92 years, with a median age of 72 and 63 percent of ill people are female. Of 23 ill people with information available, 22 hospitalizations and two deaths have been reported. The Public Health Agency of Canada is also investigating an outbreak of *Listeria monocytogenes* infections in several Canadian provinces linked to cooked diced chicken.

During the food safety investigation, the CFIA identified additional affected products and updated food recall warnings have been issued.

Whole-genome sequencing showed that the type of *Listeria* making people sick in Canada is closely related genetically to the *Listeria* making people sick in the United States.

CDC is not recommending that consumers avoid any particular food at this time. Restaurants and retailers are not advised to avoid serving or selling any particular food.

The CDC has said it will update its advice if a source is identified.





A Message From The Desk of The Associations President.

Mrs. Tamra (Tami) Rutten

Keeping my nose to the grindstone?

I am sure that I am showing my age and just how “country” I am with the saying “keeping my nose to the grindstone”. Growing up it was not uncommon to hear that comment. They wanted someone to stay focused on the task at hand. Don’t get distracted. We attempt to keep our focus on; resident satisfaction, food cost, staff training, resident assessments, care planning, kitchen sanitation, making the schedule, planning your holiday party, placing your grocery order, menu planning, food safety, complying with federal and state regulations ... and the list goes on. We all feel like the circus performer that spun the plates on top the poles. Our to-do lists are a mile long and never getting shorter! With all of this stuff to focus on just what do you focus on? I get concerned that sometimes we take things too far. Yes we must stay focused, but never looking up? We all know we need training of our own, and a life outside our facilities. I hear many dietary managers talking about how many days they have worked without a day off, they cannot remember the last time they took a vacation. So just how do we keep all these plates in the air and have a life? Take some time, step back and focus on the big picture, look at the entire scene. Who on your staff has skills to take on some of these spinning plates. Pull your nose away from that grindstone, share your knowledge and help your staff grow. Give them tasks that you have traditionally kept to yourself. Every one of you should be proud of your accomplishments. Then break away and come to the Louisiana state ANFP meeting April 22-24, 2020. The theme is “It’s a Louisiana Thing” and it is shaping up to be one awesome meeting.

Mrs. Tamra Rutten

Louisiana ANFP State President

