

May is National Salad Month

May is National Salad Month and with the warmer weather here, there's no better time to give your oven a rest and enjoy a lighter meal. When we typically think of "salad," we think of a traditional side salad or green salad. I encourage you to experiment—don't forget that salads include fruit and can be expanded to include protein, which make delicious entrees.



A salad can be a nutrition powerhouse. To boost the nutrition of your salad, think about adding color and texture. Start with the greens and instead of using only iceberg lettuce, try mixing in darker greens like spinach, kale or red leaf lettuce. Add your favorite veggies for flavor and crunch—cucumber, tomato, shredded carrot, radish, red onion and baby peas are a few options. Fruits add a sweetness to your salad. Try citrus fruit like Mandarin oranges and grapefruit or go with sliced strawberries or fresh raspberries as a topping. Don't forget the protein. Beans like garbanzo, black or pinto beans add protein, fiber and flavor to any salad. Low fat cheese or a lean meat like fish or chicken breast is also a great addition. Nuts and seeds also make a terrific topping, adding crunch and flavor.

MEMBERSHIP



W E L C O M E
to the new



ANFP™ | WYOMING
Association of Nutrition & Foodservice Professionals

As of April 28, 2019, the Wyoming ANFP is **73** members strong; **61** Certified Professional members, 12 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!

Sara Chapin
Rock Springs

Alexandra Troska
Rock Springs



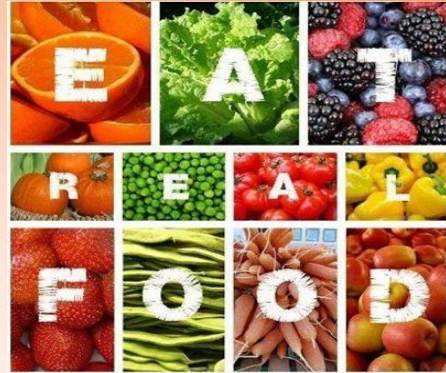
June 20-23, 2019ACE, Union
Station Hotel, St. Louis, MO
Sept 11-13, 2019Fall
Conference, Ramkota Hotel, Casper, Wyoming
April 22-24, 2020 Spring
Conference, **50th Anniversary**, Douglas, WY



Our **FoodService Rewards** points total stands at 26,433 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: rhilbird@mhccwyo.org



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April showers bring May flowers! As I write this it is raining outside and I have seen very few May flowers. The weather can't seem to make up its mind whether it wants to be Spring, Winter, Summer or Fall. We definitely have a mix.

Start planning your summer menus to coincide with the activities going on around you. Your residents probably can't wait to smell the aroma of the grill going and sink their teeth into some nice juicy ribs. I'm already getting hungry just writing about it!!

Also, don't forget dues renewals will be coming up soon. Be sure to keep checking on-line at anfponline.com to check your information, so you do not miss the dues deadline and are required to pay late fees.

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

**MEMBERSHIP
RENEWAL**
Annual Dues



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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.



1st – Adam Bench
4th – Robert Merrial
27th – Kimberly Cooper
29th – Jan Guyton

Happy Birthday to All!

In the month of June we celebrate these special occasions:

National Candy Month

National Dairy Month

National Fresh Fruit and Vegetable Month

National Iced Tea Month

National Papaya Month

National Seafood Month

National Turkey Lover's Month

1st Friday of June – National Doughnut Day

1st – National Hazelnut Cake Day

2nd – National Rocky Road Ice Cream Day

3rd – National Egg Day

4th – National Cheese Day; National Frozen Yogurt Day; Applesauce Cake

5th – National Gingerbread Day

7th – National Chocolate Ice Cream Day

8th – Jelly Filled Doughnut Day

9th – National Strawberry-Rhubarb Pie Day

10th – National Tea Day; National Black Cow Day; Herbs & Spice Day
11th – National German Chocolate Cake Day
12th – National Peanut Butter Cookie Day
13th – Kitchen Klutzes of America Day
14th – National Strawberry Shortcake Day
15th – National Lobster Day
16th – National Fudge Day
17th – National Apple Streudel Day; Fresh Vegetable Day
18th – National Cherry Tart Day; International Picnic Day; International Sushi Day
19th – National Dry Martini Day
20th – National Vanilla Milkshake Day
21st – National Peaches and Cream Day
22nd – National Onion Rings Day
23rd – National Pecan Sandy Day
24th – National Pralines Day
25th – National Strawberry Parfait Day; National Catfish Day
26th – National Chocolate Pudding Day
27th – National Indian Pudding Day; National Orange Blossom Day
28th – National Tapioca Day
29th – National Almond Butter Crunch Day
30th – National Ice Cream Soda Day



Mother's Day

K	S	O	N	S	U	H	G	N	I	D	E	E	F
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A	O	T	N	E	I	T	A	P	N	E	G	R	E
F	S	G	I	H	U	G	S	A	W	G	O	D	S

SUNDAY
 GIFTS
 INLAW
 HARDWORKING
 LISTEN
 DAUGHTERS
 SWEET
 KISSES
 HUGS
 SONS
 FATHER
 FLOWERS
 LOVE
 FEEDING
 PATIENT
 CARING
 GIVING
 ADVICE
 COOKING
 WIFE

Play this puzzle online at : <http://thewordsearch.com/puzzle/398/>



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.

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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.



May 4, 2019



May 27, 2019

