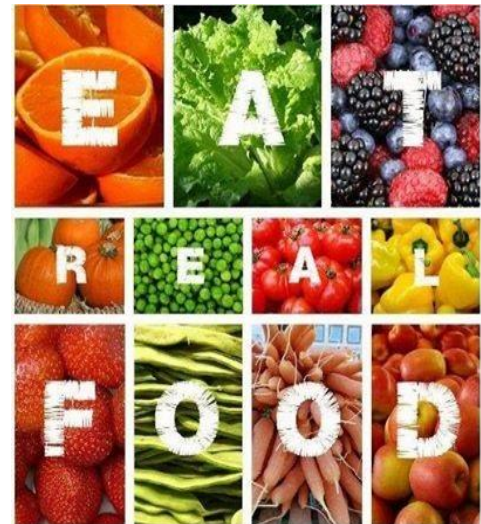


September is National Cholesterol Education Month

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.



How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

continued on page 12)



2017-19 President

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Our ANFP Fall Conference is just a few days away.... September 6, 7 & 8 in Casper at the Ramkota Hotel. We hope to see you all there with our theme of "Dare To Soar". Please register today if you have not already sent in your registration.

1. **SPECIAL ELECTION AT FALL CONFERENCE** We will be holding a SPECIAL ELECTION during our fall conference for the positions of President -Elect and Treasurer. Please be thinking of someone (including yourself) who might want to consider running for either office. Contact Steve or Felicia if you have any questions or need further information.

2. **FALL CONFERENCE - PIZZA HUT FUNDRAISER** The Ways & Means Committee is planning a special ANFP fundraiser on Thursday evening at all 3 Casper Pizza Hut locations –(2nd St., Poplar and CY Ave) during our Fall Conference in Casper. Please invite your friends & families in Casper to participate in our fundraiser. We earn 20% of ALL SALES (in store, pick up and delivery) on Thursday evening, Sept 7 between 5-9 pm. Help us spread the word! This fundraiser will be in addition to our normal raffles during the conference.

3. **PIFSW – Pride In Foodservice Week** is February 5-9, 2018. We want to plan some special events and visits across Wyoming. Share any ideas you might have.

4. **DATC - our 4th Annual ANFP Day At The Capitol** will be Monday, February 26 in Cheyenne. Let us know if you want to be a part of our Government Affairs – Impact Team to help plan this event. We will hold a planning luncheon meeting during the DATC for our Spring Conference with our BOL and several Cheyenne/Laramie area folks who are helping with the Spring Conference.

5. **SPRING CONFERENCE - May 2, 3 & 4, 2018** in Cheyenne, Wyoming at the Radisson Hotel. We are working with the Colorado and Nebraska ANFP Chapters to join us for our us. We are hoping to have a Food Show/Expo to help with conference expenses.

6. **Secession Planning – Volunteers** - We are always looking for volunteers to help with projects and groups. If you would like to volunteer to help, please let a BOL member know. We will elect a new President-Elect and Treasurer in September and we are looking for new members of our Government Affairs - Impact Team to help with Day At The Capitol and other outreach projects.

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.

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.

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As of August 31, 2017, the Wyoming ANFP is **67** members strong; **58** Certified Professional members, 9 Professional non-certified members. Please contact our **Membership Leader, Stephanie Young** (syoung@primrosetirement.com) or 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!

Blake Carothers – Rock Springs
Aspen Mountain Medical Center

Charisse Mettler, CDM, CFPP – Sundance
Crook Co. Medical Services District



10th – Rosalie Fassett

13th – Bruce Link

16th – Barb Pollard

20th – Zoe Brewer

28th – Heather Ball

Happy Birthday to All!



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September 6-8, 2017.....Wyoming ANFP Fall Conference,
Casper, WY, Ramkota Casper

February 2018 Day at the Capitol

February 5 – 9, 2018 ... Pride in Food Service Week

April/May 2018 Wyoming ANFP Spring Conference,
Cheyenne, Wyoming

June 1-4, 2018 ... ANFP Annual Conference
& Expo, Orlando, Florida

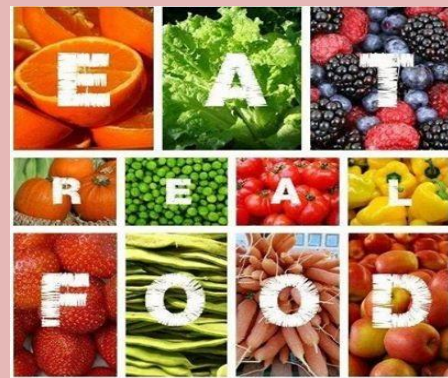


Newsletter Editor

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The Wyoming ANFP Fall Conference in Casper is set to be another one of the best conferences planned. I look forward to seeing everyone and having the opportunity to see Chris Thrash again!

September is National Food Safety Month. Remember we are now required to have 9 hours of sanitation continuing education hours every three years. Sanitation and food safety are very important issues in the care of the young and elderly populations. Always keep up on sanitation and food safety issues, and just as important, keep your staff trained and aware of these issues also.

If you do anything special during the month of September be sure to send me the information and pictures so I can highlight your event in the newsletter

I encourage you to plan to attend next year's ACE in Orlando, Florida. It's an experience you will want to enjoy every year!

Until next month.....Live long, and **Dare to Soar!**

Comply with the FDA Food Code and CMS.

————— Pasteurized shell eggs are not a PHF (TCS). —————



Visit SafeEggs.com/foodservice for safe egg recipes, the FDA Food Code Compliance Kit, culture change resources, free inservice tools, and free CE!

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ANFP
“Fun”draiser Night!
September 7th, 2017
5 pm – 9 pm



Help us raise money for



ANFP™ | WYOMING
Association of Nutrition & Foodservice Professionals

by choosing Pizza Hut for dinner

Dine-in, carryout or have it delivered from

All Casper Stores Plus

20% of your total purchase between 5 pm and 9 pm will be donated to

Wyoming Association of Nutrition and Foodservice Professionals

Raising Money Never Tasted So Good!

In the month of September we celebrate these special occasions:

National Biscuit Month

Better Breakfast Month Month

National Chicken Month

National Cholesterol Education Month

National Honey Month

National Mushroom Month

National Papaya Month

National Potato Month

National Rice Month

1st Week of September – National Waffle Week

2nd Week of September – Biscuit & Gravy Week; Vegetarian Awareness Week

4th Week of September – National Wild Rice Week

1st – National Cherry Popover Day

2nd – National Blueberry Popsicle Day

3rd – National Welsh Rarebit Day

4th – National Macadamia Nut Day

5th – National Cheese Pizza Day

6th – National Coffee Ice Cream Day

7th - National Acorn Squash Day

8th – National Date Nut Bread Day

9th – Weinerschnitzel Day

10th – TV Dinner Day

11th – National Hot Cross Bun Day

12th – National Chocolate Milkshake Day

13th – National Peanut Day; Snack a Pickle Time

14th – National Cream Filled Donut Day; Eat a Hoagie Day

15th – National Linguini Day

16th – National Guacamole Day

17th – National Apple Dumpling Day

18th – National Cheeseburger Day

19th – National Butterscotch Pudding Day

20th – National Rum Punch Day

21st – National Pecan Cookie Day; International Banana Festival

22nd – National Ice Cream Cone Day

23rd – National White Chocolate Day

24th – National Cherries Jubilee Day

25th – National Food Service Employees Day; Crab Meat Newburg Day

26th – Pancake Lovers Day

27th - National Chocolate Milk Day; National Corned Beef Hash Day

28th – Strawberry Cream Pie Day; Drink Beer Day

29th – National Coffee Day

30th – National Hot Mulled Cider Day



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To market and deliver great products to our customers with exceptional service.



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To be our customer's most valued and trusted business partner



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Bringing the highest quality of products to more people grown specifically for Sysco in the United States.

Check out our Sysco Healthcare web site at www.sysco.com/health





NATIONAL
**FOOD
SAFETY**
MONTH

***Plan now to attend the
2017 Fall Conference!
September 6 – 8, 2017
Ramkota Hotel,
Casper, Wyoming
Watch future newsletters
for more information.***



Featured Speaker

Chris Thrash

“The Power of One”

“Dare to Soar”
Wyoming ANFP Fall Conference 2017
September 6-8, 2017
Ramkota, Casper, WY
307-358-1412
Hosted by: Felicia Smith, Douglas, WY

Registration Form - - Please complete one form for each registrant

Circle one: ANFP Members

Non-Members

\$ 50.00

Before August 31, 2017

\$ 65.00

\$ 60.00

At the Door

\$ 75.00

Students: Free Registration

Name:(Please Print Clearly) _____

Facility Name: _____

Title: _____ **ANFP Number:** _____

e-mail Address: _____

Make Checks Payable to:
Wyoming ANFP

Wyoming ANFP Fall Conference
Casper, Wyoming
September 6-8, 2017

Mail Registrations to:
Felicia Smith, CDM,CFPP
Memorial Hospital of Converse County
111 South 5th Street
Douglas, WY 82633

Registration:	\$	.

Total	\$	.

Registrants Signature: _____

How often should you have your cholesterol checked?

[The National Cholesterol Education Program \(NCEP\)](#) recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history

Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol. ⁶

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

The following chart shows optimal lipid levels for adults:

Desirable Cholesterol Levels

Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).

[The National Cholesterol Education Program](#) has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol.⁵ In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke.

