

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals **DIETARY NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

April—June 2017



Alexandria VA
Health Care
System ✓
@AlexandriaVAMC

Chef John Hickson, President of the Louisiana Association of Nutrition and Foodservice Professionals (ANFP) contacted the Alexandria VA about helping homeless veterans: "Louisiana ANFP is working with our membership to provide our homeless veterans with a cinch backpack full of daily essentials, to include items such as socks, toothbrush, toothpaste, razor, shave cream, granola bars, aseptic bandages, Band-Aids, etc."

On April 6th, members of the Alexandria VA Health Care for Homeless Veterans Program attended the Louisiana ANFP Conference, presenting information on homeless Veterans and graciously accepting 100 filled cinch backpacks - thank you!!!! We were also informed by Chef Hickson that the Louisiana ANFP is adopting homeless veterans at this VA and will assist with meeting many of their needs. They plan to prepare at least 200-300 more backpacks to give to veterans at the annual Stand Down in September 2017 and cook jambalaya to feed them.

Louisiana ANFP has been on a mission to promote awareness of homeless veterans within our state. During the year, each district has raised funds and awareness of homeless veterans within their communities. At their spring meeting held this week, they partnered with several high school JROTC programs in bagging these items for homeless veterans in Louisiana. It is their hope that this small gesture of appreciation for our veterans in need can be the beginning of something bigger.

The Alexandria VA Health Care System is overwhelmed with this generosity and look forward to continuing to partner with the Louisiana ANFP on future projects.

Sincerely, Ms. Rena Powell



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Please send us your recipes for our recipe of the quarter section of the newsletter. Email recipes to johnh@foodsafetyedu.net for consideration

Ten Foods To Eat To Help You Lose Weight



Ten foods nutritionists confirm will help you lose weight and live a healthy lifestyle. We talked to eleven nutritionists and compiled a list of ten foods you should be noshing on to lose weight without getting bored.



Asparagus—Aside from being low in calories and high in belly-filling fiber, asparagus is packed with vitamin K, providing nearly 70 percent of the daily requirements in 1 cup. Vitamin K is important in blood clotting and is also crucial for bone health—keeping you healthy and ready to hit the gym harder. Plus, asparagus can also help you to de-bloat thanks to its potassium content.



Goat's milk yogurt—While cow's milk dominates the U.S. market, goat's milk is actually the world's preferred milk. Goat's milk yogurt is easily digested, as yogurt provides beneficial bacteria or probiotics, balancing the levels of "good" and "bad" bacteria, and provides a balance of vitamins, minerals, and complete proteins.



Perch—When it comes to weight loss, fish is always a great choice. Perch is particularly great because it is rich in omega-3s but low in mercury, and a 3-ounce serving delivers 16 grams of protein for just 75 calories. This white fish has a delicate flavor and is delicious grilled, baked, or steamed. Pair it with cruciferous veggies (cauliflower, cabbage, garden cress, bok choy, broccoli, brussels sprouts and similar green leafy vegetables) for a healthy dose of antioxidants and a complex carb to help optimize energy, weight loss, and metabolism.



Peaches- A study from Texas A&M found stone fruit, like peaches, contain bioactive compounds that may help fight obesity-related diseases like diabetes and heart disease. Peaches are packed with a wide range of minerals and vitamins, especially potassium and fiber, so they can keep muscles from cramping during/after exercise and help keep you full.



Eggplant—Also known as aubergine, garden egg, and guinea squash, eggplant are chock full of phytonutrients that help repair damage in your body. Full of fiber, eggplant serves as an excellent substitute for higher-calorie foods you love that may be keeping you from your health goals. You can use it as a replacement for pizza crust, pop sticks in the oven as fiber-rich fries, or use slices of eggplant as a noodle replacement in lasagna.



Lentils—A study in The American Journal of Clinical Nutrition found eating 3/4 cup of lentils every day can help contribute to moderate weight loss. Their high fiber content means you stay full longer after eating and have less cravings. Plus, they're low fat and cheap to purchase, so they're a superfood that everyone can enjoy. Lentils are traditionally used in soup, but you can use them anywhere you typically use ground beef, like spaghetti sauce, tacos, and casseroles.



Oats should definitely be a regular part of any weight loss diet. People who ate oats on a regular basis had lower body weight, BMI, and body fat than those who skipped the grain, in a study out of Taiwan. Why? Probably because oats are a rich source of fiber—especially a type known as beta-glucan that can help regulate appetite, blood sugar, and cholesterol.

Pomegranates -Studies show that pomegranates can help to prevent obesity and its related conditions, like hyperlipidemia. What's so special about the fruit? Pomegranate juice has about three times the antioxidant activity of red wine and green tea. Good news for weight loss: Pomegranate is packed with dietary nitrates which have been shown to improve exercise by increasing blood flow and leading to a delayed onset of fatigue. Plus, pomegranate fruit seeds are also rich in polyphenols, a natural appetite suppressant. Nutritionists' recommend adding pomegranate seeds to roasted vegetables.



Sweet Potatoes are a great choice for dieters who still want to eat starches. Why? They're full of fiber and contain only 112 calories—plus they're packed with flavor so you won't need much to make them tasty. Adding just 1 teaspoon of butter or olive oil will only add roughly 40 calories but tons of flavor.



Zucchini—When it comes to weight loss, filling up your stomach is a necessity. Physical volume in your stomach will contribute to overall satisfaction and fullness in order to reduce your caloric intake. With zucchini's water content at 95 percent, and only 17 calories (4 grams of carbohydrates) per 1 cup serving, this vegetable helps fill your stomach, making it the perfect addition to a weight loss diet.



Corner

There are an estimated 250 pathogens that can cause foodborne related illnesses. Foodborne illness is defined as two or more cases of a similar illness resulting from ingestion of a common food. It can result from consuming foods contaminated with various pathogens. In most cases bacteria are the major pathogen followed by viruses, then parasites. However, natural or manufactured chemicals and toxins from organisms can also cause foodborne illnesses. The most commonly recognized foodborne infections are caused by *Campylobacter*, *Salmonella*, *E. coli* O157:H7 and by caliciviruses (better known as Norwalk viruses.) However, many foodborne illnesses are not recognized or go unreported for a variety of reasons. First, routine surveillance may not detect a mild foodborne illness and second, some of the same pathogens that cause foodborne illness can also be transmitted in water or from person to person. Lastly, some pathogens are emerging and are not yet identifiable or able to be diagnosed. Considering these factors, the above listed number of illnesses, hospitalizations and death may be obsolete. The elderly, children and immunocompromised individuals are usually at the greatest risk for these illnesses.

An outbreak of nausea and vomiting in Norwalk, Ohio in 1968 led to the discovery of Norwalk virus. Later, other small round structured viruses were identified as causing a similar disease and named Norwalk-like viruses. They are all members of the Caliciviridae family and have recently been renamed Norovirus. They are an important cause of sporadic gastrointestinal disease outbreaks throughout the world. It is considered the most common foodborne infectious agent and an estimated 23 million cases occur each year. The virus is transmitted in the stool and vomit of infected persons and can be shed for up to 2 weeks. Food-handlers who do not adequately wash their hands may contaminate food or water and spread this disease. Daycares and nursing homes have had outbreaks and several have occurred on cruise ships. Raw shellfish, such as clams and oysters that are harvested from sewage contaminated waters may also induce a norovirus infection. Norwalk-like virus is very contagious and can take as small as 10 viral particles to infect someone. Symptoms of Norwalk-like or Norovirus infection can appear as soon as 12 hours after exposure to the organism, but more commonly 1-2 days later. Clinical signs include nausea, vomiting, diarrhea, and abdominal cramping. Headache and low-grade fever may also occur. The disease typically lasts 2 days. This organism is can be shed in the feces and vomitus for up to two weeks, but typically it is recommended that food-handlers not return to work for 3 days after symptoms subside to prevent further spread.

Foodborne related illnesses due to campylobacteriosis is increasing in incidence. It is caused primarily by *Campylobacter jejuni*, but also *C. fetus* and *C. coli*. According to the CDC, it is considered the leading bacterial cause of foodborne related diarrhea affecting 2.4 million people each year (5-14% of all diarrheal illnesses worldwide). Usually these are children under the age of 5 and young adults (15-29 years of age). Very few deaths are caused by this organism. Recently Guillain-Barré Syndrome has been associated with a small number of *Campylobacter* cases. This syndrome is the leading cause of acute paralysis and develops 2-4 weeks after a *Campylobacter* infection (after diarrheal signs disappear). The most common sources for *Campylobacter* include raw or undercooked poultry, non-chlorinated water, raw milk or items contaminated with infected animal or human feces. Animal sources include poultry, cattle, puppies, kittens and pet birds. Clinical signs last approximately 2-5 days and include diarrhea, abdominal cramping, nausea and fever lasting 2-5 days.

Salmonella is a gram negative bacteria with many serotypes that cause foodborne related illnesses. The ones we most commonly associated with human foodborne illness are *S. typhimurium* and *S. enteritidis* in the U.S. They account for about 41% of all human cases reported. *S. Newport* has been on the rise since 1996. Salmonellosis causes an estimated 1.4 million reported cases annually with 580 deaths. Salmonellosis is most severe in elderly, infants and persons with chronic diseases. People with AIDS are particularly vulnerable and often suffer recurring episodes. Photo: *Salmonella* bacteria in tetrathionate enrichment broth stained using direct FA staining technique from CDC Public Health Image Library. The most common sources of *Salmonella* related foodborne illnesses are raw poultry and eggs and raw milk. To date, 27 states still allow the sale of raw milk. Other causes are raw beef, and various fruits and vegetables that have had manure applied as fertilizer and not washed prior to consumption. There have been some cases from contaminated alfalfa sprouts. Additionally, pet reptiles, such as lizards, snakes, turtles, and iguanas are a common source. Clinical signs typically occur 12 to 72 hours following exposure to the pathogen. Diarrhea, fever and cramps are most often reported. These signs typically last for 4-7 days.



Corner Continued

Escherichia coli is another major pathogen of foodborne related illnesses. Harmless strains of E. coli are found in nature, including the intestinal tracts of humans and animals. Diarrheal disease is caused by several different strains of harmful E. coli. The most dangerous type is enterohemorrhagic E. coli (EHEC). It gets its name because it can cause bloody diarrhea and can lead to kidney failure in children or immunocompromised persons. E. coli O157:H7 is the most common EHEC and its enterohemorrhagic toxin is what actually causes the disease. The most common sources for this pathogen include undercooked or raw hamburger, salami, lettuce and alfalfa sprouts. It has also been associated with unpasteurized milk, apple juice or cider, and contaminated well water. The animal source for this organism is most commonly cattle, however, other mammals can also serve as a source. A photomicrograph of Escherichia coli bacteria using Gram stain technique. Clinical signs of foodborne E. coli illness include watery or bloody diarrhea, nausea and cramps. They occur about 2-5 days after exposure and can last for 5-10 days. One of the sequela to foodborne illness by this organism is hemolytic uremic syndrome (HUS). It is a life threatening condition, most commonly affecting children. HUS is the most common cause of acute kidney failure in children.

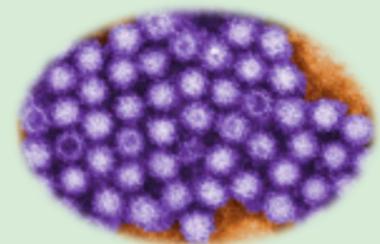
Botulism is caused by a neurotoxin from Clostridium botulinum. Fortunately cases are limited, but can be very severe when they do occur. This toxin causes flaccid paralysis and cranial nerve deficits, and can lead to death. Infants are at greatest risk. Approximately 10-30 outbreaks and 110 cases are reported each year. The most common sources are home-canned foods, fermented meats and honey. Signs include double vision, drooping eyelids, and difficulty speaking and swallowing. If botulism is suspected, medical attention should be sought immediately. For more information, please refer to the specific botulism PowerPoint and fact sheet.

Shigellosis is also known as bacillary dysentery. Most cases are caused by Shigella sonnei. However, S. dysenteriae, S. flexneri and S. boydii can also cause foodborne related illnesses. Approximately 90,000 cases are reported every year in the U.S. The most common sources are due to human fecal contamination of food, beverages, vegetables and water. It is most commonly transmitted by sick or asymptotically infected food service workers. Clinical signs of shigellosis are variable and include watery or bloody diarrhea, nausea and vomiting with abdominal cramps and a fever. This typically occurs 2 days after exposure and can last 5-7 days.

Toxoplasmosis is caused by an intracellular protozoan, Toxoplasma gondii, which can infect all species of mammals, including humans. As mentioned previously, it is one of the three leading causes of death from a foodborne disease; the others were Salmonella and Listeria. It causes an estimated 112,500 cases of foodborne illness each year and 375 foodborne related deaths. Pregnant women and immune-compromised individuals, especially HIV positive patients, are at the greatest risk of toxoplasmosis. The source of this protozoan include infected cats shedding in their feces, soil, undercooked meat, and mechanical vectors such as cockroaches and flies. Clinical signs in humans can be asymptomatic to fever, headache, and swollen lymph nodes. If the protozoan cysts develop in tissue, other more severe clinical signs can be observed. To prevent infection, gloves should be worn while gardening, changing cat litter boxes and thoroughly washing raw fruits and vegetables before eating. Irradiation and thoroughly cooking meat to 160°F internal temperature to destroy the Toxoplasma cysts.

There have also been increases in the number of cases caused by the protozoan Cyclospora and the bacterium Listeria monocytogenes. Cyclospora has recently been implicated in a 1996 epidemic from imported raspberries. Listeria monocytogenes is most often associated with foodborne illness from ready-to-eat foods such as hot dogs, lunch meat and soft cheeses. It can cause human abortions and stillbirths as well as septicemia in young persons or those with a low immune system. As stated earlier, listeriosis is one of the 3 most common causes of foodborne related death.

Excerpted from Serv-Safe 6th Edition Managers Course Book.



Recipe of the Quarter

White Chocolate Bread Pudding

with Rum Sauce

By Chef John Hickson

Makes 25 servings of bread pudding

7 egg yolks
 4 whole eggs
 3 ½ cups Half & Half
 1/2 cup of sugar
 2 tsp Vanilla
 1/2 lb. white chocolate
 1 loaf of French bread
 Method



Bring Half & Half almost to a boil. Remove from heat and stir in white chocolate. Mix eggs, yolks, sugar and vanilla. Stir Half & Half into it. Soak 3 1/4 Loaves of French bread. Let sit refrigerated overnight. Bake the next day at 350 1 hour covered. Uncover and bake until browned and risen.

Candied Pecans

1/2 cup sugar
 2 cups pecans
 1/4 cup egg whites
 Method

Toss pecan pieces in egg whites and sugar until coated. Bake at 350 15 minutes. Stir and bake until brown and crystalized.

Rum Sauce

1 ¼ lbs light brown sugar
 1 ¼ cups heavy Cream
 4 oz. butter
 4 oz. light corn syrup
 1/4 cup rum
 Method

Bring all sugar, cream butter, and corn syrup to a boil, remove from heat and stir in rum.



Please Watch

Your Email

For Upcoming

Election Information



Annual Financial Report

LaANFP
 State Spring Meeting
 4/6/2017
 Opeleaus,La

Income	ANFP Rebate	850.00
	Registration Fees	2,676.80
	Vendor Regiatrations	6,675.85
	Serv Safe	340.00
	Donations	513.00
	Extra Meals	142.19
	Total Income	11,197.84

Expenses:	Meeting Rooms / Deposit	3,326.01
	Board Members Meal	90.47
	Room for Board Meeting	181.14
	Banners/Mugs/Cinch Sacks	1,125.47
	Serv Safe Refunds	255.00
	Speaker	900.00
	Flowers	87.13
	Scholarship Donation	1,000.00
	Total Expenses	6,965.22

Beg. Balance	\$27,315.39
Income	<u>\$11,197.84</u>
	\$38,513.23
Expenses:	<u>\$6,965.22</u>
Ending Bal	\$31,548.01
Difference	<u>\$0.34</u>
	<u>\$31,547.67</u>

2017 Louisiana State Conference April 5th—7th



Nourishing Your Mind For Continued Success 2017 Educational Conference & General Membership Meeting



Our 2017 Spring educational conference and general membership meeting was a huge success. We had over 40 members in attendance for the three days and everyone who attended earned 17 CEU's. Once again your board of directors did an outstanding job of arranging this conference. We had over 15 vendors present for our food expo and everyone enjoyed the food. While at this conference we were able to create 100 cinch backpacks filled with daily essentials for our partnership with the Veterans Administration and we want to thank everyone who participated.



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Association of Nutrition & Foodservice Professionals

Disaster Preparedness – Don't get caught unprepared.

Written by: Carolyn Hill, CDM, CFPP

A disaster implies an unforeseen occurrence, bringing with it destruction of life and/or property. During a disaster numbers of people may be plunged into helplessness and suffering. As a result, they may need food, shelter, medical and surgical care, and clothing. At your facility, there can be two types of disaster: internal and external.

An internal disaster is a large scale emergency happening inside or on the campus of your facility. An external disaster occurs in the surrounding area of your facility. A disaster is referred to as "Code Yellow".

Planning is the key to being sure your facility functions as a team should a large scale emergency arise. Those plans should be reviewed annually, and revised as necessary.

Disaster drills should be practiced at least twice a year. A critique should take place after each drill to assess the effectiveness of the facility Disaster Plan.

There are many types of disasters. They can be industrial accidents, a multiple auto accident, an explosion, fire, weather occurrences such as tornadoes, etc. In Dietary, you must be ready to provide food for those injured as well as the responders in/at your facility.

Since Hurricane Katrina, FEMA is requiring healthcare facilities to transition from Disaster Plans to NIMS (National Incident Management System). There is a certification program that is required of healthcare facilities' team leaders. The most important thing to remember is we never know what or when a disaster will strike, so you cannot wait for a disaster to happen to begin preparations. During a disaster, you have to be able to "think on your feet" to make adjustments to your plan. There are several things you need to take into consideration when developing a plan for Dietary. Capabilities of your department, Staffing during a disaster, Logistical plans, Disaster supplies, Water supply, Disaster Menu Evacuation supplies

What type power do you have? Gas and electric, all electric, generator large enough to carry your kitchen?

Do you have refrigeration that is run by a generator?

All these determine what you can and how much you can serve. They also play a part in your disaster menu.

Staffing during a disaster: Does your staff know what to do in your absence? Or is a well kept secret?

How many people in your department may be directly involved in or a victim of the disaster? If roads are not passable, how many cannot get to work? Will you need to change menu because of absences? Do you know where your staff lives, in case telephone service is out?

Logistical plans: If your facility has to be evacuated, where will you go? What type of kitchen facilities would you have if forced to evacuate? Supply list in case of evacuation? (Sample list provided)

In case you lose water or electrical power, how many days of disposable dishes, silverware, cups do you have?

Can you get a supply order, if length of time is extended?

Do you have an emergency plan agreement in place with your vendors?

Do you have a back-up vendor in case your vendor cannot get to your facility?

In case you lose water, does your facility have a back-up water supply such as a water pump?

Do you have enough water stored to provide 1 gallon of water per day per patient/resident?

In case you have time to prepare, such as a hurricane, do you have approved containers to hold tap water? Collapsible containers come in various sizes and take up very little room when collapsed. Keep in mind that anything over 2 ½ gallon containers would be very heavy and hard to handle.

You can purchase water bladders that can be set up in a parking lot.

Keep in mind that bottled water has an expiration date? Do you use it & rotate it to keep it fresh?

Do you have disaster menus in place? Or will you have to guess at what you will serve during an emergency?

If you have no electric power or gas to cook with, do you have some outside source for heating or preparing food?

When planning disaster menus, have you considered the work load on your staff that could be short handed? Make menus as simple as possible, but still provide nutritious, filling meals to your residents/patients.

How long would your bread supply last?

How many canned goods in your storeroom can be served from the can? Examples: Tuna, peanut butter & jelly, pudding, tomatoes, fruits, etc.

How many canned goods can be just heated up and served? Examples: soups, chili, stews, etc.

How many cold cuts do you have on hand that can be easily thawed?

Do you keep sliced cheese on hand?

How much baby food do you have on hand for your pureed diets?

Do you have a supply of diabetic food/drink mixes?

If you can answer all the above questions without having to search for the answers, you are ready to meet any type of emergency or disaster head on. Remember: Planning is the key!

Message from the President



Dear ANFP Members, and Friends;

I am writing to ask for your assistance with our statewide Diamond initiative in Louisiana. We are working with the Veterans Administration to provide our homeless veterans with a cinch backpack full of daily essentials, to include items such as the following items, Small pack wet wipes, Tooth brush, Tooth paste, Razors, Small shave cream, Baby powder, Band aids, Hand sanitizer, Alcohol wipes (few singles), Shampoo, Body wash, Small Note pads, Pens, Tube or Crew Socks, Granola bars, Mints, Nuts, Snacks, Aseptic Juice box, Zip lock bags.

The Louisiana ANFP has been on a mission to promote awareness of homeless veterans within our state. During the year, each of our districts has been raising funds and awareness of homeless veterans within our communities. At our spring meeting, we were able to fill 100 cinch backpacks with these items for our homeless veterans in Louisiana.

We will be participating in a VA Stand Down this coming September 29th. A Stand Down connects homeless veterans with services that lead to permanent housing and supplies to help during the transition. We are inviting all of our members to come out to the VA Hospital in Alexandria LA on September 29th to help us serve our veterans jambalaya and provide them with a backpack filled with daily essentials. We would like to give our thanks and appreciation to Northshore High School's JROTC program for their support and efforts in acquiring items for our cinch backpacks. Special thank you to Lieutenant Colonel David Lawson – Instructor, Sergeant First Class Anthony Icamina – Instructor, Battalion Commander Cadet Lieutenant Colonel Cameron Banks, Battalion Executive Officer Cadet Major Benjamin Hickson, and Battalion Command Sergeant Major Clayton Bridgeman.

Far too many veterans are homeless in America—between 130,000 and 200,000 on any given night—representing between one fourth and one-fifth of all homeless people. Three times that many veterans are struggling with excessive rent burdens and, thus, are at increased risk of homelessness.

Approximately 40% of homeless men are veterans, although veterans comprise only 34% of the general adult male population. The National Coalition for Homeless Veterans estimates that on any given night, 200,000 veterans are homeless, and 400,000 veterans will experience homelessness during a year (National Coalition for Homeless Veterans, 2006). Ninety seven percent of those homeless veterans will be male according to the Department of Veterans Affairs.

I appreciate your consideration to our request and please reach out to me with any questions.

As I wrap up my term as your state president I would like to say thank you for allowing me to represent you over the last three years and please join me in supporting Mr. Barrett Broussard as he becomes your new state president in October 2017.

Sincerely yours

Chef John Hickson
CDM/CFPP, CCA, FMP, CHESP, CP-FS
President Louisiana ANFP



Contact Us

Louisiana Association of
Nutrition & Foodservice
Professionals
la_anfp@att.net

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