



Association of Nutrition & Foodservice Professionals

Celebrating Nourishing Louisiana for Fifty Years

1973-2023

***Louisiana Association of Nutrition & Foodservice Professionals
Quarterly Newsletter***

July - September 2022

Louisiana Association of Nutrition & Foodservice Professionals

Annual State Educational Conference & Food Expo April 12th - 14th 2023

***To be held at Crowne Plaza Executive Center Baton Rouge 4728
Constitution Ave, Baton Rouge, LA 70808***

Association Providing Breakfast Buffet Before Conference Each Morning

Meeting begins at 8:30 am each day of the Conference

***You can register online or fill out the enclosed registration form and send
it with payment to Brenda Kenly.***



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Association of Nutrition & Foodservice Professionals

Attention Brenda Kenly
213 Hwy 850
Columbia, La, 71418
(318)376-2793

Annual State Educational Conference & Food Expo
April 12th - 14th 2023
Registration Form

Once completed, either email to louisianaanfp@gmail.com, or print and mail this form and payment to the address above.
Please make sure to send in application before deadline of March 30th, 2023

Personal Information

First Name: _____ MI: _____ Last Name: _____ ANFP # _____
Home Phone: _____ Cell Phone: _____ Email: _____
Home Address: _____
City: _____ State: _____ Zip: _____

Louisiana Association of Nutrition & Foodservice Professionals
Annual State Educational Conference & Food Expo
April 12th - 14th 2023
To be held at Crowne Plaza Executive Center Baton Rouge
4728 Constitution Ave, Baton Rouge, LA 70808

Single Room Rate: \$125.00 plus tax

Association Providing Breakfast Buffet Before Conference
Each Morning
Meeting begins at 8:30 am each day of the Conference

Hotel phone #: 225-930-0151

- ☐ \$85.00 Early Registration Fee Member ☐ \$95.00 Non-Member ☐ \$65.00 Student/New Member
☐ \$95.00 Member at the Door ☐ \$105.00 Non-Member at the Door
☐ I have enclosed a check payable to Louisiana Association of Nutrition & Foodservice Professionals (ANFP)

Please bill my: ☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

Credit Card Number: _____ Exp Date: _____ CSC #: _____ Amount: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Name on Account: _____ Signature: _____

Register Online at <https://form.jotform.com/222083744752053>

All major credit cards accepted through PayPal Online at our website <https://form.jotform.com/222083744752053>

Meeting Contacts:

Chef John Hickson, Louisiana ANFP President
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Brenda Kenly, Louisiana ANFP Treasurer
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Reynolds Landry Louisiana ANFP President-Elect
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Food Allergy versus Food Intolerance

People often confuse food allergies and food intolerances. It is important to know the difference.

A food allergy happens when the body's immune system reacts to a protein in food. The food that causes the reaction is called an allergen. Symptoms of food allergies range from mild to life-threatening and are listed below. A food intolerance, or a food sensitivity, is when a person has a hard time breaking down a certain food. While food intolerances can cause gas, bloating, diarrhea, or upset stomach, they are not life-threatening.

Symptoms of an Allergic Reaction to Food

After eating a food with an allergen, mild or severe symptoms can appear within minutes or up to a few hours. They may be mild or severe and may include hives, nausea, vomiting, stomach pain, nasal congestion, runny nose, or swelling of the lips, tongue, or throat.

Anaphylaxis is a serious allergic reaction that may include difficulty breathing, dizziness, a drop in blood pressure, or loss of consciousness. If you suspect an anaphylactic reaction, call 911, and treat the child with an epinephrine auto-injector like Epi-Pen® right away.

Very young children may not know when they are having an allergic reaction, but may be able to tell you how they are feeling. Children may say one of the statements below when having an allergic reaction.

My tongue (or mouth) is hot, burning, tingling, or itches.

It feels like something is poking my tongue.

My mouth feels funny.

There's something stuck in my throat.

My lips feel tight.

My throat feels thick.

A child may also show nonverbal signs of an allergic reaction, including: Putting their hands in their mouth

Pulling or scratching at their tongue, slurring their words, their voice may change (become hoarse or squeaky).

Most Common Food Allergens

While over 170 foods can cause an allergic reaction, nine major food allergens make up over 90% of food allergic reactions in the U.S. They are listed in the table below, with examples and possible food sources.

Allergen	Foods Containing the Allergen	Other Possible Sources of the Allergen
Eggs	Eggs (dried, powdered, solids, white, yolk)	Baked goods, breaded items, fried rice, mayonnaise, meatballs, meatloaf, pasta, surimi
Fish	Finfish (cod, haddock, halibut, salmon, tilapia, tuna), fish sticks	Barbecue sauce, bouillabaisse, salad dressing, surimi, Worcestershire sauce
Milk	Buttermilk or milk (condensed, evaporated, low-fat, nonfat, whole), butter, cheese, cottage cheese, cream, ghee, whey, yogurt	Baked goods, breakfast foods (cereals, pancakes, waffles), lunch meat, hot dogs, margarine, meatballs, nondairy products
Peanuts	Peanuts, peanut butter, peanut flour, mixed nuts	Baked goods, cereal (granola, muesli), chili, marzipan, pancakes, trail mix, sauces (chili sauce, hot sauce, pesto, gravy, mole sauce), salad dressing, certain cuisines (Mexican, African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese))
Sesame	Sesame (flour, oil, paste, salt, seed), tahini Sesame may be listed under "spices" on a food label	Asian cuisine, baked goods, bread crumbs, cereals (granola, muesli), crackers, dressings, gravy, hummus, marinades, margarine, processed meats and sausages, sauces, soups, sushi, tempeh
Shellfish	Crustacean shellfish (crab, crawfish, lobster, prawns, shrimp)	Bouillabaisse, fish stock, seafood flavoring (crab or clam extract), surimi
Soy	Edamame, miso, soy (soy cheese, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts, soy yogurt), soybeans, soy sauce, tempeh, tofu	Asian food, baked goods, dressings, grains prepared with soy (cereal, bread, chips, crackers, pasta, rice, tortillas), infant formula, processed and canned foods, sauces
Tree Nuts	Almonds, cashews, hazelnuts, marzipan (almond paste), mixed nuts, nut butters, pecans, pesto, pistachios, praline, trail mix, walnuts	Baked goods, barbecue sauce, cereal, cookies, crackers, marinade, certain cuisines (Chinese, African, Indian, Thai, Vietnamese)
Wheat	Wheat flour (all-purpose, enriched, whole wheat), bran, bulgur, durum, farina, germ, semolina, most bread products (bread crumbs, cereal, crackers, pasta, rolls)	Bread products using alternate grains, couscous, oats, salad dressings, sauces, soups, soy sauce, surimi

ACE is coming to Louisiana 2023

2023 Annual Conference & Expo

JUNE 25 - JUNE 28, 2023

Join us for the Annual Conference & Expo (ACE) in beautiful New Orleans, LA!

June 25-28, 2023

New Orleans Marriott

Go to <https://www.anfponline.org/>

For more information and to register.



Please consider joining your executive board in New Orleans as we welcome our National Association to Louisiana, for four days of extensive learning and networking with our peers from across the nation.



Recipe of the Quarter

New Orleans-Style BBQ Shrimp

20 large (16/20) shrimp, peeled and deveined

1 ounce canola oil

***1 tablespoon plus 5 teaspoons green onions,
chopped***

2 ounces dry white wine

1 teaspoon fresh chopped garlic

4 tablespoons Lea & Perrins Worcestershire Sauce

1 teaspoon Tabasco

1 teaspoon New Orleans BBQ shrimp seasoning

½ teaspoon cayenne

½ teaspoon paprika

8 ounces (2 sticks) salted butter

Place a large cast iron skillet on a burner and heat over high heat. Add oil and cook shrimp until they are just done. It is best to prepare shrimp in batches if you do not have large skillet. Remove shrimp and set aside on a large platter. Add green onions to the oil in the skillet and cook for 1 minute. Add white wine and let simmer until it is reduced by half. When the wine is reduced by half, add chopped garlic, Worcestershire, Tabasco, BBQ shrimp seasoning, cayenne pepper and paprika. Shake the pan well and cook for 1 minute. Reduce the heat to low. Cut butter into small chunks with the knife and slowly add into pan, shaking fast to melt butter. Continue to add butter and shake until all butter is melted. Add shrimp back to pan and toss well to coat shrimp with butter and seasonings and to heat the shrimp. Place shrimp on four plates and enjoy.

Makes 4 servings



Contact Us

**Louisiana Association of Nutrition & Foodservice
Professionals**

louisianaanfp@gmail.com

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

Reynold Landry—President Elect

Barrett Broussard – Secretary

Brenda Ramsey – Treasurer

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Association of Nutrition & Foodservice Professionals

Message from your State President



Dear Fellow CDM/CFPP and ANFP Members:

Allow me to personally invite you to attend your Louisiana Association of Nutrition and Foodservice Professionals State Educational Conference and General Membership Meeting. Next year's conference will be \$85.00 registration for all LA-ANFP members in good standing and will be held April 12th - 14th 2023. To be held at Crowne Plaza Executive Center Baton Rouge 4728 Constitution Ave, Baton Rouge, LA 70808. Please see this newsletter and/or our website for a registration form. Our hotel rate is only \$125.00 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 12th at 8:30 am with a breakfast buffet being served at 7:30 am each day. Our vendor showcase is planned for Thursday April 13th from 11:30 am – 1:30 pm; we have many new vendors participating this year. Attending this conference will entitle you to earning 20 CEU's towards your continued CDM certification, so please plan on joining us this year. This is a very special year for us as an association, as we will be celebrating our 50th year as a association. Also, in June 2023 our national annual ACE conference will be held here in our beautiful state, in New Orleans.

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 state meeting in recent years, I cordially invite you to attend our state meeting. Our association is forever changing, and we have many new and exciting things planned. 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 the first time in three years that we have been able to get together so don't miss this opportunity to earn your CEU's and network with your fellow CDM's.

Sincerely,

Chef John E Hickson

CCA, FMP, CDM-CFPP, SNM, CSFE, MCFE, CFM, HACCP, CHESP

Louisiana ANFP State President

score1cjh@live.com

ANFP® AT A GLANCE



The Association of Nutrition & Foodservice Professionals (ANFP)

is a national not-for-profit association established in 1960 that today represents more than 14,000 professionals dedicated to the practice of providing optimum nutritional care through foodservice management.

ANFP is the premier professional organization for nutrition and foodservice managers, directors, and those aspiring to careers in nutrition and foodservice management—particularly in healthcare and other non-commercial foodservice settings. ANFP achieves its mission through networking, education, research, and advocacy. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and a certification program.

MEMBERSHIP PROFILE

Most ANFP members work in healthcare—nursing homes, long-term care facilities, senior living communities, and hospitals. Some work in correctional facilities, schools, and the military. In healthcare settings, dietary managers often run foodservice and nutrition departments, typically working in tandem with Registered Dietitians and other members of the healthcare team. They may provide supportive nutrition screening, documentation, and care planning.

Because of their intensive training in management and human resources administration, some nutrition and foodservice managers oversee multiple service-oriented departments (e.g., laundry, housekeeping, and others) within their organizations. Yet others work for corporations in areas such as multi-site management of foodservice operations, employee training, or sales.

Dual credentials among members are common. For example, some members are also certified executive chefs, diet technicians, or hold additional college degrees in areas such as hospitality management. The demand for culinary expertise in healthcare is growing at a dramatic pace. Increasing numbers of chefs are entering the healthcare arena and joining ANFP to synthesize talents in food preparation with an understanding of nutrition therapy, management, and food safety.

ANFP MEMBERS EMPLOYMENT IN...

Nursing Home/LTC	44%
Hospital	23%
Assisted Living, CCRC or Retirement	12%
School	3%
Correctional Facility	1%
Other	17%

Self-Operated Environments	76%
Chains/Healthcare Systems	43%

CHAPTERS

ANFP has 48 active state chapters, and more than 160 active districts, throughout the United States and in Guam.

Chapters provide local networking, meetings, and education, as well as legislative activities, recruitment, scholarships, and professional advancement.

Diversity



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