

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals **FOOD & NUTRITION NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

October—December 2017

Save The Date

Meeting The Challenge – The Power of You
Louisiana ANFP

Association of Nutrition & Foodservice Professionals
Annual State Educational Conference & Food Expo

April 25th – 27th 2018

Free To All Louisiana ANFP Members



To Be Held At

Country Inn & Suites Conference Center
Pineville La

2727 Monroe Highway 165, Pineville, LA, 71360



In This Issue

- 2018 Spring Conference Information
- Secret Ingredient for Extra Fluffy Scrambled Eggs
- Recipe of the quarter
- VA Stand Down Report
- 2018 Meeting registration form.
- 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



Story by Marissa Laliberte:

Add This Secret Ingredient for Extra Fluffy Scrambled Eggs (It's Not Milk!)

Scrambled eggs seem like such a basic breakfast recipe, but it's surprisingly easy to get them wrong. Leave them in too long or use the wrong heat, and suddenly the restaurant-quality dish you had in mind has turned into a disappointing pile of dry, rubbery eggs.

Scrambling eggs without any extra liquid can turn out fine if you do it right. Preheat your pan on medium, whisk your eggs before adding them, and then stir frequently once they're in the pan. But adding a little something extra can give your eggs an ultra-silky texture—along with these tricks for making the perfect eggs.

You've probably grown up adding milk to your scrambled eggs before cooking. To be fair, whole milk can add creaminess and nice color to your breakfast, found a Rodale's Organic Life test comparing plain scrambled eggs with four different add-ins. But a different ingredient can do an even better job of stepping up your breakfast game. According to the tester, whisking in a dollop of sour cream for every two eggs in the bowl will give the absolute best texture. 'Think of the finest scrambled eggs you've ever had and multiply that taste by ten,' writes Rodale's Organic Life tester Concetta Smith. Wow.

If that doesn't convince you to try, maybe the backing of Michelin-recognized chef Justin Ferguson will. Adding sour cream instead of milk into eggs 'makes them creamy and richer without diluting the eggs' bright, yellow color,' he tells Refinery29. For the best results, full-fat sour cream will give a richer texture than low- or non-fat versions, according to The Kitchen.

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Association of Nutrition & Foodservice Professionals

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.

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.



Discover the power of the CDM, CFPP Credential

CDM® | **CFPP**® | Certified Dietary Manager
Certified Food Protection Professional



Recipe of the Quarter

COLA CAKE

-----FOR THE CAKE-----

2	c	Sugar
2	c	Flour
1 1/2	c	Small marshmallows
1/2	c	Butter
1/2	c	Vegetable oil
3	tbs	Cocoa
1	c	Coca cola
1/2	c	Buttermilk
1	t	Baking soda
2		Eggs
1	t	Vanilla extract



-----FOR THE ICING-----

1/2	c	Butter
6	tbs	Coca cola
16	oz.	Powdered sugar
1	t	Vanilla extract
1	c	Chopped pecans

Prepare cake: In a bowl, sift sugar and flour. Add marshmallows. In a sauce pan, ix butter, oil, cocoa and cola. Bring to a boil. Pour over sugar mixture. Blend well. Add buttermilk, vanilla, eggs and baking soda. Mix well. Pour into a well-greased 9 x 13 x 2 baking pan. Bake in pre-heated oven, at 350°F for 45 minutes. Remove from oven and frost immediately. To make frosting: Combine butter, cocoa and coca cola in a sauce pan. Bring to boil. Pour over powdered sugar, blending well. Add vanilla and pecans. Spread over cake. When cake is cool, cut into squares. Per serving: 672 calories, 5 g protein, 95 mg carbohydrate, 33 g fat, 221 mg sodium.



This year's statewide Diamond initiative for Louisiana is to continue our work with the Veterans Administration to provide our homeless veterans with a cinch backpack full of daily essentials, to include items such as socks, toothbrush, tooth paste, razors, shave cream, granola bars, aseptic beverages, Band Aids, etc. 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.

On September 29th 2017 at the Veterans Administration's annual VA-Stand Down we provided a full continental breakfast and a jambalaya lunch for over 200 veterans and VA staff. We also had several tables set up with daily essential supplies where the veterans could fill a back pack with needed supplies. We purchased 300 bath towels, 200 hand towels, 200 wash cloths, 240 pairs of tube socks, and we partnered with the Northshore High School JROTC who donated tooth brushes, toothpaste, soap, shampoo, razors, etc. Torino leather donated to our efforts 150 leather belts of assorted sizes. Aladdin temp rite donated \$500.00 to our cause and we had eight more corporate sponsors that helped us with everything from food supplies to funds to purchase above mentioned items. Shriners Hospital for Children in Shreveport, LA collected daily essential items for our backpacks, and Administrator Mrs. Kim Green made the endeavor a hospital wide initiative. We really appreciate all of our sponsors and supporters, without their support we could not have pulled the event off. The Veterans Administration's in Alexandria told us that this year's event was the best that they have had and the Veterans that were present gave us all a thumbs up. We have been asked to continue our efforts for next year and other VA-Outreach centers have asked us to consider partnering with them and their own stand downs.

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.



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Meeting the Challenge – The Power of You

Louisiana ANFP - Association of Nutrition & Foodservice Professionals

Annual State Educational Conference & Food Expo

April 25th – 27th 2018

Free To All Louisiana ANFP Members "In good standing"

To Be Held At Country Inn & Suites Conference Center, Pineville La

2727 Monroe Highway 165, Pineville, LA, 71360

Free Full Breakfast Buffet at Hotel each morning.

Meeting begins at 8:00 am each day, Lunch served on Wednesday 25th, Dinner served Thursday 26th

Must be pre-registered by March 21st 2018. 15 CEU's earned for attendance all three days.

Hotel: Country Inn & Suites

Address: 2727 Monroe Highway 165, Pineville, LA, 71360

Phone Number: 1-318-641-8332

Room Rate: Single \$89.00 plus Tax

REGISTRATION FEES

LAANFP Member	<u>FREE</u>
LAANFP Member At the door	<u>FREE</u>
Student and New Member	\$45.00 (with certificate)
Non-Member	\$85.00
Non-Member At the door	\$100.00
Guest Meal/Extra Meal	\$35.00 each person

Mail Registration form and payment to:

Louisiana ANFP, Attn: Brenda Ramsey

7 Lewis Rd Rayville, La 71269

Or register Online at <http://www.anfponline.org/LA/>

All major credit cards accepted thru PayPal online at our website www.anfponline.org/LA/

Meeting Contacts:

John Hickson, Louisiana ANFP President
johnh@foodsafetyedu.net

Brenda Ramsey, Louisiana ANFP Treasurer
la_anfp@att.net

Tami Rutten, Louisiana ANFP President-Elect
TWRutten@RFSDelivers.com

Carolyn Hill, Louisiana ANFP Secretary
chill@lgh-jena.org

Attendee's Name: _____ Member Number: _____

Address: _____ Phone Number: _____

Work Location: _____

Message from your President



Dear Fellow CDM/CFPP and ANFP Member:

Allow me to personally invite you to attend your Louisiana Association of Nutrition and Foodservice Professionals State Educational Conference and General Membership Meeting. This year's conference will be FREE registration for all LA-ANFP members in good standing, and will be held April 25th – 27th 2018 at Country Inn & Suites Conference Center, Pineville La 2727 Monroe Highway 165, Pineville, LA, 71360. Please see this newsletter and/or our website for a registration form. This year along with the dinner Thursday night we will also be providing lunch on Wednesday. Our hotel rate is only \$89.00 per night and I am hoping that many of you will decide to room with other members and share the cost.

The conference will begin on Wednesday April 25th at 8:00 am with a meet and greet at 7:30 am. We have an extensive list of speakers with our own national president/CEO as our keynote speaker. Our vendor showcase is planned for Thursday April 26th from 11:30 am – 1:30 pm; we have many new vendors participating this year. Attending this conference will entitle you to earning 15 CEU's towards your continued CDM certification, so please plan on joining us this year.

Once the agenda and program for this conference has been finalized we will post it to our website www.anfponline.org/LA in order to provide you with the topics and speakers chosen for this conference. For those of you who have not attended a chapter or a state meeting in recent years, I cordially invite you to attend your next chapter meeting and our state meeting. Our association is forever changing and we have many new and exciting things planned. If you are not sure which chapter you belong to, please do not hesitate to contact myself or Mrs. Tami Rutten President Elect.

In closing, I would like to ask each and every one of you to be proud of yourselves as CDM's and to become an involved member of your association. I look forward to serving you and working with each of you to make our association the best it can be. Remember this conference is FREE registration for all LA-ANFP members in good standing, so don't miss this opportunity to earn your CEU's

Sincerely,

John E Hickson

CDM, CFPP, CCA, FMP, CHESP, FSP

Louisiana ANFP State President

johnh@foodsafetyedu.net

Contact Us

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

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Carolyn Hill – Secretary

Brenda Ramsey – Treasurer

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