



Association of Nutrition & Foodservice Professionals

Illinois Ledger

Editor: Rachel Thomashow, CDM,CFPP

Co- Editor: Rosalind Davis, CDM, CFPP

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 nutrition through food management.

ANFP members work in hospitals, long-term care, schools, correctional facilities, and other noncommercial foodservice settings. The association provides food service references, publications and resources, employment services for members, continuing education development, and certification programs. ANFP monitors industry trends and legislative issues and publishes one of the industry's most respected magazines.

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 the Association of Nutrition & Foodservice Professionals:

406 Surrey Woods Dr., St Charles, IL 601-74 phone: 800-323-1908, fax 630-587-6308

email: info@ANFP.online.org Website: www.ANFPonline.org

Upcoming

❖ Illinois Association of Foodservice Professional (ILANFP) meeting October 21-22

➤ Where

- Springfield, Illinois 2 day conference
- \$55.00 registrations fee
 - Fill out and mail in the **form below** with a check made out ILANP
 - Itinerary below
- Live too far here are some room and board options
 - Northfield Inn Suites
 - ◆ Only **20 rooms** are block off for this event at **\$94.00 a night** if you say **you're with Illinois Association Nutrition and Foodservice Professionals**
 - This is first come first serve
 - ◆ This deal only works if you book before October 1, 2021
- Lunch Thursday and Friday are included in your registration, if you register by October 14, 2021.

➤ What

- Continuing education program and networking event
 - Includes a silent auction
- Election
 - Unable to attend? No worries! If you still want to vote please email Amy Schoon, aschoon44@gmail.com the Secretary and ask for a Ballot, and please return before 10/14/21 for your vote to count.

➤ Additionally

- Please consider bringing something to donate for the silent auction
- Please consider bringing a can of fruit, can of vegetables, disposable diapers, or wipes to donate to a local organization in Springfield, Illinois called Sojourn Shelter& Services Inc.

Rosalind Davis, President

1817 Carmel Blvd, Apt 1

Zion, Illinois 60099

rdavisil@yahoo.com

"HOW DOES YOUR GARDEN GROW"

ILLINOIS ASSOCIATION OF NUTRITION & FOOD SERVICE PROFESSIONALS (ILANFP)

FALL 2021

OCTOBER 21 AND 22, 2021

NORTHFIELD INN, SUITES & CONFERENCE CENTER

SPRINGFIELD, ILLINOIS

14 Total CE

DAY ONE AGENDA, THURSDAY, October 21st

REGISTRATION: MAKE CHECKS PAYABLE TO: Illinois ANFP

Mail to Rosalind Davis, 1819 Carmel Blvd, Zion, Illinois 60099 post marked no later than October 11, 2021.

Name _____ Member# _____

Address _____

Phone _____ Email Address _____

Meeting Registration \$55.00 (includes 2 Lunches) . On site registration \$55.00 , no meals available.

Please indicate if you are a student and/or first
timer _____

List food restriction/allergy for meals (if applicable) _____

Bring an item for Silent Auction. Bring a can fruit or vegetable for a local charity.

HOTEL INFORMATION: NORTHFIELD INN, SUITES & CONFERENCE CENTER

"HOW DOES YOUR GARDEN GROW"

ILLINOIS ASSOCIATION OF NUTRITION & FOOD SERVICE PROFESSIONALS

FALL 2021 CONFERENCE AGENDA

OCTOBER 21 AND 22, 2012

NORTHFIELD INN & SUITES CONFERENCE CENTER

SPRINGFIELD, ILLINOIS

14 TOTAL CE

DAY ONE AGENDA THURSDAY OCTOBER 21ST

700 – 730 am	Registration
Ice Breaker	Who's Life Is It?
730 - 900 am	Sanitation 1 - Lisa Shook, CDM CFPP (1 ^{1/2} San)
900 – 1000 am	Sanitation 2 - Hunter Hying, CDM CFPP (1 San)
1000 – 1200 pm	Vendor Fair (1 Vendor)
1200 – 100 pm	Luncheon (Lunch, Election of Board)
100 – 230 pm	We've Survived – Eileen M., Hoag, MS, RDN, LDN (1-1/2 gen)
230 – 400 pm	Grieving Stretches Us To Grow - (1-1/2 -Gen)
400 – 430 pm	Donut Social

Day One 6-1/2 Total CE – 3 General, 2-1/2 Sanitation, 1 Vendor

DAY TWO AGENDA FRIDAY OCTOBER 22ND

730 - 800 am	Registration
Ice Breaker	Success Stories from the Pandemic
800 – 1000 am	Cooking Demonstration, Chef Rich Smice (2 Gen)
1000 – 1130 am	Hospitality Style Dining In Our Senior Communities, Linda Becker, MS, RD (1-1/2 Gen)
1130 – 100 pm	Lunch, Member Meeting, Results of Election

100 – 200 pm Ombudsman, Mark Schwartz, MAQ, MHP (1 Gen)
200 – 300 pm IDDSI TALK, Laurie Berger, RD, LD (1 Gen)
300 – 400 pm Ethics Ken Hanson CPM, CDM, CFPP (1 Gen)
400 – 500 pm Hiring Ken Hanson CPM, CDM, CFPP (1 Gen)
500 pm -530 pm Evaluation and Wrap up

Day Two 7-1/2 hours (6-1/2 gen) 1 Ethic

Important Information

- ❖ **Nominate your favorite person or vendor!!**
 - Recommend your favorite Vendor to be the **Vendor of the Year**
 - Email me at rachel.h.thomashow@gmail.com by October 8th!
 - Recommend a well-deserving, peer to be the **Senior Dietary Manager of the year**
 - Email me at rachel.h.thomashow@gmail.com by October 8th.

Fun Summer/Fall Recipe

- ❖ Looking for a healthy fun summer treat look no further
 - **BBQ Pulled Pork Rice Bowl**



Prep Time 20 minutes

Total Time 20 minutes

Servings 4

Author Laura Doerr

Ingredients

- 2 cups leftover pork roast

- 1/2 cup BBQ sauce
- 4 servings cooked brown rice
- 1 cup queso fresco cheese or shredded cheese of choice
- 15 oz can black beans drained, rinsed, and heated
- 1 cup sweet corn (fresh or frozen-thawed) heated
- 2 tomatoes diced
- 1 cup shredded lettuce
- pickled red onion or scallions
- hot sauce
- 1 fresh avocado

For the Avocado Crema

- 1/2 ripe avocado
- 3/4 cup Greek yogurt or sour cream
- 1 tbsp lime juice
- 1/4 tsp garlic powder
- 1/4 tsp cumin
- pinch of salt

Instructions

1. Add all of the avocado crema ingredients into a food processor. Process until smooth.
2. Mix the leftover pulled pork roast with the BBQ sauce, and re-heat through (stove-top or microwave).
3. Heat up the drained and rinsed black beans. You can microwave or heat over the stove (add a splash of water). If you have hot fresh steamed brown rice, you can stir the beans in with the steamed rice and cover to heat through.
4. Assemble bowls with desired ingredients. I like to start with rice and beans on the bottom, corn, pork, cheese, lettuce, tomatoes, pickled red onions and drizzle the crema and hot sauce over the top. Yum! Would also be well mixed up and scooped up with chips, or wrapped in a burrito!

<https://waystomyheart.com/bbq-pulled-pork-bowls/>

What is Pure Joy?

Reflection: Realizing things come full circle. There are countless people who have helped the Illinois Association for Nutritional and Food Professionals grow. Like, Marilyn J. Greifzu, CDM a member in 1962 (back then ANFP was called the Hospital, Institutions and Educational Food Service Society). I had the pleasure of reaching out to the relative of Marilyn J Greifzu, , April Greifzu, who carried on in her footsteps as a CDM. As April and Marilyn represent this idea of coming full circle,I had to tell her, and all of you as a part of the ILANFP, about this pamphlet I found in my belongings:

“ *A Stroll Down Memory Lane.* ”, Twenty - Five years - What Memories? How does our association stay viable?



Well, just like a garden: There is that seed planted in soil, it needs water and sunshine, as it grows, someone has got to make sure it gets weeded or the weeds will over take the garden. If you know someone who did some weeding for Illinois Association for Nutritional & Foodservice Professional won't you take some time and send them a thank you note. If you are a person of convictions won't you consider weeding our garden, so our Illinois Association for Nutrition & Food Professionals may flourish.

Rosalind Davis

ILANFP President

COM, CFPPs Cultivating Roots

Rallying Organizations & Officials in Training Standard

CULTIVATE.

Cul-ti-vate

1. grow or maintain
2. apply oneself to improvement or development

[] Yes, I would like to support COM, CFPPs Cultivating Roots.*

*Corporate contributions cannot be accepted; only personal contributions can be made to ANFP-PAC.

Cultivate, Grow, REAP!

CONTACT INFORMATION

Membership ID#:

Full Name:

Address:

City:

State:

Zip:

Phone:

Fax:

Email:

Occupation:

Employer:

PAYMENT INFORMATION

Credit card payments may be made by calling 800.323.1908 x128. Please complete this form and send it to mtheesfeld@ANFPonline.org.

QUESTIONS?

Contact Mindy Theesfeld at 800.323.1908x128 or mtheesfeld@ANFPonline.org

ANFP PAC is the federally registered political action committee of the Association of Nutrition & Foodservice Professionals. Contributions to a PAC must be personal, not corporate, and are voluntary. Federal law requires ANFP PAC to report the name, address and employer name of individuals whose contributions exceed \$200 in a calendar year and contributions to ANFP PAC are not tax-deductible for federal income tax purposes.

If you are interested in helping to fund ANFP-PAC, please fill out this form, check written to ANFP-PAC, and would like the contribution to be combine with Illinois members:

Then send check to:

Rosalind David, President-Elect

P.O. Box 683

Waukegan, Illinois. 60079

Association of Nutrition & Foodservice Professionals Phone 800.232.1908 | Fax: 630.587.6308 | www.ANFPonline.org

Volunteering

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

Awards & Recognition Chair

Membership Chair or Committee

Working with Vendor Chair or Committee

Constructing a Newsletter Chair or Committee

Webmaster

Meeting Logistics Chair or Committee

Secretary (Taking Minutes &Communicating)

Hospitality Committee at Meetings

Treasure-elect

Teller Committee

Nominating Committee

Program-Meeting speakers Chair or Committee

Brand Ambassador or Committee

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

Name: - - - - -

Address: - - - - -

Email : - - - - -

Phone Number : - - - - -
- - - - -



Community Outreach

We would like to express our gratitude towards those who helped put together the Career Fair at Rantoul Township Highschool on July 16, 2021



It is important to host job fairs in our communities especially to High School Students ages 14 to 19, to introduce them to possible careers in the future and steps to achieve that goal. Empower them to have an entrepreneur's mindset.

Please note if anyone else is inspired to organize and host a career fair please reach out to ILANFP board members for assistance.

Have any additional concerns or questions?

Feel free to contact any of the following board members

President: Rosalind Davis
847-596-1866
rdavisil@yahoo.com

President Elect: Robert Bennick
815-318-1139
robertbennick@yahoo.com

Secretary: Amy Schoon
309-417-3348
aschoon@petersenhealthcare.net

Treasurer: Preeti Devdass
262-748-5004
prettidevdass@yahoo.com

Treasure Elect & Volunteer Trainer: Shelby Pirtle
309-459-0119 fsd@taylorville-snr.com

Program Chairman: Toma Newborn
815-224-4266
hummingbird3193@att.net

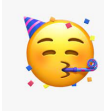
Newsletter Editor: Rachel Thomashow
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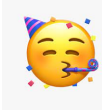

Vendor Chair: Joey Stickling
618-697-1030
joetys98@hotmail.com

ILANFP YEARS OF SERVICE

Thank you so very much for all the hard work each and every one of you who has put in all these years. And Congratulations on reaching these milestones in your career!!!



5 Years	Bailey, Christine Burkiett, Annette Conter, Pamela Frias, George Hayes, Darice Hying, Hunter Jain, Prem Jennings, Vickie Jocson, Teresita Jonesz, Janet Ninnemann, Sarah Ramirez, Leonardo Robison, Jason Sickling, Joey Vance, Kathy Wickett, Michael Wilken, Janet Zemko, Cindy
10 Years	Babushkin, Tal Baier, Patricia Jalove, Daniel Jenkins, Tina Kampwerth, Cynthia Nally, Tracy Oday, Jennifer Osyko, Evangeline Pace, Scott Schoon, Amy Seyfert, Sara Starkweather, Mark Strubhar, Amy Talbert, Melissa Wenger, Sara
15 Years	Baccay, Doreen Chelbowicz, Teresa Eze, Edna

	Hamm, Brenda Hunt, Nataly Madar, Stacey Melnick, Yelena Morgan, Ella Nano, Sam Newman, Frick Shimokum, Shayna Sultana, Shaheen
20 Years	Cooper, Laurie Havron, Harold James, Beppie Metovik, Sofia Phipps, Mary Reid, Lynn Reth, Daisy
25 Years	Hufnagel, Joni Main, Krystyna Legoretta, Jane Liston, Tamera Moedsker, Kellie Morgan, Catherine Oas, Tami Oneill, Victoria Pruitt, Katherine Eshghy-Carvante, Rocky
30 Years	Bremer, Cheryl Goad, Donna Shook, Lisa
35 Years 	Salvador, Joyce
 40 Years 	Wilkey, Melodie

- Please note that certificate to honor your time of service, dedication will only be awarded to those who come to the Oct 21-22 Conference.

INVITATION TO ALL MEMBERS:

October 20, 2021: To observe board proceedings from 7 to 9 pm, in the breakfast room, of Northfield Inn & Suites and Conferences, Springfield, Illinois.

