

HUSKER HOTLINE E-NEWS LETTER

Fall 2018
Volume 1, #8



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Spot Light ~ Four Main Steps in Food Safety

CLEAN!

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.

SEPARATE!

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

Cook!

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
 - 145°F for whole cuts of beef, pork, veal,
 - 160°F for ground meats, such as beef and pork
 - 165°F for all poultry, including ground chicken and turkey
 - 165°F for leftovers and casseroles

CHILL!

- Keep your refrigerator below 40°F and know when to throw food out

(<https://www.foodsafety.gov/keep/charts/storagetimes.html>).

- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

<https://www.cdc.gov/foodsafety/keep-food-safe.html>



NEBRASKA ANFP CHAPTER

Fall Conference

October 4 & 5

Location: Sysco in Lincoln



SEE YOU SOON!!!
Networking, FUN,
Informative, Raffles,
Friends and fellow CDMs!

Lots of great things in store!

*Happy Fall
NE ANFP Birthdays!!*





KEEP IN TOUCH!!! Check out Facebook

Search > Nebraska ANFP

Invite ALL ANFP or CDM's



Safety Tips to Share...

Fellow NE ANFP Members

What Safety Tips do you share

With your staff??

Bring idea to Fall Conference!

Post them on our Facebook Page!

SHARE WITH EACH OTHER!!!

Food Safety Quiz **Do you know your stuff?**

- 1. How long should it take to wash your hands?**
- 2. When should you change your gloves?**
- 3. What is considered as the Temperature Danger Zones?**
- 4. How do you properly calibrate a thermometer?**
- 5. What are proper cooking temperatures?**
 - a. Ground Beef**
 - b. Chicken**
 - c. Pasta**
 - d. Lasagna**
 - e. Reheating leftovers in the microwave?**

NE ANFP Information Scavenger Hunt

Prize(s) to be awarded for the ones with the best, most accurate answers returned to neanfp@gmail.com by November 1, 2018.

- 1. When was NE ANFP Chapter founded?**
- 2. What are 10 Key Competencies for a CDM/CFPP to achieve?**
- 3. How many Principles are there in the Code of Ethics for the CDM Certification?**
- 4. What mouse maybe at ACE2018?**
- 5. How many CE hours must you earn in 1 year?**
- 6. What does ANFP stand for?**
- 7. What Awards did NE receive at 2018 ACE?**

BONUS > 1. Share a story about your location that you are proud of department/location!

2. Share all pictures from Spring Conference via email or post on NEAFNP Facebook page!!!



Association of Nutrition & Foodservice Professionals

Fall 2018 Seminar October 4 and 5, 2018

Lincoln Sysco

900 King Bird Road – Lincoln, NE

Workplace Challenges

Day 1 – October 4

8:00 – 8:25 Doors open & registration

8:25 – 8:30 Welcome – Welcome Allison Adrian, CDM, CFPP ANFP President

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- 8:30 – 10:30 Active Shooter: Keith Hansen, Assistant Director Center for Preparedness Education
Attendees will: Understand how to deal with an active shooter if you come face to face
Learn what to do to protect yourself and others, Learn how to shelter in place
- 10:30 – 10:45 Break
-
- 10:45 – 12:15 Ethics: Kenneth Hansen, ANFP National Chairman
Attendees will: Understand what is ethics, Learn how to define fair and equitable, Learn how to apply ethics to the workplace
-
- 12:15 -1:00 Lunch
-
- 1:00 – 2:30 Basics of Hiring: Kenneth Hansen, ANFP National Chairman
Attendees will: Learn how to hire competent staff, How to conduct an interview, Red Flags to watch for during the interview
- 2:30 – 2:45 Break
- 2:45 - 3:15 ANFP Business Meeting - Alison Adrian, CDM, CFPP, President
- 3:15 - 4:15 Roundtable Sanitation Issues, Motivating Staff to focus on cleaning and sanitation, Kenneth Hansen, ANFP National Chairman
Attendees will: Discuss issues others are having, How to solve sanitation issues, How to motivate staff to follow sanitation practices

Day 2 – October 5

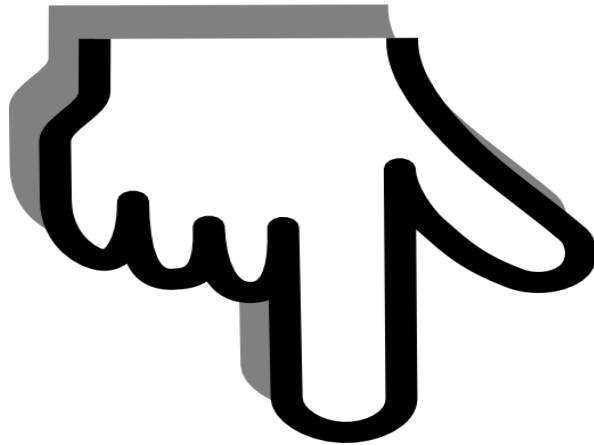
- 8:00 – 10:00 Team Building, Don Matson
Attendees will: Learn how to build a great team, Learn how to motivate your team, Learn how to inspire your team
-
- 10:00 – 10:15 Break
-
- 10:15- 11:15 Nutrition in Cognitive Decline – Maggi Seidler, Lyons Magnus
Attendees will: State 2 roles nutrition plays in lowering the risk of cognitive decline, List 3 strategies of implementing nutrition to lower the risk of cognitive decline, List 4 nutritional

components of cognitive decline, Name 3 nutrition care products that aid in lowering the risk of cognitive decline

- 11:15 – 12:15 Sanitation & Food Safety Processes for your Facility – Sally Woodward, Ecosure & Steve Mikkelsen, Ecolab
Attendees will: Understand why is it important for your facility? Who is in charge of monitoring and implementing a program? Where do I find resources to assist with developing and executing a program?
- 12:15 – 1:00 Lunch
- 1:00 – 3:30 Hands-on Product Cutting/Culinary Evaluation Activity - Sysco Team
Attendees will: Name four characteristics of food that are important to its appeal, Name two ways to improve your center's food without sacrificing quality, Identify at least two resident health concerns that can result from inadequate intake.
- 3:30 – 3:45 Drawings

****Continuing Education Credits have been applied for; General – 8.5 hours, Sanitation- 4 hours two-day total = 12.5***

Communication Registration Form & Payment Options



For Planning - Please circle days attending

Both Days - Thursday only – Friday only

_____ \$80.00 Members **advance** registration for **two** days and at the door for 1 day

_____ \$85.00 Members paying with **credit card** for **two** days

_____ \$55.00 **Thursday only** - 1 day only Members **advance** registration

_____ \$56.00 **Friday only** - 1 day only Members **advance** registration

_____ \$60.00 **Thursday only** - Members **advance** registration paying with **credit card**

_____ \$61.00 **Friday only** - Members **advance** registration paying with **credit card**

_____ \$35.00 **Thursday only advance** registration for Non-Member Cooks attending with a Member (must attend with a member)

_____ \$36.00 **Friday only advance** registration for Non-Member Cooks attending with a Member (must attend with a member)

_____ \$40.00 **Thursday only** Non-Member Cooks **advance** registration attending w/member & paying w/credit card (must attend with a member)

_____ \$41.00 **Friday only** Non-Member Cooks **advance** registration attending w/member & paying w/credit card (must attend with a member)

Cook's Name: _____

_____ \$100.00 Members & Non-Members **at the door**

_____ \$105.00 **Non-members advance registration** paying with credit card

Attendees Name: _____

ANFP # _____

Attendees Name: _____

ANFP # _____

Attendees Name: _____

ANFP # _____

Facility: _____

Registration fees may be refunded minus \$15.00 only in event of death of immediate family, bad weather, or surveys that prevent attendance. Notification must be received from member prior to the start of the meeting. Final decision is up to the executive board the day of board meeting.

Questions: contact Colleen Jameson at 308-991-6198 leave a voice mail or send a text.

Payment Options/Cash, Check or Credit Card

We now accept credit cards through *pay pal* when paying in advance online. Must be completed before the September 26th deadline or system will not allow the transaction

Registrations postmarked after September 26, 2018 will be "at the door price"
(Payment must be included with advance registration to receive discounted price)



If paying by Check - Make check payable to:

NE ANFP or NE Association of Nutrition & Foodservice Professionals

Mail Registration forms with payment to:

Myrna Seagren, CDM, CFPP (Treasurer)

911 S Broadway Street

Bloomfield, NE 68718

Please talk to your business office to make sure they are aware of and using the new mailing address. Many facilities have either the National or previous treasurers address in the system and don't realize the address is different. Their system generates the payment and mails to wrong address. Checking first makes the process smoother for everyone. Thank you!

Instructions for paying with credit card:

Go to www.anfponline.org

Go to the NE homepage with chapter info follow these steps:

Click Chapter Website

Click learn more on Chapter Meeting

Scroll down to PayPal Registration

Use dropdown box to choose the category you need

Click buy now

If paying with a Credit Card email completed registration form to

NEANFP@gmail.com