

ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals **FOOD & NUTRITION NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

January—March 2019

We've Got The Power



Louisiana ANFP
2019 Annual Conference & Food Expo
April 10th - 12th 2019
Country Inn & Suites Conference Center, Pineville La
2727 Monroe Highway 165, Pineville, LA, 71360

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Please send us your recipes for our recipe of the quarter section of the newsletter. Email recipes to score1cjh@live.com for consideration

**LOUISIANA ASSOCIATION OF NUTRITION & FOODSERVICE PROFESSIONALS
STRATEGIC PLAN FY 18-19**

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 Safety.

Goal 1: The CDM, CFPP is recognized as the most vital staffing qualification in noncommercial foodservice management.

Strategies Goal 1

Increase recruitment among those interested in exploring foodservice management as a profession by attending career days for high schools and universities throughout the state.

Promote the value proposition of the CDM, CFPP to graduates and practitioners who are qualified to take the exam.

Establish scholarships covering entire program and exam costs for potential candidates, through local community colleges and national online universities.

Goal 1 KPIs:

Increase the number of CDMs.

Increase the percentage of graduates who go on to take the exam.

Increase certification activation percentage among examinees who pass the exam.

Goal 2: CDM, CFPPs value and maintain continued professional competency, recruit new potential CDM's through Schools, using Scholarships as recruitment tools.

Strategies

Promote continued competency for CDM, CFPPs that best meet their professional needs.

Establish advanced-level educational opportunities and grants to the National ANFP conference open to all state members. Members will meet required criteria to receive grant.

Provide best-practices and future trending content in live meetings and newsletter publications.

Partner with National ANFP Education Foundation to provide students with a full program and exam scholarship.

Goal 2 KPIs:

Increase the percentage of CDMs meeting CE requirements every three years.

Develop educational grants for CDM's on the professional competency continuum.

Increase the number of members utilizing ANFP educational resources.

Goal 3: Louisiana ANFP as a valued partner with Veterans Administration Homeless outreach program.

Strategies:

Develop a continual partnership with Veterans Administration Homeless outreach program.

Develop strategies for continual support of Homeless Veterans throughout the state.

Participate and provide support at annual state Veterans "Stand Down".

Help raise and donate financial funds to the Veterans Administration Homeless Veterans fund.

Goal 3 KPIs:

Increase the percentage of homeless veterans receiving aid.

Develop a lasting partnership with the VA.

Increase the number of members providing community support throughout the state.

Goal 4: Internal recruitment of future leaders.

Strategies:

Increase recruitment among those interested in exploring volunteer opportunities within our association throughout the state.

Develop strategies for continual support of our volunteers throughout the state.

Participate and provide support at annual state educational conference and food expo.

Help raise the awareness of the benefits to one career by volunteering within the association.

Goal 4 KPIs:

Increase the number of potential officer volunteers within the association.

Increase the percentage of state members who go on to fill a volunteer role.

Increase member satisfaction with state leadership by providing more volunteer opportunities.



Food Service Finance

By, Tiffany Wenzel, RDN, LD

The Menu is the key to success in the FNS Department, Standardized recipes ensure consistency in menu execution. Exact product selection is driven throughout your organization. Focus is on controlling food costs and executing consistency. The menu is integral to controlling food costs, Know the cost of the menu. Determine the cycle length required, Include resident and regional favorites. Ensure Federal and State regulations are met, include standardized recipes and Identification & Selection of products to be used. Set the ideal food cost based on your budget.

Know your Budget and use production reports to control waste and overproduction. Use real-time menu cost reports based on actual food prices. Consider using grocery carts to ensure efficiency and cost containment with menu requisition requests of necessary items needed for that meal. Defining food cost in your facility is one of the first steps you need to do. You need to know what a menu item costs to prepare, this is a calculation based on the price of each ingredient used to prepare foods. You need to know the cost incurred to produce the food to be sold and the percentage of profit to be made. PPD – Per Patient Day is a term used by accounting to calculate the cost of an item or service for each patient treated. In foodservice it is calculated by taking total expenses for all food ingredients divided by total patient days. Patient Days equals one patient occupying one bed for a given 24-hour period.

Top Reasons for Excess Food Cost within your operation could include the following, not following planned menus, not following standardized recipes, lack of production planning & management, poor purchasing practices and low yield of purchased food. Some other reasons could be, not accounting for food purchased & prepared, excessive waste or leftovers in production, failure to check deliveries and poor storage practices and lack of portion control. All of these things are items you must be able to watch and attempt to control on a daily basis.

In closing there are many factors involved in food cost management. It is essential to understand the balance between menu planning, meeting customer's needs, as well as making budget. Managers can help balance these factors by proper planning, organizing, leading, and controlling cost.

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.

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Recipe Of The Quarter.

Kentucky Derby Pie

Makes 1 pie

¼ lbs. Butter

½ lbs. Sugar

2 Eggs beaten

½ cup All-purpose flour

1/8 cup Kentucky Bourbon

1 cup chopped Pecans

1 cup Chocolate chips

1 9-inch pie shells

Preheat oven to 350 f. Cream butter and sugar. Add beaten eggs, flour, & Bourbon. Add Pecans and chocolate chips. Stir well. Pour into partially baked pie shell and bake for 30 minutes, or until center is set. Serve with Vanilla ice cream.



Message

from

Healthcare System

On Wednesday December 19th 2018 Louisiana ANFP state treasurer Brenda Ramsey delivered a check in the amount of \$250.00 to the Baptist children's home in Monroe in honor of Ms. Paula Weeks. It was decided by your state executive board that as an association who looks to support our communities we would honor Ms. Weeks after her passing with a donation to one of her favorite charities.

Louisiana ANFP is nominated for Louisiana State “Champions of Service Award “



In December 2018 Mrs. Rena Powell with the Alexandria VA Homeless program wrote the following award nomination to the Louisiana state government for their “Champions of Service Award “.

On January 18, 2017, Chef John Hickson, President of the Louisiana Association of Nutrition and Foodservice Professionals (ANFP) contacted the Alexandria VA Health Care System in regards to helping Homeless Veterans and expressed that they would like to adopt the Alexandria VA Homeless program. He expressed that ANFP has been on a mission to promote awareness of Homeless Veterans within our state and to assist with meeting their unmet needs. Each year ANFP raises funds and awareness of the existence of homeless Veterans and their needs. They partner with several high school ROTC programs to assist with filling backpacks with basic necessities for homeless Veterans. ANFP is a premier professional organization for nutrition and foodservice managers, directors, and those aspiring to careers in nutrition and foodservice management—particularly in healthcare and other non-commercial foodservice settings. ANFP achieves its mission through networking, education, research, and advocacy. ANFP is a national not-for-profit association established in 1960 that has over 14,000 professionals dedicated to the practice of providing optimum nutritional care through foodservice management. There are 48 active state chapters, and more than 160 active districts, throughout the United States and in Guam.

On April 6, 2017 ANFP provided 100 backpacks filled with daily essentials and personal care items to homeless Veterans. On September 29, 2017, their support and generosity continued. Several members of this organization participated in the Alexandria VA Homeless program’s annual Stand Down (Stand Down is an event that is held for homeless Veterans and those at risk of homelessness to access free services, food and clothing provided through the VA and community partners in one location). ANFP provided a continental breakfast and lunch that consisted of delicious Louisiana Cajun Jambalaya, cold beverages, dessert and green salad to 43 homeless Veterans. Once again they provided homeless Veterans with backpacks that contained daily essentials. Additional backpacks were provided to assist Veterans during outreach. ANFP continuously displays compassion, dedication and initiative in meeting the needs of homeless Veterans. The Alexandria VA Homeless program’s goal is to end Veterans homelessness by helping them to secure, safe and affordable housing and to provide resources and services to help them maintain housing. This organization contributes financially and their donations assist Veterans pay rental and utility deposits for them to move into permanent housing. Ongoing support is provided to Veterans as they transition into permanent housing and/or residential programs. Assistance is provided with clothing, household items and furniture to promote housing and rapid rehousing, as well as, connecting Veterans to other service organization to promote housing stability. ANFP is now a Co-sponsor of our annual Stand Downs. ANFP spent countless hours in the planning and preparation for these events and this year’s event was held on September 28,, 2018. This year ANFP prepared and served a continental breakfast and a hot lunch that consisted of chicken Etouffee, Cajun rice, salad, green beans, French bread, desserts and beverages. Forty two homeless Veterans were identified and assisted during Stand Down. ANFP provided each Veteran with first aid kits and personal care items. ANFP is available throughout the year to help meet identified needs of homeless Veterans.

ANFP is deserving of the Champions of Service Award because their partnership enhances the capacity to improve Veterans wellbeing through the resources the organization provides directly to Homeless Veterans as well as linkages to other community support resources.

Veteran testimony, “I am a Veteran at the Alexandria VA and would like to thank ANFP for helping us out at the Stand Down. I appreciate the food, shoes, backpacks and everything you do to help us get back on or feet.”

Veteran Testimony: “I had been homeless for several years and down on my luck. I now have a place to call home and would like to thank ANFP for assisting me to pay my rental deposit.”

The Alexandria VA Homeless program is very appreciative to ANFP for their tireless work and commitment to helping end Veterans homelessness.

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2018 Veteran's Stand Down A Success



Our statewide Diamond initiative for Louisiana is to continue our work with the Veterans Administration to provide our homeless veterans with a cinch backpack full of daily essentials, to include items such as socks, toothbrush, tooth paste, razors, shave cream, granola bars, aseptic beverages, Band Aids, etc. The Louisiana ANFP has been on a mission to promote awareness of homeless veterans within our state. During the year, each of our districts has been raising funds and awareness of homeless veterans within our communities. This year we were the co-sponsor for the VA's annual Stand Down. On September 28th 2018 at the Veterans Administration's annual VA-Stand Down we provided a full continental breakfast and a full lunch of grilled chicken Etouffee, creole rice, green beans, French bread, and assorted desserts for over 100 veterans and VA staff. We also had several tables set up with daily essential supplies where the veterans could fill a back pack with needed supplies. We purchased 100 first aid kits and spent the evening of the 27th filling these first aid kits with additional supplies. Torino leather donated to our efforts leather belts of assorted sizes and the veterans really were excited to pick out a new belt. Hobart donated \$500.00 to our cause and we had eight more corporate sponsors that helped us with everything from food supplies to funds to purchase above mentioned items. We really appreciate all of our sponsors and supporters, without their support we could not have pulled the event off. The Veterans Administration's in Alexandria told us that this year's event was the best that they have had and the Veterans that were present gave us all a thumbs up. We have been asked to continue our efforts for next year and other VA-Outreach centers have asked us to consider partnering with them and their own stand downs.



Far too many veterans are homeless in America—between 130,000 and 200,000 on any given night—representing between one fourth and one-fifth of all homeless people. Three times that many veterans are struggling with excessive rent burdens and, thus, are at increased risk of homelessness.



Approximately 40% of homeless men are veterans, although veterans comprise only 34% of the general adult male population. The National Coalition for Homeless Veterans estimates that on any given night, 200,000 veterans are homeless, and 400,000 veterans will experience homelessness during a year (National Coalition for Homeless Veterans, 2006). Ninety seven percent of those homeless veterans will be male according to the Department of Veterans Affairs.



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Christmas for a Cause Dec 6th 2018.

By Mrs. Carolyn Hill CDM/CFPP

Employees of LaSalle General Hospital donated gifts and money to provide Christmas gifts for approximately 100 needy children within our community. The hospital staff served the families of these children a fried fish dinner and Christmas cookies. Santa and one of his elves made an appearance to pass out gifts. The families were really appreciative of our support and the children had a great time.



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 – Past President

Tami Rutten – President

Reynolds Landry—President Elect

Carolyn Hill – Secretary

Brenda Ramsey – Treasurer

District Presidents

District 1 Northshore/Baton Rouge –
John Hickson

District 2 Southwest –

Sharon Hicks

District 3 Northwest –

Tami Rutten

District 4 New Orleans –

Carolyn Weatherspoon

District 5 Northeast –

Clariece O'Quinn

District 6 Cenla –

Angel Schlotterbeck

District 7 Acadian –

Barrett Broussard

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Continued Support*



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Association of Nutrition & Foodservice Professionals

Registration form

Louisiana ANFP - Association of Nutrition & Foodservice Professionals
Annual State Educational Conference & Food Expo April 10th – 12th 2019

To Be Held At Country Inn & Suites Conference Center, Pineville La

2727 Monroe Highway 165, Pineville, LA, 71360

Free Full Breakfast Buffet at Hotel each morning.

Meeting begins at 7:30 am each day,

Lunch served on Wednesday 10th, Dinner served Thursday 11th

Must be pre-registered by March 21st 2019. 15 CEU's earned for attendance all three days.

Hotel: Country Inn & Suites Address: 2727 Monroe Highway 165, Pineville, LA, 71360

Phone Number: 1-318-641-8332 Room Rate: Single \$89.00 plus Tax

REGISTRATION FEES

LAANFP Member in good standing ~~\$85.00~~ Early Registration **\$50.00**

LAANFP Member in good standing At the door \$65.00

Student and New Member \$45.00 (with certificate)

Non-Member \$85.00

Non-Member At the door \$100.00

Guest Meal/Extra Meal \$35.00 each person

Mail Registration form and payment to:

Louisiana ANFP, Attn: Brenda Ramsey

7 Lewis Rd Rayville, La 71269

Or register Online at <http://www.anfponline.org/LA/>

All major credit cards accepted thru PayPal online at our website www.anfponline.org/LA/

Meeting Contacts:

Brenda Ramsey, Louisiana ANFP Treasurer

louisianaanfp@gmail.com

Carolyn Hill, Louisiana ANFP Secretary

chill@lgh-jena.org

Tami Rutten, Louisiana ANFP President

TWRutten@RFSDelivers.com

Reynolds Landry, Louisiana ANFP President-Elect

rlandry@elderoutreach.com

Attendee's Name: _____ Member Number: _____

Address: _____ Phone Number: _____

Work Location: _____

A Message From The Desk of The Associations President.

Mrs. Tamra (Tami) Rutten

2018 has moved to the ranks of the good old days! The board is currently working on the state meeting. April 10-12, 2019. It promises to be as great a meeting as last year. Keep watching your email and this newsletter for details.

Calling for Volunteers: During state meeting.

Host/Hostess for speakers

Directing to locations and people as needed

Introduce speaker to the group.

Assist getting them to whoever is handling the data projector and computer.

Host/hostess Wednesday.

Direct members to correct meeting room

Point out restrooms

Provide directions to and from hotel etc.

host/hostess for the vendors, Thursday

showing them where their tables are,

making sure trash cans are available and kept emptied throughout the food show,

talking with vendors about returning the following year etc.

host/hostess Thursday to greet none CDM who are coming for the workshop.

They will need to be directed to the correct meeting room,

shown where the restrooms are,

told about the food show that they will be attended over the noon hour.

Door prizes

Need someone who will gather door prizes

Set up display

Assist with drawing

Host/Hostess for First timers (members who have not attended state meeting before)

Greet them at registration

Find out what area they are from and introduce them to active members from that area.

Gather their contact information and be sure it is turned in so they can be contacted later.



Again this year we will be offering the Credentialing Workshop for dietary managers that are studying to take the Certification exam. Cost will be \$50 per person. Workshop will be April 11th from 9 am – 5 pm.

Attendees will break for the food show (lunch via food show). Last year we have about 50 people in this class. Several of which have taken the test during this year. Louisiana ANFP feels very strongly about helping dietary managers gain the knowledge they need to become certified. As CDM, CFPPs we are experts at managing foodservice operations and ensuring food safety.

We hope to see each of you at this meeting. We had such a great time last year we cannot wait!

Tami Rutten CDM CFPP