

# ILLINOISNEWS

Association of Nutrition & Foodservice Professionals

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ANFP...Learn, Discover, Lead

Editor: Sue Rinkenberger and Co-Editors: Linda Waite and Rhonda Smith

[srinkenberger@gmail.com](mailto:srinkenberger@gmail.com); [lwaite@adams.net](mailto:lwaite@adams.net); Scoobypants88@comcast.net

## *Notice to all Members:*

**Please keep your address, phone number and your email address current with the National ANFP Office.**

**Please notify ANFP immediately!**

**@ 1-800-323-1908 or <http://www.anfponline.org>**

**For more information about ANFP**

**Please contact Association of Nutrition & Foodservice Professionals:**

406 Surrey Woods Dr., St. Charles, IL 60174 phone: 800-323-1908, fax: 630-587-6308

email: [info@ANFPonline.org](mailto:info@ANFPonline.org)

Website: [www.ANFPonline.org](http://www.ANFPonline.org)

## About ANFP

Association of Nutrition & Foodservice Professionals (ANFP) is a national not-for-profit association established in 1960 that today has over 15,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial foodservice settings. The association provides foodservice references, 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 magazines.

**Illinois Association of Nutrition & Foodservice Professionals (ILANFP) & friends: From the Board of Directors of ILANFP**

**We again wish to regretfully inform you that we have had to cancel the ILANFP Spring Workshop that was planned for April 16-17, 2020 in Galena Illinois due to warnings concerns Coronavirus in Illinois. The Fall ILANFP Workshop with Vendor Show/Expo is being planned for October 15-16, 2020 in Springfield Illinois at the Northfield Inn, Suites & Conference Center where it has been held for the last few years.**

**Please keep yourselves and your family safe and without illness and we hope to see you in the Fall. Thank you.**

**Many educational sessions/speakers were planned for the Spring workshop with the assistance of LISA DEININGER (THANK YOU) & we are working on trying to reschedule them in the future.**

## **Illinois Association of Nutrition & Foodservice Professionals (ILANFP),**

Plan to get continuing education hours and network with your peers at the Illinois ANFP Fall 2020 Workshop on **October 15-16, 2020** in Springfield, Illinois. 2-Day Registration \$\$ includes CE hours of Educational Sessions to help provide you the most up to date information in the Food Service field

You now need 9 SAN and 1 Ethics hours in your 3-year renewal period.

**\*Membership Meeting – bring your ideas on how to advance YOUR Association.**

**\*Time to Network with your peers.**

**All for only \$75.00 Registration Fee.**

**Registration form will be available on the ILANFP website.**

**Hotel information will be available later after social distancing has been lifted**  
Northfield Inn, Suite & Conference Center (217)523-7900 or (866)577-7900

Want to know what else is going on with ILANFP? Read the newsletters at  
[www.anfponline.org/events-community/chapters/chapter-pages/illinois/home](http://www.anfponline.org/events-community/chapters/chapter-pages/illinois/home).

## **In This Issue:**

- ☐ Illinois ANFP Established March 4, 1963 – **55 years in 2018** (visit website to view pictures)
- ☐ Pending – Fall 2020 State Membership Meeting Information
- ☐ 2019 – 2020 Board of Directors (Getting to Know Your Elected Officers/Contact Information)
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## **ANFP:**

**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.

## **Pending - UPCOMING DATES:**

### **ILANFP Fall Workshop – Oct. 15-16, 2020 – Springfield, IL**

- ☐ **Chapter Meetings** – Many ANFP state chapters host spring and fall meetings. Visit the ANFP website periodically to learn about chapter meetings as dates and locations become available.  
[www.ANFPOnline.org/Chapters](http://www.ANFPOnline.org/Chapters)

## **A message from the ILANFP President:**

**Remember the movie “Same Time, Next year” 1978 with Alan Alda and Ellen Burstyn? My years as a member of the Illinois Association of Nutrition & Foodservice Professionals has been very much the same as in the movie. Every year for the last 30 years I have come to the Fall and Spring meeting of ILANFP. The people I have networked with, one year they are joyful, and things couldn’t be better; the next year they are facing challenges of job, family, friends or all 3, just putting one foot in front of the other.**

**The two people in the movie supported one another each and every year. I have always felt the support of ILANFP. The thing I have in common with the movie characters is that I know taking the time to come to the meeting means a vote of support of the importance of ILANFP to members. I didn’t just pay dues; I came to be part of what makes the organization run. I feel actions speak louder than words.**

**Another benefit is that with the educational sessions offered I am often the first to come back to my job with new information or ideas to share with fellow employees to improve customer service.**

**Yes, I only need to earn 45 hours of continuing education every 3 years. But, for ILANFP to be well run it requires a commitment from the members; we all must participate to keep the organization going; it can’t be left to a few. Many have done this for us in the past. Won’t you consider being there for others!**

**Even if you can’t come to the next meeting please call and ask how you can keep ILANFP functioning. We are at a crossroads!!! The torch needs to be passed.**

**Rosalind Davis**

**ILANFP President**

**847-596-1866**

**ILANFP Member Count as of March 09, 2020 – 536 members**

**News from NFEF – on behalf of the ILANFP membership – the ILANFP Board once again made a donation (\$) and has been recognized as a 2019-2020 Chapter Champion for showing our chapter’s support for the Nutrition & Foodservice Education Foundation’s goal to raise visibility of the CDM, CFPP credential through grants and scholarships.**

## **Volunteer Leader – April 2020 Changes & Updates**

### **Food for Thought**

We hope are all well and safe during these unprecedented times. We know our members are facing unique challenges during this time, perhaps some they have never faced until now. The role of chapter leaders and volunteers has always been a generous and selfless act, and now as professionals, you are faced with giving more time to others than ever before. With that in mind, it's still important to take care of yourself. Below are a few simple ways to practice self-care that you can use throughout the day.

**\*Focused Breathing** – When times are especially intense, take a moment to take a few deep breaths. Concentrate on inhaling and exhaling slowly. Try this a few times, somewhere quiet if possible.

**\*Meditation & Mindfulness** – With all the noise we are surrounded by each day and the many requests and demands that are made of us, it's important to carve out some times for a few peaceful moments, and allow your mind to “re-set” itself through mediation or a mindfulness activity.

**\*Eating Healthy at Work** – One of the things we might overlook as we are nourishing and caring for others in a demanding environment, is eating nutritious foods ourselves. Being mindful about what we choose to eat can be a simple yet satisfying way to practice self-care while at work.

**\*Give Yourself Credit** – Perhaps one of the most important things we can do for ourselves, is give ourselves a pat on the back at the end of each day. Perhaps we had a rough day, or an easier day for that matter, it's important to recognize that your work, efforts, and dedication are important and so are you!

### **Volunteer Appreciation Week moved to May**

As many of our volunteers have been stretched thin over the last few weeks, which may continue for the weeks ahead, we want to ensure they are given the recognition they deserve and have time to enjoy it. Therefore, we will be celebrating Volunteer Appreciation Week, May 4-8, 2020. Look for more information in April about how ANFP will be celebrating our valued and treasured volunteers.

### **UPDATED – CE Chapter Approval Process Updates & Changes – Webinar**

The webinar addressing changes and updates to the CE prior approval process for chapters has been postponed. A new registration link will be sent out when the new date has been scheduled. For those that will not be able to join us, the webinar will be recorded and available for viewing following the live program.

**Visit ILANFP website (application form) – nominate a fellow CDM Dietary Manager, Administrator/Supervisor, or Vendor for one of the ILANFP Awards presented during the ILANFP Fall State Workshop.**

**Recipe submitted by Rosalind Davis CDM, CFPP**

## **PASTITSIO (Greek Macaroni Pie)**

**This popular recipe happily doubles, triples, quadruples . . . or halves!**

**1 large onion, finely chopped  
2 Tbsp. butter or olive oil  
1-1/2 lbs. ground beef  
3/4 tsp. salt  
Freshly ground black pepper  
1/4 tsp. cinnamon**

**3/4 tsp. oregano  
2 cups tomato puree  
2 Tbsp. minced parsley  
1 lbs. small elbow macaroni  
1 Tbsp. cooking oil**

**Sauté onion in butter in large heavy pan or skillet until soft. Stir in ground beef and cook until lightly brown. Season with salt, pepper, cinnamon, and oregano. Stir in tomato puree and parsley. Cover and simmer gently for 20 minutes. Taste, and add more salt if necessary. Cook macaroni in large kettle of well-salted boiling water until tender, but still slightly firm. Drain, then rinse in lukewarm water. Mix oil well through macaroni to prevent it from sticking together. Make Creamy Topping (see below).**

### **Creamy Topping:**

**3 Tbsp. butter  
3 Tbsp. flour  
3-1/2 cups milk  
3 egg yolks**

**1/4 tsp. nutmeg  
1/4 tsp. salt  
1/4 tsp. white pepper  
1/2 cup Parmesan cheese**

**Melt butter and blend in flour. Stir in milk and cook about 5 minutes, stirring constantly to make a thin white sauce. Beat egg yolks lightly. Dip out 1 cup of hot sauce and pour in thin stream into yolks, stirring constantly until well blended. Pour mixture back into rest of sauce and stir for a few minutes over low heat. Do not allow to boil. Season with nutmeg, salt, and pepper.**

**In greased 9" x 13" Pyrex casserole, put a thin layer of macaroni, a layer of meat sauce, a second layer of macaroni, and a second layer of meat sauce. Pour Creamy Topping overall. Jiggle the dish so some sauce runs through all layers. Sprinkle Parmesan over top. Bake at 350 degrees F. for 45 minutes. Remove from oven and let stand 15-20 minutes. Cut into large squares and serve from pan. Serves 8.**



## ILANFP BOARD MEMBERS 2019-2020 (As of June 2019)

Rosalind Davis CDM, CFPP work: 224-789-5355 cell: 847-596-1866	President <a href="mailto:rdavisil@yahoo.com">rdavisil@yahoo.com</a>	P.O. Box 683 Waukegan, Illinois, 60089
Rhonda Smith CDM, CFPP home: 217-429-2186 <a href="mailto:Scoobypants88@comcast.net">Scoobypants88@comcast.net</a>	President-Elect cell: 217-877-6676	188 W. Imboden Drive Decatur, Illinois, 62521
Judy Parn CDM, CFPP work: 217-641-2300 cell: 217-430-1681	Past President <a href="mailto:ljparn@gmail.com">ljparn@gmail.com</a>	1309 Sycamore Street Quincy, Illinois, 62301
Rhonda Smith CDM, CFPP home: 217-429-2186 <a href="mailto:Scoobypants88@comcast.net">Scoobypants88@comcast.net</a>	Secretary Co-Chair Newsletter/Webmaster cell: 217-877-6676	188 W. Imboden Drive Decatur, Illinois, 62521
Linda Waite RDN, LDN, CDM, CFPP home: 217-696-6584 <a href="mailto:lwaite@adams.net">lwaite@adams.net</a>	Treasurer Volunteer Coordinator/ Trainer	706 Main Street Golden, Illinois, 62339 cell: 217-779-3142
Jennifer O'Day CDM, CFPP <a href="mailto:Jennifer.oday0387@gmail.com">Jennifer.oday0387@gmail.com</a>	Treasurer-Elect cell: 217-808-0387	614 W. Jackson St. Paris, Illinois, 61944
Linda Waite RDN, LDN, CDM, CFPP home: 217-696-6584 <a href="mailto:lwaite@adams.net">lwaite@adams.net</a>	Program/Meeting Speakers Chair cell: 217-779-3142	706 Main Street Golden, Illinois, 62339
Julie Donovan CDM, CFPP <a href="mailto:jdonovan@aperioncare.com">jdonovan@aperioncare.com</a> cell: 815-830-6726	Program/Meeting Speakers Co-Chair	202 Cherry St. A5 Mendota, Illinois, 61342
Joyce Salvador CDM, CFPP work: 773-545-8300 cell: 773-383-2702	Membership Chair <a href="mailto:jesalvador@sbcglobal.net">jesalvador@sbcglobal.net</a>	8640 Waukegan Rd Morton Grove, Illinois 60053
Sue Rinkenberger CDM, CFPP home: 815-657-8869 <a href="mailto:srinkenberger@gmail.com">srinkenberger@gmail.com</a>	Newsletter/Webmaster Chair / Legislative cell: 815-867-0059	PO Box 574 451 N. Bach Street Forrest, Illinois, 61741
Tammy Cooper CDM, CFPP cell: 217-871-4983 <a href="mailto:foodservicesupervisor@generationslincoln.com">foodservicesupervisor@generationslincoln.com</a>	Vendor/Expo Chair	
Hunter Hying CDM, CFPP cell: 630-940-7964 <a href="mailto:hunterhying@gmail.com">hunterhying@gmail.com</a>	Ways and Means Chair	2048 Wessle Ct. Street St Charles, Illinois, 60174

Toma Newburn CDM, CFPP  
home: 815-224-4266  
cell: 815-866-6287

Meeting Logistic Chair  
[hummingbird3193@att.net](mailto:hummingbird3193@att.net)

2217 Marquette Rd, Apt D2  
Peru, Illinois, 60089

Awards/Recognition Chair

**Special Board Acknowledgement – LINDA WAITE, RDN, LDN, CDM, CFPP is RETIRING this year from ILANFP – on behalf of the ILANFP membership we THANK her for over 30 years of service to this association and the MANY hours of assistance on the board and her knowledge of putting together our state meetings and always only a call away. She is very active in her family's restaurant, church, and community volunteer – WE wish her the best! Thank You**

### **Vendor Information Requested –**

Share information about your terrific vendors with other ILANFP members. Encourage your vendors to be part of the ILANFP Vendor Show and Expo in October.

Contact Vendor/Expo Chair Tammy Cooper at  
[foodservicesupervisor@generationslincoln.com](mailto:foodservicesupervisor@generationslincoln.com)  
217-871-4983.

### **ILANFP Fall State Meeting (October 15 - 16, 2020)**

**Northfield Inn, Suite & Conference Center (under ILANFP)**

**(217)523-7900 or (866)577-7900**

**Springfield, Illinois**

## **ILANFP Treasurer's Report for Newsletter September 1, 2019 – March 15, 2020**

Balance in Account September 1, 2019	\$17,965.85
Income	\$ 8,783.00
Account subtotal	\$26,746.85
Expenses	\$ 7,057.44
Balance in Account	\$19,689.41

### **Celebrating 60 years ANFP (1960 – 2020) Visionary Foodservice Leadership & Innovation**

The Association of Nutrition & Foodservice Professionals (ANFP) celebrates 60 years of service to the industry in 2020! At this historic juncture, a walk down memory lane is appropriate. This page highlights some of the too-many-to-mention milestones ANFP has had in 60 years of serving the foodservice profession.

\*1960 – 72 foodservice professionals representing 15 states assemble in a Cleveland hotel for what became a history-making event – the formation of the Hospital, Institution and Educational Food Service Society, often called HIEFSS

\*1967 – The HIEFSS membership reaches 783 individuals. HIEFSS hosts its first Annual Meeting.

\*1974 – HIEFSS Headquarters Office opens

\*1975 – Membership reaches more than 5,000 individuals

\*1982 – HIEFSS launches its first Role Delineation study to better understand the responsibilities of dietary managers

\*1984 – The organization's name changes to Dietary Managers Association to more accurately reflect the emerging job title of dietary manager that was identified in a 1983 role delineation study

\*1985 – Certifying Board for Dietary Managers is established, and the first dietary managers credentialing exam is offered for individuals to receive the Certified Dietary Managers (CDM) credential. The membership exceeds 12,000 individuals

\*1989 – DMA launches its first Legislative Workshop on Capitol Hill where DMA volunteers meet with congressional leaders

\*1990 – DMA's annual Day at the Capitol launches. DMA launches its Political Action Committee, and develops a Corporate Partner Membership Program \* DMA introduces Washington Watchline newsletter to keep members informed of government issues impacting the foodservice profession \* DMA is awarded a \$20,000 grant from The J. Willard Marriott Foundation to fund a Job Analysis Study to assess job tasks performed by dietary managers

\*1991 – DMA's annual Pride in Food Service Week is introduced \* DMA hosts International Food Service Symposium for association leaders representing key foodservice industry segments

\*1992 – DIETARY MANAGER magazine debuts in January, taking the place of ISSUES newsletter \* DMA publishes textbook titled Managing Foodservice Operations

\*1994 – The Dietary Managers Association Foundation launches



- \*1996 – The Certified Food Protection Professional (CFPP) credential is added to the CDM credential in direct response to a growing need to protect public health through proper foodservice sanitation practices
- \*1997 – DMA website launches
- \*1998 – DMA purchases land in St. Charles, IL and builds its own headquarters building
- \*2004 – DMA becomes a founding member of a new international foodservice organization: Healthcare Caterers International
- \*2006 – The DMA Foundation announces a new mission and board structure
- \*2007 – DMA publishes a new flagship textbook titled Nutrition & MNT for Dietary Managers
- \*2008 – Regional Meetings are introduced in Greenville, SC \* DMA's first Leadership Institute is offered, and the PAC is relaunched
- \*2010 – DMA celebrates 50 years and initiates the Legacy Award, presented for the first time to Linda Halverson, CDM, CFPP
- \*2012 – DMA changes its name to the Association of Nutrition & Foodservice Professionals (ANFP)
- \*2013 – The CBDM launches computer-based testing and greatly expands the number of potential testing dates
- \*2015 – Development work begins on an innovative online data reporting system focusing on large federal datasets
- \*2016 – The Centers for Medicare and Medicaid Services (CMS) issues its final regulations to the Code of Federal Regulations for states and long-term care facilities. 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
- \*2018 – The Nutrition & Foodservice Education Foundation participates in two innovative healthcare foodservice research studies and awards grants to 73 aspiring and current CDM, CFPPs \* ANFP launches ANFPtv, an extensive video library containing educational content, culinary demonstrations, industry trends, how-to-videos, conference recaps, and more
- \*2019 – ANFP's membership increases to more than 15,000 individuals
- \*2020 – ANFP Celebrates its 60<sup>th</sup> anniversary!

## **COVID-19 Updates from CDC and CMS**

**The health, well-being and safety of our members/family, staff, industry partners, and overall ANFP community is our #1 priority. The rapid spread and increasing concern regarding the coronavirus disease (COVID-19) is certainly on the minds of us all.**

**As foodservice experts with a proficiency in sanitation and food safety, our members play a vital role at their facilities/workplaces, especially in situations such as what we face today.**

**Our hearts go out to all who are suffering during the COVID-19 pandemic crisis. Everyone is affected, and now more than ever, it's important for us to support each other.**

**ANFP wishes to reinforce best practice regarding preventative health and safety measures.**

**BIGGEST takeaway – THIS VIRUS IS NOT SHARED through food; it is spread person to person – food handling is extremely important  
CDC has not released any specific Food Guidance**

**Check out the guidance from environmental cleaning recommendations at [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)**

**Sick employees – stay home! 7 days +72 hrs. fever free is the guide  
High touch surfaces MUST have frequent cleaning (condiments, dining chairs/tables, handrails, drinking fountains, touch screens, doorknobs/handles, food carts, hand sinks, soap and sanitizer dispensers, trash receptacles, telephone, keyboard, etc.)**

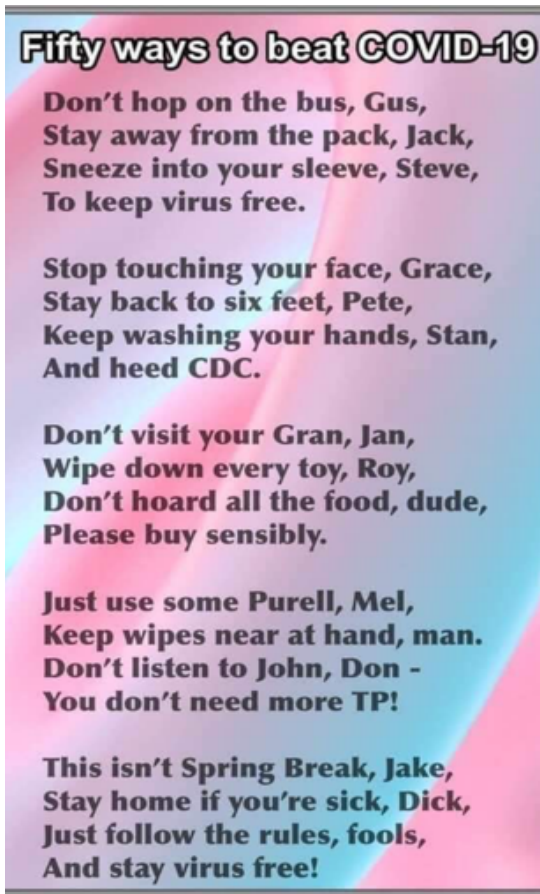
**As experts in sanitation and safety, you understand and follow the principles of proper hygiene protocol. ANFP recommends the following health and safety actions as recommended by the World Health Organization:**

- \*Handwashing is the key - Wash your hands frequently with soap and water**
- \*Maintain social distancing (six feet) from anyone coughing or sneezing**
- \*Keep your contact with others under 10 people**
- \*Avoid touching your eyes, nose and mouth**
- \*Practice respiratory hygiene – cover your cough or sneeze with a tissue, then throw the tissue in the trash – wash hands**

### **Help is here!**

- \*Reach out to your ANFP peers for assistance/support**
- \*Visit ANFP Website for LINKS for more information on the coronavirus**
- \*Additional Resources / Webinars available from many of our long time VENDOR supporters**

**AS CDM, CFPPs and foodservice professionals you are well-positioned to be a leader in your facility/workplace, especially during these uncertain times. Your expertise in management, sanitation, and safety means you are properly trained and have acquired the necessary skillset and resources to direct and lead your department effectively and efficiently during an emergency. You are an integral resource for your facility/workplace to move forward and thrive.**



Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. 😞 The front door said I was unhinged and so the curtains told me to .....yes, you guessed it 😂 .....pull myself together

Copy and pasted 👍  
I hope it made you smile 😊

***“Leaning On The Everlasting Arms” is a hymn published in 1887 in a Alabama church with music by Anthony J. Showalter and lyrics by Showalter and Elisha Hoffman***

**ILANFP is your Association** and we need your expertise. We are wanting to get more of the members involved with the Association. Would you like to **volunteer for the Board** or another capacity or help us plan future meetings? Tell us which area you would like. **We provide job descriptions and training.** We thank you very much!

Are you interested in serving in a leadership role?

Yes

No

**Ways and Means Chair**

**Membership Chair or Committee**

**Constructing a Newsletter Chair or Committee**

**Meeting Logistics Chair or Committee**

**Program-Meeting Speakers Chair or Committee**

**Hospitality Committee at Meetings**

**Teller Committee**

**Awards & Recognition Chair**

**Working with Vendors Chair or Committee**

**Webmaster**

**Secretary (Taking Minutes & Communicating)**

**Treasurer-elect**

**Nominating Committee**

If yes, please indicate which role(s) and include your contact information in area below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone  
Number: \_\_\_\_\_

