



The Cardinal

ANFP VIRGINIA
Association of Nutrition & Foodservice Professionals

2018 Spring Newsletter

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Message from the President



Hello, wonderful, hardworking, fellow food services and hospitality people, who have dedicated your lives to the service of others!

The honor I am experiencing as the new President of the VA ANFP chapter is mind blowing and super encouraging. I want to do right by every standing member, and every potential new member. My ultimate goal is to work toward strengthening our chapter with national, through a strong board that delivers, and of course, with input from our members.

We all are a valuable part in this process.

Each of us must be willing to reach higher and further, stepping out on faith. We have to support our meetings, forge fresh, new and exciting ideas, including different facets for educational opportunities, and continue to lobby elected officials to recognize who we are, what we want and what we represent.

All of us need to commit to edify our brothers and sisters of these industries, always ready and striving to surpass hurdles, and being present for each other.

We have a chance, an opportunity, a goal, a mission, and a friend in each other, who we understand, and know what we go through daily, doing our very best to nourish, satisfy, excite, and provide love in what it is we love in the work we do.

Here is to believing in an extremely successful rest of the year.

Gloria P. Spottswood, CDM, CFPP
President
ANFP VA

“Be Watching For Information On Our Exciting Fall Meeting!! Hope To See You All There!!!!”



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.



Did you know the fear of
Vegetables is called
Lachanophobia?

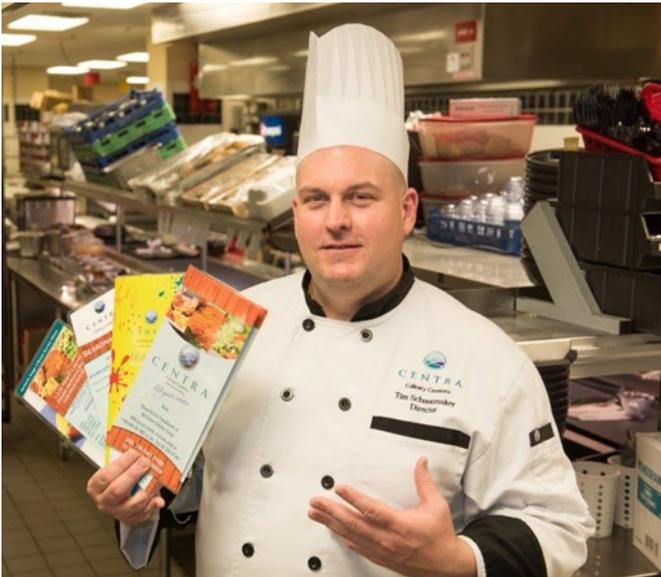


Spring is here...

We've had several days of wild weather over the past few weeks. However it's official!!! Spring is here, although it may not quite feel like it as of yet! It's our favorite time of year when the sun is shining and the temperature is consistently above 70. It's time to again enjoy fresh fruits and veggies, sunshine, and outdoor activities.

Many of our localities have farmers' markets that provide us with wonderful opportunities to support local businesses. If you haven't already ventured out to visit one, go to your local farmers' market or take a trip to visit a different location. We make it a point to go as often as possible looking to find something new. Let's hope for a warm, pleasant spring and summer. We hope you all have the opportunity to enjoy it as much as possible!





Timothy W. Schoonmaker,
CEC, CDM, CFPP
Director and Executive Chef of the
Centra Culinary Group
Membership Chairperson for ANFPVA

Vision: To be an all-inclusive, diverse, culinary focused Nutrition Services group led by a team of experienced, qualified individuals who are dedicated to the customer experience and engaging employees.

Mission: To be a recognized leader in quality nutrition services and an organization where employees seek out for employment, customers and patients recommend, and lead the forefront in forward thinking food service operations.

We achieve this by focusing on Controlling costs, excellent service, and superior quality. We focus on training our staff to be empowered to do their very best, and train our leaders to create leaders and inspire those who surround us.

Chef Timothy Schoonmaker is a Certified Executive Chef and a member of the ACF, AHF, and ANFP. Chef is also a mentor, board member, and Big Brother through the Big Brothers, Big Sisters of Central Virginia, a

Chef Timothy Schoonmaker is a Certified Executive Chef and a member of the ACF, AHF, and ANFP. Chef is also a mentor, board member, and Big Brother through the Big Brothers, Big Sisters of Central Virginia, a committee member for the United Way of Central Virginia, and serves on corporate culinary advisory boards.

Chef Schoonmaker oversees four acute care hospitals, Lynchburg General, Virginia Baptist, Bedford Memorial, and Southside Community hospital, (750Beds), and several off site retail operations, including Centra Code Fresh Food Truck and Riverside Roasters, an in house coffee concept. Chef has a staff of approximately 200.

As a board member for the ANFP Virginia Chapter, my goal is to engage seasoned, new, and potential members to encourage growth of the profession, ensure that CDM's remain an important role within healthcare and other food service operations.

Don't Miss Our Fall Meeting!! More Information Coming Soon!!!!

[Chef Jim Zeisler, CDM, CFPP,](#)

[Program Chairperson for ANFPVA](#)

Chef “Z” pictured with Chef John Schoppe and Chef Ted Polfelt at Derby Day in Roanoke VA which they catered



**Virginia Western’s Al Pollard Culinary Program Partners with VT Carilion Medical School to Teach Team Building through Culinary Arts
(Under the Direction of Jim Zeisler, CDM, CFPP)**

Starting in fall of 2017, Virginia Western Community College’s Al Pollard Culinary program, has partnered with VT Carilion Medical School to teach team building through culinary arts.

The idea is for medical students, nurses and interns to learn to work better as a team, as well as learn better nutrition for their future patients.

The program head, Jim Zeisler, CEC CCA CDM CFPP, developed five menus based on five specialized diets, which included low sodium, Mediterranean, Renal, Heart Healthy and Low-fat. The students came in groups of 8, with two groups at a time in our kitchen. They assigned a “chef” out of the group, then the other team members were assigned various courses. The students were first lectured on the diets being cooked that day, then they went to the kitchen to watch demonstrations. My two full-time chefs, John Schopp, CEC CCA CCE CEPC and Ted Polfelt, CEC CCA and I, would perform demonstrations of techniques to use in the menus they were producing. Afterwards, they went to task and cooked the menu. Once finished, it was put into chafing dishes and the medical school would invite various colleagues to enjoy the food.

The students would present the diets and menus to the guests and explain what made them match the diet. Then the students served and cleaned the entire kitchen area as a team.

This took place over the course of two semesters, every Monday for three hours. We are slated to continue this next fall semester as well. Both Carilion and VWCC’s Culinary Arts Program are more than pleased with this partnership.

We are hoping to turn this into a credit-worthy Career Studies Certificate in Culinary Medicine. More details to follow as this comes to fruition.

(see pictures below)



From the Desk of Ricky G. Clark, CDM, CFPP, CFSM, CCFP

Acting Secretary for ANFP VA

Greetings to my ANFP Virginia Family!! I am so proud to be a small part of this awesome group of professionals!! I think we as Virginians and CDM's can overcome anything in our path! As many of you are aware, our Virginia Chapter has been struggling for a couple years to keep a board and provide educational opportunities to our members. Well that is about to change!! We now have a new Board of Directors in place who have knowledge, vision and enthusiasm to lead us into an exciting future!!

With your help we can revive our Chapter and become the vibrant, outgoing leaders we once were in ANFP!! One thing I have learned is not to take our Chapter for granite. What is here today may be gone tomorrow! So I encourage each of you to grasp what is before you and become a part of what it takes to make your Chapter a success!! Using this example we can do anything:

T is for Teamwork and Togetherness (with these we can make this happen)

E is for Education (we have our credentials that we have earned to guide us)

A is for Aspiration (hope and ambition will make this task enjoyable for all)

M is for Merging (we will have to merge as one to rebuild what once was)

I know from past experience that the Virginia Chapter is a caring, hard working and proud group of people!! I know this because I have been a part of this group since 2000. I have seen what we are capable of and I know how rewarding it can be to be a success and to set an example for other states.

It is time we take our position as leaders once again and let the world know that we will not be defeated and that our state is proud of who and what we are in our profession!! I challenge each of you to get involved with your Chapter and encourage your peers to do the same! We have a lot to offer and by attending the state and national meetings we can grow and become the leaders that is expected of the Virginia Chapter. Team building only happens when there is a team that is ready and willing to go the extra mile to assure their professional level is achieved. I know in my heart that we are capable of doing just that!! Let's do it!!





Thank you Vendors!!!



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Great Food

Innovative food, unique applications, equipment and supplies, and trends and events

Your Business

Services that build your brand and increase your bottom line

Why US Foods

Learn about our commitment, exclusive support and passionate people



Thank you for your interest in Sysco! We are grateful for the opportunity to show you why Sysco is the superior choice for your business.



Recipes to LIVE by
Submitted by Ricky G. Clark



Smoked Sausage-Stuffed Zucchini



Ingredients:

- 4 Medium Zucchini
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1 Tbsp extra-virgin olive oil
- 1 Medium red bell pepper, chopped
- 2 Scallions, sliced, white and green separated
- 1 Cup cooked brown rice
- 4 Ozs cooked smoked sausage links, chopped
- 1/2 Teaspoon smoked paprika
- 1/2 Cup sharp shredded cheddar cheese



Preparation: Prep time 35 minutes Ready in 35 minutes

1. Cut zucchini in half lengthwise. Cut a thin slice off of the bottom of each half so they will sit flat. Scoop out the pulp leaving a 1/4 inch shell. (Discard pulp) Place the zucchini halves on a microwave safe plate and sprinkle with salt and pepper. Cover and microwave on high until tender-crisp, 3-5 minutes. Uncover.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add bell pepper and scallion whites. Cook stirring until tender, about 2 minutes. Add rice, sausage and paprika. Cook, stirring until warmed throughout, about 1 minute more.
3. Position rack in upper third of oven; preheat broiler to high.
4. Transfer the zucchini to a broiler-safe pan. Fill the zucchini halves with the rice mixture and sprinkle with cheese. Broil on the upper rack until the cheese has melted, about 2 minutes. Garnish with scallion greens and enjoy!!



Wishing all our members a very
Happy Birthday in 2018 and predicting
many, many more for the coming years!!



We want to hear from you!!!

**We want your stories, recipes, pictures, announcements,
jokes, etc., etc., etc.**

**Support your newsletter by
becoming a contributor today.**

**Submit your content to Ricky Clark at
clarkonly01@gmail.com**



Q: What is white, has a horn, and gives milk?

A: A dairy truck!

Q: What candy do you eat on the playground?

A: Recess pieces.

Q: Waiter, will my pizza be long?

A: No sir, it will be round!

