

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 8.

MEMBERSHIP



W E L C O M E

to the new



ANFP™ | WYOMING

Association of Nutrition & Foodservice Professionals

As of December 29, 2018, the Wyoming ANFP is **67** members strong; **58** Certified Professional members, 9 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.

Welcome New Members!!



May 2019Spring Conference
(TBD)

June 20-23, 2019ACE, Union Station
Hotel, St. Louis, MO

Sept 2019 Fall Conference,
Ramkota Hotel, Casper, Wyoming



Our **FoodService Rewards** points total stands at 24,133 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: rhilbird@mhccwyo.org

Greetings Fellow CDM's!!

I hope you all had a very Merry Christmas and a Happy New Year!!

I just wanted let you all know that your hard work and dedication does not go unnoticed!! It's amazing that a chapter of this size accomplishes all that you all do! I am so glad that I had the opportunity to visit with your chapter and get to see first-hand the teamwork and camaraderie this group displays. Some chapters of much larger numbers struggle and fail to accomplish what this much smaller group does.

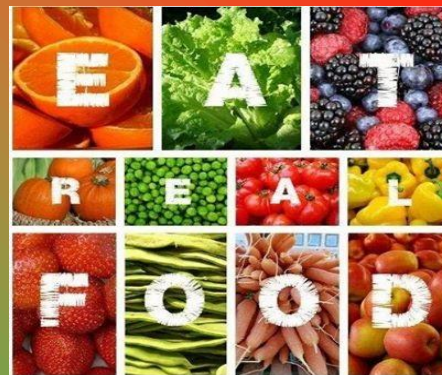
So be proud of yourselves and give yourself a pat on the back and a much needed day off after all the holiday craziness!! Thank you to each one of you for being the professionals you are and for uplifting standard that brings a lot of recognition to this industry. I'm sure that if your residents were writing this article it would be filled with stories and memories that make the world we live in a better place to live!! After all, they are the recipients of the joy and satisfaction that is a result of the awesome job each of you do!

Just remember there is negativity everywhere you look! So don't let that affect you and your performance. If we were working to get rich, we wouldn't have chosen this profession anyway. So just concentrate on all the positive things that enter into your world and let that guide you to retirement or your next great adventure!!

Thank each of your for the kindness you showed me during my stay there and
HAPPY SPRING!!

Ricky G. Clark, CDM, CFPP, CFSM, CCFP
Past National ANFP Chairman of the Board
2011/12





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. **Note, deadline to get in articles is the 21st of each month.**

Also, I am up-dating my data base of Administrators and vendors to include in our newsletter mailings. I am asking for your help with 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 appreciated 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!**



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.



5th – Krista Bund
12th – Chanthara Virachack
13th – Jessica Holcomb
20th – Toni Skaggs

Happy Birthday to All!

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

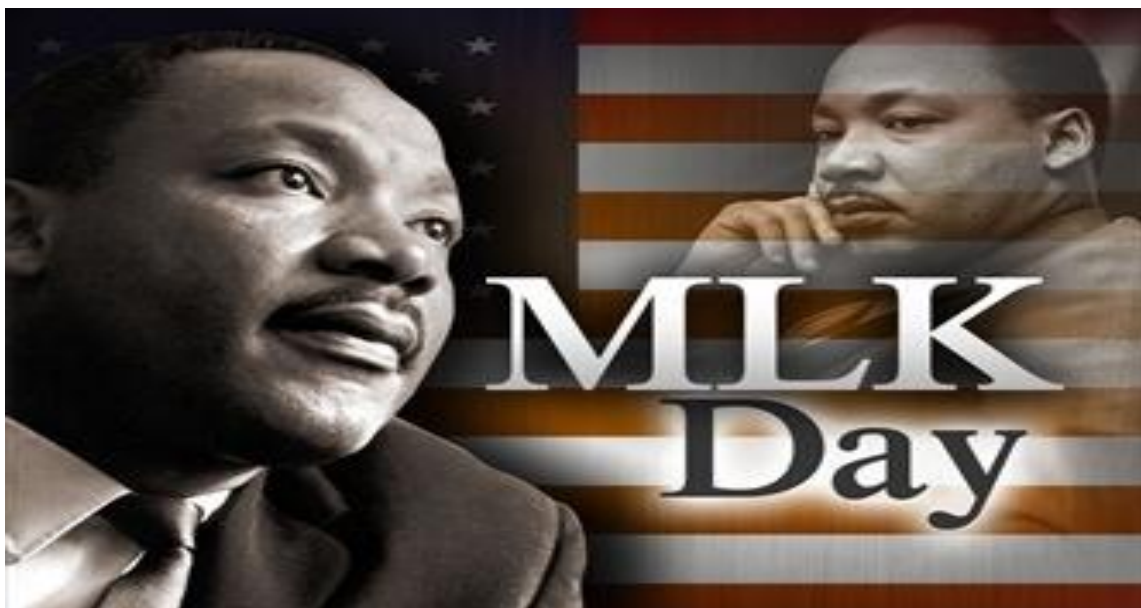


Continental Breakfast

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
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C	A	I	M	C	R	O	I	S	S	A	N	T	A
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E	F	T	M	A	J	T	S	A	O	T	I	E	S
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/>



Monday, January 21, 2019

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!***

CDMs Cultivating Roots

Rallying Organizations & Officials in Training Standards

CULTIVATE

culti-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.

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Learn about...



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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.