

Iowa Heartland Informer



ANFP 2008/2016
Diamond Chapter

Winter 2019



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A message from the President.....

We are planning on “changing up” the newsletter. This is YOUR newsletter and I want to hear from you the members about what you would like to see in the newsletter. As a board we all have ideas but I would like some feedback via email with your ideas! Please email me at pam@calvincommunity.org with your thoughts.

There are many upcoming events to add to our calendars. The IA Restaurant Assoc. will present the 2019 IA Pro Start Invitational which is a Student State Championship Culinary & Restaurant Management Competition. This will be held on Feb. 26th at the IA Events Center from 7:30am to 5:00pm. Go to IA Restaurant Assoc. website for more info.

Our Spring Meeting is March 28th & 29th at the Hilton Garden Inn in West Des Moines. Right next to Jordan Creek for those who like to shop!

The Annual ACE Conference will be held in St. Louis June 26th – 29th. If you have never attended this conference you do not know what you are missing! Imagine hundreds of Dietary Managers all under one roof networking and learning. It is a fabulous conference and it is definitely worth it!

Stay warm,

Pam Carberry

DATES TO REMEMBER:

1. Credentialing Exam is now offered on a demand basis
2. ANFP March Spring Regional Meeting - San Diego, March 14-15, 2019
3. Iowa ANFP Spring Meeting/Workshop – Hilton Garden Inn at Jordan Creek, West Des Moines – March 28 and 29, 2019
4. ANFP April Spring Regional Meeting – Pittsburgh, April 4-5, 2019
5. ANFP ACE – St Louis, June 26-29, 2019

Winter Board Meeting Minutes

Held on January 25, 2019

Meeting was called to order by Pam Carberry, President

Those present were: President, Pam Carberry, President Elect Becky Rickabaugh, Barbara Thomsen, States Spokes Person, Chris Rehmer, Past President, Pam Mead, Treasurer, in coming Treasure, Terry Cramblit, Secretary,(on phone) Rhonda Postma, Membership, (on phone) Ben McCullough, Chair of Rewards and Recognition, Sarah Winchell, Treasurer, Deb Dawson, Newsletter, (on phone) Sharon Vermeer and Ken Hanson, auditing, (on phone)

Absent: Julie Stork, Ways and Means

- Minutes from the Fall 2018 board meeting were approved with Barbara making the motion and Chris, second. Motion carried.
- Treasurer's report given, a motion was made by Barbara and second by Chris. Motion carried .

OLD BUSINESS:

- Proposed Budget – Discussion held regarding the I 9 form vendors are asking for
- Discussion was held regarding the auditing of the books and a decision was made to utilize our audit committee – Dennis Hanes, Pam Meade, Sarah Winchell, and Matt Hart. A motion was made by Barbara and Second by Chris. Motion carried.
- Policies and procedures had been reviewed via email and the only changes needed was a date change of submission for the scholarship. Approved.
- Bylaws review – the bylaws went is as is.
- Achievement Award SSA#2 – everything is on track and in. Completed and submitted, we think that we lost a couple of points due to newsletter was a little late with submission, but it went in. We do have a couple of things due in March. Discussion was held regarding how many submissions of the newsletter need to be done per year.

New Business

- Spring Meeting agenda 3/28 & 3/29 (Chris, Pam, Becky & Barbara) Barbara shared a copy of the flyer for the spring meeting – discussion held. Some changes of speakers due to personal issues of speakers. Discussion held on other speakers. Chris shared information about vendors, 18 so far signed on and he is trying for 30. Meeting agenda was reviewed by Barbara. Chris made a motion to spend \$2000.00 on speakers. Becky seconded. Barbara is sending us some save the date cards for the ANFP meeting and she wants us to give them to people in our areas who don't come to meetings trying to get them to come.
- Iowa Dietetics in Health Care Communities April 2019 WDM Hilton Garden Inn Booth? Who can assist? Barbara talked about who would be there.
- ANFP Regional Mtg. San Diego March 14 – 15 2019
- ACE St. Louis June 26 – 29 (travel flyers/info. For members to take at spring meeting. Discussion about travel and how Minnesota will possibly have a bus that will be going through Iowa. May be able to pick some up. Also spoke about flight prices.
- Candidates for 2019 Board (Pam & Becky) – we need some people to run for office. Two people are interested in running, one for president elect and one for treasurer elect. We are still in need of a candidate for Secretary.
- Diamond Award 2019 roll out-Handout – Discussion was held about what we all do all year in our areas and put that in for Diamond. Barbara suggested that at the Spring meeting that we make dog treats since we have use of the kitchen there. These can be donated to the shelters. Discussion was also held about soliciting members for change and donating that to the no kill shelters. We will send out a list of what is needed at the no kill shelters, and they can bring it to donate at the spring meeting.
- Ace Award Nominations due by 2/28 – Ben shared what awards are available. Barbara talked about what we did for nominations. She also covered who had been submitted for each award.
- Webpage update – Ben is having some frustration with getting things done with headquarters. He is asking for some direction from the Board as to what we want him to do.
- Dropped members spreadsheet was shared by Rhonda. She gave a report – 55 people have dropped out and many were only a member for a year. Discussion held to try to figure out why people have dropped. She gave a good report.
- ANFP's Focus on Young CDMs – Sharon spoke about the task force and about the ideas they came up with and how they were working on putting them in place. Ken Hanson also spoke how good it was and about how they were very open in communication. Sharon also spoke about what was going on in her town/community. Ben sent a flyer of a competition that was going on in Des Moines for younger people. Discussion was held about IANFP donating/getting involved. Chris made a motion that we make a donation of \$1000.00 to the Iowa ProStart Invitational. Becky seconded, Motion carried. This will be submitted to the Diamond award if Chris judges the contest.
- Chapter communications issues – Barbara spoke about the Dysphasia training that will be held in Marshalltown on January 28 – 31. They are 1-hour presentations. She will be attending and if anyone wants to go, they should let her know. Discussion was held regarding using Whova at meetings. A dietary manager of the year application was submitted from Linn Manor. We are looking for applications for CDM of the year.

OPEN FLOOR: nothing for open floor

With no further business the motion was made by Terry to adjourn. Barbara and Pam Mead seconded.

The meeting adjourned at 3:30 p.m.



IA ANFP Treasurer Report

09-Jan-19

Checking Account

Beginning Balance	\$ 8,474.32
Spring Conference Deposits	\$ 4,522.00
Electronic Deposit	\$ 1,265.00
Interest	\$ 2.37
ACE Supplies	\$ (519.36)
Sherri Brown Refund	\$ (50.00)
Julie Stork - gifts and tickets	\$ (210.58)
Barb Thomsen	\$ (164.34)
Pam Carberry - presenters gifts	\$ (80.88)
Colleen Zenk - presenter	\$ (250.00)
Sarah Winchell - presenter	\$ (159.44)
Kristi Salisbury - presenter	\$ (474.00)
MGMC - meals	\$ (1,995.00)
Radisson Ames	\$ (325.00)
Radisson Ames	\$ (129.75)
MGMC - donation	\$ (500.00)

Balance	\$ 9,405.34
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Travel Account

Beginning Balance	\$ 4,891.93
Interest	\$ 0.20
Balance	\$ 4,892.13

Submitted by Treasurer Sarah Winchell

Remember that delicious chocolate peanut butter dessert served at the Fall Meeting in Ames? Here is the recipe!

Chocolate Peanut Butter Pie – 8 servings

Ingredients:

Crust:

25 whole chocolate sandwich cookies, i.e. Oreos

Butter, melted 4TB.

Filling:

Peanut Butter, creamy - 1cup

Cream cheese, 1-8oz pkg.

Sugar, powdered - 1 ¼ cups

Whipped Topping, 8oz. thawed

For the crust:

Preheat oven to 350 degrees F. Crush the cookies until they are fine crumbs.

Pour the melted butter over the top and stir with a fork to combine. Press into a pie pan and bake until set, 5 to 7 minutes. Remove from oven and cool completely.

For the Filling:

Beat the peanut butter with cream cheese until smooth. Add the powdered sugar and beat 'til smooth. Add in the thawed whip cream and beat 'til smooth, scraping the sides as needed.

Pour the filling in the crust, evening out the top with a spatula. Chill at least one hour. Enjoy!

And for those who wanted the recipe for Barb's Fall mix.....see page 6

Pumpkin Spice Snack Mix

Ingredients

- 4 cups honey nut Chex cereal
- 2 cups pretzels
- 1 6 oz bag Caramel Bugles (*Caramel Bugles*)
- 1/4 cup butter (*melted*)
- 1/4 cup brown sugar
- 1 tbsp Pumpkin Pie Spice
- 1/2 tsp vanilla extract
- 1 8 oz bag Boo-ter Scotch M&M's
- 1 cup harvest candy mix (*candy corn, candy pumpkins*)
- 1/2 cup Reese's pieces

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 12



4.57 from 23 votes

Instructions

1. In a large mixing bowl, mix the cereal, pretzels and Bugles
2. In a small bowl, stir together melted butter, brown sugar, pumpkin pie spice, and vanilla and then pour over the dry mix. Stir to coat.
3. On a baking sheet lined with parchment paper or a Silpat, spread out the mixture into an even layer
4. Bake at 275 for 45 minutes, stirring every 15 minutes. (Your house will smell AMAZING)
5. Spread on wax paper to cool and then toss with the candy pieces.
6. Store in an airtight container and eat by the hearty handful

Nutrition per serving

CALORIES: 268kcal FAT: 6g SATURATED FAT: 3g CHOLESTEROL: 10mg SODIUM: 376mg POTASSIUM: 131mg
CARBOHYDRATES: 50g FIBER: 3g SUGAR: 23g PROTEIN: 4g VITAMIN A: 6.8% VITAMIN C: 3.3% CALCIUM: 6%
IRON: 39.9%

Iowa Membership Totals

366!!

EXECUTIVE COMMITTEE MEMBERS

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Spring 2019 Fund Raising

On behalf of Iowa ANFP, we would like to extend our gratitude for all the generosity we received from members bringing in fun and creative baskets or donations to add to baskets. As always, anything you can give is helpful.

This year Easter is late, so some new ideas for decorating our dining areas might be a fun Basket idea. Healthy Salad making gadgets or ingredients for themed salads with recipes could make an interesting basket. “Game night”, or “Spring is coming” themes can bring up some fun ideas. Sometimes just looking in our basements and closets can spark a re-gifting idea. Single items are welcome.

Extra baskets, decorative bags and containers are appreciated too.

We also plan to raffle a \$100.00 bill and a \$100.00 gift card.

Thanks for all your support for Iowa ANFP and be sure to bring cash or checks to purchase your raffle tickets at the “Ways and Means Table”. The general raffle tickets are \$1 or 6 for \$5. The \$100.00 raffle goes for \$2 per chance or 3 for \$5.

See us at the “Ways and Means table” discuss the opening value that the bidding should begin for any silent auction pieces that are donated.

Julie Stork

Ways and Means



NEWS FROM ANFP HEADQUARTERS

ACE & NFEF Awards Now Open!

Published on Jan 07, 2019

The 2019 ACE and NFEF Awards are now open! Take this opportunity to showcase your accomplishments, a colleague, or a company that demonstrates excellence.

ACE Awards

The ACE Awards include:

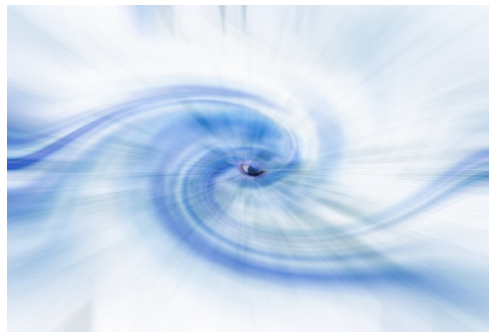
- Ambassador Award
- CDM Spotlight Award
- Dining Distinction Award
- Distinguished Service Award
- Horizon Award
- Innovation Award
- Legacy Award
- Partnership Award
- Public Policy Leadership Award

[Apply Today!](#)

These awards are described on the ANFPonline website. Check them out. There is a description and requirement for each one of the awards.



The Annual Conference & Expo (ACE) is ANFP's major national conference event. Individuals have the opportunity to attend education sessions, engage with other CDMs at networking events, and meet various vendors at the popular Expo. The conference will engage and inspire you from start to finish!



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.



Association of Nutrition & Foodservice Professionals

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