

ANFP™ | LOUISIANA

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

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

July—September 2017



What is a Veterans Stand Down?

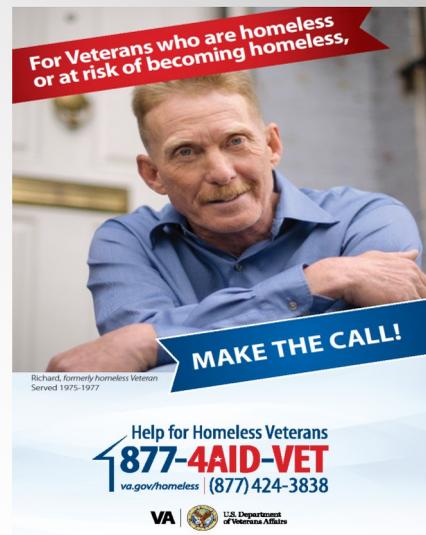
The original Stand Down for homeless veterans was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat operations. At secure base camp areas, troops were able to take care of personal hygiene, get clean uniforms, enjoy warm meals, 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.

In July 2002, the founders of Stand Down – Robert Van Keuren, Dr. Jon Nachison and Vietnam Veterans of San Diego – asked the National Coalition for Homeless Veterans (NCHV) to become the “keeper of the flame” and provide national leadership for the movement. Since the first Stand Down in San Diego in 1988, the program has become recognized as the most valuable outreach tool to help homeless veterans in the nation today.

The Louisiana Homeless Veterans Outreach program will be holding their annual Stand Down on September 29th 2017, in Alexandria La, at the VA hospital. 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

- What is a VA Stand Down
- Louisiana Wins Diamond Award
- Recipe of the quarter
- Understanding Your Knife
- Benefits of Volunteering
- Indulgently Named Veggies More Appealing
- Message from the President

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

Louisiana Wins Diamond Award

On June 7th 2017 Louisiana ANFP was graciously awarded the Diamond Award from the National ANFP. We won this award for our Diamond initiative of partnering with the Veterans Administration Homeless Veterans outreach program. 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 held a bagging of these items for our homeless veterans in Louisiana, and were able to provide the VA with 100 filled backpacks.

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.

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 a continental breakfast and a jambalaya lunch and provide them with a backpack filled with daily essentials. Please consider joining us as we continue to grow our support program for our wonderful veterans.

We are also selling T-shirts at the link below to raise funds for veteran's supplies. Please consider purchasing one and wearing it to the VA Stand Down September 29th in Alexandria.

http://www.booster.com/louisiana-anfp-supports-veterans?ref=email_messaging_desktop-dashboard-campaign-v1&utm_campaign=desktop-dashboard-campaign-v1&utm_content=louisiana-anfp-supports-veterans&utm_medium=messaging&utm_source=email

We thank all of our members for your continued support of this initiative. I am pleased to say that our neighbors to the north, (Oklahoma) will be joining us this September to assist with the Stand Down.



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

Core Values

ANFP members commit to these four Core Values:

- Professionalism: ANFP members are leaders who demonstrate the highest standards in their profession, adhere to a Values Statement and Code of Ethics, and pursue life-long learning.
- Integrity: ANFP members demonstrate pride in their work and are respected members of the leadership team.
- Advocacy: ANFP members are advocates for those they serve, and demonstrate they care about their clients' health and quality of life.
- Best Practices: ANFP members implement nutrition and foodservice best practices and impart that knowledge to those they serve and lead.

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Recipe of the Quarter

Baby Blue Salad

Mixed Baby Salad Greens (Spring Mix)

Crumbled Blue Cheese

Orange Segments

Sliced Strawberries

Chopped Pecans

Balsamic Vinaigrette

Place 2oz salad greens on plate. Top with 1 TBS blue cheese & 1 TBS Chopped Pecans, two Orange segments and One Strawberry sliced. Drizzle Vinaigrette over salad. Serve Chilled.



Understanding Your Knife

Knives come in all shapes and sizes. Some are versatile, some task specific. Some are straight, some serrated. Some are metal, some ceramic. Understanding how knives are constructed and why those differences exist will help you pick the right tool for the job.

Knife Blade: The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid sheet of metal and are more lightweight, but dull more quickly. Stamped blades are common on inexpensive, low quality knives, but high quality stamped blades can also be found. Stainless blades of both types are easily sharpened. Ceramic blades are very lightweight and can stay sharp for a very long time, but must be sharpened using a specialized grinder. Ceramic is also very brittle, so knives will shatter if dropped. They should not be used for tasks that involve hitting (e.g., breaking bones, cracking nuts). Ceramic knives are typically more expensive than their stainless counterparts.

Knife Handle: Wood has traditionally been used for knife handles, but is being replaced by plastics and laminated woods. Wood warps when it is wet and can harbor bacteria, making it very hard to clean. Plastic handles are found often in commercial kitchens because they are easy to clean and require no special care. Plastic is used most often on stamped knives that do not have a full tang, an extension of the blade that the handles are attached to. On forged knives, the tang continues through the length and width of the handle. The handle is attached to the tang using three rivets.



Benefits of Volunteering within the Louisiana ANFP:

If you are interested in furthering your career, volunteering within a professional association is a good start. There are associations for nearly every profession or area of interest and many have national, state and regional chapters available to join. An association is a synergistic group, meaning that the effect of a collection of people is greater than just one person. So, how exactly can becoming part of this synergistic group help further your career goals? Here are some benefits of volunteering within an association. For most people, creating professional relationships is important, and joining a group allows you to have a sense of security and trust. From this, you are able to support and help one another in reaching your professional goals. Louisiana ANFP sponsors numerous events throughout the year that allow you to connect with your peers. You can share ideas, ask for advice, volunteer to be a speaker or become a member of a committee. You can participate and have the opportunity to learn about breaking news in your career, learn "best practices" or new ideas, hear about key achievers in your field and also meet and brainstorm with others who are also looking to share and learn new information. Another benefit of enhancing your network is that you may find a mentor to help you with your professional needs or you may be in a position to become a mentor to someone else. Giving back can be the greatest reward and benefit. Participating in forums, chat groups or discussion boards sponsored by the association is also a great way to grow your network. This allows you to use your peers as sounding boards and often make some great friends with the same interests as you.

Another important reason to consider volunteering within the Louisiana ANFP is to take advantage of our career resources. National ANFP has job listings online available only to their members. This is a great way to find targeted job postings for your area of interest. Again our National ANFP has career resources available such as tips on effective resumes or cover letters, job searching strategies and negotiating techniques. Other benefits include information about seminars, training or certification classes that may be suitable for you. Often these classes can be done through web - or podcasts so you don't even have to leave your home. And don't forget, listing your volunteering activities for the Louisiana association of Nutrition and Foodservice professionals on your resume is impressive to current or future employers as it shows that you are dedicated to staying connected in your profession. Please consider becoming a volunteer member of our state association; just ask any board member which volunteer positions are open.

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Indulgently Named Veggies More Appealing

Which dish would you rather eat: slow-roasted caramelized zucchini bites, or lighter-choice zucchini?

If the first choice sounds more appealing, you're not alone: A new study finds that people are more likely to choose vegetable dishes with tantalizing names. The study involved a six-week experiment staged in a Stanford University dining hall. Each weekday, the dining hall served up one of eight vegetable dishes during lunch. The way the vegetables were prepared and displayed didn't change, but the labels used to describe the dishes did.

Each time a dish was served, the researchers randomly selected one of four descriptions for the dish: a basic description, a "healthy restrictive" description, a "healthy positive" one and an indulgent one. For example, for butternut squash, the basic description was simply "butternut squash," the healthy restrictive label was "butternut squash with no added sugar," the healthy positive description said "antioxidant-rich butternut squash" and the indulgent description called the dish "twisted garlic-ginger butternut squash wedges." Each day during lunch, the researchers secretly recorded how many people selected the veggie dish. In addition, they weighed how much of the dish was left at the end of lunch, compared with how much was prepared before lunch began.

More than 8,000 out of nearly 28,000 diners chose a vegetable dish over the study period, and the "indulgent" dishes reigned supreme: More diners, on average, chose the vegetable when the indulgent description was used, compared with the three other descriptions. And when the healthy restrictive description was used the fewest diners selected the vegetable. Compared with vegetables using the "healthy restrictive" description, 41 percent more diners chose the same dish when it had the indulgent description, the researchers found. And 35 percent more people chose the dish when it was given the indulgent description than when the same dish was labeled with the "healthy positive" description. The indulgent description was selected by 25 percent more people than the basic description.

In addition, people ate more of the vegetable dishes when the researchers used the indulgent descriptions, the study found. When vegetables were assigned the indulgent description, 23 percent more of the dish was served compared with the basic description. And 33 percent more of the dish was served compared with the healthy restrictive condition. Simply giving the vegetables a more indulgent description "significantly increased the number of people choosing vegetables and the total mass of vegetables consumed compared with basic or healthy descriptions, despite no changes in vegetable preparation," the researchers, led by Bradley Turnwald, a doctoral candidate in psychology at Stanford University, wrote in the study.

The findings challenge an existing technique that aims to promote healthy eating by touting the healthful properties of certain food (for example, by calling a dish antioxidant-rich butternut squash), the researchers wrote. Rather, the study supports previous research that found using creative labeling, such as superhero characters to promote veggie consumption in kids, is effective.

The researchers noted they were unable to measure how much food the diners actually ate after plating their serving, but added that an earlier study found that people eat, on average, 92 percent of self-served food.

The study was published June 12, 2017 in the journal JAMA Internal Medicine.

Message from the President

Our Veterans Need Our Help!!!!



Dear Members;

As you know the Louisiana association of Nutrition and Foodservice Professionals is working with the Veterans Administration and The National Coalition for the Homeless to provide our homeless veterans with a cinch backpack full of daily essentials, to include items such as small pack wet wipes, tooth brush, tooth paste, razors, small shave cream, baby powder, adhesive bandages, hand sanitizer, alcohol wipes, shampoo, conditioner, body wash, soap, note pads, pens, socks, granola bars, snacks, mints, nuts, juice boxes, instant oatmeal packs, instant grits packages, feminine hygiene products, small zip lock bags. We are asking for donations of the items listed above for the veterans.

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

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.

Further, there is concern about the future. Women veterans and those with disabilities, including posttraumatic stress disorder and traumatic brain injury, are more likely to become homeless and a higher percentage of veterans returning from the current conflicts in Afghanistan and Iraq have these characteristics.

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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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