



ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice Professionals
Quarterly Newsletter
April – June 2020

Announcement

Unfortunately, Louisiana ANFP must cancel our Upcoming Annual Educational and Food Expo, that was to be held April 24th – 26th, this is due to the Covid 19 Pandemic and the Louisiana state regulations. Please keep your eye on our website and our Facebook page for updates to this event. Thank you



In This Issue

- ❖ Announcement of Conference cancellation.
- ❖ Secret Ingredient to Make Your Scrambled Eggs Fluffy.
- ❖ Hidden Risks in Your Food.
- ❖ Message from Your National Chair of the Board.
- ❖ Equivalent Measurements.
- ❖ Initial Nutritional Assessment Form.
- ❖ What Do Can Codes Mean?
- ❖ Proper Handling of Food.

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

Story by Marissa Laliberte:

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.



Contact Us

Louisiana Association of Nutrition & Foodservice
Professionals

la_anfp@att.net

Visit us on the web at

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

Your Louisiana Chapter
Leaders

Executive Board

John Hickson – Past President

Tami Rutten - President

Reynold Landry – President Elect

Barrett Broussard – Secretary

Brenda Grant Kenly - Treasurer





Dear ANFP Members, all CDM's,
and Foodservice workers.

In these difficult times I wanted you to know just how much you are appreciated. As the National Chair of ANFP I wanted to say that we all have times when life feels hard; when we're frustrated and tired and just want to hide away. If that is you right now, don't worry –every caterpillar has to rest to become a butterfly and you'll soon find your wings again. In the meantime, let your Angels wrap you in theirs. You are so loved.

During a life crisis as the one we are experiencing right now, you can easily lose sight of your motivation and even reason for working in Foodservice but remember our residents/patients, and staff are depending on us all. Everything seems painful as you watch your lifestyle seemingly crumble before your eyes, and you just don't know where to turn. You can't escape it, run from it, or turn back time; you just have to brave the storm and hope for the best afterwards. However, usually bad things happen in our lives in order to usher in better things. You can't have a rainbow without a storm, so remember that the next time you walk into work.

You have the choice as to how you will react to situations in your life. You can either let them beat you down, or teach you a hard lesson and grow from them. Choose to keep going even when it seems hard; there is a light at the end of the tunnel. Prayers for you and your families for health and wellbeing, and remember that we are all in this together.

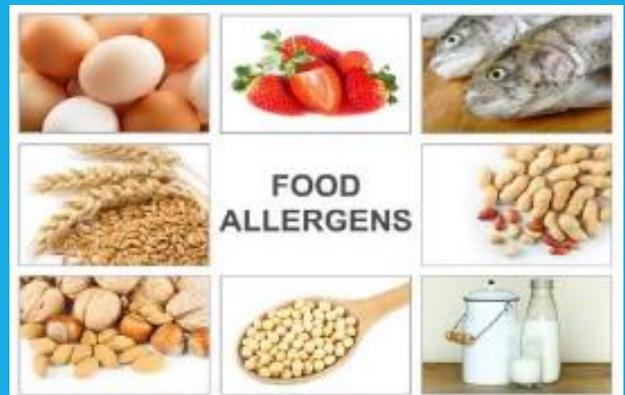
Thank you

Chef John Hickson CCA, CDM/CFPP, FMP, CHESP,
SNM, CP-FS, MCFE, HACCP
National ANFP Chair of the Board 2019-2020
Food and Nutrition Services Manager
Florida Parishes Juvenile Detention Center
28528 U.S. 190, Covington, LA 70433



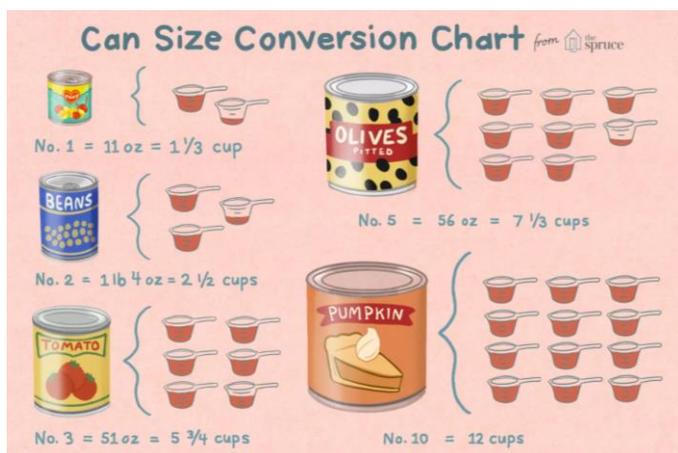
Hidden risks in your food

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 pea-nuts, 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/patient's possible food allergies in order to protect them from possible illness and or death.



What Do Can Codes Mean?

Packing codes are a type of closed dating which enable the tracking of product in interstate commerce. These codes also enable manufacturers to rotate their stock and locate their products in the event of a recall. Codes appear as a series of letters and/or numbers and refer to the date the product was canned. The codes are not meant for the consumer to interpret as a "Best if Used By" date. Cans must exhibit a code or the date of canning. Cans may also display "open" or calendar dates. Usually these are "Best if Used By" dates for peak quality. Discard cans that are dented, rusted, or swollen. High-acid canned foods (e.g. tomatoes and fruits) will keep their best quality for 12 to 18 months. Whereas, low-acid canned foods (e.g. meats and vegetables) will keep for two to five years. Additional information on food canning and the handling of canned foods may be found at Shelf-Stable Food Safety.



Can Size Conversion Chart

In the event you run across a recipe that doesn't have the measurements spelled out, consider some generally accepted [conversions](#), both for how much to use and how much to buy of that canned ingredient.

| Can Size Name | Weight | Volume |
|------------------|--|--------------|
| Picnic | 10 1/2 to 12 ounces | 1 1/4 cups |
| 12 ounces vacuum | 12 ounces | 1 1/2 cups |
| No. 1 | 11 ounces | 1 1/3 cup |
| No. 1 tall | 16 ounces | 2 cups |
| No. 1 square | 16 ounces | 2 cups |
| No. 2 | 1 pound 4 ounces or 1 pint 2 fluid ounces | 2 1/2 cups |
| No. 2 1/2 | 1 pound 13 ounces | 3 1/2 cups |
| No. 2 1/2 square | 31 ounces | scant 4 cups |
| No. 3 | 51 ounces | 5 3/4 cups |
| No. 3 squat | 23 ounces | 2 3/4 cups |
| No. 5 | 56 ounces | 7 1/3 cups |
| No. 10 | 6 pounds 6 ounces to 7 pounds 5 ounces | 12 cups |
| No. 300 | 14 to 16 ounces | 1 3/4 cups |
| No. 303 | 16 to 17 ounces | 2 cups |

The Louisiana Chapter of ANFP is an affiliate of the national not-for-profit association. ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

If you have any questions regarding Louisiana ANFP, our activities or events, or if you would like to employ a CDM, CFPP in your facility, please contact any of our state officers.

ANFP is the premier resource for food service managers, directors, and those aspiring to careers in food service management.

ANFP members work in hospitals, long-term care, schools, correctional facilities, and other non-commercial settings. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and certification programs.

ANFP monitors industry trends and legislative issues, and publishes one of the industry's most respected magazine.

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.

For more information about ANFP please contact Association of Nutrition & Foodservice Professionals by telephone at

800.323.1908 or 630.587.6336.

Proper Handling of Food

If foods are mishandled, before or after the date on the package, bacteria, including pathogenic bacteria that can cause foodborne illness, can quickly multiply. For example, if cold chicken salad is taken to a picnic and left out at temperatures higher than 40°F (4.4°C) for more than two hours (one hour if temperatures are 90°F (32.2°C) or higher), the product should not be consumed. Other examples of potential mishandling are meat and poultry products that have been defrosted improperly or handled by people who don't practice good sanitation. Make sure to follow the handling and preparation instructions on the label to ensure top quality and safety. Additional information on safe food handling practices in the home can be found at Check Your Steps: Food Safe Families and The Big Thaw.

Food Safety Questions?

Call the USDA Meat & Poultry Hotline toll-free at

1-888-MPHotline (1-888-674-6854)

The Hotline is open year-round and can be reached from 10 a.m. to 4 p.m. (Eastern Time)

Monday through Friday.

E-mail questions to MPHotline@usda.gov.

Consumers with food safety questions can also

“Ask Karen”, the FSIS virtual representative.

Available 24/7 at AskKaren.gov.

EQUIVALENT MEASUREMENTS

1 CUP SUGAR= 8 OZ.

1 CUP AP FLOUR=4 OZ.

1 LB. BUTTER= 2 CUPS

3 TEASPOONS= 1 TABLESPOONS

4 TABLESPOONS= ¼ CUP

5 1/3 TABLESPOONS= 1/3 CUP

8 TABLESPOONS= ½ CUP

16 TABLESPOONS= 1 CUP

2 TABLESPOONS (LIQUID) = 1 OUNCE

1 CUP= 8 FLUID OUNCES

2 CUPS= 1 PINTS (16 FLUID OUNCES)

4 CUPS= 1 QUARTS

4 QUARTS= 1 GALLONS

1/8 CUP= 2 TABLESPOONS

1/3 CUP= 5 TABLESPOONS+1 TEASPOON

2/3 CUP= 10 TABLESPOONS + 2 TEASPOONS

¾ CUP= 12 TABLESPOONS

METRIC MEASURE/ CONVERSION CHART APPROXIMATE CONVERSION TO METRIC MEASURES

| WHEN YOU KNOW | MULTIPLY BY | TO FIND |
|---------------|-------------|-------------|
| OUNCES | 28 | GRAMS |
| POUNDS | .45 | KILOGRAMS |
| TEASPOONS | 5 | MILLILITERS |
| TABLESPOONS | 15 | MILLILITERS |
| FLUID OUNCES | 30 | MILLILITERS |
| CUPS | .24 | LITERS |
| PINTS | .47 | LITERS |
| QUARTS | .95 | LITERS |
| GALLONS | 3.8 | LITERS |

