

ANFP™ | LOUISIANA

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

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

October—December 2021



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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 for consideration



Story by Marissa Laliberte:

Add This Secret Ingredient for Extra Fluffy Scrambled Eggs (It's Not Milk!)

Scrambled eggs seem like such a basic breakfast recipe, but it's surprisingly easy to get them wrong. Leave them in too long or use the wrong heat, and suddenly the restaurant-quality dish you had in mind has turned into a disappointing pile of dry, rubbery eggs.

Scrambling eggs without any extra liquid can turn out fine if you do it right. Preheat your pan on medium, whisk your eggs before adding them, and then stir frequently once they're in the pan. But adding a little something extra can give your eggs an ultra-silky texture—along with these tricks for making the perfect eggs.

You've probably grown up adding milk to your scrambled eggs before cooking. To be fair, whole milk can add creaminess and nice color to your breakfast, found a Rodale's Organic Life test comparing plain scrambled eggs with four different add-ins. But a different ingredient can do an even better job of stepping up your breakfast game. According to the tester, whisking in a dollop of sour cream for every two eggs in the bowl will give the absolute best texture. 'Think of the finest scrambled eggs you've ever had and multiply that taste by ten,' writes Rodale's Organic Life tester Concetta Smith. Wow.

If that doesn't convince you to try, maybe the backing of Michelin-recognized chef Justin Ferguson will. Adding sour cream instead of milk into eggs 'makes them creamy and richer without diluting the eggs' bright, yellow color,' he tells Refinery29. For the best results, full-fat sour cream will give a richer texture than low- or non-fat versions, according to The Kitchen.





ANFP™ LOUISIANA
Association of Nutrition & Foodservice Professionals

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



Recipe of the Quarter

COLA CAKE

-----FOR THE CAKE-----

2	c	Sugar
2	c	Flour
1 1/2	c	Small marshmallows
1/2	c	Butter
1/2	c	Vegetable oil
3	tbs	Cocoa
1	c	Coca cola
1/2	c	Buttermilk
1	t	Baking soda
2		Eggs
1	t	Vanilla extract



-----FOR THE ICING-----

1/2	c	Butter
6	tbs	Coca cola
16	oz.	Powdered sugar
1	t	Vanilla extract
1	c	Chopped pecans

Prepare cake: In a bowl, sift sugar and flour. Add marshmallows. In a sauce pan, ix butter, oil, cocoa and cola. Bring to a boil. Pour over sugar mixture. Blend well. Add buttermilk, vanilla, eggs and baking soda. Mix well. Pour into a well-greased 9 x 13 x 2 baking pan. Bake in pre-heated oven, at 350°F for 45 minutes. Remove from oven and frost immediately. To make frosting: Combine butter, cocoa and coca cola in a sauce pan. Bring to boil. Pour over powdered sugar, blending well. Add vanilla and pecans. Spread over cake. When cake is cool, cut into squares. Per serving: 672 calories, 5 g protein, 95 mg carbohydrate, 33 g fat, 221 mg sodium.

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Homeless Veterans Backpack Program

I would like to thank everyone who donated to the homeless veteran's backpack program. I really appreciate your assistance with this endeavor, we were able to donate 85 backpacks. Helping our Homeless Veterans is a passion of mine, as I deeply feel that they truly deserve our respect and gratitude and they do not belong on the streets, these are men and women who have fought for the freedom's we all get to enjoy. Far too many veterans are homeless in America—between 130,000 and 200,000 on any given night—representing between one fourth and one-fifth of all homeless people. Three times that many veterans are struggling with excessive rent burdens and, thus, are at increased risk of homelessness.

Further, there is concern about the future. Women veterans and those with disabilities, including posttraumatic stress disorder and traumatic brain injury, are more likely to become homeless and a higher percentage of veterans returning from the current conflicts in Afghanistan and Iraq have these characteristics. Approximately 40% of homeless men are veterans, although veterans comprise only 34% of the general adult male population. The National Coalition for Homeless Veterans estimates that on any given night, 200,000 veterans are homeless, and 400,000 veterans will experience homelessness during a year (National Coalition for Homeless Veterans, 2006). Ninety seven percent of those homeless veterans will be male per the Department of Veterans Affairs.

Please help me give a big THANK YOU to Mr. Morales and several of his kids at Florida Parishes Juvenile Detention Center for stuffing the backpacks with the collected items.





Association of Nutrition & Foodservice Professionals

Louisiana ANFP - Association of Nutrition & Foodservice Professionals
Annual State Educational Conference & Food Expo
April 20th – 22nd 2022

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 8:30 am each day

Must be pre-registered by March 30th, 2022.

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	\$50.00
LAANFP Member At the door	\$75.00
Student and New Member	\$45.00 (with certificate)
Non-Member	\$75.00
Non-Member At the door	\$85.00

Mail Registration form and payment to:

Louisiana ANFP, Attn: Brenda Grant Kenly
7 Lewis Rd Rayville, La 71269

Email to: cnhdietary@gmail.com or score1cjh@live.com

Or register Online at <https://form.jotform.com/91027844390155>

All major credit cards accepted thru PayPal online at our website <https://form.jotform.com/91027844390155>

Meeting Contacts:

Chef John Hickson, Louisiana ANFP President
score1cjh@live.com

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rlandry.adcs@gmail.com

Brenda Kenly, Louisiana ANFP Treasurer
cnhdietary@gmail.com

Barrett Broussard, Louisiana ANFP Secretary
barrettbroussard@rocketmail.com

Attendee's Name: _____	Member Number: _____
Address: _____	Phone Number: _____
Company Information: _____ _____	



Association of Nutrition & Foodservice Professionals

2021 Year End Financial Statement

LOUISIANA DIETARY MANAGERS ASSOCIATION
DBA LOUISIANA ASSOCIATION OF NUTRITION &
FOODSERVICE PROFESSIONALS
7 LEWIS RD.
RAYVILLE LA 71269

ACCOUNT SUMMARY FOR PERIOD OCTOBER 01, 2021 - OCTOBER 29, 2021

**LOUISIANA DIETARY MANAGERS
ASSOCIATION**

Previous Balance 09/30/21	\$24,673.30	Number of Days in Cycle	29
0 Deposits/Credits	\$0.00	Minimum Balance This Cycle	\$24,329.31
1 Checks/Debits	(\$343.99)	Average Collected Balance	\$24,606.72
Service Charges	\$0.00		
Ending Balance 10/29/21	\$24,329.31		

ACCOUNT DETAIL FOR PERIOD OCTOBER 01, 2021 - OCTOBER 29, 2021

**LOUISIANA DIETARY
MANAGERS ASSOCIATION**

<i>Date</i>	<i>Description</i>	<i>Deposits/Credits</i>	<i>Withdrawals/Debits</i>	<i>Resulting Balance</i>
10/26	ACH Withdrawal PAYPAL ECHECK 102621 LOUISIANA DIETARY MAN LA ANFP		\$343.99	\$24,329.31
Total		\$0.00	\$343.99	

Message from your President



Dear Fellow CDM/CFPP and ANFP Member:

Allow me to personally invite you to attend your Louisiana Association of Nutrition and Foodservice Professionals State Educational Conference and General Membership Meeting. Next year's conference will be \$50.00 registration for all LA-ANFP members in good standing, and will be held April 20th – 22nd 2022 at Country Inn & Suites Conference Center, Pineville La 2727 Monroe Highway 165, Pineville, LA, 71360. Please see this newsletter and/or our website for a registration form. Our hotel rate is only \$89.00 per night and I am hoping that many of you will decide to room with other members and share the cost.

The conference will begin on Wednesday April 20th at 8:30 am with a meet and greet at 7:30 am. Our vendor showcase is planned for Thursday April 21st from 10:30 am – 2:30 pm; we have many new vendors participating this year. Attending this conference will entitle you to earning 15 CEU's towards your continued CDM certification, so please plan on joining us this year.

Once the agenda and program for this conference has been finalized we will post it to our website www.anfponline.org/LA in order to provide you with the topics and speakers chosen for this conference. For those of you who have not attended a chapter or a state meeting in recent years, I cordially invite you to attend your next chapter meeting and our state meeting. Our association is forever changing and we have many new and exciting things planned. If you are not sure which chapter you belong to, please do not hesitate to contact me. In closing, I would like to ask each and every one of you to be proud of yourselves as CDM's and to become an involved member of your association. I look forward to serving you and working with each of you to make our association the best it can be. Remember this conference is the first time in two years that we have been able to get together so don't miss this opportunity to earn your CEU's and network with your fellow CDM's.

Sincerely,

John E Hickson

CDM, CFPP, CCA, FMP, CHESP, FSP

Louisiana ANFP State President

score1cjh@live.com

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>

Your Louisiana Chapter

Leaders & Executive Board

John Hickson – President

Reynold Landry—President Elect

Barrett Broussard – Secretary

Brenda Ramsey – Treasurer