

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice Professionals Quarterly Newsletter July - September 2020

Announcement

Once again unfortunately, Louisiana ANFP must cancel our upcoming annual educational and food expo, that was to be held October 28th – 30th, 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. We are really hoping that we can once again hold our conference next April.



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How do Manufacturers Determine Quality Dates?

Factors including the length of time and the temperature at which a food is held during distribution and offered for sale, the characteristics of the food, and the type of packaging will affect how long a product will be of optimum quality. Manufacturers and retailers will consider these factors when determining the date for which the product will be of best quality. For example, sausage formulated with certain ingredients used to preserve the quality of the product or fresh beef packaged in a modified atmosphere packaging system that helps ensure that the product will stay fresh for as long as possible. These products will typically maintain product quality for a longer period of time because of how the products are formulated or packaged. The quality of perishable products may deteriorate after the date passes; however, such products should still be safe if handled properly. Consumers must evaluate the quality of the product prior to its consumption to determine if the product shows signs of spoilage.

Food Safety After Expiration Date Passes

With the exception of infant formula, if the date passes during home storage, a product should still be safe and wholesome if handled properly until the time spoilage is evident. Spoiled foods will develop an off odor, flavor, or texture due to naturally occurring spoilage bacteria. If a food has developed such spoilage characteristics, it should not be eaten. Microorganisms such as molds, yeasts, and bacteria can multiply and cause food to spoil. Viruses are not capable of growing in food and do not cause spoilage.

There are two types of bacteria that can be found on food: pathogenic bacteria, which cause foodborne illness, and spoilage bacteria, which cause foods to deteriorate and develop unpleasant characteristics such as an undesirable taste or odor making the food not wholesome, but do not cause illness. When spoilage bacteria have nutrients (food), moisture, time, and favorable temperatures, these conditions will allow the bacteria to grow rapidly and affect the quality of the food. Food spoilage can occur much faster if it is not stored or handled properly. A change in the color of meat or poultry is not an indicator of spoilage.



Contact Us

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Visit us on the web at
[http://www.anfponline.org/events-
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Your Louisiana Chapter

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Food and workforce safety will remain a key issue during – and beyond – the ongoing pandemic. While the good news is that there is no proof of COVID-19 transmission from food or food packaging, foodservice operations, will still have to put in place stringent new safety measures to protect their staff and residents / patients alike.

Here are the key factors that any foodservice operation should consider.

- ❖ Consult with your local health department for protocols and guidance on what measures are required to keep your operation running smoothly. Depending on the amount of community spreading of COVID-19 within a particular area, these recommendations may vary.
- ❖ Set up clear protocols for your establishment and communicate these to all of your partners, suppliers, employees, and residents / patients.
- ❖ Workers presenting symptoms of COVID-19 should not be present at work, or in contact with residents / patients or coworkers, and should immediately communicate their condition to their employer.
- ❖ Employees handling food should wash their hands for at least 20 seconds and wear gloves, a mask and/or hairnet as recommended.
- ❖ Employees should stay at least 2 meters away from residents / patients and coworkers, to comply with social distancing recommendations.
- ❖ This could involve:
 - ❖ Limiting the number of staff in a food preparation area and spacing out workstations.
 - ❖ Limiting the number of people who can come into the premises at one time (rule of thumb = 1 person/10m²) by using a ticketing system.
 - ❖ Using spacing measures (tape/line floor markers) to help with distancing and show residents / patients where to navigate.
 - ❖ While ‘open food’ areas such as buffets do not pose an increased risk, residents / patients and employees should continue to behave in a hygienic manner. Where possible, food should be pre-packaged.
 - ❖ Hand sanitizer should be made available to residents / patients, and its use encouraged upon entering and leaving the establishment.
 - ❖ Touchpoints (doors, payment stations, baskets, handles, ladles etc.) should be cleaned and disinfected regularly.

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.

Chicken Coq au vin

Serves 12

Ingredients

- 12 chicken thighs
- 12 chicken drumsticks
- 4 1/2 cups red wine
- 3 cup chicken stock
- Optional: 1/4 cup brandy
- 9 strips of bacon, cut into 1 1/2-inch pieces
- 3 medium onion, quartered then thinly sliced
- 12 medium carrots, cut into 3-inch pieces
- 12 garlic cloves, minced
- 6 tablespoons tomato paste
- 6 teaspoons fresh thyme leaves
- 24 ounces mushrooms, thickly sliced
- 24 ounces pearl onions, peeled
- Roux – Equal parts melted butter and flour

Instructions

Place the chicken thighs and drumsticks in a medium-sized bowl and pour the wine, chicken stock, and (if using) the brandy over the top. Prep the vegetables.

Add the bacon to a large skillet or braiser over medium-high heat. Cook until the bacon is crispy, about 8 minutes, then remove it from the pan with a slotted spoon. Remove the chicken from the wine marinade (save the wine) and dry the chicken with paper towels. Working in 2 batches if needed, place the chicken in the pan, skin side down. Sear until it is golden on both sides (about 5 minutes each side) then remove the chicken from the pan. Pour all but 2 tablespoons of the bacon/chicken oil into a heatproof dish and set it aside. Add the sliced onion and carrots to the pan and let them cook until the onion is golden brown, about 7-8 minutes. Add the garlic to the pan and let it cook for 1 minute. Push the vegetables to the side of the pan and add the tomato paste. Cook the tomato paste until it is fragrant and begins to darken. Pour the reserved wine marinade into the pan, scraping the bottom to remove any stuck-on bits. Nestle the chicken into the pan and sprinkle the thyme over top. Cover the pot, turn the heat to low, and simmer for 20 minutes. Pour 1 tablespoon of the reserved oil (or use olive oil) into a large skillet. Add the mushrooms and sauté over medium-high heat until brown, about 10 minutes. Add the pearl onions to the pot with the chicken and cook for 10 minutes more. In a small bowl mix together equal parts flour and melted butter to make a Roux. Remove the chicken from the pan then add the Roux. Stir it into the sauce and let it thicken. Season to taste with salt and pepper. Add the chicken back into the pan and top with the cooked bacon and mushrooms. Sprinkle with a little fresh thyme.

Louisiana ANFP Financial Statement

Income ANFP Rebate	1,000.00
Vender Registrations	10,886.37
Meeting Registrations	4,276.52
Cash Received for registrations	150.00
Total Income	16,312.89
Expenses:	
Plaque for Admin of the Year (Cash)	43.63
Regis. Refunds	50.00
Meeting Supplies	84.12
NEFE Scholarship Donation	1,000.00
Program Booklets	526.15
Meeting Rooms, Meals Etc.	7,196.85
Guest Speaker Meals	69.10
Omar Expenses for Travel	782.00
Debbie Expenses for Travel	394.10
Tips for Staff (Cash)	80.00
National registration (Barrett)	555.00
Hotel/Travel National	1556.16
TOTAL EXPENSE	12,337.11
Beg. Balance	\$25,801.70
Income	\$16,312.89
Total	\$42,114.59
Less Expenses:	\$12,337.11
Ending Bal	\$29,777.48

Submitted by Mrs. Brenda L. Kenly CDM, CFPP
State Treasurer