



ANFP | **WISCONSIN**

Association of Nutrition & Foodservice Professionals

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January 2019

January is National Wheat Bread Month

by: Cathy

Wheat is the most important grain crop in the world. It is responsible for the development of the great bread-wheat civilizations from Mesopotamia to India, and China to Egypt, Greece and Rome, and then to our region.

To celebrate National Wheat Bread Month, I decided to make a simple and comforting **Whole Grain Harvest Bread**. I used a mixture of freshly-milled white whole wheat and whole wheat flour.



Wheat is also the best grain for bread making. A kernel of wheat is known as the five-in-one; it is about 11 percent protein, and contains carbohydrates, both soluble and insoluble fiber, vitamins, and minerals. The less it is processed, the more nutritious it is.

Since whole wheat flour is made from the entire kernel, it is higher in fiber and more nutritious than white flour. Whole wheat flour makes breads with a coarse, firm, rough texture and a dark brown color. White whole wheat flour makes pale golden breads with a sweet taste and light texture that falls somewhere between the texture of whole wheat and white breads.

See recipe starting on page 16.

State President

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Merry Christmas to everyone. I hope everyone is enjoying the Holiday Season. We had our Resident Christmas party last evening and had over 100 people here. It was so much fun, having Santa to pass out gifts and lots of great food prepared by my staff with a little help from Pinterest and me.

I am excited for 2019 and as we get ready to work on our Diamond Award and I would love to hear some of your ideas for what you are going to do to raise money for our local food pantrys during the month of Feb. I am going to make homemade pizzas and deliver to community. They will have option of getting them frozen or cooked.

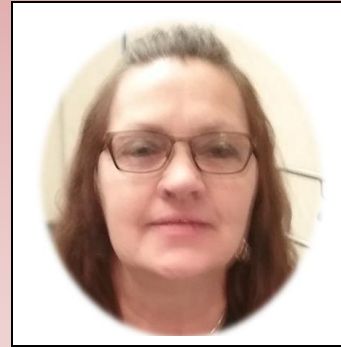
The other exciting thing I have had the pleasure of being involved with is our local college WITC started a Hospitality Program this year in which they teach students how to do entry level jobs. They spend the first 4 weeks in class and than the second 4 weeks they find places to internship part of the time. We had one young gentlemen and one young lady work with us 3 days a week for 4 hours a day helping bring residents to dining room and helping pass drinks and food. They just completed their last shift here today. The residents have enjoyed them. We have plans now to hire the young lady that has down syndrome to work a couple nights a week with her job coach being present. I am so happy to be a part of this amazing program and look forward to new students coming in next class.

Have a great Christmas and Happy New Years



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Hope you all had a Blessed Christmas and a Happy New Year with family and friends.

Just a reminder that National Nutrition Month is coming up in March. If your facility allows you to have a fundraiser to raise money for the food pantry please let me know what you did and how much you made, take some pictures that we can share. The facilities that connect with me with their info on their fundraiser will have their name put in for a drawing that will be given out at the Spring Conference in Egg Harbor, Door County. Again, the conference will be held April 25th and 26th with the Vendor fair on the 25th. More info will be sent out next month. Make sure you mark your calendars and start talking to your Administrator, so you are able to join us.

Fall 2019 will be held in Eau Claire at the Sleep Inn Suites Conference Center, Sept 11th and 12th. It is the same place we had the fall conference of 2017.

State Website: Go to www.anfonline.org/events-community/chapter-pages/wisconsin/hp



March 14,15, 2019 National Spring Regional, Sheraton
Mission Valley Hotel, San Diego, CA

April 4,5, 2019 National Spring Regional, Double Tree
by Hilton Pittsburgh, Pittsburgh, PA

April 25, 26, 2019 Wisconsin ANFP Spring Conference,
Landmark Resort, Egg Harbor, Door County

June 26-29, 2019ACE, Union Station Hotel, St. Louis, MO

September 11, 12, 2019 Fall Conference, Sleep Inn Suites
Conference Center , Eau Claire, WI

Mission: *Position the Certified Dietary Manager as the expert in foodservice management and food safety.*

Vision: *The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.*

MEMBERSHIP



As of December 29, 2018, the Wisconsin ANFP is **358** members strong; **322** Certified Professional members, 36 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 Wisconsin ANFP.

Welcome New Members!!

Jennifer Duellman, CDM, CFPP
Lublin

Sherry Peterson, CDM, CFPP
Oak Creek

Jamie Anderson
New Richmond

Ashley Haff
Rhineland

- 1st – Angela Flemming; Glennis Kitzrow
- 2nd – Josephine Kikon
- 3rd – Ellen Natwick
- 4th – David Draeger; Alexander; Omans
- 8th – Connie Deja
- 9th – Justina Kulig; Adam VandenHoogen;
Lori Turk; Linda Ziel
- 13th – Vicki Metallo
- 15th – Crystal Zickert
- 16th – Hope Schiller
- 17th – Jean Myhre
- 20th – Eric Douglass; Jackie Wojciechowski
- 23rd – Jennifer Bessert; Cynthia Noll-Gilson
- 25th – Judy Bingenheimer
- 27th – Joseph Miller
- 28th – Allan Evans



Happy
Birthday
to All!

State Spokesperson

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The Government Affairs Committee Impact Team for 2017/2018 is: Renee Taylor, Marcia Kittleson, Laura Knutson, Marlene Adelmeyer, Penny Matuszewski and Millie Zarate.

Craig Brightup, ANFP's Washington DC Representative, reported on the Licensing Reform in the United States. He explained that model legislation drafted by the American Leg. Exchange Council (ALEC) is the basis for bad state bills confusing state licensing with certification and credentialing and ANFP is following this issue.

Brightup also reported on the Implementation of CTE Legislation and that A DC summit of state and federal officials with employer groups to implement the Careers and Tech. Ed. For the 21st Century Act will not take place November 16 but might happen in December.

We handed out The ANFP-PAC flyers/ donation form, at our last meeting, encouraging all members to donate to PAC. If anyone has ideas how promote fundraising at our meetings, please let a committee member know. ANFP belongs to the Opportunity America Jobs and Careers Coalition (OAJCC), which reports that analytics firm Burning Glass finds there are 1.2 million more jobs available in the health care sector than there are workers available to fill them. Therefore, ANFP and OAJCC have supported the Strengthening Career and Technical Education for the 21st Century Act (H.R.2353), which made it out of the U.S. Senate on July 24 and was approved by the House and sent to the President for signing on July 25. The bill requires state and local education officials and educators to consult with employers at all stages of career education programs and also focuses on work-based learning. This is an important first step in reinvigorating career and technical education (CTE) at the high school and college levels, and is occurring in conjunction with House efforts to redirect higher education funding to career training in the PROSPER Act and a White House push for "Industry Recognized Apprenticeships."

ANFP-PAC is a member-sponsored political action fund which supports federal candidates who care about ANFP's mission and the work of ANFP members. Please support.

Happy Holidays and looking forward to a new year filled with many changes.

Please contact members of the Impact Team or Sheila Luhman – Sheila.luhman@atticangel.org. if there is anything you have done to make others aware of our profession.

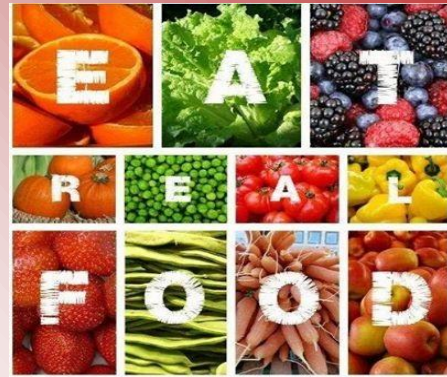


Newsletter Editor

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I hope everyone had a wonderful and safe holiday season!

Now we have a short time to catch our breath and look to the first Sunday of February. The first Sunday in February you ask? What's so special about the first Sunday in February? It's not a holiday. In the mind of most football fans, Sunday, February 3, 2019 is the biggest sports holiday of the year! It's what we have come to know as the Super Bowl or the Big Game! Many of you do special Super Bowl parties for your residents. Share with your fellow Dietary Managers what you do in your home that is enjoyed so much by your residents. Send me your Super Bowl news and photos. I will get it in the newsletter.

Then, following the Super Bowl, there is Valentine's Day on Thursday, Feb. 14th. I know most of you do special things in your home for the residents, even if it doesn't involve food. Please share it with us. Inquiring minds want to know!

What do you do in your resident home? Please share with us. We are doing special things nearly every month.

Also, I am building a data base of Administrators and vendors to include in our newsletter mailings. I am asking for your help to build this. I have learned that by sending our newsletter to Administrators and our vendors, that we get better support in our local facilities as well as our state functions. When they understand how, when and why we do things, they provide much support.

Perhaps we should start our own Administrator Appreciation Day or Week! Are you in?

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

**"Failing to plan is
planning to fail."**

— BENJAMIN FRANKLIN —



Landmark Resort

www.thelandmarkresort.com

4929 Landmark Dr, Egg Harbor, WI 54209

(920) 868-3205

Plan now to attend the 2019 Spring Conference at the Landmark Resort in Egg Harbor, Wisconsin, April 25 & 26, 2019. Watch the newsletter for more information.

In the month of February we celebrate these special occasions:

Berry Fresh Month

Celebration of Chocolate Month

Great American Pies Month

National Cherry Month

National Fiber Focus Month

National Hot Breakfast Month

National Grapefruit Month

National Snack Food Month

Potato Lover's Month

Sweet Potato Month

2nd Week of February – Great American Pizza Bake

2nd Week of February – Jello Week

2nd Week of February – Kraut and Frankfurter Week

4th Week of February – National Pancake Week

2nd Monday of February – Oatmeal Monday

1st – National Baked Alaska Day

2nd – Heavenly Hash Day

3rd – National Carrot Cake Day

4th – National Stuffed Mushroom Day; Homemade Soup Day

5th – National Chocolate Fondue Day

6th – Nutella Day

7th – National Fettucini Alfredo Day

8th – Molasses Bar Day

9th – National Bagels and Lox Day; Pizza Pie Day

10th – Cream Cheese Brownie Day

11th – Peppermint Patty Day

12th – National Plum Pudding Day

13th – International Pancake Day (Shrove Tuesday); National Tortellini Day

14th – National Crème-Filled Chocolates Day

15th – National Gumdrops Day

16th – National Almond Day

17th – National Indian Pudding Day; National Café Au Lait Day; National Cabbage Day

18th – Crab-Stuffed Flounder Day; Drink Wine Day

19th – National Chocolate Mint Day

20th – National Margarita Day

21st – New Sticky Bun Day;

22nd – National Cherry Pie Day

23rd – National Banana Bread Day

24th – National Tortilla Chip Day

25th – National Clam Chowder Day; National Chocolate-Covered Nuts Day

26th – National Pistachio Day; National Chili Day

27th – National Strawberry Day; National Kahlua Day

28th – National Chocolate Souffle Day



*Wishing You All the Best for
the Holiday Season*

Happy Holidays

*The Wisconsin ANFP
Board of Directors*



CDMs Cultivating Roots

Rallying Organizations & Officials in Training Standards

CULTIVATE

cul-ti-vate

1. grow or maintain
2. apply oneself to improvement or development

☐ Yes, I would like to support CDMs Cultivating Roots.*

*Corporate contributions cannot be accepted; only personal contributions can be made to ANFP-PAC.



Cultivate, Grow, REAP!

CONTACT INFORMATION

Membership ID#:	Full Name:		
Address:	City:	State:	Zip:
Phone:	Fax:	E-mail:	
Occupation:	Employer:		

PAYMENT INFORMATION

<input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> Other			
<input type="checkbox"/> Enclosed is my money order or check, payable to ANFP-PAC			
Please check one: <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> Mastercard <input type="checkbox"/> American Express			
Name on card:			
Credit Card #:	CVV#:	Exp. Date: / /	
Billing Address:			
City:	State:	Zip:	
Signature:	Date:		

QUESTIONS? Contact Mindy Theesfeld at 800.323.1908 x128.

Paid for by Association of Nutrition & Foodservice Professionals Political Action Committee (ANFP-PAC). Contributions or gifts to ANFP-PAC are not deductible for Federal income tax purposes.

Learn about...



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406 Surrey Woods Dr. | St. Charles, IL, 60174
Phone 800.232.1908 | Fax: 630.587.6308 | www.ANFPonline.org

Continental Breakfast

T	A	E	C	T	T	T	E	G	Y	E	N	O	H
N	A	G	C	A	F	F	S	E	C	I	S	O	D
W	E	C	O	O	C	U	K	Y	T	E	H	S	T
U	F	G	R	S	F	U	R	O	E	C	I	U	J
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C	A	I	M	C	R	O	I	S	S	A	N	T	A
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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/>

The ANFP Wisconsin scholarship committee consists of: Marlene Adelmeyer- Chair, Cherie Bundrant and Penny Matuszewski.

Let me be another writer to say “can’t believe the holidays are soon to come!” If you are contemplating your CDM career after all the gift opening, holiday get-togethers, credit card pay off stress, children’s programs, and not to forget the reason - to celebrate the birth of Christ, consider this:

ANFP-WI will be offering a scholarship for foodservice managers desiring to further their education and career potential by becoming a CDM, CFPP. We will also be offering a scholarship to help cover the expense of the certification exam fee. Penny, Cherie and I, along with the executive board, are excited to award this scholarship to one of our members. Scholarship information for 2019 is included in this newsletter. You can also find it on our ANFP-WI website. Or, if you want to make it really easy for yourself, just email me and ask me to send you the application/information.

Marlene.adelmeyer@gmail.com.



Association of Nutrition & Foodservice Professionals

2019 ANFP WISCONSIN SCHOLARSHIP APPLICATION

January 1- June 30, 2019

ANFP Wisconsin is offering scholarships for foodservice managers desiring to further their education and career potential by becoming a CDM, CFPP. We are offering a scholarship to help defray the cost of a live or online Dietary Manager training program for member of ANFP-WI group. We are also offering a scholarship for members who have enrolled in the required training course and would like to complete and pass the certification exam to become a CDM, CFPP.

ELIGIBILITY REQUIREMENTS

- Applicant must be working at least 50% time in a healthcare or approved foodservice environment.
- Applicant must demonstrate need for financial support.
- Scholarship winner of the Dietary Manager program must be enrolled in the required Dietary Manager training course to be completed by June 30, 2019.
- Scholarship winner of the Certification exam must complete the exam between January 1 and June 30, 2019.

APPLICATION REQUIREMENTS:

Please only include information that has been requested. Any applications that do not meet the following criteria or are illegible will be disqualified.

- Answer every space on the Scholarship Application. Mark N/A if a section does not apply to you. A blank space will automatically be considered an incomplete application.
- **Please include an essay on why you would benefit from either scholarship and why you desire to become a Certified Dietary Manager.**
- Application, essay and referrals must be submitted by the published deadlines.

SELECTION PROCESS

The Scholarship Committee will review all applications and select the 2019 Scholarship Recipients. All applicants will be notified by June 30, 2019.

HOW WILL THE SCHOLARSHIP BE AWARDED?

ANFP-WI will provide the scholarship recipient with course tuition up to \$400 (tuition only, books and fees not included). Scholarship monies will be awarded upon completion of the course. The Certification exam scholarship will provide up to \$399 for the exam only. Scholarship monies will be awarded upon proof of course completion and certification proof of the exam.

DEADLINES

- Application for the scholarships must be completed, typed and submitted either by mail or email by June 30, 2019 to:
ANFP-WI Scholarship Committee
W7716 Highbridge Rd
Oakfield WI 53065
Email: marlene.adelmeyer@gmail.com

Questions? Please contact Marlene at 920-229-2717

2019 SCHOLARSHIP APPLICATION

SECTION 1-TYPE OF SCHOLARSHIP

Please check off the type of scholarship for which you are applying:

_____ Up to \$400 Dietary Manager training program

_____ Up to \$399 Certification Exam

SECTION 2-PERSONAL INFORMATION

Last Name:	First Name:	MI
Address:		
City:	State:	Zip:
Email address:		
Home Phone:	Cell Phone:	

SECTION 3-EMPLOYMENT INFORMATION

Are you currently employed in a non-commercial foodservice operation? ____Yes ____No

If no, how long have you been unemployed or working in a different setting? Please explain your efforts in actively pursuing employment. (Attach a separate sheet)

If you are currently employed, complete the following section.

Current employer:		
Address:		
City:	State:	Zip:
Email address:		
Name of immediate supervisor:		
Supervisor title:	Phone:	
Length of time with this employer:		

SECTION 4-INDUSTRY WORK EXPERIENCE-*please list starting with your most recent position.*

<i>Company Name, City, Phone</i>	<i>Type of business & position</i>	<i>Duties you perform</i>

SECTION 5-PERSONAL QUESTIONS (attach extra sheets if necessary to include **complete** answers)

1. Are you a member of any other professional organization other than ANFP? If yes, please list. If not why not?
2. Explain your involvement in your ANFP state chapter. (i.e. offices held, conference/meeting attendance, committee work or other volunteer work.)
3. Does your employer financially support your or other employees' continuing education? If yes, please give examples. If no, do you have any other financial support for education?
4. This scholarship will only fund part of expenses incurred for either scholarship. How do you plan to pay for the remaining expenses? (i.e. books, mileage, time absent from work.)
5. Give an example of a past meeting you have attended, ANFP or other, and how that experience has benefitted your workplace and/or ANFP-WI?
6. Have you ever been awarded a scholarship or grant from ANFP, NFEF, ANFP-WI, or other sponsor for educational purposes? ____ Yes ____ No If yes please give date, details and amount.

SECTION 6-ESSAY

Please type an essay of approximately 200 words that summarizes the following: **Describe your financial need and why you desire to become a Certified Dietary Manager.** (Please attach essay on separate sheet.)

SECTION 7-REFERRALS

Please use the attached referral form for each of your two references. Recommended references include Registered Dietitians, Certified Dietary Managers, Administrators, college faculty, or corporate unit managers. Referrals should be complete.

SECTION 8-SIGNATURES

Please read before signing. To the best of my knowledge, I have provided ANFP-WI accurate information concerning all questions on this application. I understand that failure to provide valid and complete information could result in the withdrawal of all financial assistance and a recall of all awards previously made by NFEF, or ANFP.

Signature of Applicant: _____ Date: _____

Signature of Supervisor: _____ Date: _____

Before you submit this application, please include:

____ Every section of the application is completed; application signed and dated.

____ Section 6 essay attached.

____ Section 7 referrals attached.

____ Section 8 signature information completed.

ANFP SCHOLARSHIP REFERRAL FORM

NOTE: two referrals are needed-see scholarship information page. Please ask your referral to tell us, for example, about you, your work ethics, position, participation, extra efforts, or any other helpful information that may be beneficial to your application.

Referral Name:

Referral Employer:

Name of Scholarship Applicant:

Relationship to Applicant:

REFERRAL COMMENTS: (May be typed on a separate sheet)

Whole Grain Harvest Bread

Source: *Making Fresh Bread from your oven to your table* from LOVE FOOD

Makes: 1 small loaf

Ingredients:

- 2 cups whole wheat bread flour, plus extra for dusting (*I used 1 cup of white whole wheat flour and 1 cup of whole wheat flour*)
- 1 teaspoon salt
- 1 tablespoon nonfat dry milk
- 2 tablespoons soft brown sugar
- 1 teaspoon active dry yeast
- 1 1/2 tablespoons vegetable oil, plus extra for brushing
- 3/4 cup lukewarm water
- **Directions:**
 - Sift the flour and salt together into a bowl, tip in the bran from the sifter, and stir in the milk, sugar, and yeast. *I didn't sift the flour. I had just milled it and I always whisk it to make sure the bran is mixed into the flour.*

Make a well in the center and pour in the oil and lukewarm water. Stir well with a wooden spoon until the dough begins to come together, then knead with your hands until it leaves the side of the bowl. *I used a Danish dough whisk instead of a wooden spoon.*



Turn out onto a lightly floured surface. Knead well for about 10 minutes, until smooth and elastic.



Brush a bowl with oil. Shape the dough into a ball, put it into the bowl, and put the bowl into a plastic bag or cover with plastic wrap or a damp dish towel. Let rise in a warm place for 1 hour, until the dough has doubled in volume.



Brush a 6 1/2 x 4 1/4 x 3 1/4-inch/17 x 11 x 8-cm loaf pan with oil. *I didn't have this size pan so I just used my glass loaf pan.*

Turn out the dough onto a lightly-flour surface, punch down with your fist, and knead for 1 minute. With lightly floured hands, shape the dough into a rectangle the same length as the pan and flatten slightly.



Fold it lengthwise into 3 and place in the prepared pan, seam side down.



Put the pan into a plastic bag or cover with plastic wrap or a damp towel and let rise in a warm place for 30 minutes, until the dough has reached the top of the pan.



Preheat the oven to 425 degree F/220 degrees C. Bake the loaf for about 30 minutes, until it has shrunk from the sides of the pan, the crust is golden brown, and it sounds hollow when tapped on the bottom with your knuckles. Turn out onto a wire rack to cool.

Slice and enjoy when completely cool, if you can wait that long. I enjoyed this bread with some homemade Pomegranate and Pear Jam.



***Thanks for celebrating
National Wheat Bread Month!***