



ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Louisiana Association of Nutrition & Foodservice Professionals Quarterly Newsletter

January – March 2023

Louisiana Association of Nutrition & Foodservice Professionals

Annual State Educational Conference & Food Expo April 12th - 14th 2023

***To be held at Crowne Plaza Executive Center Baton Rouge 4728
Constitution Ave, Baton Rouge, LA 70808***

Association Providing Breakfast Buffet Before Conference Each Morning

Meeting begins at 8:00 am each day of the Conference

***You can register online or fill out the enclosed registration form and send
it with payment to Brenda Kenly.***



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Association of Nutrition & Foodservice Professionals

Annual State Educational Conference & Food Expo
April 12th - 14th 2023
Registration Form

Once completed, either email to louisianaanfp@gmail.com, or print and mail this form and payment to the address above.
Please make sure to send in application before deadline of March 30th, 2023

Personal Information

First Name: _____ MI: _____ Last Name: _____ ANFP # _____
Home Phone: _____ Cell Phone: _____ Email: _____
Home Address: _____
City: _____ State: _____ Zip: _____

Louisiana Association of Nutrition & Foodservice Professionals
Annual State Educational Conference & Food Expo
April 12th - 14th 2023
To be held at Crowne Plaza Executive Center Baton Rouge
4728 Constitution Ave, Baton Rouge, LA 70808

Single Room Rate: \$125.00 plus tax

**Association Providing Breakfast Buffet Before Conference
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Hotel phone #: 225-930-0151

- ☐ \$85.00 Early Registration Fee Member ☐ \$95.00 Non-Member ☐ \$65.00 Student/New Member
☐ \$95.00 Member at the Door ☐ \$105.00 Non-Member at the Door
☐ I have enclosed a check payable to Louisiana Association of Nutrition & Foodservice Professionals (ANFP)

Please bill my: ☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

Credit Card Number: _____ Exp Date: _____ CSC #: _____ Amount: _____

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Register Online at <https://form.jotform.com/222083744752053>

All major credit cards accepted through PayPal Online at our website <https://form.jotform.com/222083744752053>

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Food Allergies and Cross Contact

Even though food allergies are commonly understood, the term cross-contact is fairly new. You may know the term and how to safely prepare an allergen-free meal, but this term is still not universally used in the food service industry. The commonly used term is cross-contamination. Foodservice employees are trained to prevent foods from being contaminated by biological contaminants. Once you know the difference it will be easier to discuss this in the kitchen.

Cross-contamination is a common factor in the cause of foodborne illness. Microorganisms such as bacteria and viruses from different sources can contaminate foods during preparation and storage. Proper cooking of the contaminated food in most cases will reduce or eliminate the chances of a foodborne illness.

Cross-contact occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen. Cooking does not reduce or eliminate the chances of a person with a food allergy having a reaction to the food eaten.

As you can see, many food service employees will hear you say cross-contact, and may think this is the same thing as cross-contamination. It is your responsibility to explain the difference to them.

Say a knife that has been used to spread peanut butter is only wiped off before being used to spread jelly. There could be enough peanut protein remaining on the knife to cause a reaction in a person who has a peanut allergy. All equipment and utensils must be cleaned with hot, soapy water before being used to prepare allergen-free food.

Even a trace of food on a spoon or spatula that is invisible to us can cause an allergic reaction.

To effectively remove food protein from surfaces, wash the surfaces with soap and water. Simply wiping the crumbs from spatulas, cookie sheets, cutting boards, or surfaces is not enough. To be safe, purchase a cutting board, plates, and kitchen utensils that will be used for allergy-free foods only. Store these items in a designated area.

Studies have shown that conventional cleaning methods are effective in removing the protein of a food allergen such as peanut. Bar and liquid soap are effective for removing protein from your hands, while alcohol-based sanitizer is not, according to a study published in the Journal of Allergy and Clinical Immunology. That study also showed soaps and commercial cleaning agents effectively removed peanut protein from tabletops, while dishwashing liquid alone did not.

One tablespoon of concentrated bleach per gallon of water at normal room temperature is the standard for cleaning food preparation surfaces. Hotter water temperatures decrease the effectiveness of bleach solutions. Putting the solution in a spray bottle is convenient for traveling. Allow the surface to air dry after sanitizing. The effectiveness of a bleach solution diminishes over time.

ACE is coming to Louisiana 2023

2023 Annual Conference & Expo

JUNE 25 - JUNE 28, 2023

Join us for the Annual Conference & Expo (ACE) in beautiful New Orleans, LA!

June 25-28, 2023

New Orleans Marriott

Go to <https://www.anfponline.org/>

For more information and to register.



Please consider joining your executive board in New Orleans as we welcome our National Association to Louisiana, for four days of extensive learning and networking with our peers from across the nation.



Recipe of the Quarter

Churros

1 ¼ Cups Water
1 Tsp. Vanilla extract
½ Tsp Ground Cinnamon
¾ Cup Granulated Sugar
1 ½ Cups sifted self-rise flour (or 1 ½ cups all-purpose flour plus 1 ½ tsp baking powder)

Combined water, Vanilla, Cinnamon, and Sugar in sauce pot. Bring water mixture to a boil. Remove from heat and beat in flour until a smooth dough forms. Allow to cool, then using a piping bag with a large star tip pipe batter into hot frying oil in 5" inch strips. Cook in 350°F oil turning occasionally until golden brown. Dry fried Churros on paper towel then roll in remaining granulated sugar. Enjoy



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>

Your Louisiana Chapter

Leaders & Executive Board

John Hickson – President

Reynold Landry—President Elect

Barrett Broussard – Secretary

Brenda Ramsey – Treasurer

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Association of Nutrition & Foodservice Professionals

Food poisoning can be serious

Foodborne illness, or food poisoning, affects about one in six Americans every year. The Centers for Disease Control and Prevention (CDC) estimates that of these cases, there are 128,000 hospitalizations and 3,000 deaths annually. You can get food poisoning when your food carries dangerous germs or toxins. **Salmonella** is the most commonly known cause of hospitalization due to food poisoning in the United States with over 19,000 cases per year. This pathogen, along with others, can get into your food through: improper food handling, unsafe practices on farms, contamination during manufacturing or distributing, contamination in facilities. Most people recover from Salmonella infection within four to seven days. Symptoms such as diarrhea, fever, and abdominal cramps usually appear 12 to 72 hours after infection. Treatment includes antidiarrheal medications, antibiotics, and fluids and electrolytes.

2015: Mexican cucumbers - Salmonella from cucumbers imported from Mexico infected 907 people in 40 states. This outbreak resulted in the hospitalization of more than 200 persons and six deaths. The cucumbers were distributed by Andrew & Williamson Fresh Produce. The company issued two separate recalls.

E. coli bacteria normally lives in the intestines of animals and humans. However, infections from certain strains of this bacteria can sicken humans. Symptoms usually develop three to four days after exposure.

Symptoms such as diarrhea, bloody stools, abdominal pain, vomiting and fever (occasional). The strain of E. coli most often associated with outbreaks produces a toxin. The toxin is what causes the illness, so antibiotics are ineffective. According to the CDC, antibiotics and anti-diarrhea medicines may increase risk of complications. Treatment involves rest, fluids, and, in severe cases, hospitalization.

2015: Chipotle Mexican Grill fast food - Between October and November, Chipotle Mexican Grill had an E. coli outbreak. About 55 people in 11 states became ill after eating at the restaurant during the initial outbreak. There were 22 reported hospitalizations and no deaths. In a second outbreak for this fast-food chain, five people became ill from a different strain of E. coli. There's no confirmed cause for either outbreak.

Botulism outbreaks causes symptoms such as difficulty swallowing or speaking, blurry vision, abdominal pain, muscle weakness and possible paralysis. Treatment for this condition requires hospitalization and includes antitoxins and supportive care.

2015: Home-canned potatoes - According to the CDC, the largest botulism outbreak in the last 40 years occurred in Fairfield County, Ohio, in 2015. The outbreak caused 29 people to become ill and one death due to respiratory failure. The source was traced back to improperly home-canned potatoes used to make potato salad for a church potluck picnic.

Listeria infections are particularly dangerous for pregnant women. It's possible for unborn babies to catch the infection. Pregnant women are also 10 times more likely to get a listeria infection than nonpregnant women or men. Newborns, older adults, and anyone with a weakened immune system are also at high risk. This type of infection usually develops within a several days after eating contaminated food. In pregnant women, it can take much longer. Others often have symptoms of: headaches, confusion, loss of balance, seizures, fever, fatigue and muscle aches. Symptoms during pregnancy include fever, muscle aches, and fatigue. Complications include miscarriage, stillbirth, premature birth, and infection in a newborn. Treatment involves antibiotics.

2011: Cantaloupes - In 2011, it's believed that 33 people passed away from contaminated cantaloupe. A total of 147 people got sick. Investigations traced the source of the outbreak to Jensen Farms' packing facility near Alamy, Colorado.

Hepatitis A infections from food contamination Its symptoms may include: fever, jaundice, dark urine, abdominal pain, joint pain, vomiting and loss of appetite. Hepatitis A is a liver disease. There's no specific treatment for hepatitis A, but your doctor may recommend rest, high fluid intake, and nutrition. In order to decrease outbreaks, the CDC recommends the hepatitis A vaccine for all children 12 months and older and for certain adults.

2016: Tropical Smoothie Cafe drinks

An outbreak of hepatitis A at Tropical Smoothie Cafe restaurants affected nine states. The CDC reported that 143 people became ill after drinking smoothies made with frozen strawberries imported from Egypt. Of these, 56 were hospitalized. No deaths were reported from the outbreak.

Protect yourself from food poisoning, Food recalls, government inspections, and food handling regulations are effective preventive measures used to keep our food safe. To prevent or lower your risk of foodborne illnesses, pay attention to food recalls and check your kitchen for contaminated products. Food poisoning can be life-threatening to people with weakened immune systems, including children, pregnant individuals, and older adults. Safe food handling practices are so important. If you suspect that food may be spoiled or contaminated, toss it in the garbage. It's better to be safe than sorry! You can also stay updated on current foodborne outbreaks by visiting the CDC website.

Thank You To Our Corporate Sponsors



Message from your State President

Dear Fellow CDM/CFPP and ANFP Members:

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 \$85.00 registration for all LA-ANFP members in good standing and will be held April 12th - 14th 2023. To be held at Crowne Plaza Executive Center Baton Rouge 4728 Constitution Ave, Baton Rouge, LA 70808. Please see this newsletter and/or our website for a registration form. Our hotel rate is only \$125.00 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 12th at 8:00 am with a breakfast buffet being served at 7:30 am each day. Our vendor showcase is planned for Thursday April 13th from 11:30 am – 1:30 pm; we have many new vendors participating this year. Attending this conference will entitle you to earning 17 CEU's towards your continued CDM certification, so please plan on joining us this year. This is a very special year for us as an association, as we will be celebrating our 50th year as an association. Also, in June 2023 our national annual ACE conference will be held here in our beautiful state, in New Orleans.

For those of you who have not attended a state meeting in recent years, I cordially invite you to attend our 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 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 three 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. Please check your emails for the conference program, as it was sent out the last week of February.

Sincerely,

Chef John E Hickson

CCA, CEC, CDM, FMP, SNM, CSFE, CFM, MCFE

Louisiana ANFP State President

score1cjh@live.com