

6 Food Safety Tips for Your Next Cookout

July is right around the corner, and if you're planning a cookout or picnic for the dog days of summer, here are some tips from the Partnership for Food Safety to help keep you and your family and seniors from getting sick. Please share this with family members of your seniors.

1. Wash Your Hands Always wash your hands before and after handling food. Proper hand-washing, as described in the Food Code, involves running warm water and using soap on your hands for at least 20 seconds. If running water isn't available, you can use hand sanitizer.

2. Follow the Two-Hour Rule The bacteria in perishable foods can multiply rapidly if they sit out for too long. Food shouldn't be left out for more than two hours. If the day is particularly hot (higher than 90 degree F), it should only be out of refrigeration for one hour.

3. Stock Up On Ice If you don't have access to a refrigerator, make sure you have plenty of ice — not just to keep drinks cool but to keep food safe. Don't keep leftovers unless your cooler has enough ice left to store them in. Otherwise, throw the food out.

4. No Coolers in the Trunk If you're transporting food somewhere, keep coolers filled with food in the air-conditioned part of your car instead of in the hot trunk.

5. Keep Foods Separate Keep wrapped raw meat and poultry separate from cooked foods, fruits and vegetables. For example, don't slice up the watermelon on the same cutting board that just held pre-cooked burgers. You don't want any pathogens that might be hanging out on the meat to contaminate ready-to-eat foods.

6. Use a Food Thermometer When cooking that meat and poultry, use a food thermometer. Many people use color, firmness, clear juices or shrinkage to indicate doneness, but visual cues can't tell you for sure whether the minimum internal temperatures needed to kill pathogens have been reached. If you don't own a food thermometer yet, many food safety experts recommend a digital one over a dial. The target temperatures to remember are 165 degrees F for poultry, casseroles and leftovers. Ground meats and egg dishes need to be cooked to at least 160 degrees F. Fresh beef, pork, veal, lamb and ham should reach 145 degrees F and then rest for at least three minutes. Fish should also be cooked to 145 degrees F.

(Reprinted with permission from Food Safety News, 7/31/15) Elderly Care: 7 Tips to Help Patients Avoid

President

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"Another incredible ACE in the books. Instead of writing a book for you I just want to give you my highlights.

1) Tour of Washington University. That was an inspiring tour. Huge kitchen, beautiful dining area, and their story was actually the best part. The EPA awards them for their efficient waste management. They compost, recycle, and even let the high school bio mechanics class turn their used fryer oil into fuel that the school gives back and WU runs their campus vehicles on it. They support local farms and businesses and are sure to tell their stories to their customers. Very cool school in my opinion.

2) Volunteer lunch – This event is always appreciated and it is really our Wyoming Chapter and our awesome members that give me a spot at that table. I got to accept chapter awards for Government Affairs (Felicia), Membership (Jemma & Felicia), Communications (Bruce), Platinum State Achievement, and Diamond Nominee. We have something great in Wyoming. We may be a smaller chapter but we do great work! Congratulations Wyoming ANFP!

3) Our keynote speaker Andy Core was really great. He spoke about how hard it is to look at this endpoint of perfection and how it can be overwhelming to think about getting to that point but you don't need to change your life. Just focus on changing your day. The downfall was that he was so great he ran out of books. I'll just have to Amazon that one.

4) Leadership group every morning. Random numbers on your badge put you with a random assortment of other CDM's and you had topics to discuss to start the day out. It's one of those ideas I don't like at first but by the end it was one of the best parts of the conference.

5) Food Roof farm tour was outstanding. People in cities are starting to build gardens in weird places and it's about the coolest thing I can think of. Talk about 'being the change you wish to see in the world'. The system they use to benefit from rainwater was really neat and the city gave them money for this project because it helps them by redirecting some of the rainwater from overflowing the city sewers. They have volunteers that come and tend to the garden as well as using it as an educational opportunity for kids. They donate around 60% of their food to organizations that help to get fresh healthy food to people in food deserts.

6) I got to accept the Horizon Award at the gala. This is an incredible honor because this national award has only been around for 2 years and my mother, Robin Hilbird-Bardgett, won the award last year. We would love to keep this award in Wyoming for as long as we can so be thinking about our members and who you see as an up and coming CDM that would meet the criteria. I'll be reminding all of you come award season!

I love coming home from meetings and feeling recharged and ready to get to work on providing a quality conference for my Wyoming family. Look in next month's newsletter for info on our September conference in Casper! Can't wait to see you all there!"

President-Elect

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The 2019 ANFP Annual Conference & Expo was held from June 26th-29th. This was such an excellent opportunity to network with others in our profession. We gain so much knowledge and insight to help us in our own facilities. I realized how much support and relationships are available through our ANFP National Community!

WOW . . . I am totally awestruck by our Wyoming Chapter of ANFP. While many Chapters have 200+ and even some much greater, we have a larger percentage of active members per membership attending our conferences! We may be small . . . but what we lack in numbers; we make up for in EFFORT & OUTCOMES!!

We received many awards and I am sure Toni will list them – we were a Diamond Award Finalist again this year. Also, Toni Skaggs, aka – Wyoming Chapter ANFP President was the 2019 recipient of the Horizon Award. We were able to take one of our team members, Annie Dulmus (current student), and it was exciting to show her what we are all about! We were able to take in some of the amazing sights, as well as, attend great informational and interactive sessions.

I also want to thank everyone for taking the time out of your day to be an active member! We certainly would not be here if we did not have you! We are working on some details of volunteer positions and binders for each – so that we can have a more structured and explanatory responsibilities available for you when you are elected.

I look forward to seeing you at our 2019 Fall Conference in Casper, Wyoming. We will be at the Ramkota again this year and our conference is September 11th-13th. We will have more details upcoming.

Remember . . . we all make a difference and bring about change!



Our **FoodService Rewards** points total stands at 26,463 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: rhilbird@mhccwyo.org



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Greetings ANFP Family,

I hope everyone is having a great summer. I know mine has been very busy. ANFP ACE in St. Louis was excellent. We had great topics and knowledgeable presenters. There were several interactive events such a hands on cooking at the Expo, a couple of different tours – one to a roof top garden and one to a University kitchen. There were approximately 400 CDMs from across the country present, with several first time attendees. It was jam packed with information and fun. There were 4 members from Wyoming there and we had a great time connecting with our peers and learning together. I always come home with more ideas than I know what to do with.

We also received several awards which we will present at the fall conference. All in all it was a great trip and I am already looking forward to ANFP's 60th Anniversary in Las Vegas next June!!! I would love to see a lot of our members attend and hope you are planning already.

I am also very excited for our upcoming fall Conference. Toni has been working very hard on everything and it looks to be a great learning experience.

I greatly appreciate all that you do for our patients and customers and look forward to seeing you in September.



MEMBERSHIP



W E L C O M E

to the new



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Association of Nutrition & Foodservice Professionals

As of July 24, 2019, the Wyoming ANFP is **78** members strong; **63** Certified Professional members, 15 Professional non-certified members. Please contact any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wyoming ANFP.



Sept 11-13, 2019Fall Conference,
Ramkota Hotel, Casper, Wyoming

April 22-24, 2020 Spring
Conference, **50th Anniversary**, Douglas, WY

50th
Anniversary
CELEBRATION



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Fairs and Rodeos are taking place all across the state. This is a great opportunity to market your facility, ANFP and the CDM, CFPP. If you need guidance in putting something together and getting materials to handout, contact your state leadership and I am sure they will be able to get you pointed in the right direction. Brag up your facility, ANFP **and** yourself! And, don't forget to give your state leadership an update on what you did and your results. Pictures are also very helpful!

As we look further ahead to September remember that September is National Food Safety Month. I will have information in next month's issue of the newsletter regarding National Food Safety Month.

Until next month....Live Long, and remember.....**Failing to Plan is Planning to Fail!**

MEMBERSHIP RENEWAL *Annual Dues*

To avoid late fees pay your dues by August 31st to National ANFP



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Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: www.ANFPonline.org for the National ANFP website.



6th – Angelia Stone
8th – Cara Siebigeroth
10th – Kelly Muller
12th – Richard Young
13th – Jackie Prickett
14th – Shelly Gray
16th – Sandy Zarate
17th – Jemma Merriel
22nd – Jeanette Lee

In the month of September we celebrate these special occasions:

National Biscuit Month

Better Breakfast Month

National Chicken Month

National Cholesterol Education Month

National Honey Month

National Mushroom Month

National Papaya Month

National Potato Month

National Rice Month

1st Week of September – National Waffle Week

2nd Week of September – Biscuit & Gravy Week; Vegetarian Awareness Week

4th Week of September – National Wild Rice Week

1st – National Cherry Popover Day

2nd – National Blueberry Popsicle Day

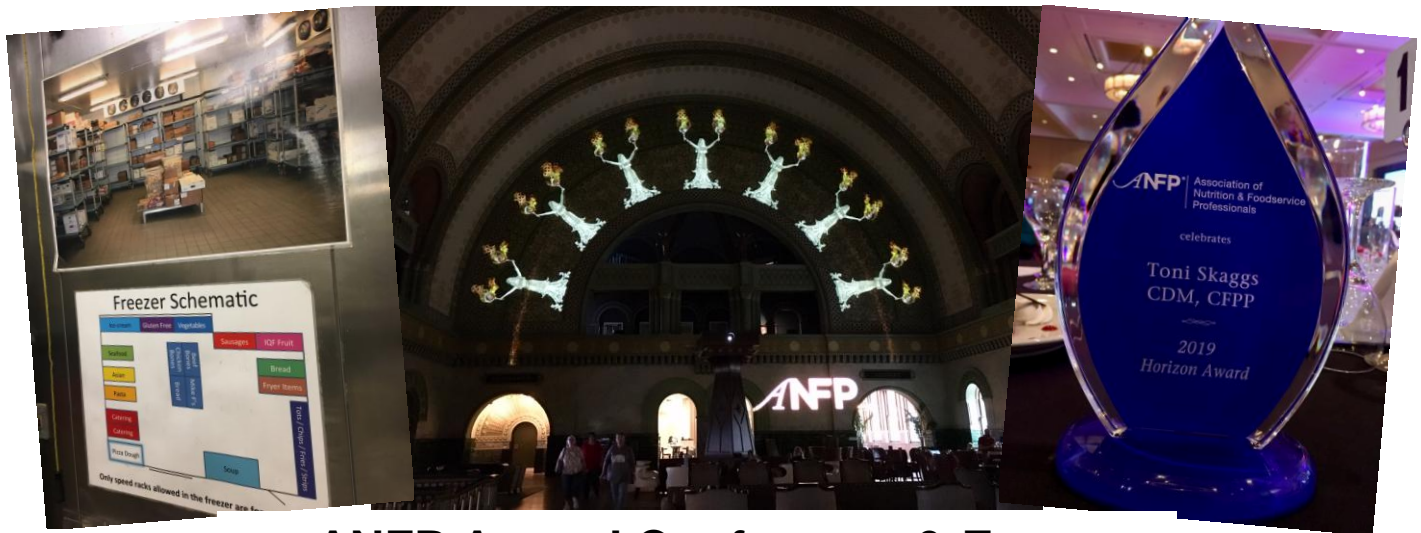
3rd – National Welsh Rarebit Day

4th – National Macadamia Nut Day

5th – National Cheese Pizza Day

6th – National Coffee Ice Cream Day

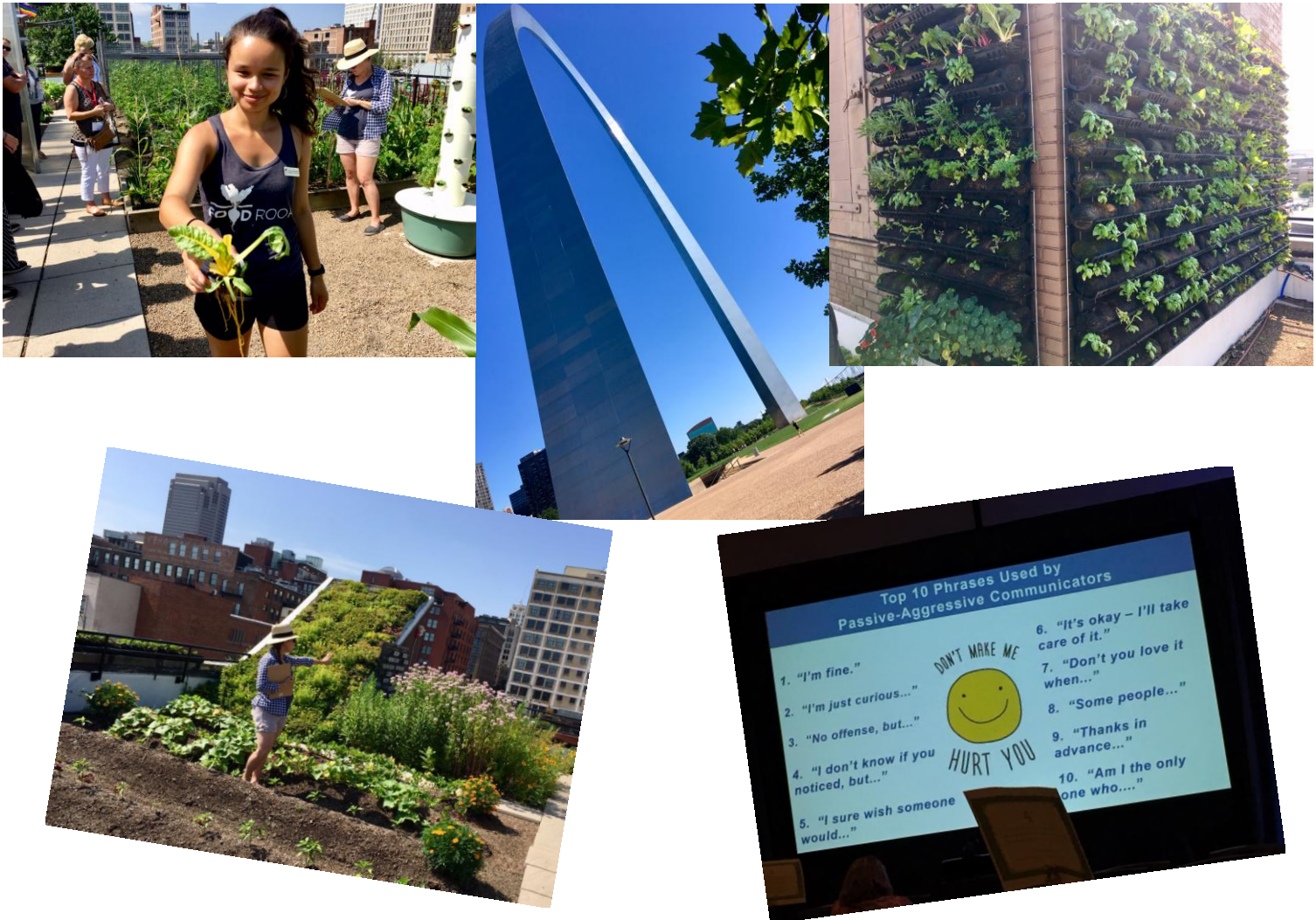
7th - National Acorn Squash Day
8th – National Date Nut Bread Day
9th – Weinerschnitzel Day
10th – TV Dinner Day
11th – National Hot Cross Bun Day
12th – National Chocolate Milkshake Day
13th – National Peanut Day; Snack a Pickle Time
14th – National Cream Filled Donut Day; Eat a Hoagie Day
15th – National Linguini Day
16th – National Guacamole Day
17th – National Apple Dumpling Day
18th – National Cheeseburger Day
19th – National Butterscotch Pudding Day
20th – National Rum Punch Day
21st – National Pecan Cookie Day; International Banana Festival
22nd – National Ice Cream Cone Day
23rd – National White Chocolate Day
24th – National Cherries Jubilee Day
25th – National Food Service Employees Day; Crab Meat Newburg Day
26th – Pancake Lovers Day
27th - National Chocolate Milk Day; National Corned Beef Hash Day
28th – Strawberry Cream Pie Day; Drink Beer Day
29th – National Coffee Day
30th – National Hot Mulled Cider Day



ANFP Annual Conference & Expo

St. Louis, Missouri

June 26 – 29, 2019



Continental Breakfast

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F	J	B	C	R	O	C	O	O	E	C	U	E	L
G	F	R	U	I	T	L	C	E	R	E	A	L	L
B	I	S	C	U	I	T	E	E	E	L	O	N	L

JUICE
 COFFEE
 CHOCOLATE MILK
 TEA
 BISCUIT
 JAM
 WAFFLE
 FRUIT
 HONEY
 WATER
 BREAD
 TOAST
 EGG
 CROISSANT
 CEREAL

Play this puzzle online at : <http://thewordsearch.com/puzzle/3066/>

