

## SUPERCARGED WITH THE SUPER 7



With each pinch, dash and spoonful, spices can help boost the antioxidant power of practically everything throughout the day, from snacks and entrees to soups and beverages. Here are a few tips to get you started.



**QUICK TIP 1:** Keep a shaker of **Ground Cinnamon** handy to sprinkle over everything from hot cocoa to oatmeal and fruit salad.



**QUICK TIP 5:** Dress up ready-to-bake rolls. Just before baking frozen dinner rolls or ready-to-bake rolls, brush tops with olive oil then sprinkle with crushed **Rosemary Leaves** and Sea Salt before baking.



**QUICK TIP 2:** Add a hint of ginger to hot or iced tea. Sweeten 1 cup tea with 3/4 teaspoon sugar mixed with 1/4 teaspoon **Ground Ginger**.



**QUICK TIP 6:** Wake up taste buds with Herbed Scrambled Eggs. Beat 1/8 teaspoon **Thyme Leaves** into 2 eggs before scrambling.



**QUICK TIP 3:** For a twist on the typical grilled cheese, prepare sandwich with sliced mozzarella cheese, sliced tomato and 1/4 teaspoon **Oregano Leaves**.



**QUICK TIP 7:** Create a spiced Curried Pilaf by adding 1/2 teaspoon **Yellow Curry** to 2 cups hot cooked rice. Add flavor and texture with a handful of shredded carrots, peas, raisins or toasted sliced almonds.



**QUICK TIP 4:** Add a kick to store-bought or homemade hummus or guacamole by stirring in 1/4 teaspoon **Ground Red Pepper** or **Crushed Red Pepper**. Or, try sprinkling in a little **Paprika**.

[www.spicesforhealth.com](http://www.spicesforhealth.com)



**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.



## **2017-19 President**

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**Our WY ANFP THEME** for the coming two years will be “**DARE TO SOAR**”. We will be focusing on soaring to individual excellence..... and soaring to excellence as the WY ANFP chapter. We want to be leaders who soar to new heights and see success personally and in ANFP.... to be leaders who soar like eagles.

1. It was great to see everyone in Thermopolis for our Spring Conference. **TJ Schoenewald** planned an awesome learning and networking time for all of us. We had an excellent conference – despite the horrible weather on Friday. Be sure to check out the conference photos and posts on Facebook at Wyoming ANFP.

**Thank you to Felicia Smith** for her leadership and efforts over the past two years as our Chapter President! Felicia has done an outstanding job as our President. She will continue to serve as our Past President and as a member of the ANFP National Board.

And thank you for the opportunity that is now mine to serve as Chapter President and for Renee Smith to serve as President Elect. We both look forward to opportunities of serving the members of the Wyoming ANFP Chapter.

2. We are looking forward to the **NATIONAL ANFP ANNUAL CONFERENCE & EXPO (ACE)** in Las Vegas, Nevada **June 6-9, 2017**. We are very excited with the prospect of sending 10-12 delegates, which is an excellent achievement for Wyoming ANFP! We do have some limited scholarship funds to help with part of the registration fee. Be sure to let Felicia, Bruce or I know if you would like to attend ACE.

**Wyoming Awards**.....We have been notified by ANFP that Wyoming will receive the annual membership award, communications award, government affairs award, Platinum State Achievement award and we are a Diamond Award nominee!!! This is a reflection on the hard work of many members and leaders in the Wyoming Chapter. We will receive these awards at ACE.

3. Plans are well under way for our **FALL CONFERENCE** to be held September 6,7 & 8, 2017 in Casper at the Ramkota Hotel. Our new President–Elect Renee Smith will be our conference coordinator, and we already have some great plans for the conference. Our special guest will be Chris Thrash – who will be leading a session on “The Power of One” about personal responsibility and motivation – and a session on Service Recovery. So mark your calendars now for Casper on Sept 6-8.

4. We are making preliminary plans for our **Spring Conference in early May 2018** in Cheyenne, Wyoming. We are working with the Colorado and Nebraska ANFP Chapters to join us for a united 3 state conference. We will keep you posted as plans develop.



## **State Spokesperson**

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## **HSCMH Dietary Services Hunger Week Food Drive 2017**

Hot Springs County Memorial Hospital Dietary Services brought attention to ANFP's Hunger Week by conducting its third annual employee Hunger Week Food Drive to collect items for the local school district's Backpack Assistance Program which is managed by the Thermopolis People for People Coalition. The district's program is designed to provide meals and snacks to students and their families who qualify for free or reduced lunches. The brief drive brought in five cases of items. All items were donated by hospital employees. Shown with the collection is HSCMH Food Services Director, T.J. Schoenewald, CDM, CFPP and AM Cook, Kristina Wallace.



*Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: [www.ANFPonline.org](http://www.ANFPonline.org) for the National ANFP website.*

# MEMBERSHIP



# W E L C O M E

*to the new*



**ANFP™ | WYOMING**

Association of Nutrition & Foodservice Professionals

As of April 30, 2017, the Wyoming ANFP is **63** members strong; **56** Certified Professional members, 7 Professional non-certified members. Please contact our **Membership Leader, Stephanie Young** ([syoung@primroseretirement.com](mailto:syoung@primroseretirement.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.



1<sup>st</sup> – Adam Bench

27<sup>th</sup> – Kimberly Cooper

29<sup>th</sup> – Jan Guyton

**Happy Birthday to All!**



**ANFP™ | WYOMING**

Association of Nutrition & Foodservice Professionals



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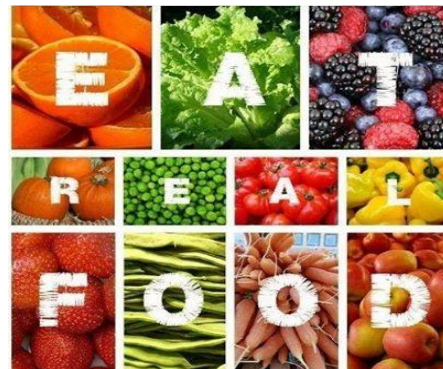


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**“It’s In the Water”** This was the theme of our Spring Conference held April 26-28 at the Days Inn in Thermopolis Wyoming. Thank you TJ for proving a great conference and location for the conference!

It was great to see and meet all the new people that were able to attend! We are so glad you able to attend and learn more about who and what ANFP is. We look forward to seeing you at future ANFP events. Our next conference will be September 6-8 at the Ramkota hotel in Casper. Our featured speaker is Chris Thrash. Chris has presented to our association twice before and is always a great time! Start planning now to attend. Watch the future issues of the newsletter for more information. Looking forward to seeing you all there!

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



**June 6-9, 2017 ....ANFP Annual Conference  
& Expo, Las Vegas, Nevada**

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

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

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

**Comply with the FDA Food Code and CMS.**

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



Visit [SafeEggs.com/foodservice](http://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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Greeting Wyoming ANFP members,

I would like to say thank you for the wonderful support you showed me this past two years. I have enjoyed serving as your state president and I have learned a lot from our members and watched our association grow. Wyoming ANFP is a strong leader in Wyoming and we will continue to grow our numbers and influence as regulations and our leadership grow and changes. I will continue to support and volunteer in whatever capacity I can to help our members as we move forward. I look forward to continuing my growth under Steve's leadership as he takes the helm. He has a lot of great ideas and wants to continue supporting and growing our membership. I am very proud to be part of a such a great group of professionals and I look forward to the future with confidence in our association both at the state level and nationally. It has been an honor serving you and I ask that you give Steve you support as he leads us into the future. Thank you!



Our **FoodService Rewards** points total stands at 20,093 points. e-mail codes and expiration date may be sent to **Robin Hilbird** at: [rhilbird@mhccwyo.org](mailto:rhilbird@mhccwyo.org)

In the month of May we celebrate these special occasions:

National Asparagus Month

National Barbecue Month

National Egg Month

National Chocolate Custard Month

National Hamburger Month

National Salad Month

National Salsa Month

National Strawberry Month

1<sup>st</sup> Week of May – National Raisin Week

2<sup>nd</sup> Week of May – National Hamburger Week

3<sup>rd</sup> Week of May - International Pickles Week

4<sup>th</sup> Week of May – Frozen Yogurt Week

National Barbecue Day – Memorial Day Monday

National Hamburger/Cheeseburger Day - Memorial Day Monday

May 1<sup>st</sup> – National Chocolate Parfait Day

May 2<sup>nd</sup> – National Truffles Day

May 3<sup>rd</sup> – National Raspberry Tart Day

May 4<sup>th</sup> – National Orange Juice Day; National Candied Orange Peel Day

May 5<sup>th</sup> – National Chocolate Custard Day; **Cinco DeMayo** Recipes; National Hoagie Day; Oysters Day

May 6<sup>th</sup> – National Crepes Suzette Day

May 7<sup>th</sup> – National Roast Leg of Lamb Day

May 8<sup>th</sup> – National Empanada Day

May 9<sup>th</sup> – National Butterscotch Brownie Day

May 10<sup>th</sup> – National Shrimp Day



May 11<sup>th</sup> – Eat What You Want Day

May 12<sup>th</sup> – National Nutty Fudge Day

May 13<sup>th</sup> – National Fruit Cocktail Day

May 14<sup>th</sup> – National Buttermilk Biscuit Day; **Mother's Day**

May 15<sup>th</sup> – National Chocolate Chip Day

May 17<sup>th</sup> – National Cherry Cobbler Day

May 18<sup>th</sup> – National Cheese Souffle Day

May 19<sup>th</sup> – National Devil's Food Cake Day

May 20<sup>th</sup> – National Quiche Lorraine Day; Pick Strawberries Day

May 21<sup>st</sup> – National Strawberries and Cream Day

May 22<sup>nd</sup> – National Vanilla Pudding Day

May 23<sup>rd</sup> – National Taffy Day

May 24<sup>th</sup> – National Escargot Day

May 25<sup>th</sup> – National Wine Day

May 26<sup>th</sup> – National Blueberry Cheesecake Day

May 27<sup>th</sup> – National Grape Popsicle Day

May 28<sup>th</sup> – National Brisket Day

May 29<sup>th</sup> – National Coq Au Vin Day; **Memorial Day**

May 30<sup>th</sup> – National Mint Julep Day

May 31<sup>st</sup> – National Macaroon Day



**Food Service Equipment**  
**For Sale**

Ice Cream/Novelty Freezer

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Assorted Utensils

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**JOIN US FOR A FREE EDUCATIONAL WEBINAR ON WED. MAY 10 @ 3:00 PM EST**

**Bringing back choice to improve dining experience**

*Do you aim to improve your facility's overall "Dining Experience?" What does "resident-focused" meal service actually mean and look like, and how do you do this with limited resources? If you struggle with high food wastage, cold food, many food preference lists to keep track of, poor customer service to the residents and have a desire to improve the overall resident meal satisfaction....then come be inspired!*

*Join Suzanne Quiring, RD, CDM as she shares about her 20+ years of experience in Residential care settings (Assisted Living, Intermediate Care, Extended Care, Palliative Care) in helping 500+ care facilities improve their "Dining Experience" by moving away from the limitations of pre-plating in a servery or kitchen, or using tray service to a mobile table side service that provides more choice and better customer service to your seniors.*

*Learn more about what do your residents "really want", and culture change resources to tap into to move ahead. Photos, stories and practical advise will be shared.*

***Objectives:***

1. Learn and be able to adapt best practices in senior dining experience
2. Be able to understand and evaluate alternative meal service delivery options for your operation relating to costs, waste, and resident satisfaction
3. Learn practical advice on the strategies and steps of switching to & implementing this style of meal delivery

***REGISTER at: <https://attendee.gotowebinar.com/register/5822335563828878338>***

***1 CEU CREDIT FOR ONE HOUR WEBINAR***

***Plan now to attend the 2017 Fall  
Conference!***

***September 6 – 8, 2017***

***Ramkota Hotel, Casper, Wyoming***

***Watch future newsletters for more information.***

