



Association of Nutrition & Foodservice Professionals

## THE LAND OF LINCOLN LEDGER

ILANFP

OCTOBER 2023

Editor: Rosalind Davis,,  
CDM,CFPP

Co- Editor: Steven Eagers, CDM,  
CFPP



The Board Members



# About ANFP

## **Our mission**

- 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.

## **Service providers**

- 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 most respected magazines



**CURRENT**

**BALANCE**

**IN**

**ILANFP**

**BANK**

**ACCOUNT**  
**\$9163.60**

Have any additional concerns or questions?

Feel free to contact any of the following board members

President: Tracy Cotner. 309-830-3394

[tcotner2001@outlook.com](mailto:tcotner2001@outlook.com)

President- Elect Jean Siegel

815-388-2075 [Jes2521@yahoo.com](mailto:Jes2521@yahoo.com)

Secretary: Amy Schoon 309-417-3348 [aschoon44@gmail.com](mailto:aschoon44@gmail.com)

Treasurer: Preeti Padmanabhan

262-748-5004 [preetidevdass@yahoo](mailto:preetidevdass@yahoo)

Past President and Newsletter Editor:

Rosalind Davis

847-596-1866

[amazingroz23@gmail.com](mailto:amazingroz23@gmail.com)

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Nominating Committee Michele Fischer 309-635-8984 [mmfisher45@hotmail.com](mailto:mmfisher45@hotmail.com)

Vendor Chair Terri Edens 815-878-2530 [territedens1@yahoo.com](mailto:territedens1@yahoo.com)

Ways/ Means Tammy Cooper 217-732-5029 (01129) [tacooper@chliving.org](mailto:tacooper@chliving.org)

Hospitality Rhonda Hooten 618-939-3488 ext ( 1142 ) [rkhooten70@gmail.com](mailto:rkhooten70@gmail.com)

Membership Chairperson Steven Eager 269-686-6214 [eager.steven@gmail.com](mailto:eager.steven@gmail.com)



# INFORMATION

- 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 and Foodservice Professionals
- 406 Surrey Woods Dr., St Charles, IL 60174 phone: 800-323-1908, fax 630-587-6308
- email: [info@ANFP.online.org](mailto:info@ANFP.online.org)  
Website: [www.ANFPonline.org](http://www.ANFPonline.org).



Registration Form Fall 2023, October 19 & 20, 2023,

Theme: " BUILDING BRICK BY BRICK 2 "

Northfield Inn Suites and Conference Center

3280 Northfield Dr

Springfield, IL 62702

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

FACILITY: \_\_\_\_\_

TOTAL COST PER MEMBER: \$55.00, One Day or Two days ( includes two lunches ). How many members? \_\_\_\_\_ Total. \_\_\_\_\_

\$55.00 Guest Meals ( only can purchase 2 lunches ) : How many guest? \_\_\_\_\_ Total

Name of Guest \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

ANFP MEMBER NUMBER: \_\_\_\_\_

First Timer: Yes \_\_\_\_\_

Dietitian. Yes \_\_\_\_\_

Administrator: Yes \_\_\_\_\_

Name of your Facility: \_\_\_\_\_

Registration 10/19/23 from 7 am to 745 am, 745 am Introductions. 800 am first session starts.

Registration 10/20/23 from 730 to 745 am, 745 am Introductions. 800 am first session starts.

If you are running late, someone will be available to register you.

Please bring a canned fruit or vegetable for a Greater Food Depository program.

Please write check to ILANFP for registration.

Please mail completed registration form to :

Rosalind Davis

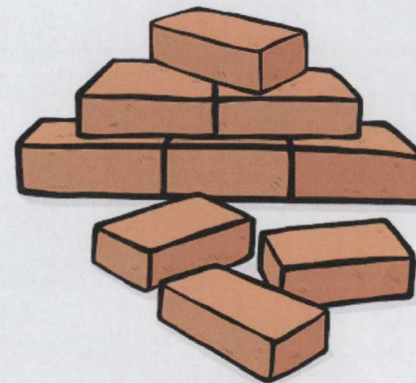
1817 Carmel Blvd, Apt 1

Zion, Illinois 60099

ONLINE REGISTRATION AVAILABLE USING ZELLE ( ILANFP22@GMAIL.COM )

PLEASE CONTACT PRETTI PADMANABAHN, CDM, CFPP,

OUR TREASURER, CELL #262-748-5004





Illinois Association For Nutrition and Food Professionals  
Fall Meeting 2023  
Northfield Inn and Suites, Springfield, Illinois

October 19 & 20, 2023

Thursday, October 19, 2023

- 800 to 900 am Charting Champions Key Nutrition Components to help Maximize Reimbursement, Staci Bettiker, MS,RN, LDN, FAND ( 1 – CE )
- 900 to 1000 am Uniting Yoga with Nutrition, Bev Hopkins ( 1 – CE )
- 1000 to 1130 am Vendor Show
- 1130 to 1200 pm Introduction to Traveling CDM Concepts, Monica Taxali, CDM, CFPP ( 0.5 CE)
- 1200 to 100 pm Luncheon ( Speaker: Kevin Mackinley, Operation Director, Central Illinois Food Bank )
- 100 to 230 pm IDPH Surveyor, Jonathan Harwood, MS, RN ( 1.5 CE'S )
- 230 to 330 pm Modern Dysphagia Cooking, Laurie Berger, MBA, RD, LD ( 1 CE )
- 330 to 500 pm Navigating Morals and Ethics in Dietary Management, A Nursing Home Perspective, Monica Taxali, CDM, CFPP, MS ( 1.5 – CE )
- 500 to 530 pm A Helping Hand in Foodservice, Danielle Witzig, MS, RD, LD ( 0.5 CE )
- 6.5 Total 5.0 General 1.5 Sanitation

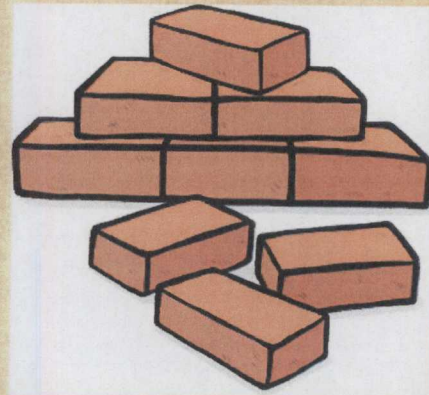
Friday, October 20, 2023

- 800 to 930 am Building Blocks For Your Menu, Chef Jon Vance ( 1.5 CE's )
- 930 to 1030 am Dementia and Feeding Concerns, Stacey Kelly ( 1.0 CE )
- 1030 to 1200 pm Navigating Difference : Cultural Awareness, Nancy Esarey Quedrago ( 1.5 CE's )
- 1200 to 1230 pm Lunch
- 1230 to 100 pm ILANFP Board Meeting
- 100 to 200 pm Hand on Practice, Reality of Dementia
- 200 to 300 pm Empowerment, Mary Grace- Krowley ( 1 – CE )
- 300 to 400 pm School Nutrition Program Requirements and From the Field, Debbie Kains ( 1 – CE )
- 6.0 Total 5.5 General 1.0 Ethics

## Upcoming



### Illinois Association of Foodservice Profession (ILANFP) meeting





The following members are appreciated for there years of service. We hope if your name is listed below you, will join us at the fall meeting and be acknowledged:

5 years - 2018

Nina Bailey  
Brenda Benning  
Robert Bennick  
Estevan Branscum  
Lisa Bredan  
Edna Carrasquillo  
Colleen Chambliss  
Kenneth Cissell  
Jarrod Davis  
Janette Diaz  
Lane Duffin  
Jennifer Duncan  
Ryan Edwards  
Kira Eggert  
Alta Fecht  
Jeanette Fenton  
Laura Franger  
April Greifzu  
Mitchell Hartman  
Rhonda Hooten  
Michelle Jackson  
Danielle Jones  
Lance Kelly  
Miranda Koester  
Kamilia Kozlowski  
Diana Lauzon  
Margaret Martin  
Michele McMahon  
Carolijo Moore  
Tojuana Moore  
Beth Niebauer  
Angela Paxton  
Taunja Puckett  
Mandy Rector  
Francisco Sanchez  
Lieade Denise Simmons  
Christine Simms

Amanda Smith  
Kim Swarts  
Nicole Williams  
Mohammed Zahiruddin

10 years

Stephanie Carrell

Thomas Corley  
Tawnya Denning  
Malika Devineni  
Wanda Gifford  
Jon Kobylewski  
Karl Kuntz  
Jessica Morris  
Gemma Murphy  
Brenda Parker  
Jennifer Ptasnik  
Jennifer Readnour  
June Schroenhamer  
Christina Schultz  
Alex Ulrich  
Mark Wolnik

15 Years

Jo Anne Brown  
Christine Palmer  
Tanyette Shannon  
Taunja Puckett

20 years

Michelle Caballero  
Kathy Clark

20 years

Michelle Caballero  
Kathy Clark  
Michelle Espinoza  
Drinkwater Shepard  
Rebecca Fair  
Jason Rice  
Pat Spoonmore

25 years

Lisa Deininger  
Sheila Hamilton  
Rose Headley  
Martha Kellerman  
Michael Lewis  
James Meeks  
Imelda Reyes

30 years

Muriel Casinger  
Marie Cramer  
Lori Webb

← Reply

↩ Reply all

→ Forward



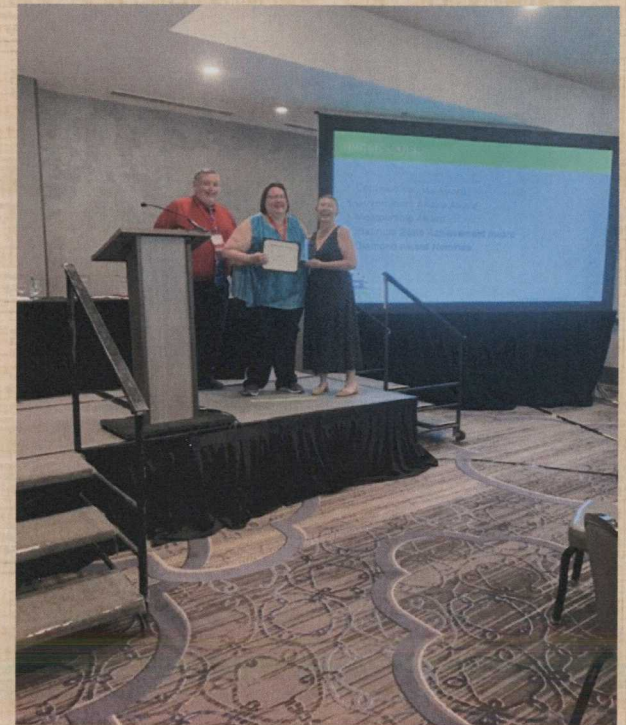
## Welcome To Our New Members, since 4/20/23

- Frederica Johnson. Homewood, Illinois. 4/15/23
- Ruth Koss. Bollingbrook, Illinois. 4/17/2023
- Haley Miller. Abington, Illinois. 4/18/23
- Aimee L Nordine. Bloomington, Illinois. 4/12/23
- David J Sak. Aurora, Illinois. 4/3/23
- People Eli Ayoub Wauconda, Illinois. Joined 5/1/23
- Danielle Baze. Quincy, Illinois. Joined 5/22.23
- Carlos Castillo Glendale Heights, Illinois. Joined 6/14/23
- Andrew Collett. Peoria, Illinois Joined 5/10/23
- Teresa Dusch. Peoria, Illinois. Joined 5/19/23
- Felicia Renee Evans. Moline, Illinois. Joined 5/2/23
- Paul Fischer. Joliet, Illinois. Joined 5/8/23
- Vivian Lynn Johnson. Springfield, Illinois. Joined 7/23/23
- David Land. Lemont, Illinois. Joined 6/29/23
- Terri Leady. Angola, Indiana. Joined 7/5/23
- Teresa Macias, Elgin, Illinois. Joined 7/20/23
- Nicholas Padao, Champaign, Illinois, Joined 6/20/23
- Peter Winston Abrahamson, Tri Lake Villa, Illinois. Joined 8/8/23
- Amy Jo Butow. Forest, Illinois. Joined 8/11/23



**CONGRATULATIONS ILANFP , AT ACE IN NEW ORLEANS, OUR CHAPTER PRESIDENT, TRACY COTNER, ACCEPTED THE FOLLOWING AWARDS ON BEHALF OF OUR ASSOCIATION:**

- **DIAMOND NOMINEE AWARD**
- **GOVERNMENT AFFAIR AWARD**
- **MEMBERSHIP AWARD**
- **COMMUNICATION AWARD**
- **PLATINUM STATE ACHIEVEMENT AWARD**





# Spiced Apple Cider Made from Apple Juice

- **Spiced Apple Cider made from Apple Juice**

- [faithfullyglutenfree.com](http://faithfullyglutenfree.com) (209)

- **35 min · 4 serves**Read full directions

- This recipe can be made on the stove top, or in the slow cooker. If you are making it in a slow cooker, heat on high for at least 1 hour. This recipe is easy to double or triple to serve a crowd.

- **RECIPE**

- **SUBSTITUTIONS**

- Ingredients4 cups

- **Pure Apple Juice**

- 4 inches

- **Cinnamon Sticks**

- 8

- **Whole Cloves**

- 8

- **Whole Allspice Berries**

- 2 tablespoons

- **Brown Sugar (palm coconut sugar or maple syrup, optional, fairly sweet without it)**

- **Directions**1. Place all the ingredients in a sauce pan, stirring until the sugar dissolves (if using).

- 2. Heat the apple cider over medium heat, until it begins to simmer, then reduce the heat and continue to simmer for at least 30 minutes. The longer you simmer it, t...

- Read full directions

## Instructions

1. Place all the ingredients in a sauce pan, stirring until the sugar dissolves (if using).
  2. Heat the apple cider over medium heat, until it begins to simmer, then reduce
  3. the heat and continue to simmer for at least 30 minutes. The longer you simmer
  4. it, the stronger the flavour will be. Once it is spicy enough for your taste,
  5. remove the spices using a slotted spoon.
3. Serve hot.



## CDM, CFPPs Cultivating Roots Rallying Organizations & Officials in Training Standard

### CULTIVATE.

#### Cul-ti-vate

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

#### QUESTIONS?

Contact Mindy Theesfeld at 800.323.1908x128 or

[mtheesfeld@ANFPonline.org](mailto: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.*

☐ 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: \_\_\_\_\_

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, Illinois. 60079

Association of Nutrition & Foodservice Professionals Phone 800.232.1908 | Fax:  
630.587.6308 | [www.ANFPonline.org](http://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!





## **ILANFP has a Facebook page**

### **DID YOU KNOW**

OUR SPRING MEETING WILL BE HELD AT THE PERFORMANCE FOOD GROUP,  
ROCK ISLAND, ILLINOIS, APRIL 18 and 19, 2024.  
SAVE THE DATE.

### **DID YOU KNOW**

IF YOU REGISTER AND ATTEND THE FALL MEETING 2024, AND CAN NAME  
A PERSON PICTURED IN THIS 10/23, ILANFP NEWSLETTER, CORRECTLY, YOU CAN BE INCLUDED IN A DRAWING FOR A GAS CARD, WINNER TO BE ANNOUNCED 1PM, OCTOBER, 19, 2023, MUST  
BE PRESENT AT MEETING.

### **DID YOU KNOW**

THAT IN ORDER TO GIVE BACK TO A LOCAL COMMUNITY, AT THE FALL STATE MEETING 2023. WE ARE ASKING ATTENDEES TO BRING A CANNED FRUIT OR VEGETABLE TO HELP, Central Illinois  
Food Bank, help we LOCAL COMMUNITY MEMBERS IN NEED.

### **DID YOU KNOW**

AS A MEMBER OF ILANFP YOU CAN AUDIT THE ILANFP BOARD FALL MEETING 10/18/23, 7 pm, at the Breakfast Room, Northfield Inn and Suites and Conference Center, Springfield, Illinois.

### **DID YOU KNOW**

IF YOU ARE A STUDENT CURRENTLY REGISTER IN A DIETARY MANAGEMENT COURSE AND CAN PROVIDE PROOF, BY ATTENDING A STATE MEETING THE FOLLOWING MEETING COST WOULD BE  
50% OFF.

### **DID YOU KNOW \***

WE HAVE A GRANT A YEAR FOR ONE HIGH SCHOOL SENIOR (AGES 17 -19).. FOR DETAILS PLEASE GO TO ILANFP FACEBOOK PAGE OR CALL  
ROSALIND DAVIS AT 847-596-1866 OR EMAIL AT [amazingroz23@gmail.com](mailto:amazingroz23@gmail.com).

### **DID YOU KNOW**

Our National meeting Annual Conference & Expo ( ACE ) will be held in Reno, Nevada, Grand Sierra Resort and Casino, June 10 - 13, 2024. At our Fall Meeting one person and one alternate  
will be selected to receive a free early bird registration to ACE. We ask the person who is selected to please let the secretary ( Amy Schoon, 309-417-3348, [aschoon44@gmail.com](mailto:aschoon44@gmail.com) ) know, if  
by 4/24, if you can't go, to give the alternate a chance to register by the early bird registration date.



**PAGE OR CALL  
ROSALIND DAVIS AT  
847-596-1866 OR  
EMAIL AT**

**[amazingroz23@gmail.com](mailto:amazingroz23@gmail.com)**

**Did you know \*:**

HAVE YOU CONSIDERED BECOMING  
A FOOD DIETARY MANAGER?

**Attention**  
High school Seniors!!!

THE ILLINOIS ASSOCIATION FOR  
NUTRITION AND FOOD PROFESSIONALS  
(ILANFP) HAS ONE GRANT AVAILABLE.

**For questions please contact:  
Rosalind Davis, CDM,CFPP**  
via email at [amazingroz23@gmail.com](mailto:amazingroz23@gmail.com)  
call 847-596-1866

**Questions?**

Are you interested in nutrition?  
Does the cost of COLLEGE  
concern you?  
Qualifications include working at  
a skilled nursing home facility  
kitchen parttime for a total of 4  
months, before Due DATE of  
application 5/15/24

