

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice Professionals Quarterly Newsletter

July - September 2023

On August 4th Barrett and I drove to Opelousas to provide breakfast and lunch for the VA's annual Stand down. A Stand Down in military terms, is a time for a combat unit's rest and recovery. We handled the cooking for 200+ people! We cannot put the experience into words. This was our 5th year serving and the first time in Opelousas. Amazing, humbling, and proud are a few words while we served our veterans. We hope that one day we'll have no need for this operation, and everyone will be able to call a place their home. (For privacy, we were not able to take many pictures). Thanks to our corporate sponsors we were able to provide this service free of charge. We would like to thank Performance Foodservice, Sysco, Fieldstone, Dairy Pure, Community Coffee, Jambalaya Girl, Smithfield, Austin Blues and Affinity Group.



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Chapter Financial Report

Chapter Name

LOUISIANA

La ANFP

Report Year 2022/23		
	Revenues	
ANFP Rebates	\$	1,865.00
State Meeting Member Registrations - Vendor Fees	\$	8,601.88
Total Revenue	\$	10,466.88

Bank Balance 10/31/2022	\$	24,194.31
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Expenses		
Deposit for State Meeting	\$	2,000.00
National Donation NFEF	\$	1,000.00
Blankets For Veterans	\$	1,162.26
Toiletries For Veterans	\$	545.44
Conference Gifts	\$	505.26
Fee For RD Certificate	\$	60.00
Programs & Banner For Meeting	\$	620.24
Spring Meeting Total	\$	14,464.92
TOTAL EXPENSES	\$	20,358.12
Income and Bank Balance	\$	34,661.19
Expenses	\$	20,358.12
Ending Balance	\$	14,303.07

Thinking about hiring Minors? Know the law before you do.

Fact Sheet #58: Cooking and Baking under the Federal Child Labor Provisions of Fair Labor Standards Act (FLSA)

Minimum Age Standards for Employment:

The FLSA and the child labor regulations, issued at 29 CFR Part 570, establish both hours and occupational standards for youth. Youth of any age are generally permitted to work for businesses entirely owned by their parents, except those under 16 may not be employed in mining or manufacturing and no one under 18 may be employed in any occupation the Secretary of Labor has declared to be hazardous. Once a youth reaches 18 years of age, he or she is no longer subject to the federal child labor provisions. Sixteen- and 17-year-olds may be employed for unlimited hours in any occupation other than those declared hazardous by the Secretary of Labor. Examples of equipment declared hazardous and often used by cooks and bakers include power-driven meat processing machines (meat slicers, meat saws, patty forming machines, meat grinders, and meat choppers), commercial mixers and certain power-driven bakery machines. Employees under 18 years of age are not permitted to operate, feed, set-up, adjust, repair, or clean any of these machines. This prohibition includes the handwashing of the disassembled parts of meat processing machines. Sixteen- and 17-year-olds may operate, set up, adjust, repair, oil, and clean lightweight, small capacity, portable, counter-top power-driven mixers that are, or are comparable to, models intended for home use. Sixteen- and 17-year-olds may operate, but not set up, adjust, repair, oil, or clean, pizza-dough rollers/sheeters that have been constructed with safeguards contained in the basic design as to prevent fingers, hands, or clothing from being caught in the in-running point of the rollers, have gears that are completely enclosed, and have microswitches that disengage the machinery if the backs or sides of the rollers are removed.

Fourteen- and 15- year-olds may be employed in food preparation, but they may not perform any baking activities and only limited cooking tasks. There are also restrictions on the number of hours and times of day that these minors may be employed. Fourteen- and 15-year-olds may perform only that cooking which involves the use of (1) electric or gas grilles that do not entail cooking over an open flame, and (2) deep fat fryers that are equipped with and utilize devices that automatically lower and raise the baskets into and out of the oil or grease. This age group may not cook with NEICO broilers, high speed ovens, rapid broilers, fryolators, rotisseries, pressure cookers, or over open flames. This age group may not perform any part of the baking process, such as weighing and mixing ingredients; placing or assembling products in pans or on trays; operating ovens, including convection ovens, toaster ovens, pizza ovens, automatic feeding ovens, and microwave ovens (except those microwave ovens used for warming food as described above); removing items from ovens; placing items on cooling trays; and finishing baked products. Fourteen- and 15-year-olds may perform kitchen work and other work involved in preparing and serving food and beverages, including the operation of machines and devices used in the performance of such work, such as but not limited to dish-washers, toasters, dumbwaiters, popcorn poppers, milk shake blenders, coffee grinders, devices used to maintain the temperature of prepared foods (such as warmers, steam tables, and heat lamps), and microwave ovens that are used only to warm prepared food and do not have the capacity to warm above 140° F. This age group may not operate, set up, tend, adjust, clean, oil, or repair power-driven food slicers, grinders, choppers, mixers, and cutters. Fourteen- and 15-year-olds may clean kitchen surfaces and non-power-driven kitchen equipment, but only when the temperatures of the surfaces and equipment do not exceed 100°F. Fourteen- and 15-year-olds may filter, transport, and dispose of oil and grease, but only if the temperature of such materials does not exceed 100° F. This age group may not perform work in a freezer or meat cooler, although they may occasionally enter a freezer momentarily to retrieve items. For additional information, visit the Wage and Hour Division Website:

<http://www.dol.gov/agencies/whd> or call the toll-free information and helpline, available 8 a.m. to 5 p.m. in your time zone, 1-866-4USWAGE (1-866-487-9243).

Recipe of the Quarter

Peach Crumb Muffins

Prep Time: 15 minutes Cook Time: 20 minutes Yield: 18 muffins

Ingredients

FOR STREUSEL TOPPING:

1 cup all-purpose flour
¼ cup sugar
¼ cup brown sugar
½ teaspoon cinnamon (or more to taste)
6.5 Tablespoon unsalted butter-melted

FOR PEACH MUFFINS:

2 cups all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
2 large eggs (or 3 small)
1 cup granulated sugar
1 cup Greek yogurt
1/2 cup vegetable oil
1 teaspoon vanilla extract
2 and 1/3 cups peeled, chopped peaches divided (1 and 1/3 cups goes in the batter and 1 cup for topping)
1–2 Tablespoon flour

GLAZE:

1 cup powdered sugar
1–2 Tablespoons milk
¼ teaspoon vanilla

Instructions

Preheat oven to 400 F degrees and line cupcake pan with paper liners and set aside. To make the crumb topping in a small bowl, whisk together flour, sugar, brown sugar, and cinnamon, add melted butter, and stir with a fork until crumbly. Refrigerate until ready to use. To make the muffins in large bowl stir together flour, baking powder and salt and set aside. In a medium bowl whisk together sugar and eggs until combined. Whisk in yogurt, oil, and vanilla extract (mixture should be pale and yellow) Fold wet ingredients into dry ingredients and whisk everything together. Reserve 1 cup of peaches for topping. Place remaining peaches in a small bowl, dust with 1 tablespoon flour and toss them until all peaches are coated with thin layer of flour and then fold them gently in the batter. Spoon batter into prepared muffin tins, filling 2/3 of each cup and gently tap the pan on the work surface to set. Cover the batter with the remaining peaches and press a handful of the crumb topping into the top of each muffin, crumbling the topping with your hands to make some big chunks. Place them in the oven and bake for 5 minutes at 400 F degrees, then keeping the muffins in the oven, lower the oven temperature to 375 F degrees and bake for 15 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes in the pan then remove muffins and cool on a wire rack. To make the glaze stir together powdered sugar, vanilla, and milk. If it's too thin add more powdered sugar, if it's too thick add more milk. Drizzle over muffins.

Contact Us

Louisiana Association of Nutrition & Foodservice Professionals

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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

Barrett Broussard—President Elect

Ellena Garnica – Secretary

Brenda Ramsey – Treasurer



Continuing Education Opportunities for Certified Dietary Managers

CBDM Requirement for Continuing Education

To maintain the Certified Dietary Manager (CDM, CFPP) credential, you must earn 45 continuing education hours every three years. Nine (9) of these continuing education hours must be in sanitation and food safety, one (1) hour must pertain to professional ethics. Once you meet those requirements you may use any excess hours as general education.

Since continuing education is only awarded to programs related to the industry, this requirement guarantees that you will continue updating your professional skills throughout your career. Read more about maintaining your credential at Certifying Board of Dietary Managers website. CBDM will be moving from a Continuing Education model for recertification to a Continuing Competence model starting in June of 2023. This goal is intended to not only increase awareness but encourage credential holders to examine their own individual needs and plan/select their continuing education activities to meet those needs. Find out more at the Continuing Competence page of the CBDM website.

Please Note: No duplicate programs or titles are allowed, including programs and titles from facility contracted service companies.

ANFP's competence levels provide an understanding of the educational level of each product within the ANFP Marketplace. Each product has a designated competency level listed within the product description. View the continuing competence level descriptions [HERE](#).

ANFP Marketplace – Your primary source for approved continuing education programs and products.

- Start at the ANFP home page.
- Navigate to the ANFP Marketplace.
- Scroll down through the offerings available.
- ANFP TV – videos with educational content – and more
- New and Featured Items – often at discounted rates
- Ethics Products
- Edge (Magazine articles). Earn CEUs by reading articles and taking a short quiz.
- Online Courses
- Webinars
- Textbooks and Exam Prep Products
- CE bundles (a group of products purchased together)
- You can also access other relevant information from this page.
- Print a copy of your CDM/CFPP certificate from
- Read the latest Salary and Benefit Study
- View job post listings & more
- Select a category to view items, add to your cart and proceed to checkout. You will need to log into your ANFP account to finish your purchase.
- You can also seek CEUs on a particular topic via the Find CE page.

ANFP and state chapters hold annual conferences and regional meetings. Many may be offered as hybrid meetings so you can participate online as well as at the location where the meeting is held. They are great opportunities to network with other CDMs, share ideas and solutions, and foster your own professional growth. Chapter meetings in your state or region can be accessed at the Events and Recognition tab of the ANFP home page.

Continuing Education Opportunities for Certified Dietary Managers Continued**Other Options for General Education and CEUs**

Note: Many of the following CEUs are free, but not all. Some of the courses may not be “pre-approved” by the Certifying Board of Dietary Managers but meet the criteria for Continuing Education. If there is not a pre-approval number on the certificate you receive, follow the instructions for submitting those hours. Documentation is required. In some instances, you may have to request a certificate from the provider.

Becky Dörner & Associates <ul style="list-style-type: none"> • Create login • Search under Continuing Education • Can filter for CDM prior approval • \$\$\$ for many; see FREE Resources for CPUs & ethics courses 	https://www.beckydorner.com/ Also available for purchase are manuals for diet/nutrition and policy/procedures.
Chicken of the Sea Foodservice <ul style="list-style-type: none"> • CBDM certificate • Text / no video • Quiz • Free 	https://stomachcity.com/
CMEs for Dietitians <ul style="list-style-type: none"> • Sponsored site w/ ads • Create account • Many free 	http://www.cme4me.com/dietician.html
Dietary Manager 360 Continuing Education <ul style="list-style-type: none"> • Courses earn multiple CEs • Order curriculum (book) and quiz • Score quiz online • \$\$\$ 	https://www.dietarymanager360.com/ FREE Ethics Course Available
Dining RD <ul style="list-style-type: none"> • Monthly continuing education on various topics, including ethics & sanitation • Free to RDs and CDMs 	https://www.diningrd.com/ce-spotlight.html Resource for diet & policy manuals, in services & more for purchase \$\$
FDA Food Safety <ul style="list-style-type: none"> • Information & printable resources only • No CEUs available 	https://www.foodsafety.gov/
Food Fitness First NEW <ul style="list-style-type: none"> • Create login • CBDM certificate • Quizzes • \$ nominal fee 	https://www.foodfitnessfirstce.com/

Food Handler, Inc. (Food Safety & Sanitation) <ul style="list-style-type: none"> • Quarterly Webinars • Can access previously recorded webinars • Register for upcoming webinars • Free 	https://www.foodhandler.com/education-training/ Preapproved by CBDM Link to request CBDM certificate
Foodservice Express <ul style="list-style-type: none"> • Email list sign-up • CBDM certificate available • Free 	Send inquiry email to gricah@mad-diat.com
Fight Bac <ul style="list-style-type: none"> • Email list sign-up • CBDM certificate available • Downloadable resources • Free 	https://www.fightbac.org/files-resources/recorded-webinars/
Ecolab – Food Safety Matters Webinars <ul style="list-style-type: none"> • Can register for future webinars • Past webinars to view • Not all have resources to download for verification • Free 	https://www.ecolab.com/expertise-and-innovation/resources/food-safety-webinars
Hormel Health Labs <ul style="list-style-type: none"> • Training in IDDSI • Navigate to Resources/Training • Free following registration 	https://www.hormelhealthlabs.com/resources/for-healthcare-professionals/
Institute for Child Nutrition <ul style="list-style-type: none"> • Online learning available • Focus on schools but many applicable to any setting • Create login • Many modules are less than 1 hour • Free (USDA supported) 	ICN eLearning – Institute of Child Nutrition (fheirn.org)
Martin Bros. <ul style="list-style-type: none"> • Email list sign-up • CBDM certificate • Customers have access to full library • Free 	https://info.martinbros.com/events

Michael's Foods – 7 CE courses <ul style="list-style-type: none"> • Sanitation & general CEs • Must submit email & CDM ID# • Quiz required • CBDM certificate emailed • Free 	http://michaelfoods.com/resources/continuing-education/
School Nutrition Association (SNA) <ul style="list-style-type: none"> • Create login • Courses focus on school foodservice • \$\$\$ 	http://schoolnutrition.org/
Today's Dietitian <ul style="list-style-type: none"> • Create an account • No prior CBDM approval but most should meet criteria • Free webinars available 	http://ce.todaysdietitian.com/Webinars
University of North Dakota <ul style="list-style-type: none"> • CDM continuing ed courses • Create account • Available for 6 months • CBDM certificate • Fee based \$\$ 	http://und.edu/academics/extended-learning/non-credit/dietary-managers/approved-ce-courses/

Other sources (not pre-approved by CBDM but may qualify)

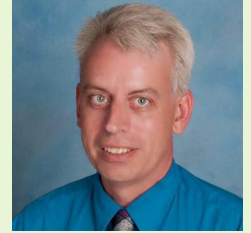
- Primary foodservice distributor in your area – often offer programs for customers
- Foodservice product manufacturers
- State health & agriculture departments (food safety courses)
- University Extension Services for your state
- Continuing education or career education programs offered by local colleges or vocational/technical schools in your area

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Message From State President

Dear Louisiana ANFP Members

We had a very awesome time volunteering at the VA's annual Stand Down. In this newsletter I chose to focus on two topics I feel are near and dear to us all. I know that in today's world we are all finding it hard to hire good quality people, and to earn the required continuing education we need to keep our CDM up to date. I chose to share some information with you, about the hiring of young people, and I am sharing some very good information on continuing education opportunities. Please use this information for yourself and share with other CDM's. I am presently putting together several webinars for you, where you will earn CEU's, so please be on the look out for the information. I will be emailing everyone, so please make sure I have your correct email address. You can always reach me at my email listed below my signature.

Please consider being part of our board. People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding.

Volunteering with ANFP is no different, by attending state meeting you meet new people and make new friends. The more involved you become and the more networking you do the better your future employment prospect are. As a member of the board,

You become a valued part of a team of fellow volunteers

Aid dietary managers to gain knowledge needed to successfully serve their residents

Help ensure that the people we serve (our residents) are cared for with the most knowledgeable staff possible.

We want everyone to know that CDM CFPP's are trained and qualified to manage menus, food purchasing and food preparation; and to apply nutrition principles, document nutrition information, ensure food safety, manage working teams, and much more.

Thank you

Chef John Hickson

WCEC, CCA, CSFE, FMP, CDM/CFPP, CHP, CFM, MCFE, SNM, FARECheck Instructor

Louisiana Association of Nutrition & Foodservice Professionals State President

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