

**SC ANFP  
Newsletter**

**“Wren Notes”**

Spring 2019

Volume 8, Issue 4

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*Letter from our President:*

*Renee Spence, CDM, CFPP*

Dear SC ANFP Members,

Happy Spring!!

What an exciting year we have had so far, and there are so many more exciting things to come!

Our Spring conference was held at Performance Food Group in Florence, South Carolina March 6-8, 2019. We were very blessed to have so many wonderful speakers and to be able to learn and fellowship together during that time. A big thank you goes out to Kathleen Sodoma, our RD of the year for 2018-2019, for her very hard work in hosting our membership. As always, Kathleen out did herself working with vendors to supply not only a wonderful lunch for us on Wednesday, but to also ensure that an equally generous spread was provided by our vendors during the vendor show on Thursday.

We on the board are looking forward to warmer weather, but no worries we will still be hard at work making sure everything is put together for the Fall 2019 conference, besides our normal monthly meetings we will also be having a Leadership Retreat, hosted by Rick Schmitt, in June.

This Fall we will be hosting the North Carolina ANFP for the 4th installment of the joint conferences and we are looking forward to having a spectacularly spooky time! If you hadn't heard already this conference will have a Halloween Theme including a Costume Ball! The dates for the conference are October 25-28, 2019 and the location is the Double Tree Resort by Hilton in Myrtle Beach, South Carolina.

We will be voting for a new Vice President at the Fall Conference so please make sure you come with nominations in mind! We on the board are so looking forward to seeing all of you there!!

I hope Spring brings all of you wonderful new beginnings and much happiness!

Sincerely,

*Renee Spence CDM CFPP*  
President South Carolina ANFP

Dates to remember:

Annual Conference & Expo

\*June 26, 2019 – June 29, 2019

St. Louis, MO

SC & NC ANFP Fall Meeting

\*October 23, 2019 – October 25, 2019

\*Doubletree, Myrtle Beach, South Carolina

Look for upcoming 2020 Spring dates and locations information!!



SC ANFP is now on Facebook and Instagram!

Become a fan and follow us today

*Follow SCANFP on Instagram. That's right, we are now on Instagram. Search for SC\_ANFP and follow us today.*



*National ANFP is on Instagram too! Follow them today at #anfponline*

## Colleen Ham Scholarship

The Colleen Allen Ham Certification Scholarship

CDM Exam Scholarship for Students


For further information on the Colleen Allen Ham Certification Scholarship please see the South Carolina State ANFP webpage at:

[www.anfponline.org/sc](http://www.anfponline.org/sc)



# Mystery Basket Team Building Recipes

Crisis, Cindy - Sammie

 Mystery Basket Team Building 2019


**Recipe Name:**

**Ingredients**

2 C flour  
3 eggs  
1/2 C vanilla pudding  
baking powder  
1/2 C whipping cream  
2 sheets butter  
1/2 water

*New Recipes*

Fun fette  
cake :

 Mystery Basket Team Building 2019


**Recipe Name:**

**Directions**

1/2 cup Mascarpone  
1 Tsp Balsamic Vinegar  
1 C powdered sugar

*New Recipes*


# Mystery Basket Team Building Recipes

 Mystery Basket Team Building 2019

**Recipe Name:** Fruit Fort

**Ingredients** melt gummy bears 2 cups  
 2 Van pudding mix  
 3 cup h. whipping cream  
 8 oz mascarpone  
 1/8 cup balsamic vinegar  
 4 cups pineapple  
 1 Tbsp Butter  
 1 cup heavy cream  
 raspberry sauce  
 chocolate sauce

*New Recipes*

 Mystery Basket Team Building 2019

**Recipe Name:** Banana Split Puddella


**Directions** Melt 2 C Heavy Cream set aside  
 Mix: 3 C Vanilla Custard mix  
 3 C Whipped Topping, 1 C Heavy Cream  
 1 C Mascarpone  
 1/8 C Balsamic Vinegar  
 4 cups Pineapple  
 Brown - 4 pita breads in Butter

Place onto an plate  
 fill w/ pineapple, mix, & melted cream  
 fold in half

*New Recipes*

Garnish with  
 sliced Bananas & strawberries  
 Drizzle plate w/ strawberries & chocolate

# Mystery Basket Team Building Recipes

 Mystery Basket Team Building 2019

**Recipe Name:** STACCATO CREPE

**Ingredients**

FLOUR

EGGS

MILK


SALT

Pineapple mango

BALSAMIC VINEGAR

Gourmet Berries

*New Recipes*

 Mystery Basket Team Building 2019

**Recipe Name:**

**Directions** Sauce ground beef render

in a skillet with lime soda with Balsamic

Vinegar.

Crepe measure flour mix with salt

Eggs and milk create batter.

lightly coat a saute pan & cook for

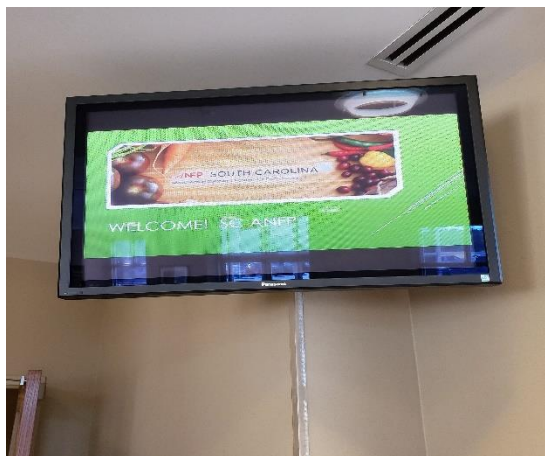
light brown flip and let cool.

Drizzle with the Perignon desc. sauce.

*New Recipes*

Association of Nutrition & Foodservice Professionals

*Many thanks to the vendors and speakers that helped to make the Spring 2019 workshop a huge success!!*



Kathleen Sodoma at PFG, Florence made us all feel welcomed with this grand entrance display of our State association!



*Insert a little Mastery Team building and SC ANFP will show you what it's all about!!*



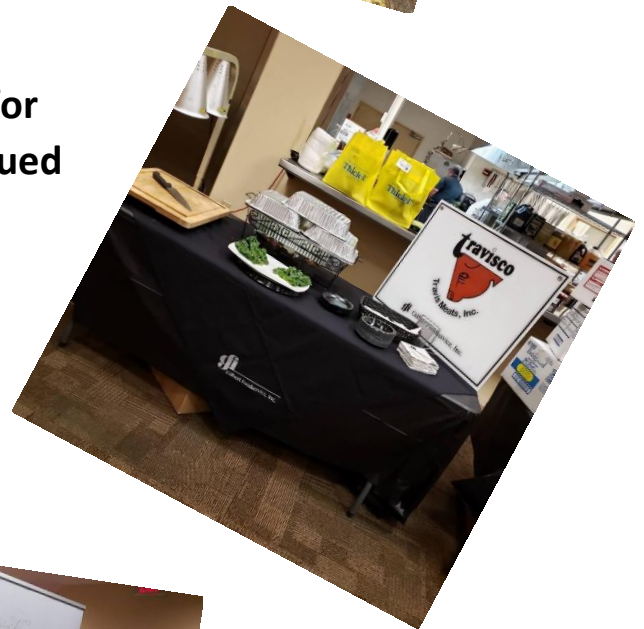
# ANFP™ | SOUTH CAROLINA



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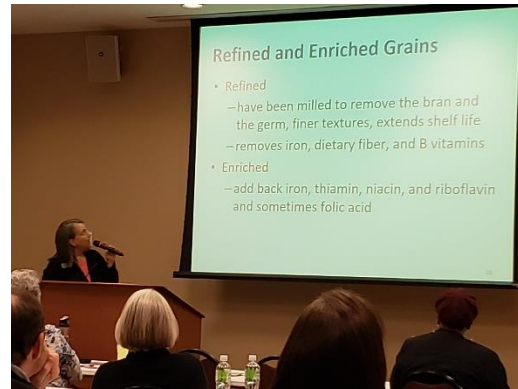
**Thank you for  
your continued  
support!!**





*Food Show...Doing it right!*

## Association of Nutrition & Foodservice Professionals



*Learning at its finest!!*



Your SC ANFP Board is always available to you for any questions, comments or concerns. Please call or email any of us with your feedback, our contact information is listed below!

**Association of Nutrition & Foodservice Professionals**

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### REMINDERS...

We need your recipes! SC ANFP Secretary Diana Trout is heading up the cookbook project. Please submit your recipes to her today!

Do you know a CDM, RD or Administrator that goes above and beyond to support the ANFP? Nominate them today for the CDM, RD or Administrator of the Year award to be announced in October 2019 at Myrtle Beach.

2019 SC, NC ANFP Fall Workshop  
October 23 - 25, 2019  
Double Tree Resort by Hilton  
3200 South Ocean Boulevard - Myrtle Beach, SC

Education \* Networking \* Fun

Management, Sanitation, Diet Therapy  
Iron Chef - Continued  
Carving & Decorating  
Fall No Bake Snacks  
Leadership & Chapter Business  
Costume Ball & Banquet

Hotel Reservations 1-843-315-7100

Join Us At The Beach !!!!

## New Professional Ethics CE Requirement

At a recent meeting, the Certifying Board for Dietary Managers (CBDM) voted to require that CDM, CFPPs earn one continuing education (CE) hour focusing on professional ethics during their three-year recertification period. This new policy is effective **June 1, 2019**. This policy will not impact the total number of CE hours required over three years, which will remain at 45.

**Individuals whose three-year cycle ends May 31, 2019 will NOT be required to submit one CE hour in professional ethics by May 31, 2019. All CDM, CFPPs will need to earn one CE hour beginning June 1, 2019.**

If you would like to make a donations to the  
CDM Assistance fund please contact Jeri  
Tallon, SC ANFP Treasurer.