# AFP" LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice ProfessionalsQuarterly NewsletterApril – June 2022

#### Message from your State President

#### Dear Louisiana ANFP Members.

In January 2022, I stepped down as president of our state association, but as of May 31<sup>st</sup> 2022, we were unable to recruit a replacement for the position. So as of June 1<sup>st</sup> 2022, I am stepping back in as your state president. After all the hard work we have done over the last years, I could not see our association falling behind. Since 2014 we have been one of the top preforming state chapters, and I don't want to see that become a thing of the past. As you saw on our Facebook page, we once again received the national awards for Membership, Communication, and Government Affairs. We also received the Platinum state achievement award. We are once again a Diamond award finalist, and it is because of the hard work by your executive board that we receive these awards and that we receive the annual rebates from national. These rebates are what helps our state run effectively and at a low cost to you, our members. Sincerely

Chef John Hickson He/him/his CCA, CEC, CDM/CFPP, FMP, CHESP, SNM, CP-FS, MCFE, HACCP Louisiana ANFP State President 2019-2022 National Chair of ANFP

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### Association of Nutrition & Foodservice Professionals

Financial Statement				
Louisiana Associatio	on of Nutrition & H	Foodservice Professionals		
		Report Year 2021/22		
Bank Balance As of 4/30/2022	\$	25,329.31		
REVENUE				
ANFP Rebates	\$	1,865.00		
Total Revenue	\$	27,194.31		
EXPENSES				
Veterans Program Back Packs	\$	371.82		
TOTAL EXPENSES	\$	371.82		
NET INCOME / BALANCE	\$	26,822.49		

## EDUCATION



2023 Spring Conference Information Update.

Just to keep everyone in the loop, we are in the early stages of planning our annual state educational conference. The dates we have chosen are April 19<sup>th</sup> – 21<sup>st</sup>, 2023. We plan to hold the conference at the Country Inn & Suites in Pineville, La, just like we have in the past. We would love to hear from our members on speaker topics and if you have a particular vendor you would like to see at the food show, please let us know, just as soon as possible.

If any member would like to assist and participate in the conference planning process, please reach out to John Hickson at <u>score1cjh@live.com</u>.

If any member has another suggestion for a more convenient location to hold the conference, please contact us as soon as possible so we can take it under advisement and move the process forward.



#### Recipe of the quarter.

**Old-Fashioned Peach Cobbler** 

- Yield: 8 servings
- 1/2 c Light-brown sugar (packed)
- 1/2 c Whole-wheat flour
- 1/2 tsp. Cinnamon, ground
- 1 tbs. baking powder
- 1 tsp. Grated lemon rind
- 1/4 c Butter (1/2 stick)
- 1 tbs. Lemon juice
- 2 Egg whites, beaten
- 4 c Sliced peeled peaches
- 1/2 c Milk
- 3/4 c All-purpose flour
- 1/2 tsp. Vanilla

Preheat oven to 375°F. Lightly grease 8 x 8x 2-inch baking dish.

Combine brown sugar, cinnamon, lemon rind and juice in a large bowl. Add peaches; toss to mix. Transfer to prepared baking dish. Combine flours and baking powder on a piece of waxed paper. Beat together butter and sugar in a medium-sized bowl until light and fluffy. Beat in egg white. Add dry ingredients alternately with milk and vanilla, stirring just to combine. Drop batter by spoonsful over peach mixture; Spread gently. Bake in preheated 375 °F. Oven for 25 to 30 minutes or until peaches are tender and crust is golden brown. Serve warm.



#### Walk In Cooler Food Safety Guide

Follow this guide to make sure your walk-in cooler is managed and maintained properly.

#### 1. Temperature Control

Verifying and recording temperatures in a walk-in cooler is very important. This should be done in two ways: probing TCS food (food that requires time/temperature control to prevent the growth of microorganisms) and monitoring ambient (or air) temperatures. Multiple times a day, product should be checked with a probe thermometer and recorded on a temperature data log. All food in the walk-in cooler should have an internal temperature of 41°F or below. There are many systems available to do this electronically to avoid all the paperwork but using a paper log sheet is acceptable. The ambient temperature should also be checked and recorded. This can be easily done by visually checking the internal thermometer but again can be done automatically with a temperature-monitoring system. These systems are very effective and will send an email or text if the temperature is out of the required range. The ambient temperature of a walk-in cooler should be 35°F to 38°F.

#### 2. Food Storage

Having a food storage plan is essential. The most important part is raw meat storage. Raw meats should be stored according to the appropriate hierarchy to ensure there is no cross-contamination of ready-to-eat foods and raw meats. The best way to ensure this happens is to have different storage racks for each different raw meat type. So, raw fish, beef, pork, and chicken have their own rack. If you don't have a big enough walk-in cooler for this, store your raw meats this way, from bottom to top: raw chicken, raw beef/pork, raw fish, and ready-to-eat foods above all raw meat product. Also, make sure not to store any food on the floor.

#### 3. Labeling

All prepared food that is stored in the walk in should be labeled. Each label should have the product name and the date it was prepared. It's also good practice to label produce and other raw products to make sure it's rotated properly. First in, first out is always good practice. The best way to make sure this happens is by posting dates on the product and having a staff member rotate and organize the product to make sure the oldest is in the front, followed by fresher product in the back. Keep in mind that any prepared TCS product is good for only seven days and should be discarded if it exceeds this time frame.

#### 4. Cleaning

Every area of the walk-in cooler should be cleaned and sanitized regularly to prevent the growth of mold or accumulation of debris that can affect the safety and quality of stored food. Cleaning schedules should be created to address the cleaning of shelves, storage containers, condenser fan covers and coils, floors, walls, and ceilings.

#### 5. Organization

Always keep your walk-in cooler organized. Have designated storage areas for produce, raw meats, prepared foods, and cooling. Any cooling or TCS product should be stored in the coldest area of the walk-in cooler and any non-TCS product such as raw produce in the warmer area. By properly organizing your walk-in cooler, you can make it easier for product ordering, rotation, temperature control, contamination prevention, and quality improvement.

#### 6. Maintenance

Kitchen walk-in coolers also need regular maintenance. The condenser box should be checked by an equipment specialist, and coils cleaned with a brush and Shop Vac to make sure it can work at the optimum level. Floors, walls, and ceilings should be cleaned and maintained to prevent rust damage.

#### **Moving Forward**

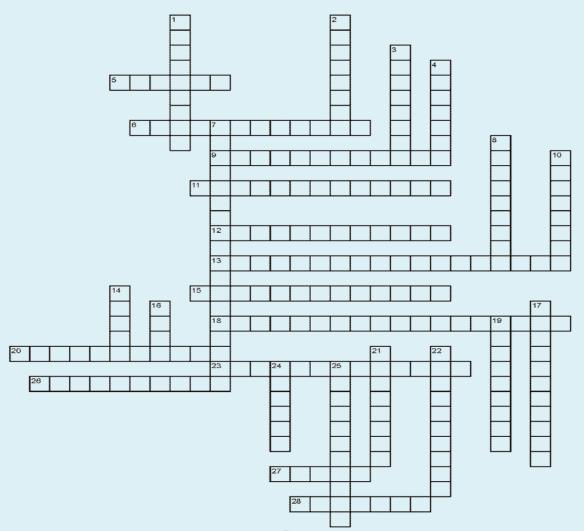
A properly maintained walk in cooler will hold temperatures, limit mold growth, and help prevent the contamination of food. The walk-in cooler is the most important piece of equipment of any kitchen operation. Use the above guidelines to implement a food safety plan to limit food safety challenges. If the walk-in cooler is organized correctly, maintained, and cleaned, it can ensure top quality and safety of all the food a kitchen serves. In turn, this will benefit the brand and protect customers.

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	r	Room Test Tray Ev			
ate:	Meal:		Wing/	Wing/Hall:	
me cart left the kitcl	nen:				
me cart arrived on h	nall:				
me tray delivered: _					
-					
	arouay derivery: _				
	Menu Item	Temp < 30 min. Prior to Meal Service *	Temp upon Delivery	Acceptable Delivery Temperature **	
Entrée				40-55° (cold) 135-160° (hot	
Starch				135-160°	
Vegetable				135-160°	
Vegetable				135-160°	
Beverage				40-55° (cold) 135-180° (hot	
Beverage				40-55° (cold) 135-180° (hot	
Beverage				40-55° (cold) 135-180° (hot	
Salad				40-55°	
Fruit/Dessert				40-55°	
Hot Cereal				145-160°	
ood temperature obta	ained during holding p	process prior to meal serv	vice.		
Hot foods/beve	erages: > 135°				
	·				
Cold foods/bev	erages: < 40°				
Acceptable temperati	ire to maximize food	quality palatability and s	afety of food Food	s should not be held in the dange	
one (41-135°F) for mo		4			
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#### Nutritional Facts Crossword Puzzle



#### Across

- 5 It helps with the function of nerves and muscles;also helps to keep the right balance of fluids in your body
- 6 The main sugar found in the blood and the main source of energy for your body
- 9 Minerals in body fluids
- 11 One of the main type of nutrients
- 12 Found in full-fat dairy products
- 13 A type of fat that is liquid at room temperature
- 15 Measures how a carbohydrate-containing food raises blood sugar
- 18 A type of fat found in avocados, canola oil,nuts, olives and olive oil, and seeds
- 20 Happens when you do not take in enough liquids to replace those that you lose
- 23 A fat found in your blood
- 26 The building blocks of protein
- 27 A substance in plants; a type of carbohydrate
- 28 Is in every living cell in the body

#### Down

- Field of study focuses on foods and substances in foods that help animals(and plants) to grow and stay healthy.
- 2 A unit of energy in food
- 3 Need a certain amount in your diet to stay healthy
- 4 Substances that speed up chemical reactions in the body
- 7 A product you take to supplement your diet8 Component of fats that is used by the body for energy and
- tissue development10 Chemical compounds in food that are used by the body to function properly and maintain health
- 14 Can be found in naturally in fruits,vegetables, milk, and milk products
- 16 Is made up of what you eat and drink
- 17 How much you need depends on your size, activity level, and the weather where you live.
- Process the body uses to break down food into nutrients
  Created when liquid oil are changed into solid fats, like shortening and some margarines
- 22 The process your body uses to get or make energy from the food you eat
- 24 A protein found in wheat, rye and barley
- 25 A waxy fat-like substance that's found in all cells of the body

Dear ANFP Members, all CDM's, and Foodservice workers.

In these difficult times I wanted you to know just how much you are appreciated. As your state president of ANFP, I wanted to say that we all have times when life feels hard; when we're frustrated and tired and just want to hide away. If that, is you right now, don't worry – every caterpillar has to rest to become a butterfly and you'll soon find your wings again? In the meantime, let your Angels wrap you in theirs. You are so loved.

During a life crisis as the one we are experiencing right now, you can easily lose sight of your motivation and even reason for working in Foodservice but remember our residents/patients, and staff are depending on us all. Everything seems painful as you watch your lifestyle seemingly crumble before your eyes, and you just don't know where to turn. You can't escape it, run from it, or turn back time; you just have to brave the storm and hope for the best afterwards. However, usually bad things happen in our lives in order to usher in better things. You can't have a rainbow without a storm, so remember that the next time you walk into work.

You have the choice as to how you will react to situations in your life. You can either let them beat you down, or teach you a hard lesson and grow from them. Choose to keep going even when it seems hard; there is a light at the end of the tunnel. Prayers for you and your families for health and wellbeing, and remember that we are all in this together.

Thank you

Chef John Hickson CCA, CDM/CFPP, FMP, CHESP, SNM, CP-FS, MCFE, HACCP Louisiana ANFP State President Food and Nutrition Services Manager Florida Parishes Juvenile Detention Center 28528 U.S. 190, Covington, LA 70433

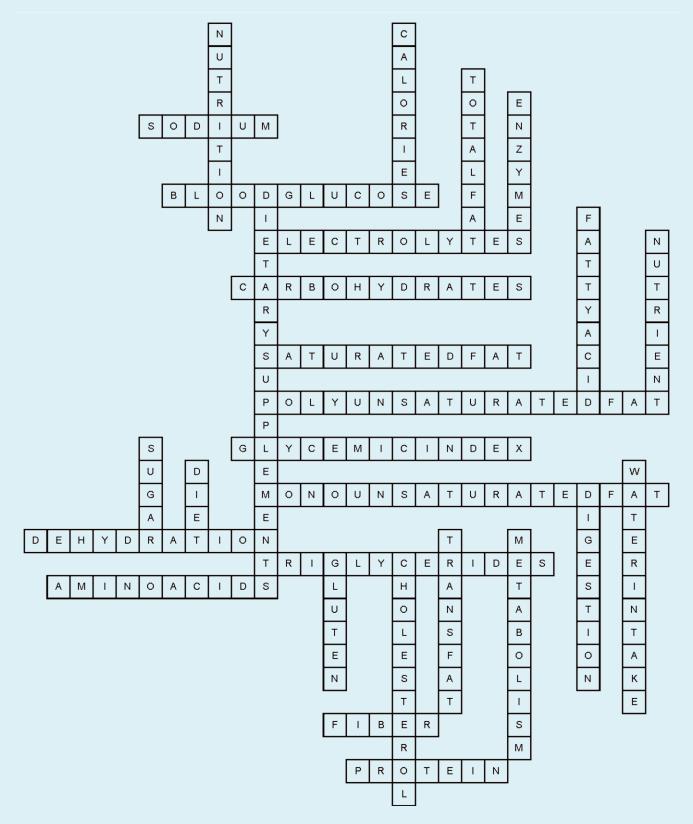
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Supports Our Veterans Thank You For Your Service To Our Country

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#### Nutritional Facts Crossword Puzzle Answers