

# ANFP™ | LOUISIANA

## Association of Nutrition & Foodservice Professionals **FOOD & NUTRITION NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

January—March 2020

ANFP™ | LOUISIANA  
Association of Nutrition & Foodservice Professionals  
*Presents Our Annual State Educational  
Conference and Food Expo*

*It's A Louisiana Thing*



*Louisiana ANFP  
2020 Annual Conference & Food Expo  
April 22<sup>nd</sup> – 24<sup>th</sup> 2020  
Country Inn & Suites Conference Center, Pineville La  
2727 Monroe Highway 165, Pineville, LA, 71360*



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Please send us your recipes for our recipe of the quarter section of the newsletter. Email recipes to [score1cjh@live.com](mailto:score1cjh@live.com) for consideration



*FDA wants to know what you consider a 'healthy' food product.*

As a nutritionist, what comes to my mind are whole foods such as fruits, vegetables, nuts, beans, and fish. Few people would debate such foods as being healthy and nutritious.

The Food and Drug Administration (FDA) announced last week that it plans to redefine what “healthy” means on packaged food labels.

For decades, FDA had defined a product as “healthy” if it met certain criteria such as low-fat, low saturated fat and cholesterol, relatively low in sodium, and contained at least 10% of the daily value (DV) for vitamins A or C, calcium, iron, protein, or fiber.

Certain packaged food products clearly would not qualify as “healthy.” Several years ago, for example, I served as the nutrition expert for a legal case against the manufacturer of an unhealthy food product which used the “healthy” claim on its package label but its product clearly was not healthy.

Dietary advice has evolved over the years and the definition of “healthy” on a package label has gotten tricky. If a food product contains mostly nuts or avocados, for example, it will not qualify as “healthy” because it will not be low in fat (even though the type of fat is healthy). Yet a fat-free chocolate pudding or a sugary cereal such as Frosted Flakes may, indeed, meet the “healthy” definition.

Back in 2015, the manufacturer of a fruit and nut bar received a warning letter from FDA that they were not allowed to label their product as “healthy.” After petitioning the FDA, stating that their product contained fats, the FDA reversed its course allowing the company to continue to use the “healthy” claim on its label.

FDA states: Redefining “healthy” is part of an overall plan to provide consumers with information and tools to enable them to easily and quickly make food choices consistent with public health recommendations and to encourage the development of healthier foods by the industry. Public health recommendations for various nutrients have evolved, as reflected by the 2015-2020 Dietary Guidelines for Americans and the updated Nutrition Facts label. For example, healthy dietary patterns now focus on food groups, the type of fat rather than the total amount of fat consumed and now address added sugars in the diet. Also, the nutrients of public health concern that consumers aren’t getting enough of have changed.

Effective immediately, FDA will allow manufacturers to use the “healthy” claim for the following products that: 1) are not low in total fat, but have a fat profile makeup of predominantly mono and polyunsaturated fats; or (2) contain at least ten percent of the Daily Value (DV) per reference amount customarily consumed (RACC) of potassium or vitamin D.



Article written by Dr. Lisa Young, PhD, RD  
Author, Nutritionist, Speaker, Professor,  
Health and Wellness Expert

## LOUISIANA

Association of Nutrition & Foodservice Professionals

### **Annual Education & Food Expo Conference**

**April 22<sup>nd</sup> – 24<sup>th</sup> 2020 at Country Inn & Suites Conference Center, Pineville La.**

**2727 Monroe Highway 165,  
Pineville, LA, 71360**



## Recipe of the Month

### LOADED POTATO SOUP

Submitted by

Barrett Broussard CDM, CFPP

Portion size 8 oz.

Number of servings 20

#### Ingredients

4 large baking potatoes (with or without skin) 1 small onion, diced 1 bell pepper, diced 2 stalks celery, diced 1 tsp. minced garlic 1 gal. water (to cover potatoes) 1 lb. bacon, cooked & crumbled 1 bunch green onions, chopped 1 lb. shredded cheese Cajun seasoning 1 quart heavy cream

#### Procedure

Cut potatoes into cubes, rinse and place in large pot with onions, bell peppers, celery & garlic; cover with cool water. Bring water to boil. When potatoes are tender you can break up with a whisk or leave whole; season to taste. Add cooked & crumbled bacon and continue cooking for 10 minutes. Reduce heat and add heavy cream and green onions. **DO NOT LET SOUP COME TO A BOIL!** When heavy cream is heated thicken if desired with cornstarch and water. When desired consistency is reached remove from heat. Add cheese and whisk until melted. You can garnish with bacon pieces, shredded cheese, or a tablespoon of sour cream if desired.



### FOOD ALLERGENS

#### Hidden risks in your food

Food allergies have been on the increase for years. There is currently only one solution for patients: avoid allergy-triggering products. Researchers are making an important contribution to consumer protection by developing methods to specifically and reliably detect allergenic substances in foods. In addition, they are helping to establish processes that reduce the allergy-triggering properties of food ingredients focusing on soy. Eating is not a pleasurable experience for everyone. After a meal, many people suffer from abdominal pain, itchiness or diarrhea. These complaints are often caused by a food allergy with peanuts, fish, milk, cereals containing gluten, eggs, celery, crustaceans, edible nuts, mustard, sesame seeds and soy proteins particularly triggering such undesired reactions. Those affected have no other choice but to avoid food with 'their' allergen. "To date there are no food products, except for baby food, that are hypoallergenic and contain few allergens." Even the smallest quantities of allergens can get into food unintentionally and if we take the example of when different food products are processed in the same machine then these traces are not considered an ingredient, nor are they always listed on the packaging causing these hidden allergens in foods to pose a health risk for people with food allergies. We as CDM's must pay close attention to our residents/patients possible food allergies in order to protect them from possible illness and or death.

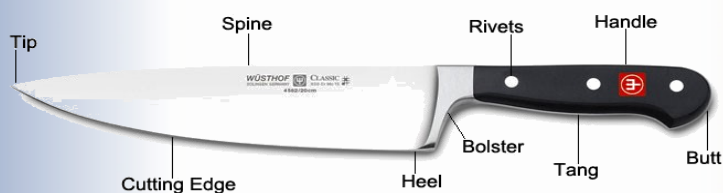


## Understanding Your Knife

Knives come in all shapes and sizes. Some are versatile, some task specific. Some are straight, some serrated. Some are metal, some ceramic. Understanding how knives are constructed and why those differences exist will help you pick the right tool for the job.

**Knife Blade:** The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid sheet of metal and are more lightweight, but dull more quickly. Stamped blades are common on inexpensive, low quality knives, but high quality stamped blades can also be found. Stainless blades of both types are easily sharpened. Ceramic blades are very lightweight and can stay sharp for a very long time, but must be sharpened using a specialized grinder. Ceramic is also very brittle, so knives will shatter if dropped. They should not be used for tasks that involve hitting (e.g., breaking bones, cracking nuts). Ceramic knives are typically more expensive than their stainless counterparts.

**Knife Handle:** Wood has traditionally been used for knife handles, but is being replaced by plastics and laminated woods. Wood warps when it is wet and can harbor bacteria, making it very hard to clean. Plastic handles are found often in commercial kitchens because they are easy to clean and require no special care. Plastic is used most often on stamped knives that do not have a full tang, an extension of the blade that the handles are attached to. On forged knives, the tang continues through the length and width of the handle. The handle is attached to the tang using three rivets.



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**Vision**

The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

**Mission**

Position the Certified Dietary Manager as the expert in foodservice management and food safety.

**Core Values**

ANFP members commit to these four Core Values:

- Professionalism: ANFP members are leaders who demonstrate the highest standards in their profession, adhere to a Values Statement and Code of Ethics, and pursue life-long learning.
- Integrity: ANFP members demonstrate pride in their work and are respected members of the leadership team.
- Advocacy: ANFP members are advocates for those they serve, and demonstrate they care about their clients' health and quality of life.
- Best Practices: ANFP members implement nutrition and foodservice best practices and impart that knowledge to those they serve and lead.

Discover the power of the CDM, CFPP Credential

**CDM** | **CFPP** | Certified Dietary Manager  
Certified Food Protection Professional

## **Reporting CE Hours Earned**

You may report your CE hours in one of the following ways:

- **Online** - Go online to [www.CBDOnline.org](http://www.CBDOnline.org) and log into your profile to self-report.
- **By Mail/Fax** - Complete the CE Report Form (available online at [www.CBDOnline.org](http://www.CBDOnline.org)) and return to: CBDM, 406 Surrey Woods Drive, St. Charles, IL 60174 prior to May 31 of your three-year CE cycle. Or, fax your completed form to 630.587.6308.
- **Email** - Complete the CE Report Form (available online at [www.CBDOnline.org](http://www.CBDOnline.org)) and send to [info@CBDOnline.org](mailto:info@CBDOnline.org). When to Report You are required to self-report your CE hours online or mail or fax the CE report form by May 31 at the end of your three-year CE cycle.

### **CE Self-Reporting Questions**

How do I know my CE hours will be approved? CE hours are not approved on a per activity basis, but will be monitored via the audit process. All CDMs are encouraged to refer to CE guidelines for acceptable CE activities.

How long do I need to keep this documentation in case I am audited? CDMs are required to retain all documentation records in their files for at least two consecutive three-year CE cycles for auditing/ verification purposes.

If I purchased ANFP online CE products, will my CE be entered automatically once I complete the online course or online CE magazine articles? Yes! You do not need to do anything else to submit those hours once you have completed them.

How do I report my hours if I do not have a computer? Complete the CE Record Form available at [www.CBDOnline.org](http://www.CBDOnline.org) and mail or fax (prior to May 31 at the end of your cycle) to the CBDM and the hours will be entered into your online CE record for you.





**It's A Louisiana Thing!**  
**Louisiana ANFP - Association of Nutrition & Foodservice Professionals**  
**Annual State Educational Conference & Food Expo**  
**April 22<sup>nd</sup> – 24<sup>th</sup> 2020**

**To Be Held At Country Inn & Suites Conference Center, Pineville La**  
**2727 Monroe Highway 165, Pineville, LA, 71360**  
**Free Full Breakfast Buffet at Hotel each morning.**

**Meeting begins at 8:00 am each day**

**Must be pre-registered by March 27<sup>th</sup> 2020. 19 CEU's earned for attendance all three days.**

**Hotel: Country Inn & Suites      Address: 2727 Monroe Highway 165, Pineville, LA, 71360**

**Phone Number: 1-318-641-8332      Room Rate: Single \$89.00 plus Tax**

**REGISTRATION FEES**

LAANFP Member      **Now Only \$50.00**

**LAANFP Member At the door      \$65.00**

Student and New Member      \$45.00 (with certificate)

Non-Member      \$85.00

**Non-Member At the door      \$100.00**

Guest Meal/Extra Meal      \$35.00 each person

Mail Registration form and payment to:

Louisiana ANFP, Attn: Brenda Grant Kenly

7 Lewis Rd Rayville, La 71269

Email to: [cnhdietary@yahoo.com](mailto:cnhdietary@yahoo.com) or [score1cjh@live.com](mailto:score1cjh@live.com)

**Or register Online at <http://www.anfponline.org/LA/>**

**All major credit cards accepted thru PayPal online at our website [www.anfponline.org/LA/](http://www.anfponline.org/LA/)**

**Meeting Contacts:**

Tami Rutten, Louisiana ANFP President  
[TWRutten@RFSDelivers.com](mailto:TWRutten@RFSDelivers.com)

Brenda Grant Kenly, Louisiana ANFP Treasurer  
[cnhdietary@yahoo.com](mailto:cnhdietary@yahoo.com)

Reynolds Landry Louisiana ANFP President-Elect  
[RLandry.ADCS@gmail.com](mailto:RLandry.ADCS@gmail.com)

Barrett Broussard ANFP Secretary  
[barrettbroussard@rocketmail.com](mailto:barrettbroussard@rocketmail.com)

Attendee's Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

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

Work Location: \_\_\_\_\_

\_\_\_\_\_

## Message from the President.

### Greetings

2020 is upon us! Your board is working to put together another awesome state meeting!

During our 3 year certification cycle we are required to have:

Sanitation hours 9

Ethics hours 1

Food Show hours 0

Total hours 45

At our meeting each year we provide, 1 ethics hour, 3 sanitation hours and a total of at least 17 hours.

By attending your state meeting each year you will have all the CEU's require for the reporting period.

This year's theme: "It is a Louisiana Thing"

April 22-24, 2020

Country Inn & Suites

2727 Monroe Highway 165

Pineville, LA 71360

Meeting registration will be \$50 for the full conference. What a value! Wednesday evening we will have a crawfish boil. \$25 per ticket (can be purchased online during registration.) Thursday evening will be our dinner (part of your registration fee) additional tickets \$35. Breakfast is part of your hotel reservation.

### Credentialing Exam Workshop!

Thursday April 23 we will host the Credentialing Exam Workshop for anyone studying to take the exam.

9 am – 4 pm. Attendees will attend the food show (lunch at food show) Cost \$50.

We have been very blessed the last two years with some of the best vendor support ever. Once again we are expecting about 30 vendors in attendances to show you're their newest and best products.

We hope all of you will be able to join us for "It is a Louisiana Thing"



## Contact Us

**Louisiana Association of  
Nutrition & Foodservice  
Professionals**  
la\_anfp@att.net

Visit us on the web at

[http://www.anfponline.org/  
events-community/chapters/  
chapter-pages/louisiana/home](http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home)

### Your Louisiana Chapter

#### Leaders

#### Executive Board

**Tami Rutten – President**

**Reynold Landry—President  
Elect**

**Barrett Broussard – Secretary**

**Brenda Ramsey – Treasurer**

#### District Presidents

**District 1 Northshore/Baton Rouge  
– John Hickson**

**District 2 Southwest –**

**Sharon Hicks**

**District 3 Northwest –**

**Tamra Rutten**

**District 4 New Orleans –**

**Carolyn Weatherspoon**

**District 5 Northeast –**

**Clariece O'Quinn**

**District 6 Cenla –**

**Angel Schlotterbeck**

**District 7 Acadiana –**

**Barrett Broussard**