



# Association of Nutrition & Foodservice Professionals

## **FOOD & NUTRITION NEWS**

Louisiana Association of Nutrition & Foodservice Professionals Newsletter

October—December 2019

Dear Louisiana Association of Nutrition and Foodservice Professionals.

On behalf of Alexandria's VA Healthcare System's Healthcare for Homeless Veterans (HCHV) Program, we would like to thank you for helping to make our Homeless Stand Down 2019 event a success. The phenomenal success of Stand Down is a reflection of the ever-increasing dedication that our community partners, such as you, continually display in helping to address the needs of homeless Veterans. Your involvement was vital in making this year's Homeless Stand Down a resounding success. The event provided an opportunity for the Alexandria VA Health Care System's HCHV staff to enroll numerous homeless Veterans into the HealthCare for Homeless Veterans Program and to engage with the homeless Veterans who are currently receiving services through the VA Health Care System while simultaneously allowing the Veterans to connect with various community resource providers.

We appreciate your gift of time, energy, and enthusiastic support and look forward to working with you once again at Homeless Stand Down 2020 and other future VA-sponsored events. Again, thank you for your dedication to serving homeless Veterans. Should you have any comments and/or concerns to share with us regarding your recent participation, please feel free to contact me, Rena Powell, Program Coordinator at (318) 466-2773.

Sincerely,

Rena Powell

Rena D. Powell, LCSW

Healthcare for Homeless Veterans Coordinator



### In This Issue

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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](mailto:score1cjh@live.com) for consideration



# ALEXANDRIA VA HEALTH CARE SYSTEM *Presents* **STAND DOWN**

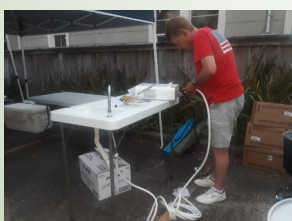
September 27, 2019  
VA's Lafayette Campus B/Mental Health at  
309 St. Julien Ave, Lafayette, La 70506

**ANFP LOUISIANA**  
Association of Nutrition & Foodservice Professionals

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Alexandria VA Health Care System  
VSN 16 | Alexandria, LA



*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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# **ANFP™** | LOUISIANA

Association of Nutrition & Foodservice Professionals

***Presents Our Annual State Educational  
Conference and Food Expo***

*It's A Louisiana Thing*



***Louisiana ANFP***

***2020 Annual Conference & Food Expo***

***April 22<sup>nd</sup> – 24<sup>th</sup> 2020***

***Country Inn & Suites Conference Center, Pineville La***

***2727 Monroe Highway 165, Pineville, LA, 71360***



## Recipe of the Quarter

### Baked Caribbean Catfish / With Mango Salsa

Yield: Six Servings

- 6 5oz Fresh Catfish Filets
- 2 Tbs. Seafood Magic seasoning
- 1 Tbs. Fajita Seasoning
- 2 Tsp. Curry Powder
- 3 Tbs. Olive Oil
- 2 Cups Mango Salsa (see recipe below)

Season Catfish filets with Seafood Magic, Fajita seasoning and Curry powder and allow to marinate for 15 minutes. Lightly coat Fish with olive oil and place on baking sheet. Bake at 350°F for 10 to 15 minutes or until done. Top with Mango Salsa.

#### Mango Salsa

- 3 Mangoes, peeled and cut into Small cubes
- ½ cup Lime juice
- ½ cup Apple cider vinegar
- ½ cup Granulated sugar
- 1 cup Dark brown sugar
- 1 cup Chopped onion
- ½ cup Diced bell pepper
- ½ cup Chopped celery
- 2 Cloves garlic, minced
- 2 tsp Cracked black pepper
- ½ tsp Salt
- 2 tsp Dark Chili powder
- 2 tsp Cayenne pepper
- ½ tsp Ground Cumin
- 2 tsp Chopped Cilantro
- 2 tsp Ground mustard
- 2 tsp Curry Powder
- ½ cup Diced Tomatoes
- ½ cup Diced green chilies

Combine all ingredients in a large bowl and store overnight in the Refrigerator.

The next day, put the mixture in a large, heavy pan. Bring to a boil, Reduce heat and simmer for 30 minutes or until syrupy. Once Catfish is baked, place on serving plate and top with Mango salsa.



### **Researchers discover seaweed that tastes like bacon and is twice as healthy as kale**

Researchers at Oregon State have patented a new strain of seaweed that tastes like bacon when it's cooked.

The seaweed, a form of red marine algae, looks like translucent red lettuce. It also has twice the nutritional value of kale and grows very quickly. Did we mention it tastes like bacon?

According to Oregon State researcher Chris Langdon, his team started growing the new strain while trying to find a good food source for edible sea snails, or abalone, a very popular food in many parts of Asia. The strain is a new type of red algae that normally grows along the Pacific and Atlantic coastlines.

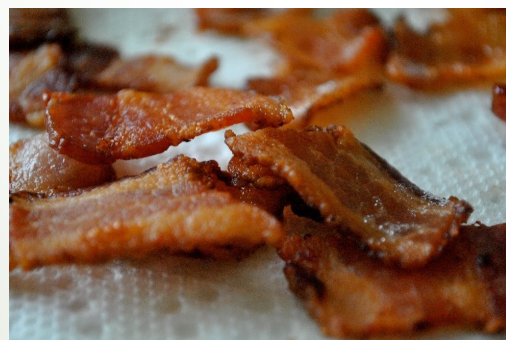
But Langdon realized he had his hands on something with a lot more potential when his colleague Chuck Toombs visited his office and caught a glimpse of the growing seaweed. Toombs said he thought the bacon-seaweed had "the potential for a new industry for Oregon," he told Oregon State in a press release.

Toombs then began working with the university's Food Innovation Center, which created a range of foods with the seaweed as its main ingredient. Langdon said no US companies grow red algae for people to eat, but the seaweed had been consumed by people in northern Europe for centuries.

"This stuff is pretty amazing," Langdon told OSU. "When you fry it, which I have done, it tastes like bacon, not seaweed. And it's a pretty strong bacon flavor."

Though no analysis has been done yet to find out whether commercializing the bacon-seaweed would be practical, the team thinks the vegan and vegetarian markets may be interested. Toombs' MBA students are hard at work on a marketing plan for a new line of specialty foods.

Some red algae is sold in the US now, but it is a different strain from the one harvested at OSU. Langdon says he is growing about 20 to 30 pounds of the stuff a week, but he plans to more than triple the production.



**Louisiana ANFP Financial Statement**

State Spring Meeting                      5/5/2019                      Pineville, LA

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

                    \$42,114.59

Expenses:    \$12,337.11

Ending Bal    \$29,777.48

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





## Association of Nutrition & Foodservice Professionals

There has been no update from CMS regarding the proposed changes. ANFP is following the process and will report any updates when they become available #CDMsMatter

**Chef John Hickson**

**CDM/CFPP, CCA, CEC, FMP, MCFE, CHESP**

**National ANFP Chair**

### **Code of Ethics for Certified Dietary Managers**

The Certifying Board for Dietary Managers (CBDM) has a formal policy, the Code of Ethics for the Certified Dietary Manager, and procedures which incorporate due process, for the discipline of certificates. The Code of Ethics and procedures include the sanction of revocation of the credential, for conduct which clearly indicates incompetence, unethical behavior, and physical or mental impairment affecting the performance of the Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP). The CBDM believes it is in the best interests of the profession and the public it serves that a Code of Ethics provide guidance to CDMs in their professional practice and conduct. The CBDM has developed a Code of Ethics to reflect the ethical principles guiding the CDM and to outline commitments and obligations of the CDM to self, client, society, and the profession. The Ethics Code applies in its entirety to all CDMs (including those who are not ANFP members). The aforementioned are referred to in the Code as "Certified Dietary Managers." The CDM, CFPP Credential Code of Ethics can be found at [www.CBDMonline.org/codeofethics](http://www.CBDMonline.org/codeofethics).

## Contact Us

Louisiana Association of Nutrition & Foodservice Professionals  
[louisianaanfp@gmail.com](mailto: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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## **Reporting CE Hours Earned**

You may report your CE hours in one of the following ways:

- Online - Go online to [www.CBDMonline.org](http://www.CBDMonline.org) and log into your profile to self-report.
- By Mail/Fax - Complete the CE Report Form (available online at [www.CBDMonline.org](http://www.CBDMonline.org)) and return to: CBDM, 406 Surrey Woods Drive, St. Charles, IL 60174 prior to May 31 of your three-year CE cycle. Or, fax your completed form to 630.587.6308.
- Email - Complete the CE Report Form (available online at [www.CBDMonline.org](http://www.CBDMonline.org)) and send to [info@CBDMonline.org](mailto:info@CBDMonline.org). When to Report You are required to self-report your CE hours online or mail or fax the CE report form by May 31 at the end of your three-year CE cycle.

### **CE Self-Reporting Questions**

How do I know my CE hours will be approved? CE hours are not approved on a per activity basis, but will be monitored via the audit process. All CDMs are encouraged to refer to CE guidelines for acceptable CE activities.

How long do I need to keep this documentation in case I am audited? CDMs are required to retain all documentation records in their files for at least two consecutive three-year CE cycles for auditing/ verification purposes.

If I purchased ANFP online CE products, will my CE be entered automatically once I complete the online course or online CE magazine articles? Yes! You do not need to do anything else to submit those hours once you have completed them.

How do I report my hours if I do not have a computer? Complete the **CE Record Form** available at [www.CBDMonline.org](http://www.CBDMonline.org) and mail or fax (prior to May 31 at the end of your cycle) to the CBDM and the hours will be entered into your online CE record for you.





## *A Message From The Desk of The Associations President.*

***Mrs. Tamra (Tami) Rutten***

I went looking for something to help me put together a message to our members to encourage you each to volunteer. I found online the article below. It said exactly what we would like each member to know and consider. Working on the board for Louisiana ANFP does require time (of which all of us each have loads of laying around waiting for something to do). Sometimes as members of the board we are asked if our positions are paid. No not directly board members do receive free meeting registration, in some cases hotel rooms are paid and a meal may be paid. If you are sent to annual conference as the representative for the state your expenses would be paid. Most times the "payment" come in some of the less measurable ways listed in this article. Life changes daily please read the article below and consider Louisiana ANFP as a good place to invest your time.

### **3 Reasons to Get Involved in Professional Organizations**

Take your pick: Rotary, Kiwanis, college alumni groups ... the sky's the limit on the number of organizations you can get involved in, but how do you know which group is a good fit?

Getting involved can benefit you in many ways—from networking, to the feel-good aspect of volunteering, to developing lasting personal and professional relationships. Yet, time is limited, and with a busy career and social life, you can't possibly get involved with all the organizations in which you might be interested or with those who want you as a volunteer.

How do you decide which organizations are right for you? You have to think about your objectives in terms of how your service helps fulfill your own professional development goals, your employer's desire to bring in and keep business, and the kind of service you want to give.

#### **Reason #1: Professional Development**

Ask yourself the following questions: Are you looking for professional contacts? Do you need a mentor? Are you looking for educational opportunities, certifications and seminars that will further your industry knowledge?

If you answered yes to any of these questions, you might want to join and get involved in a professional organization. Professional and trade organizations offer development and connections with others in your field and enhance your business profile. Having an industry association on your resume says you are very committed to your profession and actively participating in its advancement. Clients, customers, and employers like that.

Here's a tip that you can use all your life: Don't just show up; volunteer! Attending a monthly meeting is great for face time, but it may also mean that you'll get a reputation as an observer instead of a participant. If you really want to get to know people and showcase your own abilities, get involved. Serve on a committee, volunteer for an event, and/or become a board member. These volunteer activities build long-lasting relationships and potential business opportunities.

#### **Reason #2: Look for New Acquisitions**

Who doesn't want to help grow their firm, acquire new customers, and even find great staff for their company? While it's great to be involved in an organization, if it is not meeting your objectives, you may need to broaden your perspective. To do this, you need to know who you want to acquire; in most cases, that's a new client or customer.

Put yourself in your prospects' shoes. If they are involved in the local chamber of commerce, then that's where you'll want to be. Are they involved in their own industry group, such as manufacturing or technology? If so, find one that is targeted to their industry. Leverage your knowledge of that industry and ask your current clients where they are involved. Perhaps go with them to a meeting.

Keep in mind that "intent" is important. You can't just show up at a meeting with the self-serving aim of getting clients. Go as a resource with the motive to learn the issues; after all, your goal is to help prospects find solutions. It is not about you; it is about them. And again, really commit to getting involved. Just showing up is never enough.

You may also choose to get involved with other professionals who serve your target audience, such as lawyers, financial advisors, bankers, and others. While they may not hire you themselves, they might refer you.

#### **Reason #3: Find Your Passion**

There is no quicker pick-me-up than becoming involved with something you feel passionate about, whether it is rescuing animals, helping sick children, or protecting the environment. For example, service organizations such as Rotary, Kiwanis or Lions Club meet weekly and raise money for a specific cause. These meetings also give you access to like-minded business people and allow you to serve the community.

Other organizations, such as environmental groups, homeless shelters, and hospitals need volunteers for all kinds of activities. These groups generally require volunteering after work or on the weekends, and time commitments vary. Becoming involved introduces you to people from all walks of life—and those people know other people, so developing relationships with them could lead to business and referrals. It also looks great on a resume or bio, but again, if the cause is something close to your heart, then you'll be that much more enthused about serving. Don't do it just because you are looking for a referral or a line-item on your resume.

#### **Last Word: Take the Time**

Regardless of your objective, becoming involved in any organization is about developing meaningful relationships from which you will learn and hopefully grow your firm or business. This means a commitment of personal time and, oftentimes, resources in terms of membership fees or fundraising. The bottom line is that consistent and active involvement is the key to successfully developing relationships and business opportunities.