

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals **FOOD & NUTRITION NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

April—June 2019

Hidden risks in your food

Food allergies have been on the increase for years. There is currently only one solution for patients: avoid allergy-triggering products. Researchers are making an important contribution to consumer protection by developing methods to specifically and reliably detect allergenic substances in foods. In addition, they are helping to establish processes that reduce the allergy-triggering properties of food ingredients focusing on soy. Eating is not a pleasurable experience for everyone. After a meal, many people suffer from abdominal pain, itchiness or diarrhea. These complaints are often caused by a food allergy with peanuts, fish, milk, cereals containing gluten, eggs, celery, crustaceans, edible nuts, mustard, sesame seeds and soy proteins particularly triggering such undesired reactions. Those affected have no other choice but to avoid food with 'their' allergen. "To date there are no food products, except for baby food, that are hypoallergenic and contain few allergens." Even the smallest quantities of allergens can get into food unintentionally and if we take the example of when different food products are processed in the same machine then these traces are not considered an ingredient, nor are they always listed on the packaging causing these hidden allergens in foods to pose a health risk for people with food allergies. We as CDM's must pay close attention to our residents/patients possible food allergies in order to protect them from possible illness and or death.



Please send us your recipes for our recipe of the quarter section of the newsletter. Email recipes to score1cjh@live.com for consideration



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2019 Spring Conference Wrap—Up

Our 2019 Annual spring conference and food expo was a huge success. We had over 31 Vendors for the food show. Members and students attended the three day conference. On day two we offered a CDM exam study group/class and it was received with great appreciation. We plan to offer this again next year, and we will be offering a ServSafe class on the Tuesday before the conference next year if we receive enough interest from our members, so please let us know if you want a ServSafe class. Please put April 22nd – 24th 2020 down on your calendars for next year's conference & food expo. Next year we are planning to host a Crawfish boil on Wednesday Night as well as Our Dinner Thursday Night. We are planning a culinary aspect to the conference for next year, so look for more information to come. This year we had some wonderful speakers and topics. Dr. Joyce Gilbert, RDN CEO and President, Association for Nutrition and Foodservice Professionals came to speak to us on the new CMS rules and regulations. She is an accomplished food and nutrition executive, data strategist, business entrepreneur, and Association CEO. Dr. Gilbert has successfully led innovation in healthcare regulatory compliance and benchmarking, academia, public policy, and corporate executive leadership. She has led ANFP in transforming its governance structure and in creating a data repository to enhance strategic metrics. Dr. Gilbert has positioned ANFP as the leader in foodservice management and food safety analytics. Christopher Ridenhour, GFN, Leading Age's Highest Rated Nationally Traveled Speaker, Healthcare Management Professional, Accountability Coach, Expert Team Energizer, The Most Interesting In-Services Trainer in the World!, was our opening speaker on Thursday and spoke to us on "Heroes in the Halls" he left us laughing and with a better outlook on life. We had Mr. Omar Humes CDM/CFPP (National Treasurer – Elect) speak to us on "Building a super team in today's culture", Mrs. Debbie McDonald spoke to us on "The Power of Leadership" plus we had many more great speakers. This was our most successful conference yet and we hope to continue this success next year.

The Louisiana Chapter of ANFP is an affiliate of the national not-for-profit association. ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

If you have any questions regarding Louisiana ANFP, our activities or events, or if you would like to employ a CDM, CFPP in your facility, please contact any of our state officers.

ANFP is the premier resource for food service managers, directors, and those aspiring to careers in food service management. ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial settings. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and certification programs. ANFP monitors industry trends and legislative issues, and publishes one of the industry's most respected magazine.

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

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

For more information about ANFP please contact Association of Nutrition & Foodservice Professionals by telephone at 800.323.1908 or 630.587.6336.

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Recipe Of The Quarter.

Crawfish Pie

1 ½ pound Cooked crawfish meat
4 Tbs. Butter
2 cup Onion diced small
½ cup Celery diced small
½ cup Bell pepper diced small
3 Cloves garlic minced
¼ cup All-purpose flour
½ Tsp. Cajun seasoning
½ Tsp. Ground Cayenne pepper
½ Tsp. Salt
¼ Tsp. White pepper or to taste
6 3-inch pie shells buttered



Melt butter in a large skillet. Sautee onions, celery, bell pepper and garlic over moderate heat. Stir frequently with a wooden spoon until vegetables become soft.

About five minutes. Add flour and mix well. Remove from heat and stir in the crawfish and fat. Add salt, Cajun seasoning and peppers according to taste. Pour into 3-inch piecrusts and bake at 350 degrees for 15 to 20 minutes.

Makes 6 three inch pies.



What is a Veterans Stand Down?

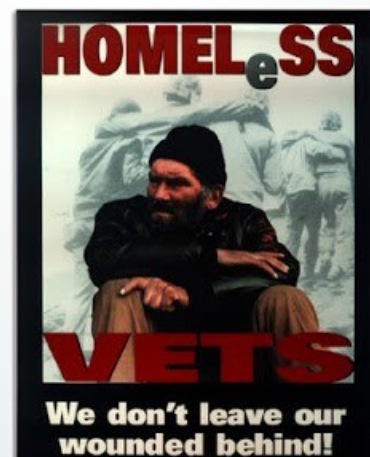
The original Stand Down for homeless veterans was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat operations. At secure base camp areas, troops were able to take care of personal hygiene, get clean uniforms, enjoy warm meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends in a safe environment. Stand Down afforded battle-weary soldiers the opportunity to renew their spirit, health and overall sense of well-being.

That is the purpose of the Stand Down for homeless veterans, and achieving those objectives requires a wide range of support services and time. The program is successful because it brings these services to one location, making them more accessible to homeless veterans.

In July 2002, the founders of Stand Down – Robert Van Keuren, Dr. Jon Nachison and Vietnam Veterans of San Diego – asked the National Coalition for Homeless Veterans (NCHV) to become the “keeper of the flame” and provide national leadership for the movement. Since the first Stand Down in San Diego in 1988, the program has become recognized as the most valuable outreach tool to help homeless veterans in the nation today.

The Louisiana Homeless Veterans Outreach program will be holding their annual Stand Down on September 27th 2019, in Lafayette La, at the VA mental health outreach center, located at 309 St. Julien Ave . Louisiana ANFP will be one of the many supporters out there and will be providing both breakfast & lunch to the Veterans and staff.

Please consider joining us out there!!!!!!!!!!



Alexandria VA Heath Care System

Homeless Stand Down 2019

Stand Down 2019 is moving!
Lafayette Campus B/Mental Health
309 St. Julien Avenue

The event will be held in Lafayette on Friday, September 27, 2019, with more details to come. We appreciate your support and hope you will be able to join us again this year. Please let us know if you will be a part of this year's event by calling or emailing either of the points of contact below.



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National ANFP

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score1cjh@live.com

Tami Rutten (Co-Chair)

Louisiana State President

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Creating an Engaging Workplace **Employee engagement matters to your business**

By Kim Kyle CDM/CFPP



There are three types of employees at every workplace, Engaged-Employees are loyal and psychologically committed to the organization. They are more productive, more likely to stay with their company. Not Engaged- Employees may be productive, but they are not psychologically connected to their company. They are more likely to miss work and leave the company. Actively Disengaged- Employees are physically present but psychologically absent. They are unhappy with their work situation and insist on sharing this unhappiness with their coworkers.

There are twelve elements of engagement and as a manager, you are positioned to influence and inspire your team's engagement and actions by continuously focusing on your employees' fluctuating workplace needs. The twelve elements of engagement are as follows.

I know what is expected of me at work

I have the materials and equipment I need to do my work right

I have the opportunity to do what I do best every day

I have received recognition or praise for doing good work (every 7 days)

My manager or someone at work, seems to care about me

Someone at work encourages my development

At work, my opinions seem to count

The mission or purpose of my company makes me feel my job is important

My fellow employees are committed to doing quality work

I have best friends at work

In the last six months, someone at work has talked to me about my progress

This last year, I have had opportunities at work to learn and grow

Invest time in getting to know your employees career goals and strengths to help match each one with the right opportunities to grow and develop. Consider partnering employees with complementary strengths to work on a task together. Match a new employee with a veteran to help the new employee learn about the job more quickly and provide an opportunity for the veteran to take on a new role. Help employees find opportunities to use their strengths and talents to meet the needs of their jobs and move forward in their careers.



Association of Nutrition & Foodservice Professionals

Financial Report

LaANFP
State Spring Meeting
5/5/2019
Pineville, LA

Income	ANFP Rebate	1,000.00
	Vender Registrations	10,886.37
	Meeting Registrations	4,276.52
	Cash Received for regist	150.00

Total Income	16,312.89	15312.89
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Meeting Income

Expenses:	Plaque For Admin of the Year	43.63
	Regis. Refunds	50.00
	Meeting Supplies	84.12
	NCFE Scholarship Donat	1,000.00
	Program Booklets	526.15
	Meeting Rooms, Meals Etc	7,196.85
	Guest Speaker Meals	69.10
	Omar Expenses For Travel	782.00
	Debbie Expenses For Travel	394.10
	Tips for Staff (Cash)	80.00
	National Regist (Barrett)	555.00
	Hotel/Travel National	1556.16
	TOTAL EXPENSE	12,337.11

9175.95

Meeting Exp

Beg. Balance	\$25,801.70
Income	\$16,312.89
	\$42,114.59
Expenses:	\$12,337.11

6136.94 Profit for meeting

Ending Bal **\$29,777.48**

this does not include the donation to the scholarship


Brenda L. Kenly CDM, CFPP State Treasury

Contact Us

Louisiana Association of Nutrition & Foodservice Professionals
louisianaanfp@gmail.com

Visit us on the web at

<http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home>

Your Louisiana Chapter

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Association of Nutrition & Foodservice Professionals

Louisiana House of Representatives
Box 94062
900 North 3rd Street
Baton Rouge, Louisiana 70804

Use This Form Letter To Write To Your Congress Person

Dear Congressman / Congresswoman;

I am writing to ask for your assistance with implementing the new CMS regulations in regard to the Food & Nutrition services department within the Louisiana Health code. The Louisiana Chapter of ANFP is an affiliate of the national not-for-profit association. ANFP was established in 1960 and today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management, across many different genres, within the foodservice industry.

The Centers for Medicare & Medicaid Services (CMS) is the federal agency responsible for administering requirements governing long-term care facilities (Nursing Homes). In October 2016, CMS released a comprehensive update of regulations to reflect advances in theory and practice of service, delivery and safety for LTC residents, including a section on Food and Nutrition Services. According to the requirements, individuals who are currently employed as the designated Director of Food and Nutrition Services prior to November 28, 2016 will have five years to meet the staffing requirements outlined by CMS. Individuals hired after November 28, 2016 will have no later than one year to meet these staffing requirements. Current foodservice managers may already be eligible to sit for the CDM Credentialing Exam.

The Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) credential is now listed as the primary qualification for the Director of Food and Nutrition Services in the absence of a full-time dietitian. A representative from the Food and Nutrition Services department must be included on the Interdisciplinary Team (IDT). The CDM, CFPP is the only credential listed in addition to the Registered Dietitian Nutritionist that is qualified to participate as defined by scopes of practice. A scope of practice is a critical component in defining the role of any credentialed professional.

A Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) has passed a nationally recognized credentialing exam offered by the Certifying Board for Dietary Managers. Continuing education is required to maintain this credential. The exam is written by content experts, and administered by an independent professional testing company. The exam consists of 160 questions that have been pre-tested and proven valid and reliable. Questions cover five competency areas which fall under these major headings: Nutrition, Foodservice, Personnel and Communications, Sanitation and Food Safety, and Business Operations. The CDM, CFPP credential indicates that these individuals have the training and experience to competently perform the responsibilities of a certified dietary manager.

How do the new regulations impact Food and Nutrition Services? In Section §483.60 Food and Nutrition Services, the following highlights are significant:

- The Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) credential is now listed as the primary qualification for the Director of Food and Nutrition Services in the absence of a full-time dietitian.
- A representative from the Food and Nutrition Services department must be included on the Interdisciplinary Team (IDT). The CDM, CFPP is the only credential listed in addition to the Registered Dietitian Nutritionist that is qualified to participate as defined by scopes of practice. A scope of practice is a critical component in defining the role of any credentialed professional.
- While CMS lists the CDM, CFPP credential as the primary qualification for the Director of Food and Nutrition Services, the regulations also acknowledge state requirements for staffing qualifications. Currently, 18 states require the CDM, CFPP to serve as Director of Food and Nutrition Services and unfortunately Louisiana is not one of them.

Please feel free to reach out to myself or one of our board members (visit our website at <http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/about-our-chapter>) for more information and contact numbers for our board and local district presidents. I appreciate your time and look forward to working with you on having Louisiana require a CDM to operate the Food & Nutrition department in our nursing homes.

Sincerely yours

A Message From The Desk of The Associations President.

Mrs. Tamra (Tami) Rutten

Greetings LA ANFP Members

We had a very awesome state meeting in Pineville, LA April 10-12, 2019. The speakers were awesome and our food show was a testament to just how great our vendor partners really are. We had 31 different companies bring us products and information to share in the food show. We hope that you plan to join us next April 22-24th 2020. Be watching your email for more information, we are planning for the best meeting yet. The theme will be "It's a Louisiana Thing" so you know with a theme like that we are going to have a great time!

Please consider being part of our board. People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding.

Volunteering with ANFP is no different, by attending state meeting you meet new people and make new friends. The more involved you become and the more networking you do the better your future employment prospect are. As a member of the board,

You become a valued part of a team of fellow volunteers

Aid dietary managers to gain knowledge needed to successfully serve their residents

Help ensure that the people we serve (our residents) are cared for with the most knowledge possible.

We want everyone to know that CDM CFPP's are trained and qualified to manage menus, food purchasing and food preparation; and to apply nutrition principles, document nutrition information, ensure food safety, manage working teams, and much more.

Mrs. Tamra Rutten

Louisiana ANFP State President

