



ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Food & Nutrition News Quarterly Newsletter

April - June 2021

**Get Ready to Join US
For The 2021 Homeless Veterans Standdown
September 24th
In Lake Charles, Louisiana
Location to be announced soon.**



In This Issue

- ❖ Good nutrition can contribute to keeping COVID-19 and other diseases away.
- ❖ Recipe of the Quarter. Chicken Tampico
- ❖ Tami Rutten wins National Distinguished Service (Member) award and Chapter Volunteer of the Year award.
- ❖ Show Me the Science - It's a veritable jungle out there - microorganisms that contaminate our foods.
- ❖ Homeless Veterans Standdown Information. 2021
- ❖ For Free Continuing Education Credits Visit this website: <https://michaelfoods.com/foodservice/continuing-education>
- ❖ Call for Volunteers.
- ❖ Fall Educational Conference and Food Expo Information.
- ❖ Pineapple Academy Subscription Information.

Good nutrition can contribute to keeping COVID-19 and other diseases away.

By: Grayson Jagers Assistant Professor of Biological Sciences,
USC Dornsife College of Letters, Arts and Sciences

The connection between the pandemic and our dietary habits is undeniable. The stress of isolation coupled with a struggling economy has caused many of us to seek comfort with our old friends: Big Mac, Tom Collins, Ben and Jerry. But overindulging in this kind of food and drink might not just be affecting your waistline, but could potentially put you at greater risk of illness by hindering your immune system.

Hear the word “nutrition,” and often what comes to mind are fad diets, juice “cleanses” and supplements. Americans certainly seem concerned with their weight; 45 million of us spend US\$33 billion annually on weight loss products. But one in five Americans consumes nearly no vegetables – less than one serving per day.

When the emphasis is on weight loss products, and not healthy day-to-day eating, the essential role that nutrition plays in keeping us well never gets communicated. Among the many things I teach students in my nutritional biochemistry course is the clear relationship between a balanced diet and a strong, well-regulated immune system.

Along with social distancing measures and effective vaccines, a healthy immune system is our best defense against coronavirus infection. To keep it that way, proper nutrition is an absolute must. Although not a replacement for medicine, good nutrition can work synergistically with medicine to improve vaccine effectiveness, reduce the prevalence of chronic disease and lower the burden on the health care system.

Nutrients, essential substances that help us grow properly and remain healthy, help maintain the immune system. In contrast to the delayed responses associated with malnutrition, vitamin A fights against multiple infectious diseases, including measles. Along with vitamin D, it regulates the immune system and helps to prevent its overactivation. Vitamin C, an antioxidant, protects us from the injury caused by free radicals.

Polyphenols, a wide-ranging group of molecules found in all plants, also have anti-inflammatory properties. There's plenty of evidence to show a diet rich in plant polyphenols can lower the risk of chronic conditions, like hypertension, insulin insensitivity and cardiovascular disease.

Why don't we Americans eat more of these plant-based foods and fewer of the bliss-based foods? It's complicated. People are swayed by advertising and influenced by hectic schedules. One starting place would be to teach people how to eat better from an early age. Nutrition education should be emphasized, from kindergarten through high school to medical schools.

Continued next column.

Millions of Americans live in food deserts, having limited access to healthy foods. In these circumstances, education must be paired with increased access. These long-term goals could bring profound returns with a relatively small investment.

Meantime, all of us can take small steps to incrementally improve our own dietary habits. I'm not suggesting we stop eating cake, French fries and soda completely. But we as a society have yet to realize the food that actually makes us feel good and healthy is not comfort food.

The COVID-19 pandemic won't be the last we face, so it's vital that we use every preventive tool we as a society have. Think of good nutrition as a seat belt for your health; it doesn't guarantee you won't get sick, but it helps to ensure the best outcomes.

Contact Us

Louisiana Association of Nutrition & Foodservice
Professionals

louisianaanfp@gmail.com

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 – Immediate Past President

John Hickson –President

Reynold Landry – President Elect

Barrett Broussard – Secretary

Brenda Grant Kenly – Treasurer



ANFP LOUISIANA

Association of Nutrition & Foodservice Professionals

Show Me the Science – It's a veritable jungle out there - microorganisms that contaminate our foods.

by Sandy Miller Hays, USDA

When it comes to microorganisms that contaminate our foods, you may think it's a veritable jungle out there—but in fact, in the United States, most of the illnesses, hospitalizations and deaths caused by foodborne pathogens come down to 14 bad players. Among those 14, a handful cause 90 percent of the billions in annual economic costs associated with foodborne illnesses: Salmonella, Campylobacter, Listeria monocytogenes, Toxoplasma gondii, and norovirus. The group is small, but their impact is enormous. The Centers for Disease Control and Prevention estimates that about 48 million illnesses, 128,000 hospitalizations and 3,000 deaths are caused annually in the U.S. by foodborne contamination.

USDA's Research, Education and Economics (REE) agencies play a crucial role in this fight. As highlighted in USDA's Office of the Chief Scientist series of white papers on the Department's research portfolio, REE's strategy is to advance research, education and outreach in known, high-priority areas of food safety concern. REE's Agricultural Research Service (ARS) provides the research infrastructure and expertise to address both short- and long-term needs in food safety, and is able to respond quickly to emerging and critical food safety issues. Although everyone knows and fears Escherichia coli O157:H7, there are lesser known members of the E. coli family that also are of concern to food safety experts. So, ARS scientists have been sorting out "who's who" among the related pathogens, and have developed gene-based polymerase chain reaction (PCR) tests to easily detect half a dozen other E. coli species. REE agencies are working hard to identify and eliminate the pathogens, reducing the occurrence of foodborne hazards. The National Agricultural Statistics Service collects and analyzes data from agricultural operations and agribusiness to better understand agriculture's relationship to our food supply and REE's Economic Research Service assesses potential and real costs of foodborne illness outbreaks and food safety programs throughout the food supply chain. And the science doesn't stop within the walls of USDA. With a grant provided by REE's National Institute of Food and Agriculture, scientists at UC Santa Barbara discovered a version of salmonella which is up to 100 times more potent than other types of the bacteria, and are now trying to develop a vaccine for this bad player.

With the ultimate aim of providing science that informs decisions and policies that contribute to a safe food supply, the REE agencies form an invaluable team to help provide food safety knowledge and solutions benefiting both our nation's public health and economy.



Recipe of the Quarter.

Chicken Tampico

Ingredients:

Boneless skinless chicken breasts in the 3-4oz range.

½ # diced onions

½ # diced bell pepper

1 tsp garlic

8 oz. diced green chilies

1 ¼ oz. salad oil

1 ¼ gals cheese sauce.

Method: Bread chicken breasts in a combination of 50/50 corn flour and all-purpose flour. Season flour mixture with ground Ancho chili seasoning and dried cilantro.

Fry in oil till cooked through, about 4-5 minutes.

Dice onions, bell peppers and green chilies if needed. Place oil, onions, bell peppers, garlic, and green chilies in pot. Sauté over medium heat until tender.

Add these to cheese sauce and stir until well blended.

Ladle some sauce over the cooked chicken breast and top with cheddar cheese, and diced tomatoes.

Put in oven to melt cheese and serve when ready. Enjoy!

ANFP | LOUISIANA

Association of Nutrition & Foodservice Professionals

Congratulations

Congratulations to our very own Tamra (Tami) Rutten for winning the National Distinguished Service (Member) award and Chapter Volunteer of the Year award.

Wow we are so very proud of Tami Rutten and we really appreciate all she has done for our association over the many years of her service. We would like to wish Tami the best in her retirement. For those of you who are not aware, Tami Rutten retired from both Reinhart and the Louisiana ANFP last September.

We love you Tami and will miss you 🥹



Your Executive Board knows that this year has been extremely difficult on our members. Everyone has dedicated more time and effort to their jobs than we could ever have imagined; provided services in ways we never thought we would have to provide them; we have had to gain training and even conduct basic meetings using technologies that were not so mainstream prior to the pandemic; and, we have missed being able to conduct state business, and network in our traditional ways. It has definitely been a challenging year for everyone.

In appreciation of the hard work, you have all done over the last year, the LA ANFP board has partnered with the Pineapple Academy to provide low-cost credit hours that you can earn. We have purchased fifty subscription discount coupons for those that are interested, we have 33 subscriptions left, plus the Pineapple Academy has given an additional coupon to make things a bit brighter for everyone.

The Pineapple Academy provides an annual subscription for virtual training at a cost of \$99 per year. They currently have programs that offer 10.75 General hours and 3.75 Sanitation hours approved by the CBDM. They have a goal of much higher numbers of approved hours as the program grows. These hours and any that follow over the next year could be yours for the low price of \$29.00.

If you are interested, you must have the coupon codes before you start the subscription process. To receive your codes, please email John Hickson at score1cjh@live.com and say "I Want My Pineapple Academy Subscription Coupon Codes!" These codes are only good for a one-time use, and they are unique to each member that receives them – they cannot be shared. You may cancel your subscription at any time to end annual charges; however, your account will still be active and usable for the entire year of subscription. Email John today to get your coupons and more information.



Mother Sauces

BY CHEF AUGUSTE ESCOFFIER

BÉCHAMEL

FLOUR BUTTER MILK SALT PEPPER
NUTMEG ONION BAY LEAF THYME PARSLEY
STUCKED WITH CLOVES



MORNAY SAUCE
SOUBISE SAUCE
NANTUA SAUCE

SERVED WITH



MOUSSAKA
LASAGNE ALLA BOLOGNESE

VELOUTÉ

LIGHT ROUX (FLOUR, BUTTER)
STOCK (CHICKEN, FISH, OR VEGETABLE)
SALT PEPPER



ALLEMANDE SAUCE
NORMANDE SAUCE
SUPRÊME SAUCE



BLANQUETTE DE VEAU
KOTTBULLAR

ESPAGNOLE

ONION CARROT CELERY BACON THYME
BEEF STOCK (BROWNING)
DARK ROUX (FLOUR, BUTTER)
BAY LEAF PARSLEY



DEMI-GLACÉ
BIGARADE SAUCE
MADEIRA SAUCE



CANARD À L'ORANGE
BEEF WELLINGTON

HOLLANDAISE

EGG YOLK CLARIFIED BUTTER LEMON JUICE
WATER SALT PEPPER



BEARNAISE SAUCE
NOISETTE SAUCE
MOUSSELINE SAUCE



EGGS BENEDICT
CHÂTEAUBRIAND

SAUCE TOMAT

BUTTER CARROT ONION BAY LEAF
FLOUR GARLIC THYME TOMATOES
SALT SALT PORK STOCK (WHITE)
BELLY VEAL SUGAR



CREOLE SAUCE
SPANISH SAUCE
PROVENÇALE SAUCE



HARICOTS À LA BRETONNE
MEATLOAF (PAIN DE VIANDE)

www.tasteatlas.com/sauces
tasteatlas



R & R Enterprises Inc.

FOODSERVICE DISTRIBUTORS



Thank You To Our Sponsors

MICHAEL FOODS INC.

For Free Continuing Education Credits Visit this website:

<https://michaelfoods.com/foodservice/continuing-education>

As president of Louisiana's Association of Nutrition and Foodservice Professionals (ANFP), I am excited to inform you that this year we have chosen to hold a fall annual conference. October 13th – 15th 2021.

Our vendor expo is scheduled for Thursday October 14th from 10:30 am to 2:30 pm, to provide for social distancing during the expo.

To register please go to this link:

<https://form.jotform.com/91027844390155>

The conference will be held at the Country Inn & Suites by Radisson, Pineville, LA

2727 Monroe Highway 165, Pineville, Louisiana 71360

The conference starts each day at 8:00 am with a meet & greet and then kicks off with our first session of the day at 8:30 am.

Cost is Only \$50.00 for members who pre-register by August 30th 2021

Cost after August 30th and at the door is \$75.00

ANFP LOUISIANA

Association of Nutrition & Foodservice Professionals

We are so excited to announce that we are having an in person fall educational conference and food expo, to be held October 13th—15th 2021.

The conference will be held at the Country Inn & Suites by Radisson, Pineville, LA

2727 Monroe Highway 165, Pineville, Louisiana 71360

The conference starts each day at 8:00 am with a meet & greet and then kicks off with our first session of the day at 8:30 am.

Cost is Only \$50.00 for members who pre-register by August 30th 2021

Cost after August 30th and at the door is \$75.00

Register at: <https://form.jotform.com/91027844390155>



Dear Fellow CDM/CFPP's and ANFP Member's:

Allow me to personally invite you to attend your Louisiana Association of Nutrition and Foodservice Professionals State Educational Conference and General Membership Meeting. This year's conference will be held October 13th – 15th 2021.

The conference will begin on Wednesday October 13th at 8:00 am with a meet and greet. We have an extensive list of speakers. Our vendor expo is scheduled for Thursday October 14th from 10:30 am to 2:30 pm, to provide for social distancing during the expo. Attending this conference will entitle you to earn 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 state meeting in recent years, I cordially invite you to attend our next state meeting. Our association is forever changing and we have many new and exciting things planned.

In closing, I would like to ask each and every one of you to be proud of your-selves 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.

Sincerely,

John E Hickson
CDM, CFPP, CCA, FMP, CHESP, FSP, SNM,
MCFE, CP-FS, HACCP.

Louisiana ANFP State President

Call for Volunteers.

What is In It for You?

Below are just a few of the advantages of volunteering for Louisiana ANFP Chapter:

- Enhance your career through continued professional development
- Gain new skills that transfer to your professional and personal lives
- Drive the education that meets the needs of chapter members
- Gain status and recognition in the industry
- Get to know other industry leaders
- Provide guidance and structure for other CDM's in the state of Louisiana and beyond
- Foster teamwork
- Networking opportunities
- Be part of a community

FAQ's

What is expected of me as a board member? As a board member, you are expected to actively contribute and participate in team meetings and/or calls. You may be assigned to one or several tasks to begin, but you will have support from the entire team. We ask that you volunteer for the board, only if you are serious about contributing to the growth of the chapter. You will also act as a liaison between the state chapter and the national organization.

Typically, our chapter board meets 2 to 4 times a year either face-to-face or over

the phone, depending on team members' availability.

Depending on the board's initiatives, you may also be asked to dedicate time on projects and tasks for the chapter.

How do I submit my name for consideration for the executive board of directors? If you would like to submit your name to be considered for the board of directors or to volunteer, please contact any one of our present board members.

How can I still contribute to the chapter with limited amount of free time? Regardless of

the amount of free time you have, Louisiana ANFP welcomes and appreciates any support from

other members. You may be asked to take on small projects or tasks in order to support the chapter.

If you have any additional questions, please contact Abigail Solazzo, Chapters & Leadership

Manager, at asolazzo@anfponline.org or at 800.323.1908 ext. 123.