

A photograph of an alligator resting on a large, weathered log in a swampy environment. The alligator is facing right, with its head slightly raised. The background shows dense green foliage and trees, typical of a Louisiana swamp.

ANFPTM | LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice Professionals Quarterly Newsletter

April - June 2023

Dear Louisiana ANFP Members,

Congratulations! We are excited to announce that your chapter has received the following National awards:

Communications Award

Membership Award

Diamond Award Nominee

Platinum State Achievement Award

Recognition for winners of the chapter awards will take place at the Volunteer Appreciation Luncheon during ACE on Sunday, June 25 (11:30 am – 12:45 pm) in Riverview 1 - Riverview Pre-Function at the New Orleans Marriott.

In This Issue

- **2022-2023 National Awards**
- **2022-2023 Chapter Financial Report**
- **2023 Conference Update**
- **Recipe of the Quarter**
- **Know Your Food Allergens**
- **Continuing Education Info**
- **Corporate Sponsors**
- **Recognize & Respond to Anaphylaxis**
- **What's up with carrots? Let's root out the truth**
- **Message from State President**

Chapter Financial Report

Chapter Name

LOUISIANA

La ANFP

Report Year 2022/23		
	Revenues	
ANFP Rebates	\$	1,865.00
State Meeting Member Registrations - Vendor Fees	\$	8,601.88
Total Revenue	\$	10,466.88

Bank Balance 10/31/2022	\$	24,194.31
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Expenses		
Deposit for State Meeting	\$	2,000.00
National Donation NFEF	\$	1,000.00
Blankets For Veterans	\$	1,162.26
Toiletries For Veterans	\$	545.44
Conference Gifts	\$	505.26
Fee For RD Certificate	\$	60.00
Programs & Banner For Meeting	\$	620.24
Spring Meeting Total	\$	14,464.92
TOTAL EXPENSES	\$	20,358.12
Income and Bank Balance	\$	34,661.19
Expenses	\$	20,358.12
Ending Balance	\$	14,303.07

2023 Spring Conference Update

Your Louisiana chapter of the Association of Nutrition and Foodservice professionals, held our annual state educational conference and food expo April 12th – 14th in Baton Rouge. We had a nice turnout of 40 plus members and everyone enjoyed learning new things and had a great time networking with fellow CDM's.

During the annual business meeting April 13th, your 2023-2024 executive board was nominated and approved by all members in attendance. Your 2023-2024 board is as follows.

Chef John Hickson – State President

Mr. Barrett Broussard – State President Elect

Mrs. Brenda Kenly – State Treasurer

Mrs. Ellena Garnica – State Secretary

As a strictly volunteer association we are always seeking new volunteers to step up and take on a board position. If you are interested in becoming more involved with your association, please reach out to one of the board members mentioned above. All new volunteers participate in our chapter leadership development training program, in order to provide them guidance and support in their new role.

This year was our 50th year as an association and we celebrated this feat while at the conference. Here are some pictures of the conference.





Recipe of the Quarter

Banana Pudding Cookies

Ingredients

- 1 cup unsalted butter slightly melted
- $\frac{3}{4}$ cup light brown sugar packed
- $\frac{1}{4}$ cup granulated sugar
- 1 ripe banana mashed
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 3.4-ounce package vanilla instant pudding mix
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{1}{4}$ cup white chocolate chips divided

Instructions

1. In a large bowl, beat the butter, brown sugar, and granulated sugar together on high speed until well combined (about 2 minutes).
2. Beat in mashed banana, egg, and vanilla until fully combined.
3. In a large bowl, whisk together flour, dry pudding mix, baking soda, and salt. Pour dry ingredients into wet ingredients and beat just until mixed. Do not overmix.
4. Fold in 1 cup of the white chocolate chips.
5. Line a baking sheet with parchment paper. Use a 2-Tablespoon cookie scoop to scoop and drop them onto the baking sheet. The cookies can be close to each other for now but not touching. You'll space them properly later when ready to bake.
6. Use the remaining $\frac{1}{4}$ cup of white chocolate chips to press extra chocolate chips into the top of each cookie. Use hands to shape cookies into round balls (do not flatten).
7. Place the tray of cookies in the refrigerator for at least 1 hour (or in the freezer for at least 10 minutes).
8. Preheat the oven to 350° F and line a second baking sheet with parchment paper or a silicone baking mat. Take some cookies out of the freezer and place on the baking sheet at least 3 inches apart.
9. Bake the cookies, one tray at a time, for 10 to 12 minutes or until cookie edges are set. (The tops of cookies will still look slightly wet but that's okay – they'll continue to bake on the cookie sheets once removed from the oven.)
10. Let cookies cool completely on baking sheets before enjoying.

Notes

Store cookies in an air tight container at room temperature for up to 4 days or in the freezer for up to 3 months.

Nutrition

Serving: 1g | Calories: 125kcal

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>

Your Louisiana Chapter

Leaders & Executive Board

John Hickson – President

Barrett Broussard—President Elect

Ellena Garnica – Secretary

Brenda Ramsey – Treasurer





Know Your Food Allergens

Many different food items can cause dangerous allergic reactions amongst customers. The most common food allergens are caused by these nine food items:

The Big
9



Milk



Wheat



Eggs



Soy



Crustacean
Shellfish



Sesame



Peanuts



Fish



Tree Nuts

Serving Customers with Food Allergies

- Tell a customer exactly how each dish is made and include any special ingredients. If you aren't sure, ask a manager.
- Suggest menu items that do not contain the allergen.
- Identify the allergen special order on your order ticket and tell kitchen staff about the allergen.
- Hand deliver the allergen special order to the guest separate from other food to prevent cross-contamination.



If cross-contamination occurs **DO NOT serve the contaminated dish to the customer. Set it aside and ask your manager for assistance.**

If a severe allergic reaction occurs **call 9-1-1 and tell your manager.**

For more information and resources on food safety, visit: foodsafetyfocus.com

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Food Allergies

More than 50 million Americans have an allergy of some kind. You probably know one of those people or are one yourself. Food allergies are estimated to affect 4% – 6% of children and 4% of adults, according to the Centers for Disease Control and Prevention. Food allergy symptoms are most common in babies and children, but they can appear at any age. You can even develop an allergy to foods you have eaten for years with no problems.

The body's immune system keeps you healthy by fighting off infections and other dangers to good health. A food allergy reaction occurs when your immune system overreacts to a food or a substance in a food, identifying it as a danger and triggering a protective response. While allergies tend to run in families, it is impossible to predict whether a child will inherit a parent's food allergy or whether siblings will have a similar condition. Some research does suggest that the younger siblings of a child with a peanut allergy will also be allergic to peanuts. Symptoms of a food allergy can range from mild to severe. Just because an initial reaction causes few problems doesn't mean that all reactions will be similar; a food that triggered only mild symptoms on one occasion may cause more severe symptoms at another time. The most severe allergic reaction is anaphylaxis — a life-threatening whole-body allergic reaction that can impair your breathing, cause a dramatic drop in your blood pressure and affect your heart rate. Anaphylaxis can come on within minutes of exposure to the trigger food. It can be fatal and must be treated promptly with an injection of epinephrine (adrenaline). While any food can cause an adverse reaction, nine types of food account for about 90 percent of all reactions:

Eggs, Milk and Dairy, Peanuts, Tree nuts, Fish, Shellfish, Wheat, Soy, Sesame

Sesame is the 9th most common food allergen and is found in many popular dishes, including hummus, under the name "tahini." According to the FDA, "Under the FASTER Act of 2021, sesame is being added as the 9th major food allergen effective January 1, 2023. Until that time, manufacturers do not have to list it as an allergen, although in most cases it must appear in the ingredient statement. An exception is when sesame is part of a natural flavoring or spice." Symptoms of an allergic reaction may involve the skin, the gastrointestinal tract, the cardiovascular system and the respiratory tract. They can surface in one or more of the following ways: Vomiting and/or stomach cramps, Hives, Shortness of breath, Wheezing, Repetitive cough Shock or circulatory collapse, Tight, hoarse throat; trouble swallowing Swelling of the tongue, affecting the ability to talk or breathe, Weak pulse, Pale or blue coloring of skin, Dizziness or feeling faint. Anaphylaxis, a potentially life-threatening reaction that can impair breathing and send the body into shock; reactions may simultaneously affect different parts of the body (for example, a stomachache accompanied by a rash)

Most food-related symptoms occur within two hours of ingestion; often they start within minutes. In some very rare cases, the reaction may be delayed by four to six hours or even longer. Delayed reactions are most typically seen in children who develop eczema as a symptom of food allergy and in people with a rare allergy to red meat caused by the bite of a lone star tick.

Follow the links below for some free and/or low-cost continuing education credit hours

<https://www.dietarymanager360.com/shop/Sanitation-&-Safety-c25406222>

<https://www.cdc.gov/nceh/ehs/elearn/eats/index.html>

<https://www.fightbac.org/free-resources/recorded-webinars/>

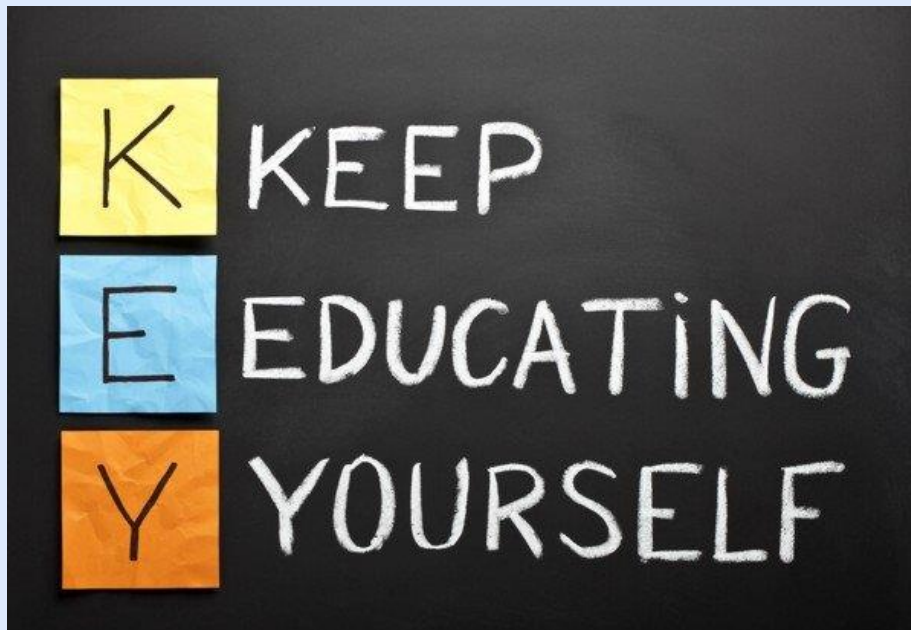
<https://tunaversity.com/>

[https://anhi.org/education/course-catalog?utm_campaign=abb-abb-nutrition&utm_medium=redirect&utm_source=abb-an-dot-com-education-page&utm_content=abb-2022-courses-available-on-demand-module-continuing-education-page&utm_term=click#sort=relevancy&f:languagefacet=\[en\]&f:countryfacet=\[us\]](https://anhi.org/education/course-catalog?utm_campaign=abb-abb-nutrition&utm_medium=redirect&utm_source=abb-an-dot-com-education-page&utm_content=abb-2022-courses-available-on-demand-module-continuing-education-page&utm_term=click#sort=relevancy&f:languagefacet=[en]&f:countryfacet=[us])

<https://www.dietarymanager360.com/shop/Nutrition-c25454012>

<https://www.generalmillscf.com/industries/healthcare/support-tool-categories/continuing-education>

<https://webinars.lyonsreadycare.com/>



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PERFORMANCE
FOODSERVICE








Have a taste...

Recognize and Respond to Anaphylaxis

For a suspected or active food allergy reaction





FOR ANY OF
THE FOLLOWING

SEVERE SYMPTOMS

-  **LUNG:** Short of breath, wheezing, repetitive cough
-  **HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
-  **THROAT:** Tight or hoarse throat, trouble breathing or swallowing
-  **MOUTH:** Significant swelling of the tongue or lips
-  **SKIN:** Many hives over body, widespread redness
-  **GUT:** Repetitive vomiting, severe diarrhea
-  **OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE
THAN ONE

MILD SYMPTOM

-  **NOSE:** Itchy or runny nose, sneezing
-  **MOUTH:** Itchy mouth
-  **SKIN:** A few hives, mild itch
-  **GUT:** Mild nausea or discomfort

1 INJECT EPINEPHRINE IMMEDIATELY

2 Call 911 Request ambulance with epinephrine.

Consider Additional Meds

(After epinephrine):

- » Antihistamine
- » Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- » If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- » Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.



foodallergy.org

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What's up with carrots? Let's root out the truth.

By Michael Merschel, American Heart Association News

If you think of carrots as stodgy old tubers, something more fit for rabbits than healthy humans, you're in for a bunch of surprises. Carrots can be a significant source of crucial nutrients, said Sherry Tanumihardjo, professor of nutritional sciences at the University of Wisconsin-Madison. These days, they're popping up in a whole palette of colors. They're also convenient and versatile. "You can just take them out of the ground, wash them and eat them, just like that, or you can peel them and cut them up," she said. "You can slice them and dice them into all kinds of foods."

Carrots have been around a long time, probably originating in central Asia, possibly Afghanistan. Researchers say that by the Middle Ages, purple and white varieties were domesticated as far west as England, but the orange carrot didn't become common until the 15th century in Europe. Tanumihardjo has quite a carrot history herself, having studied them since the start of this century and collaborated on work that's helped make a rainbow of varieties widely available. Although carrots carry a range of nutrients, including B vitamins, vitamin K and potassium, much of her carrot enthusiasm comes from her work in vitamin A, which supports the immune system, heart, lungs and perhaps most famously, eye health. "Vitamin A is essential for vision, especially at night," she said, meaning that what your grandmother told you about eating carrots to help you see in the dark has some truth to it. (The idea that carrots can improve eyesight is rooted in British World War II propaganda, but vitamin A deficiency causes hundreds of thousands of cases of night blindness worldwide each year.) Vitamin A comes in two forms. Preformed vitamin A can be found in animal products, such as dairy products and organ meats. Taken in excess, as in supplements, preformed vitamin A can become toxic. The other form, provitamin A, is derived from plant-based chemicals called, conveniently enough, carotenoids. Not all carotenoids can be converted to vitamin A, but orange carrots are full of some that do, such as alpha and beta carotene. "It's a safer way to get vitamin A because your body regulates it," Tanumihardjo said. That is, your body can make more or less, depending on what it needs at the moment. As [calculated by the U.S. Department of Agriculture](#), one regular raw carrot, weighing about 2 ounces (or 60 grams), comes with about 25 calories and would provide nearly 72% of the vitamin A an adult woman needs, and about 56% of an adult man's daily needs. In the carrot world, colors are trending, and as colors vary, so do nutrients. Purple carrots get their hue from anthocyanins, which have been linked to healthy gut biomes, [improved cognition](#) and better heart health. Yellow carrots provide lutein, which helps vision and brain health. And red carrots contain lycopene, which also is found in red tomatoes and watermelon, and which has been [linked to lower stroke risk](#). More varieties may be on the way, Tanumihardjo said. "Right now, we are working on a purple carrot with a red center." Carrots also have heart-healthy fiber. According to the USDA, one regular raw carrot provides 1.7 grams. Federal dietary guidelines say an adult needs 22 to 34 grams a day, depending on age and sex. Tanumihardjo said the nutrients in carrots are available fresh or frozen, raw or cooked. Cooking, she said, breaks down the cell walls releasing compounds that help sweeten carrots a bit. Some studies have shown that cooking actually increases levels of available carotenoids. She did have one carrot caveat, however: If you eat raw carrots without a fat source, you won't see benefits from those carotenoids. "It will just pass right on through the body," she said. "If you eat carrots in a salad and you have salad dressing, then you will absorb more. If you eat carrots in a stew, and you don't overcook them too much, and there's fat in the stew, you will absorb even more." Eating them with a little bit of cheese also would work, she said. The same goes for carrot juice. Juicing breaks cell membranes and helps make carotenoids more accessible, "but you do have to make sure you have a little bit of fat within the same time you're drinking the juice in order to absorb the most nutrients." Although peeling them will remove a little fiber, when it comes to serving carrots, there really isn't a bad way, she said. (Unless, perhaps, you are a rabbit. According to Britain's Royal Society for the Prevention of Cruelty to Animals, wild rabbits don't eat carrots, and they should only be an occasional treat for pets. The whole connection between bunnies and carrots can be traced to the debut of Bugs Bunny in 1940. His carrot crunching was intended as a parody of Clark Gable in the 1934 comedy, "It Happened One Night.") "I do like carrots," Tanumihardjo said. Sometimes she snacks on baby carrots, a peeled and cut version with similar nutritional values. Mostly, she said, she buys longer ones and puts them in soup. "I make a lot of soup."

Message From State President



Dear Louisiana ANFP Members

We had a very awesome state meeting in Baton Rouge, LA April 12-14, 2023. The speakers were awesome and our food show was a testament to just how great our vendor partners really are. We had 11 different companies bring us products and information to share in the food show. During our annual membership meeting, we discussed the possibility of partnering with our four main food vendors, (US Foods, Performance, Sysco, and Ben E Keith) and holding one day seminars throughout the state, everyone in attendance at the meeting felt this would be a great idea, and so your executive board will begin working on this endeavor.

Please consider being part of our board. People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding.

Volunteering with ANFP is no different, by attending state meeting you meet new people and make new friends. The more involved you become and the more networking you do the better your future employment prospect are. As a member of the board,

You become a valued part of a team of fellow volunteers

Aid dietary managers to gain knowledge needed to successfully serve their residents

Help ensure that the people we serve (our residents) are cared for with the most knowledgeable staff possible.

We want everyone to know that CDM CFPP's are trained and qualified to manage menus, food purchasing and food preparation; and to apply nutrition principles, document nutrition information, ensure food safety, manage working teams, and much more.

Thank you

Chef John Hickson

CEC, CCA, CSFE, FMP, CDM/CFPP, CFM, MCFE, SNM, FARECheck Instructor

Louisiana Association of Nutrition & Foodservice Professionals State President