

The Land of Lincoln Ledger *March 2023*

Editor: Rosalind Davis, CDM, CFPP

Co-Editor: Steven Eager, 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 if your information has changed!

Call 1-800-323-1908 or visit the website:

<http://www.anfponline.org>

For more information on ANFP

Contact the Association of Nutrition & Foodservice Professionals:

406 Surrey Woods Dr., St Charles, IL 60174

phone: 800-323-1908, fax 630-587-6308

email: info@ANFP.online.org

website: www.ANFPonline.org

We're on Facebook!

CHECK IT OUT



Congratulations ILANFP!

March 4th marks our 60th year of service!

Come help us celebrate at our Spring 2023 Meeting with special performance by Donna Herula's Band!

Donna Herula is a blues, folk and Americana singer, songwriter and resonator guitar player and a Chicago Blues Hall of Fame inductee. Her critically acclaimed album "Bang at the Door" (original and traditional blues and Americana) was nominated for best Acoustic Blues Album by the Blues Blast Music Awards in July 2021.

Happy Birthday Smoothie!

Meal Components: 1 meat alternate, 1/2 cup fruit

Yield: 16 each, 8 fluid oz portions

INGREDIENTS

	WEIGHT	MEASURE
• Yoplait* ParfaitPro* Yogurt Low Fat Strawberry (16631)	• 64oz	• 1 bag (8 cups)
• Juice, apple, unsweetened, chilled	• 2 lb 3 oz	• 4 cups
• Applesauce, unsweetened, chilled	• 2 lb 4 oz	• 4 cups
• Rainbow sprinkles		• 8tsp

INSTRUCTIONS

1. **Combine** yogurt and apple juice in 8 quart or larger measurement-marked food storage container; **stir** until well mixed.
2. **Add** 2 cups applesauce at a time and **stir** each in until smooth.
3. **Verify** finished smoothie yields 4 quarts (so each serving contains 1/2 cup fruit); **add** additional applesauce if needed.
4. For service, **portion** 8 oz into 9 oz serving cup and **scatter** 1/2 tsp sprinkles across the top. **Add** lids and **refrigerate** until serving. May be prepared and refrigerated overnight.



**Top with 1 Tbsp
whipped topping
before adding
sprinkles**

Welcome New ILANFP Members!

JoAnne Eads. Hume, Illinois. Joined 1/18/23

Craig Eichholz. Belleville, Illinois. Joined 1/24/23

Carnesha L. Johnson. Urbana, Illinois. Joined 1/6/23

Kei Chai Mills. Mascotutah, Illinois. Joined 1/8/23

Misti Moen. Paxton, Illinois. Joined 1/20/23

Justin Wedge. Bradley, Illinois. Joined 12/15/22

Elizabeth Newell. Utica, Illinois. Joined 10/21/22

Walah Aljabbary. Chicago, Illinois. Join date: 1/19/23

Vicki Barnett. Morton, Illinois. Join date: 1/31/23

Susan Beightol. Freeport, Illinois. Join date 11/19/22

Christopher T. Bryant. Danville, Illinois. Join date 1/3/23

Lillian Renee Rosado. Round Lake Beach, Illinois. Joined 11/22/22

Jermaine Andrew Simmons. Bloomington, Illinois. Joined 11/1/22

Congrats on Our Current Member Milestones!



June Fordham – 30 years!



ILANFP Fall 2022 Meeting!

UPCOMING:

**Please join us at our
Spring Meeting!**

*“GROW through what you GO
through and BEE the change.”*



Spring Meeting Information and Agenda

“GROW through what you GO through and BEE the change.”

When:
April 13 and 14, 2023

Where:
EVEN Hotel Convention Center
18501 Convention Center Dr,
Tinley Park, IL 60477

11 C.E.'s

Topics of Session:

1. Resilience
2. IDPH Surveyor
3. Charting
4. Vegetarian
5. Allergies
6. Empowerment
7. Sanitation
8. IDDSI
9. Tube Feeding

We are asking all attendees to dress in business casual attire.

Please bring a canned food donation for Tinley Park Food Program.

Thursday, April 13

Event	Time	C.E.'s
Registration	700 to 745 am	
Introduction and Activity	745 to 800 am	
The Power of Resilience: Bouncing Back After Crisis & Change and Next Level Leadership. Celebrating Diversity. Adam White	800 to 930 am	1-1/2
Vegetable, Animal or Mineral? Or Does a Vegetarian Diet Make Sense? Carol Ortiz, RD, LDN	930 to 1030 am	1
Food Allergies. Identification and Process of Separation. Amelia Shaffer, MS, CLC, RD, LDN, CPT	1030 to 1200 pm	1-1/2
LUNCH Representative from Greater Chicago Food Depository brief words, Ashley Lungren	1200 to 100 pm	
Who is Empowering Who? Sylvia England	100 to 200 pm	1
Survey Review Kim Fremont, MS, ED, RD, LDN	200 to 300 pm	1 Sanitation
Charting Champions: Capturing Key Nutrition Components to Help Maximize. Staci Bettiker, MS, Rd, LDN,VP and COO Care Systems	300 to 400 pm	1
Donna Herula's Band	400 to 600 pm	
Total C.E.'s		6 General 1 Sanitation

Friday, April 14

Event	Time	C.E.'s
Registration	730 to 745 am	
Introduction and Activity	745 to 800 am	
IDPH Surveyor Jonathan Harwood, MS, RN & Janette Williams-Smith, RN	800 to 900 am	1 Sanitation
IDDSI Laurie Berger, MBA, RD, LD	900 to 1000 am	1
Mental Health 101. Brianna Hoekstra, Program Director Heather Kendall, Outreach Manager NAIMI CCNS	1000 to 1100 am	1
Tube Feeding and Nutrition 101 Janelle Friesen, RDN, LDN	1100 to 1200 pm	1
LUNCH	1200 to 100 pm	
Diet & Nutrition Synergistic Relationship Between Oral Health To Total Health. Shilpal Patel, BS, MS Nutrition	100 to 200 pm	1
Business Meeting, Evaluation and Wrap Up	200 to 300 pm	
Total C.E.'s		4 General 1 Sanitation

ILANFP 2023 Spring Meeting Registration

“GROW through what you Go through and BEE the change”



April 13 -14 | EVEN Hotel Convention Center 18501 Convention Center Dr, Tinley Park, IL 60477

DIRECTIONS:

Please print, fill in your information below, and mail the completed registration form to:

Rosalind Davis
1817 Carmel Blvd, Apt 1
Zion, Illinois 60099



[CLICK HERE FOR ONLINE REGISTRATION](#)

ANFP MEMBER NUMBER: _____

NAME: _____

ADDRESS: _____

CONTACT NUMBER: _____

FACILITY: _____

FACILITY ADDRESS: _____

Are You?

A First Timer: Yes _____

A Dietitian: Yes _____

An Administrator: Yes _____

FULL PAYMENT (due at time of registration)

Check _____ Zelle _____

REGISTRATION FEE:

\$55.00 Member (including lunch) How many? _____

\$55.00 per Guest (price of lunch for both days) How many? _____ Name: _____



Please make checks payable to ILANFP for registration.

Payment via ZELLE: ILANFP22@GMAIL.COM :

EVEN Hotel Booking Info:

\$149/night using group rate code: NFO

Rate Code Availability until 3/22/23:

4/12 (10 rooms)

4/13 (20 rooms)

No Breakfast, No Pool

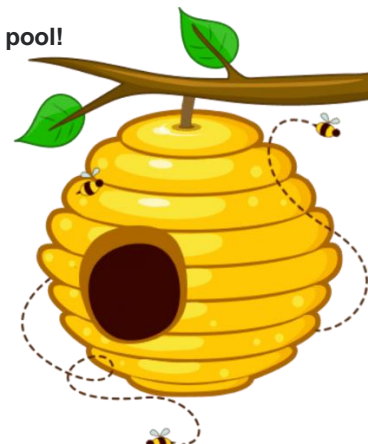
www.evenhotels.com/chitinleypark

(708)-440-1100

MINUTES AWAY.... with breakfast and a pool!

La Quinta Inn & Suites, \$134/night
7225 West 83rd Street, Tinley Park
(708)633-1200

Country Inn & Suites, \$139/night
18315 LaGrange Rd, Tinley Park
(708)560-9300



Fall 2022 Meeting Highlights



Sojourner Women's Center Food Donations



Guest Speakers



New President being sworn in

ANFP® | ILLINOIS

Fall 2022 Meeting Highlights



ILANFP Board

Vendor Fair Fun



ANFP® | ILLINOIS

Fall 2022 Meeting Highlights

Vendor Fair Fun



ANFP® | ILLINOIS CONNECTS

Past President and Newsletter Editor, Rosalind Davis
meets with Congressman Brad Schneider



Members,

did you know?

1. Our fall meeting will be held at the Northfield Inn and Suites Conference Center, Springfield, IL, October 19 and 20, 2023. Save the date!
2. If you register and attend the spring meeting 2023 and can name a person pictured in this 3/23, ILANFP newsletter correctly, you can be included in a drawing for a gas card. The winner is to be announced 1pm, April 14, 2023. You must be present at the meeting to win.
3. That in order to give back to a local community, at the spring meeting 2023. We are asking attendees to bring a canned fruit or vegetable to help local community members in.
4. As a member of ILANFP you can audit the ILANFP board spring meeting 4/12/23, at 7 pm, EVEN Convention Center, Tinley Park, IL.
5. If you are a student currently registered in a dietary management course and can provide proof, by attending a state meeting the following meeting cost would be 50% off.
6. We have a grant a year for one high school senior (ages 17 -19). For details, please go to the [ILANFP Facebook page](#) or call Rosalind Davis at 847-596-1866 or email at amazingroz23@gmail.com.
7. Our national meeting (ACE) will be held at the Marriott's, in New Orleans, Louisiana, 6/25/23 to 6/28/23. At our spring meeting, one person and one alternate will be selected to receive a free early bird registration to ACE.

CDM, CFPPs Cultivating Roots

Rallying Organizations & officials in Training Standard

Cul-ti-vate

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

[] Yes, I would like to support CDM, 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: _____

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 Davis, President-Elect
P.O. Box 683
Waukegan, IL, 60079

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

ILANFP Volunteer Sign Up

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?

Ways and Means Chair	YES	NO
Awards & Recognition Chair	YES	NO
Membership Committee	YES	NO
Vendor Committee	YES	NO
Webmaster	YES	NO
Meeting Logistics Chair or Committee	YES	NO
Secretary (Taking Minutes & Communicating)	YES	NO
Hospitality Committee at Meetings	YES	NO
Treasure-elect	YES	NO
Teller Committee	YES	NO
Nominating Committee	YES	NO
Program-Meeting Speakers Chair or Committee	YES	NO
Brand Ambassador or Committee	YES	NO

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

Name: _____

Address: _____

Email: _____

Phone Number: _____

From The Desk Of...

Rosalind Davis CDM, CFPP
ILANFP Past President

WE NEED MORE THAN A FEW CDM, CFPP'S, WE NEED ALL CDM, CFPP'S

ALL STANDS FOR

A – Affirmation

L- Loyalty

L- Legacy

In the state of Illinois we have 468 members. I dream of a time that all 468 of us would attend a state meeting. If all of us show up we would be affirming that our membership in ILANFP has great value.

If all of us show up we would be sending a clear message that our membership was not just about paying a fee to an organization, but it would be a commitment that you made because you saw the value of being a member of ILANFP.

If all of us show up and participated by giving the board ideas of what direction we would like to see ILANFP go, 35 years from now the CDM, CFPP'S of the future could say: Wow, those CDM,CFPP'S left us a legacy. How do I know this? Because I have been a member of ILANFP for 34 years and I am grateful for those who came before me.

Everybody knows somebody who knows somebody: you could help us have dynamic speakers at our sessions!

Our legacy is our organization. Our organization has a teachable spirit, no one holds a monopoly on our organizations success.

All hands on deck are needed.

Roz



Association of Nutrition & Foodservice Professionals

Executive Summary

ILANFP Fund Balance : \$17,784.94

Current Board Members

Position	Name	Email	Phone
President	Tracy Cotner	Tsc_design@msn.com	309-830-3394
President-Elect	Jean Siegel	Jes2521@yahoo.com	815-388-2075
Secretary	Amy Schoon	Aschoon44@gmail.com	309-417-3348
Treasurer	Preeti Padmanabhan	preetidevdass@yahoo.com	262-748-5004
Program Chairman	Toma Newburn	Hummingbird3193@att.net	815-224-4266
Past President and Newsletter Editor	Rosalind Davis	Amazingroz23@gmail.com	847-596-1866
Treasurer Elect	Ronna Sander	Ronnas67@hotmail.com	618-409-4646
Nominating Committee	Michele Fischer	Mmfischer45@hotmail.com	309-635-8984
Vendor Chair	Terri Edens	Territedens1@yahoo.com	815-878-2530
Ways/ Means	Tammy Cooper	tacooper@chliving.org	217-732-5029 Ext 01129
Hospitality	Rhonda Hooten	rkhooten70@gmail.com	618-939-3488 ext 1142
Membership Chairperson	Steven Eager	eager.steven@gmail.com	269-686-6214