

Association of Nutrition & Foodservice Professionals

FOOD & NUTRITION NEWS

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

April—June 2018

Diversity



is the one true thing
we all have in common
celebrate it every day.

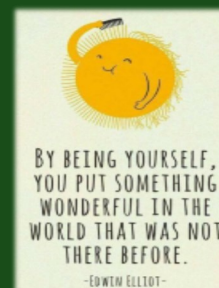
Please send us your recipes for our recipe of the
quarter section of the newsletter.

Email recipes to score1cjh@live.com



In This Issue

- 2018 Spring Conference Wrap up.
- Recipe of the quarter.
- Administrator of the Year.
- Chapter financial statement.
- Message from the President.
- CMS LTC Final Rule
- Latest Trends in Foodservice for Senior Care.
- Don't eat that meat without taking its temperature.



Spring 2018 Annual Conference & Food Expo



Our 2018 Annual spring conference and food expo was a huge success. We had over 54 members and 50 plus students attend the three day conference. On day two we offered a CDM exam study group/class and it was received with great appreciation. We plan to offer this again next year, and we will be offering a ServSafe class on the Tuesday before the conference next year if we receive enough interest from our members, so please let us know if you want a ServSafe class. Please put April 10th—12th 2019 down on your calendars for next years conference & food expo. This year we had some wonderful speakers and topics. Dr. Joyce Gilbert, RDN CEO and President, Association for Nutrition and Foodservice Professionals came to speak to us on the new CMS rules and regulations. She is an accomplished food and nutrition executive, data strategist, business entrepreneur, and Association CEO. Dr. Gilbert has successfully led innovation in healthcare regulatory compliance and benchmarking, academia, public policy, and corporate executive leadership. She has led ANFP in transforming its governance structure and in creating a data repository to enhance strategic metrics. Dr. Gilbert has positioned ANFP as the leader in foodservice management and food safety analytics. Gregory P Gorgone, CDM, CFPP Culinary Design Consultant with DRS Foodservice Design, Inc. out of Brentwood, TN, came and spoke to us on Kitchen Design/ Remolding & Culinary Innovations in Healthcare Foodservice. Jane Conley, MPH, RD, LDN Corporate Dietitian Doerle Foodservice LLC spoke to us about Preparing for an Sanitation Inspection. Christopher Ridenhour, GFN, Leading Age's Highest Rated Nationally Traveled Speaker, Healthcare Management Professional, Accountability Coach, Expert Team Energizer, The Most Interesting In-Services Trainer in the World!, was our close out speaker on Friday and he left us laughing and with a better outlook on life.

Plus we had many more wonderful speakers. This was our most successful conference yet and we hope to continue this success next year.



2018 Administrator of the Year

Mr. G. Kim Green



Mrs. Bernita Harris nominated her administrator for our annual Administrator of the Year award for his dedication to her and her food service department.

We asked Bernita the following questions .

How does your administrator support you?

Through the years I have held district offices and was allowed to host meeting in our facility. I was the State Secretary for several years and Mr. Green supported my involvement. Once he hears of an initiative that we would like to pursue in our department, he is on board with full support and suggestions on implementation. One example of this is when ANFP started the VA Stand Down collection efforts. I asked Mr. Green if he would be willing to let us put collection bins in a couple locations around the hospital to collect donated supplies. He agreed that supporting our veterans was a worthy cause and threw his support behind our efforts. He allowed us to put out bins and promote the collection efforts among our staff and guests. We even took a group picture of staff that supported the cause (please see attached-Mr. Green is the first person on the left in the back row).

How does your administrator demonstrate awareness of LA-ANFP educational program?

Mr. Green has always been most accommodating in allowing me to attend as many of the ANFP educational programs as possible. He understands the value of continuing education and sees programs like these as ways to promote excellence (one of our core values) and improve the services we provide. A part of our mission at Shriners Hospitals for Children is to provide for the education of physicians and other health care professionals. This mission is extended to all areas of the hospital in promoting education, which includes us as foodservice professionals.

How is your administrator receptive to new ideas?

Mr. Green allows us to be creative and innovative in our department. Once we presented him with the idea of having a monthly department theme day in the cafeteria. He led the charge on creating the menu and serving on their administrative department's cafeteria theme day. He also encourages us to discuss new ideas and gives us the support needed to change directions when things are not working well.

Congratulations Mr. Green

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

If you have any questions regarding Louisiana ANFP, our activities or events, or if you would like to employ a CDM, CFPP in your facility, please contact any of our state officers.

ANFP is the premier resource for food service managers, directors, and those aspiring to careers in food service management. ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial settings. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and certification programs. ANFP monitors industry trends and legislative issues, and publishes one of the industry's most respected magazine.

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.

For more information about ANFP please contact Association of Nutrition & Foodservice Professionals by telephone at 800.323.1908 or 630.587.6336.

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Association of Nutrition & Foodservice Professionals

CMS LTC Final Rule

Joyce Gilbert, PhD, RDN

President & CEO

Association of Nutrition and Foodservice Professionals



LTC regulations first published in 1989 have not been updated since 1991, CMS underwent a comprehensive update of the regulations to reflect advances in theory and practice of service delivery and safety for LTC residents, and to Improve Quality of Life, Health Care, Services, and Resident safety. CMS recognizes the change in the LTC population as being more diverse and clinically complex with an underlying theme: Person-centered care; residents having control of care and choices. The new regulations will be phased-in over a three year period 2016-2019. Phase 1: The effective date of the final rule (11/28/16) and includes new regulatory language added to existing F-tags. Phase 2: 1 year following the effective date of the final rule (11/28/17) and will include F-tag renumbering and additional regulations with interpretive guidance. The QIS and Traditional survey process will be updated with a new survey process to be utilized in all states. Phase 3: 3 years following the effective date of the final rule (11/28/19) and will include the implementation of the final rule regulations. The State Operations Manual Appendix PP has been updated to highlight the new language for phase 1, the F-tag numbering system will not change for this phase, the new regulatory language was incorporated into the existing numbering system, and the following is a summary of the changes in the F-tags related to Food and Nutrition Services.

F284 Req for Post-discharge Plan of Care: The IDT must begin discharge planning on admission including assessment of resident goals

F322 Proper care and services-feeding tube: (Assisted Nutrition and Hydration) requires that if a resident has been able to eat enough not be fed by enteral methods unless clinically indicated and consented to by the resident. Also, if receiving enteral feeding receives treatment to restore oral eating skills and prevent complications

F325 Maintain Nutrition Status/Therapeutic Diet: (Assisted Nutrition and Hydration) Identifies parameters of nutrition status as usual or desirable BW and electrolyte balance unless clinical condition makes this not possible. Therapeutic diet is offered when ordered

F327 Facility Provides Sufficient Fluid Intake: (Assisted Nutrition and Hydration) includes the addition of the term “offered sufficient fluid intake.” To assure resident is offered adequate fluids to prevent dehydration

F360 F360-F373 Dietary Services: This section was renamed to Food and Nutrition Services to focus on meeting preferences of each resident

F361 Employment of Qualified Dietitian: Qualifications and timeline for the Director of FNS if a dietitian or other clinically qualified nutrition professional if not employed FT AND State requirements for food service and dietary managers MUST be followed

F362 Sufficient Support Personnel: A member of the FNS staff must participate on the IDT (CDM,CFPP Scope of Practice also ref F280)

F363 Menus Meet Needs and are Followed: National guidelines must be used, meet religious, cultural and ethnic needs, input from residents, updated periodically and reviewed, residents right to make personal choices

F364 Food Preparation/Palatable/Temperature: This section expanded to include beverages and preferences regarding beverages and a safe and appetizing temperature for food and drink

F366 Substitutes of Similar Nutritive Value: Requirements for accommodating allergies, intolerance and preferences to food and drink and options for alternative meal choice must be appealing

F367 Therapeutic Diet Prescribed by Physician: Attending Physician may delegate task to registered or licensed dietitian allowed by State law (ref F390)

F368 Frequency of Meals: Alternative meals/snacks must be provided to residents that request to eat out of the traditional/scheduled times

F369 Adaptive Eating Equipment/Utensils: Appropriate assistance provided to those using adaptive devices at meals and snacks

F371 Sanitary Food Procure/Prep/Dist/Storage: This section clarifies three points; foods from local producers must meet state/local rules, produce from own gardens must be handled safely, residents are able to have food from outside and a policy is required outlining the use and storage of these foods

F373 Paid Feeding Assistants: The IDT is responsible for assessing the need for a paid feeding assistant and the rationale should be delineated in the care plan

F520 Facility Maintains a QA Committee: A Quality Assurance and Performance Improvement (QAPI) program must be in place by phase 3. Does the facility have trained staff (including F&NS) in addressing behaviors in residents with dementia.



Latest Trends in Foodservice for Senior Care
Greg Gorgone, CDM, CFPP, Culinary Design Consultant
DRS Foodservice Design, Inc.

Trends in LTC Foodservice, foodservice as a revenue center, helping drive occupancy rates, creating culinary cultures, great food raises resident satisfaction. What do we mean when we say use the foodservice department as a revenue center. Today's healthcare foodservice executives have finance skills and are contributing to the bottom line and not being a drain to the organization. You should be part of the Management Team and build pride in yourself and advance your career this will help you in getting your budgets and capital requests approved and help build your department's reputation. Ways in which your department can become a revenue center for your facility is by supporting other Senior Organization with meals, serving an adult Day Care center, holding regular events on campus, participating in local food shows, supporting local farmers and welcome the community to dine in your facility. To create a culinary culture, provide In-House training, tasting spoons, perform Pre-service Huddles, read trade magazines, cook books, attend food shows, and cooking classes. Use a camera for documentation, set plating standards, ensure recipe documentation is followed, purchase proper Buffet & Display equipment, have staff visit cafes, bistros, restaurants. And conduct In-services with You Tube Videos of proper cooking techniques. What is the result if you do these things? You will wind up with more socialization of your residents, higher satisfaction scores, reduction of weight related situations, added revenue from staff meals, more locals visiting the community, doctors eating in the dining room, and your facility becoming a Happier Place!



Don't eat that meat without taking its temperature

By Catharine Huddle | March 15, 2018



How do you tell if the meat or poultry you're cooking is done?

Some professional cooks say they can squeeze a piece of chicken or poke a steak with their finger and determine if it's done. Some people go by cooking time, and some by appearance. But the U.S. Department of Agriculture and the Centers for Disease Control and Prevention strongly urge cooks to take the temperature of the turkey, beef or pork they've got in the oven or on the grill or stovetop. So, if you want to follow the rules, you're going to need a kitchen thermometer, and the choices vary from what appears to be the Cadillac of food thermometers that goes for \$99 to a \$60 digital thermometer to an \$11 analog instant-read device. According to the USDA's Food Safety and Inspection Service (FSIS), using a food thermometer is the only reliable way to ensure safety and to determine desired "doneness" of meat, poultry and egg products. "To be safe, these foods must be cooked to a safe minimum internal temperature to destroy any harmful microorganisms that may be in the food," the FSIS says. "'Doneness' refers to when a food is cooked to the desired state and indicates the sensory aspects of foods such as texture, appearance, and juiciness. 'Unlike the temperatures required for safety, these sensory aspects are subjective. Color is not a reliable indicator.'" So there goes the it-looks-done-to-me theory. For example, FSIS says, ground beef may turn brown before it reaches a temperature where pathogens are destroyed. A consumer preparing hamburger patties and using color as an indicator is taking a chance that pathogenic microorganisms may survive. A hamburger cooked to 160 °F, as measured with a meat thermometer, regardless of color, is safe.

The temperature at which different pathogenic microorganisms are destroyed varies, as does the "doneness" temperature for different meat and poultry, the agency says, adding that it's essential to use a food thermometer when cooking meat, poultry, and egg products not only to prevent undercooking but to verify that food has reached a safe minimum internal temperature and prevent foodborne illness. The FSIS recommends letting meat rest for at least three minutes before carving or eating. And finally, here's a CDC chart that shows what temperatures you need to reach to eat safely.

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None

Recipe Of The Quarter.

Carolina She Crab Bisque

1 1/2 Gallons Chicken Stock (1 1/2 gallons water + 1/2lb Chicken base)

1 1/2 Gallons Seafood Stock (1 1/2 gallons water + 1/4lb Seafood base)

2 Cups diced Onion

½ Cup diced Celery

½ Cup diced Bell Pepper

2 lbs Fresh lump crabmeat

1/8 cup diced pimentos

1 Kitchen spoon dill weed

½ Kitchen spoon seafood magic seasoning

Roux (1 & ½ lbs Butter + 1 & ½ lbs Flour)

2 Cups Heavy Cream or Milk



In large pot add water, chicken base, seafood base, onion, celery, bell pepper, bring to a boil and add roux. Simmer over low heat for 10 min then adding remaining ingredients and adjust for taste. Simmer over low heat for 30 min until desired flavor and consistency is reached.



Louisiana ANFP
Financial Statement
As of 4/24/2018

Income	ANFP Rebate	1,000.00
	Vendors Prepaid	7,612.60
	Extra Meals (5)	174.05
	Out state Members	252.70
	Class Registrations	676.83
	Raffle	103.00
	Total Income	9,819.18

Expenses:

Board Meeting Meal	595.24
Conference Programs	418.41
Meeting Posters	129.62
Supplies for meeting	88.18
Admin of the Year Plaque	31.08
Baskets For Raffle	67.81
Speaker Air Fare	494.00
Speaker	2,000.00
State Meeting rooms/meals	6,552.17
Total Expenses	10,376.51
<u>Donation to Barrett</u>	1000

Beg. Balance	\$30,018.74
Income	\$9,819.18
	\$39,837.92
Expenses:	\$11,376.51
Ending Bal	\$28,461.41
Beg. Balance	\$30,018.74
Ending Bal	\$28,461.41
Loss	-\$1,557.33

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Association of Nutrition & Foodservice Professionals

Message from your President



Dear fellow members;

I have enjoyed working with each and everyone of you in my time as your state president, and I hope you have been pleased with my efforts in this leadership role. I feel that under the leadership of our board the last four years we have been able to grow our association and show our industry just how professional we are and how we are dedicated to our chosen profession. I must inform you that as of October 2018 I will be stepping down as your state president and Mrs. Tamra Rutten will become your new state president. As of June 1st 2018 I will become your new National Chair—elect and will be installed as your National chair next June (2019). At this time we are seeking nominations for the state president-elect position and as I have said before, if you are interested in furthering your career, volunteering within our professional association is a good start. 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 our association.

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. 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. And don't forget, listing your volunteer 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 and if you are interested or want to nominate someone for the president elect position please reach out to one of your present day board members with this interest and nomination.

Again thank you for allowing me to serve you over the last four years and don't worry I will be an active member for a long time to come.

Chef John E Hickson

CCA, CDM, CFPP, FMP, CHESP, FSP, CP-FS

Louisiana State Chapter President

National Board of Directors – Chair Elect

Association of Nutrition and Foodservice Professionals

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Contact Us

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<http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home>

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