

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

DIETARY NEWS

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

January—March 2017

CMS Finalizes New LTC Regulations

On September 28 2016, the Centers for Medicare & Medicaid Services (CMS) issued its final regulations of Part 483 to Title 42 of the Code of Federal Regulations, the Requirements for States and Long-Term Care Facilities. Amongst these requirements is the inclusion of the Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) being listed first amongst qualifications for the newly designated Director of Food and Nutrition Services.

The requirements (§483.60(a)(2)) state, “we proposed to continue to require that, if a qualified dietitian or other clinically qualified nutrition professional was not employed full-time, the facility would have to designate a person to serve as the Director of Food and Nutrition Services who would receive frequently scheduled consultation from a qualified dietitian. We proposed to require that the director of food and nutrition services, if hired or designated after the effective date of these regulations, would have to be a certified dietary manager such as those by the Association of Nutrition & Foodservice Professionals (ANFP)”

Per the requirements, individuals who are currently employed as the designated Director of Food and Nutrition Services prior to November 28, 2016 will have five years to meet the staffing requirements outlined by CMS. Individuals hired after November 28, 2016 will have no later than one year to meet these staffing requirements.

The requirements state, “For designations prior to November 28, 2016, meets the following requirements no later than 5 years after November 28, 2016, or no later than 1 year after November 28, 2016 for designations after November 28, 2016.”

Third Annual State Meeting and Educational Conference

Third Annual State Meeting and Educational Conference April 5th – 7th 2017, Meeting begins at 7:00 am each day. Location & Date/Time: Evangeline Downs Racetrack & Casino 2235 Creswell Lane Extension Opelousas, LA 70570

ServSafe Class to be held Tuesday April 4th from 8:00 am to 5:00 pm – Cost \$85.00 per person. Must be pre-registered by February 24th 2017. (This enables us to ensure you receive your textbook)

CMS.gov

Centers for Medicare & Medicaid Services



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ServSafe
National Restaurant Association

FDA wants to know what you consider a 'healthy' food product.

As a nutritionist, what comes to my mind are whole foods such as fruits, vegetables, nuts, beans, and fish. Few people would debate such foods as being healthy and nutritious.

The Food and Drug Administration (FDA) announced last week that it plans to redefine what “healthy” means on packaged food labels.

For decades, FDA had defined a product as “healthy” if it met certain criteria such as low-fat, low saturated fat and cholesterol, relatively low in sodium, and contained at least 10% of the daily value (DV) for vitamins A or C, calcium, iron, protein, or fiber.

Certain packaged food products clearly would not qualify as “healthy.” Several years ago, for example, I served as the nutrition expert for a legal case against the manufacturer of an unhealthy food product which used the “healthy” claim on its package label but its product clearly was not healthy.

Dietary advice has evolved over the years and the definition of “healthy” on a package label has gotten tricky. If a food product contains mostly nuts or avocados, for example, it will not qualify as “healthy” because it will not be low in fat (even though the type of fat is healthy). Yet a fat-free chocolate pudding or a sugary cereal such as Frosted Flakes may, indeed, meet the “healthy” definition.

Back in 2015, the manufacturer of a fruit and nut bar received a warning letter from FDA that they were not allowed to label their product as “healthy.” After petitioning the FDA, stating that their product contained fats, the FDA reversed its course allowing the company to continue to use the “healthy” claim on its label.

FDA states: Redefining “healthy” is part of an overall plan to provide consumers with information and tools to enable them to easily and quickly make food choices consistent with public health recommendations and to encourage the development of healthier foods by the industry. Public health recommendations for various nutrients have evolved, as reflected by the 2015-2020 Dietary Guidelines for Americans and the updated Nutrition Facts label. For example, healthy dietary patterns now focus on food groups, the type of fat rather than the total amount of fat consumed and now address added sugars in the diet. Also, the nutrients of public health concern that consumers aren't getting enough of have changed.

Effective immediately, FDA will allow manufacturers to use the “healthy” claim for the following products that: 1) are not low in total fat, but have a fat profile makeup of predominantly mono and polyunsaturated fats; or (2) contain at least ten percent of the Daily Value (DV) per reference amount customarily consumed (RACC) of potassium or vitamin D.



Article written by Dr. Lisa Young, PhD, RD
Author, Nutritionist, Speaker, Professor,
Health and Wellness Expert

Registration is now open for the ANFP Annual Conference & Expo (ACE).

The conference will take place June 6-9, 2017 at the M Resort, Spa & Casino in Las Vegas, NV. ACE is the premier conference for foodservice professionals. To learn more, visit www.anfponline.org/ace17.



ANFP LOUISIANA

Association of Nutrition & Foodservice Professionals

**Third Annual State Meeting and Educational Conference
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Recipe of the Month

LOADED POTATO SOUP

Submitted by

Barrett Broussard CDM, CFPP

Portion size 8 oz.

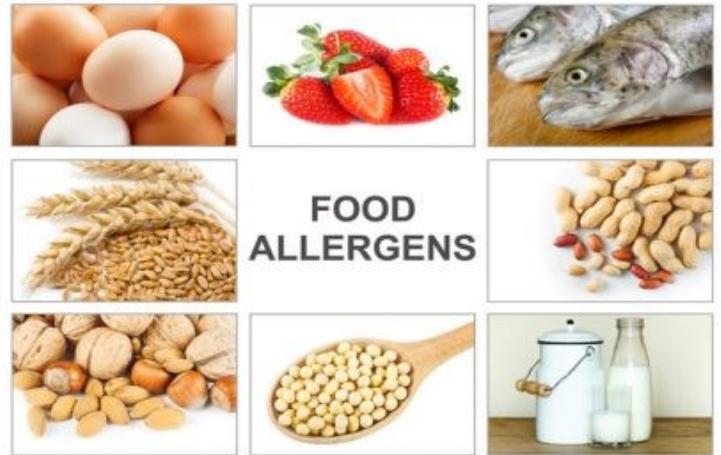
Number of servings 20

Ingredients

4 large baking potatoes (with or without skin) 1 small onion, diced 1 bell pepper, diced 2 stalks celery, diced 1 tsp. minced garlic 1 gal. water (to cover potatoes) 1 lb. bacon, cooked & crumbled 1 bunch green onions, chopped 1 lb. shredded cheese Cajun seasoning 1 quart heavy cream

Procedure

Cut potatoes into cubes, rinse and place in large pot with onions, bell peppers, celery & garlic; cover with cool water. Bring water to boil. When potatoes are tender you can break up with a whisk or leave whole; season to taste. Add cooked & crumbled bacon and continue cooking for 10 minutes. Reduce heat and add heavy cream and green onions. **DO NOT LET SOUP COME TO A BOIL!** When heavy cream is heated thicken if desired with cornstarch and water. When desired consistency is reached remove from heat. Add cheese and whisk until melted. You can garnish with bacon pieces, shredded cheese, or a tablespoon of sour cream if desired.



FOOD ALLERGENS

Hidden risks in your food

Food allergies have been on the increase for years. There is currently only one solution for patients: avoid allergy-triggering products. Researchers are making an important contribution to consumer protection by developing methods to specifically and reliably detect allergenic substances in foods. In addition, they are helping to establish processes that reduce the allergy-triggering properties of food ingredients focusing on soy. Eating is not a pleasurable experience for everyone. After a meal, many people suffer from abdominal pain, itchiness or diarrhea. These complaints are often caused by a food allergy with peanuts, fish, milk, cereals containing gluten, eggs, celery, crustaceans, edible nuts, mustard, sesame seeds and soy proteins particularly triggering such undesired reactions. Those affected have no other choice but to avoid food with 'their' allergen. "To date there are no food products, except for baby food, that are hypoallergenic and contain few allergens." Even the smallest quantities of allergens can get into food unintentionally and if we take the example of when different food products are processed in the same machine then these traces are not considered an ingredient, nor are they always listed on the packaging causing these hidden allergens in foods to pose a health risk for people with food allergies. We as CDM's must pay close attention to our residents/patients possible food allergies in order to protect them from possible illness and or death.



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 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 socks, toothbrush, tooth paste, razors, shave cream, granola bars, aseptic beverages, adhesive bandages, 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. At our spring meeting, we will be partnering with several state high school, JROTC programs in a bagging of these items for our homeless veterans in Louisiana.

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.

We are asking for donations of the following items, small pack wet wipes, tooth brush, tooth paste, razors, small shave cream, baby powder, adhesive bandages, hand sanitizer, alcohol wipes, shampoo, body wash, small note pads, pens, tube or crew socks, granola bars, mints, nuts, snacks, aseptic juice box, zip lock bags.

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

Sincerely yours,

Chef John Hickson

Louisiana State President.



ANFP LOUISIANA
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

ANFP® | LOUISIANA

Association of Nutrition & Foodservice Professionals

Message from the 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 held April 5th – 7th 2016 at Evangeline Downs Racetrack & Casino. 2235 Creswell Lane Extension, Opelousas, LA 70570. Please contact a board member for a registration form.



The conference will begin on Wednesday April 5th at 8:00 am with a meet and greet at 7:30 am. We have an extensive list of speakers with one ACF Chef Demo planned. Our vendor showcase is planned for Thursday April 6th 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 Mr. Barrett Broussard (Past President-President Elect) bbroussard@eunicemanor.com.

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.

Sincerely,

John E Hickson

CDM, CFPP, CCA, FMP, CHESP, FSP

Louisiana ANFP State President

johnh@foodsafetyedu.net

Contact Us

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Nutrition & Foodservice
Professionals
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Visit us on the web at

[http://www.anfponline.org/
events-community/chapters/
chapter-pages/louisiana/home](http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home)

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