

# ANFP™ | LOUISIANA

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

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

January—March 2018

### Save The Date

Meeting The Challenge – The Power of You  
Louisiana ANFP

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

**April 25<sup>th</sup> – 27<sup>th</sup> 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**



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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](mailto:johnh@foodsafetyedu.net) for consideration



## Key Concepts in Nutrition

By the National Restaurant Association's Education Foundations

### ManageFirst Program

The amount of energy that a person derives from food is measured in units called calories. A calorie is the amount of energy needed to heat one kilogram of water (about 2.2 pounds) by approximately two degrees Fahrenheit (one degree Celsius). Nutrient density refers to the number of nutrients per calorie of a food. For the most part, if you eat nutrient-dense food, you receive more nutrition in a smaller number of total calories. An empty-calorie food is one that contains higher proportions of calories but few if any nutrients. Empty-calorie food usually contains high amounts of sugar and fat. Often one or two servings of empty-calorie food per day can add the extra three hundred to four hundred calories that cause weight gain in the general population. Therefore, it would be wise for most people to decrease consumption of these foods. The six essential nutrients are carbohydrates, proteins, lipids, vitamins, minerals, and water. Carbohydrates include starch, sugar, and dietary fiber. Carbohydrates provide the body with four calories of energy per gram. Proteins are large, complex molecules that contain long chains of amino acids. Lipids can be triglycerides, cholesterol, or phospholipids. Lipids provide abundant energy, as each gram contains nine calories. Vitamins are organic compounds, while minerals are inorganic elements. Both are needed in relatively small amounts by the body for regulation of metabolic processes. Water is the most important nutrient. It is a universal solvent and a critical component of metabolic processes. The primary role of carbohydrates in the diet is to supply energy. The primary function of protein is to provide amino acids, which the body uses to build and repair muscles and other tissues. In addition, the body uses protein to form enzymes, hormones, and antibodies. Lipids provide energy at a rate of nine calories per gram of food eaten. Vitamins and minerals are needed in relatively small amounts by the body for regulation of metabolic processes. Water is essential to all forms of life. It is a perfect medium for the metabolic processes of the body. In addition, water aids in temperature regulation, waste removal, and hydration. There are five recognized primary tastes: sweet, salty, bitter, sour, and umami. In addition, when we see a very attractively presented dish, we anticipate its taste. Smell and taste sensations work together to provide most of the flavor. People also describe the consistency or feel of food in the mouth as important. The sizzling of steaks or the accompanying sound of a flaming dish as it is served can also add to the excitement and pleasure of eating. The structures of the digestive system include the oral cavity, the pharynx, the esophagus, the stomach, the small intestine, the large intestine, the rectum, the anus, the liver, the gallbladder, and the pancreas. The digestive process includes both the physical movement of food down the digestive tract and the secretion of enzymes and fluids. The teeth chew the food, the salivary glands secrete saliva, and the stomach holds and mixes the food. The small intestine is responsible for most digestive and absorptive roles. The major role of the large intestine is to reabsorb water, minerals, and bile salts. The rectum stores the waste, and the anus allows for elimination. The liver produces bile, the gallbladder stores it, and the pancreas adds bicarbonate and enzymes to the chyme in the small intestine for the final phase of digestion. When digestion is completed, starches and sugars have been broken down into monosaccharides, and lipids have been disassembled into glycerol, fatty acids, and monoglycerides. The long-chain fats enter the lymphatic system. The monosaccharide and short-chain fatty acids are sent to the liver for use in metabolism. Proteins are broken down into amino acids and then absorbed, and the amino acids travel through the blood to the liver to be used by the body. The body mass index (BMI) is a numerical calculation that reflects the relationship between a person's height and weight. This calculation can indicate if the person's weight is in a healthy range. Statistically, individuals who have high BMI values are at increased risk of what are generally referred to as the chronic diseases. These diseases include obesity, type 2 diabetes, arthritis, cardiovascular disease (including high blood pressure, or hypertension), stroke, and coronary heart disease.





***Developing Staff and Defining Responsibilities within the Food and Nutrition department.***

***By Chef John Hickson CCA, CDM/CFPP, FMP, CHESP***

***The first step in developing a comprehensive training program within the food and nutrition department is to describe the responsibilities of front-of-the-house and back-of-the-house staff in implementing a nutrition program. All employees have responsibilities in implementing a nutrition program. As managers we often oversee the program. The front-of-the-house employees, such as hosts and servers, interact with customers and maintain the standards of service and any food preparation assigned to their positions, as part of that role, these employees must inform their supervisors of customers' special dietary or nutritional needs. Our back-of-the-house employees, such as cooks and chefs, are responsible for preparing food according to customers' expectations and following all standard operating procedures. These employees are also responsible for providing customers with substitutions or modifications. As managers we can develop our own training sessions in support of our nutrition program by following the ADDIE model. The ADDIE model is an instructional design model used for training development. ADDIE stands for analyze, design, develop, implement, and evaluate. As managers we must first analyze the needs of the program. This analysis includes stating the goals of the program, developing performance standards to measure the program's implementation, determining the needs of the program, and evaluating the operation's current capacity for delivering against the performance standards. We must then use the performance standards and needs assessment to design a training program. At the design stage, we must consider variables such as the type of training, the employees to be trained, and the materials to be used in the training. During the development step, managers create the materials to be used in the training. The implementation step involves the actual employee training, using the materials previously developed. Finally, the evaluation stage allows managers to assess employees' mastery of the new training. The evaluation phase also provides feedback that helps managers to adjust future trainings.***

***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.***

***ANFP™ LOUISIANA***

***Association of Nutrition & Foodservice Professionals***

### **Recipe Of The Quarter.**

BLUEBERRY CRUMB CAKE Yield: 100 Servings

Cake: 3 lb. Cake Flour,  $\frac{1}{4}$  c. Baking powder, double-acting,  $\frac{1}{2}$  TBS Salt,  $1\frac{1}{2}$  c. Butter,  $4\frac{1}{2}$  c. Sugar, 6 Eggs; beaten, 3 cups Milk, 6 pt. Blueberries, fresh

Crumb topping: 3 cups Sugar,  $1\frac{1}{2}$  c Flour, 3 tsp. Cinnamon, ground  
 $1\frac{1}{2}$  c Butter

Sift together flour, baking powder and salt. Set aside. Cream butter and gradually beat in sugar. Add egg and milk and beat until smooth. Add dry ingredients. Dust blueberries lightly with flour. Fold into batter. Spread into greased and floured 2 inch deep hotel pans. To prepare topping: mix together sugar, flour and cinnamon. Cut in butter and mix into coarse crumbs. Sprinkle crumb mixture over cake batter. Bake at 375 for 40 - 45 minutes.



DEPARTMENT OF VETERANS AFFAIRS  
Alexandria VA Health Care System  
Post Office Box 69004  
Alexandria, Louisiana 71306-9004

October 31, 2017

In Reply Refer To: 502/122

Chef John Hickson  
Association of Nutrition & Foodservice Professionals (ANFP)  
280 Lenwood Drive  
Slidell, Louisiana 70458

Dear Chef Hickson:

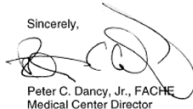
On behalf of the Alexandria VA Health Care System we express our gratitude to ANFP for adopting our Healthcare for Homeless Veterans (HCHV) Program and helping to make our 2017 Homeless Stand Down event a success. The phenomenal success of Stand Down reflects the dedication that our community partners, such as ANFP, displayed in helping to address the needs of homeless veterans.

The event provided an opportunity for the Alexandria VA staff to enroll numerous homeless Veterans into the HCHV Program and to engage with the homeless Veterans who are currently receiving VA services simultaneously allowing the Veterans to connect with various community resource(s) providers.

We appreciate your gift of time, energy, and enthusiastic support and look forward to working with you once again at our future Homeless Stand Down events. Again, thank you for your dedication to serving homeless Veterans as your involvement was vital in making this year's event a resounding success.

Should you have any comments and/or concerns to share with us regarding your participation, please feel free to contact Rena Powell, HCHV Program Coordinator at (318) 466-2773.

Sincerely,



Peter C. Dancy, Jr., FACHE  
Medical Center Director

## A Message From Alexandria VA Healthcare System



## **Food Safety Corner**

### **Norovirus (Norwalk Virus)**

Noroviruses are the most common cause of acute gastroenteritis (infection of the stomach and intestines) in the United States. Norovirus illness spreads easily and is often called stomach flu or viral gastroenteritis,

People who are infected can spread it directly to other people, or can contaminate food or drinks they prepare for other people. The virus can also survive on surfaces that have been contaminated with the virus or be spread through contact with an infected person.

- Sources include produce, shellfish, ready-to-eat foods touched by infected food workers (salads, sandwiches, ice, cookies, fruit), or any other foods contaminated with vomit or feces from an infected person

- Incubation Period is approximately 12-48 hours

- Symptoms include diarrhea, vomiting, nausea, and stomach pain. Diarrhea tends to be watery and non-bloody. Diarrhea is more common in adults and vomiting is more common in children

- Duration of Illness is typically 1-3 days. Among young children, old adults, and hospitalized patients, it can last 4-6 days.

- What Do I Do? Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration, call your doctor.

- How Do I Prevent It? Wash hands frequently with soap and running water for at least 20 seconds, particularly after using the bathroom and before preparing food.

- If you work in a restaurant or deli, avoid bare-hand contact with ready-to-eat foods.

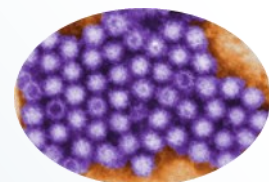
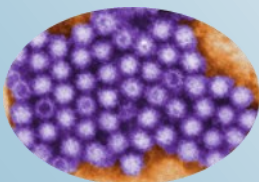
- Clean and disinfect surfaces contaminated by vomiting or diarrhea (use a bleach-based household cleaner as directed on the label). Clean and disinfect food preparation equipment and surfaces.

- If you are ill with diarrhea or vomiting, do not cook, prepare, or serve food for others.

- Wash fruits and vegetables and cook oysters and other shellfish thoroughly before eating them.

- Wash clothing or linens soiled by vomit or fecal matter immediately. Remove the items carefully to avoid spreading the virus. Machine wash and dry.

[www.foodsafety.gov](http://www.foodsafety.gov)







## Association of Nutrition & Foodservice Professionals

### 2017—2018 Fiscal Year Chapter Annual Budget

Louisiana ANFP			
Brenda L. Ramsey, CDM,CFPP	State Treasurer		
John Hickson, CDM, CFPP	State President		
Fiscal year	June 1, 2017	May 31, 2018	
	June 2016 - 2017	June 2017 - 2018	
Income	Last Year's Actual	This Year's Budget	Actual to Date
State Conference	\$ 8,914.15	\$ 5,000.00	\$ -
	\$ -	\$ -	\$ -
	\$ -	\$ -	\$ -
National Rebate	\$ 1,565.00	\$ 1,700.00	\$ 865.00
Donation	\$ 513.00	\$ 500.00	\$ 500.00
Raffle	\$ -	\$ 400.00	\$ -
			\$ -
			\$ -
Total Income	\$ 10,992.15	\$ 7,600.00	\$ 1,365.00
Expenses	Last Year's Actual	This Year's Budget	Actual to Date
Bonding	\$ -	\$ 135.00	\$ -
Audit	\$ -	\$ 125.00	\$ -
Donations	\$ 1,261.85	\$ 2,000.00	\$ 1,878.57
Speakers	\$ -	\$ 2,000.00	\$ -
Postage	\$ -	\$ 50.00	\$ 249.90
Miscellaneous	\$ 1,044.91	\$ 1,000.00	\$ 191.10
Officers to National	\$ 738.60	\$ 1,700.00	\$ 533.86
Membership/ Recruit of members	\$ -	\$ 3,000.00	\$ -
Conference Expenses	\$ 5,131.32	\$ 3,000.00	\$ -
	\$ -	\$ -	\$ -
Total expenses	\$ 8,176.68	\$ 13,010.00	\$ 2,853.43
Total Profit (loss)	\$ 2,815.47	\$ (5,410.00)	\$ (1,488.43)
Income	\$ 10,992.15	\$ 7,600.00	\$ 1,365.00
Expense	\$ 8,176.68	\$ 13,010.00	\$ 2,853.43
	\$ 2,815.47	\$ (5,410.00)	\$ (1,488.43)
Current funds in checking account \$30,532.35 as of 11/07/2017			

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Association of Nutrition & Foodservice Professionals

## Volunteer Roles

ANFP Chapter Volunteer Roles  
*Varies by State\**



### Welcome Committee

Greet attendees at a meeting, make congratulatory phone calls to new members, or send birthday emails. Bring the sunshine!



### Communications Chair

Like Facebook? Post updates on behalf of the chapter on social media, send email updates, create a newsletter, or keep information on chapter website updated. Help members stay updated on the latest news!



### Legislative Spokesperson

Want to make a real difference? Influence members of Congress and secure the credential in regulations.

### Event Assistant

Recruit a speaker who interests you, book a meeting location convenient for you, or organize a fun outing for ANFP members. Change the educational experience for the better!



### Executive Board

Give back to the industry as the chapter president, president-elect, secretary, or treasurer! Your input will be appreciated. Volunteers often receive free or discounted CE. Become a leader today!



*\*Speak to your local ANFP chapter about volunteer opportunities. [www.ANFPonline.org/Chapters](http://www.ANFPonline.org/Chapters)*

# Thank You To Our Sponsors For All Of Their Continued Support



*R & R Enterprises Inc.*



**ANFP™** | LOUISIANA

Association of Nutrition & Foodservice Professionals



## Registration form

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 25<sup>th</sup>, Dinner served Thursday 26<sup>th</sup>

Must be pre-registered by March 21<sup>st</sup> 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 in good standing	<b><u>FREE</u></b>
LAANFP Member in good standing At the door	<b><u>FREE</u></b>
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/](http://www.anfponline.org/LA/)

#### Meeting Contacts:

John Hickson, Louisiana ANFP President

[johnh@foodsafetyedu.net](mailto:johnh@foodsafetyedu.net)

Tami Rutten, Louisiana ANFP President-Elect

[TWRutten@RFSDelivers.com](mailto:TWRutten@RFSDelivers.com)

Brenda Ramsey, Louisiana ANFP Treasurer

[la\\_anfp@att.net](mailto:la_anfp@att.net)

Carolyn Hill, Louisiana ANFP Secretary

[chill@lgh-jena.org](mailto: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](http://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](mailto:johnh@foodsafetyedu.net)

## **Contact Us**

**Louisiana Association of  
Nutrition & Foodservice  
Professionals**  
[la\\_anfp@att.net](mailto:la_anfp@att.net)

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)

### **Your Louisiana Chapter**

#### **Leaders**

#### **Executive Board**

**John Hickson – President**

**Tami Rutten – President Elect**

**Carolyn Hill – Secretary**

**Brenda Ramsey – Treasurer**

#### **District Presidents**

**District 1 Northshore/Baton  
Rouge – John Hickson**

**District 2 Southwest –**

**Sharon Hicks**

**District 3 Northwest –**

**Tami Rutten**

**District 4 New Orleans –**

**Carolyn Weatherspoon**

**District 5 Northeast –**

**Clariece O'Quinn**

**District 6 Cenla –**

**Angel Schlotterbeck**

**District 7 Acadian –**

**Barrett Broussard**