



Crab Chatter



The Maryland Crab Chatter is published 4 times a year.

Article contributions are welcomed!

Please send submissions to Kyrese Johnson, CDM, CFPP, RDN to kyrese38@aol.com or drkyrese@gmail.com

The editor reserves the right to edit, condense or postpone articles subject to available

Inside this issue:

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President's Message Late Winter Early Spring 2023

What a great turn-out we had for our 2023 Spring Workshop. We had 57 attendees which included 6 different states and 4 food directors in the works for getting their CDM credentials. Thank you for your support in attendance as we had a captivating event of knowledge, networking and engagement. Of the highlights we had FoodPRO's staff speak to us about the food supply chain, the operations of being a top supplier, sanitation challenges and taking us on a tour of the facility. Timothy Davis from Hormel Health Labs showed us his pureed products and modified diets and the improvements their company has made for our residents with restricted diets.

Our vendors included General Mills, Darlington, Hormel Health Labs, Stillwater, Smithfield, Don's Salads and Roso and Pakula Food Brokers for supplying an amazing lunch and of course FoodPRO for the coffee break and beverages. It is important to partner with great Vendors, that make our lives a lot easier and has solutions for our problems!

We also had special guest speakers including "Spam", the "ANFP Dancers", "Chicken", and the "Jester" make their appearances to enlighten us with their presence as it made it fun and a bit entertaining.

Again, a special shout-out(!) to FoodPRO for all the behind the scenes work and effort they did to make this workshop possible. If you are looking for a vendor that I stand behind, FoodPRO is the group that will get the job done. Save the Date: October 1-3. Block the date on your calendar! Put in your reimbursement now. Keep your eyes peeled in the near future for our Fall Workshop, our 27th Year in Ocean City, October 1-3, 2023. We are in the makings of another great workshop that will definitely be memorable.

If you are planning on attending: is there an auction item you would like to donate? Go through your closet and set aside any winter clothing to donate to the cold shelter (Hats, Scarves, Blankets, Winter Jackets men or women's, gloves and mittens). How about any expired food for the "Free Pantry". There are plenty out there in need and many small donations make a difference to someone's life.

Again, thank you for all you do, everyday, day-in and day-out making a difference for so many.

Robert McKeon, President of the MD/DE/DC ANFP Chapter

**IMPORTANT INFORMATION ON THE
Culinary Medicine for FoodService Professionals and the
Certified Culinary Medicine Professional Certification
(CCMP).**

Hi Robert,

Just a follow-up if you'd like to share with your fellow CDM's:

Frederick Community College is proud to be the **FIRST school in the country** to offer **Culinary Medicine for FoodService Professionals and the Certified Culinary Medicine Professional Certification (CCMP)**. We have updated information about this program on our new landing page at link below **AND we are offering a \$500 scholarship** to those enrolling in the program.

[Culinary Medicine in Foodservice - Frederick Community College](#)

This is a Continuing Education (CE) course. All students interested in the scholarship will need to complete the **Continuing Education Scholarship Application**.

The CE Scholarship Application is here:

<https://app.perfectforms.com/PresentationServer/App.aspx/Play/a-QmgAYp?f=a-QmgAYp>

For this class only, they can **disregard the criteria listed on the application**. You do not need to upload a license or ID, just need to provide name, student ID number, and email. Then list the name of the course in the space provided.

We only have **16 spots** available so those interested should register early!

Thanks
Elizabeth

Elizabeth DeRose, Institute Manager
Hospitality, Culinary & Tourism Institute
Monroe Center, 200 Monroe Avenue, Frederick, Md. 21701
Phone: (240) 846-2404

PLEASE NOTE: LINKS ARE NOT LIVE IN THIS EMAIL!!!!

THANK YOU!!!!



FOR ALL OF YOUR DONATIONS FOR
THE FOOD PANTRY!!

MD DE DC ANFP CHAPTER BOARD MEETING

5/2/23

FOOD PRO, FREDERICK, MD.

3PM

ROBERT BONNIE PATRICK JOHN DEBI

KYRESE BONNA JEFF WAYNE

-GREAT SPRING CONFERENCE, POSITIVE FEEDBACK, GOOD, EDUCATIONAL SESSIONS, LOTS OF LAUGHTER IN BETWEEN!!

A BIG "THANK YOU "TO FOOD PRO, DARREN, AND KIM

TREASURERS STATEMENT WAS SENT TO ROBERT AND HE PUT IT IN THE DROP BOX ON THE NATIONAL WEBSITE, SO WE ARE IN THE COMPLIANCE WITH ALL NATIONAL NEEDS FROM US FOR NOW

-TREASURERS REPORT WAS REVIEWS BY BOARD AND COMMITTEE MEMBERS(WAYNE APPROVED, BONNIE 2ND)

BOARD MEETING MINUTES FROM LAST MONTH WERE REVIEWED AND APPROVED BY ROBERT, 2ND BY PATRICK

THERE WERE SEVERAL T –SHIRTS AND MUGS SOLD AT THE SPRING CONFERENCE, 50/50 WENT WELL.

REFER ANY SPEAKERS SUGGESTIONS TO ROBERT, HE WILL CONNECT AND SET UP FOR THE FALL WORKSHOP IN OC, WE WOULD LIKE TO HAVE ALL SPEKER SLOTS FILLED BY JULY.

KYRESE WILL GATHER ALL INFO AND PRPARE A SPRING WORKSHOP NEWSLETTER SPECIAL EDITION, POSSIBLY BY NEXT WEEK.

THANKS EVERYONE FOR A SUCCESSFUL SPRING WORKSHOP!!!

MEETING ADJOURNED: 4PM



**Tim Davis from
Hormel Health
shows us how to
dine with dignity.**

**Can you believe
these are puree
foods?**



**Puree Spaghetti
and desserts**



Debi, Bonnie and Patrick at the Check – In table



Kim and Bonna



Thank You!!!



**Stephanie always helps
us at our workshops!**



**Everett posts the flag and leads
us in the Pledge of Allegiance**

We had very special guests at
the workshop



**ANFP Dancers
Michael and
Jeff**



Blinged out John



Spam



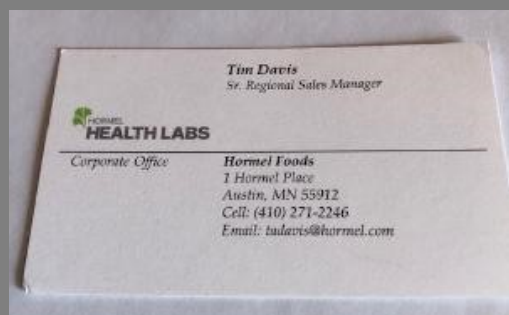
The Chicken

Workshop First Timers



Debi and Elizabeth DeRose, Dean of Frederick Community College talked about the Culinary Medicine Program

Business Cards from Vendors

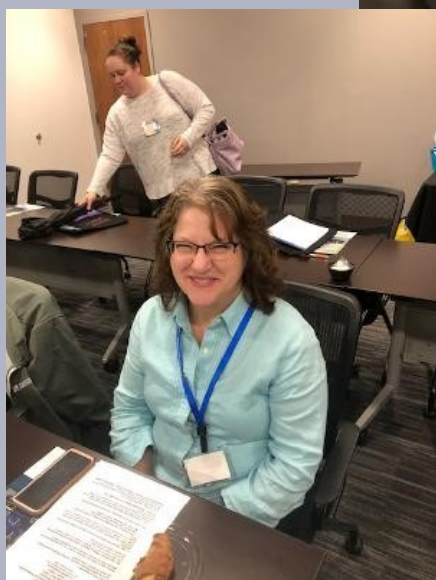


ANFP SPRING WORKSHOP 2023

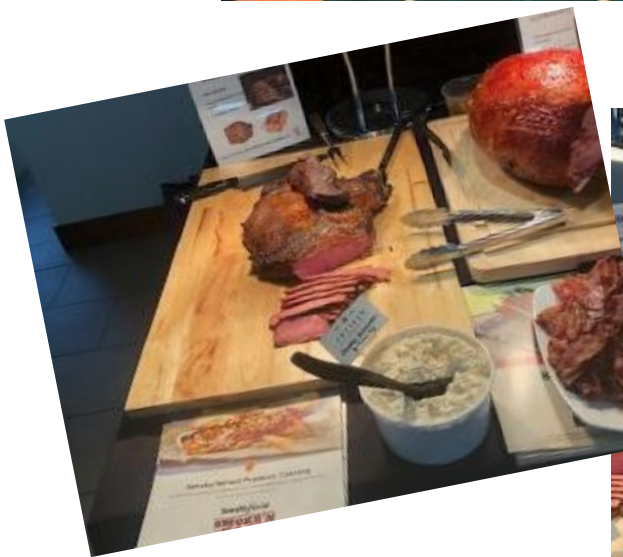
WELCOMES YOU!!!!



More Pics of the day!



Lunch sponsored by our vendors and Food Pro

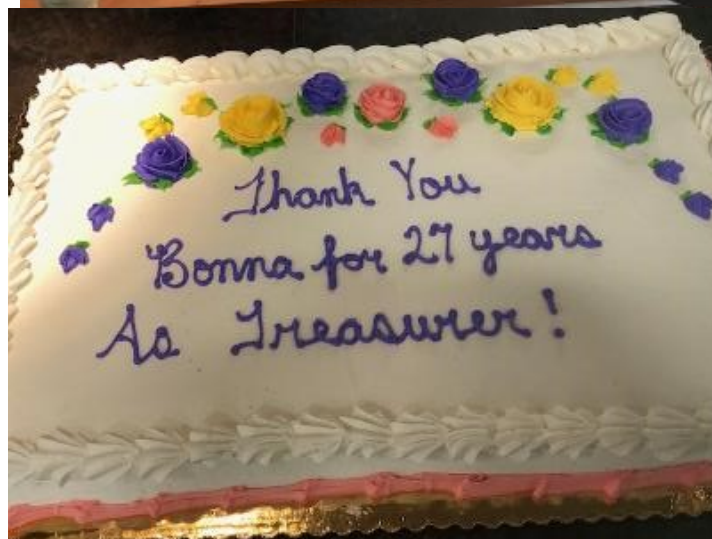


AUCTION

A hand with light-colored nail polish is holding a blue marker, drawing a horizontal line underneath the word 'AUCTION'.

If you have any sellable items or ones you would like to donate for our auction in October, Please contact one of our board members. Their contact info is at the end of the newsletter.

THANK YOU BONNA FOR YEARS OF DEDICATION!!!



MORE PICS FROM THE WORKSHOP



ANFP T SHIRTS WILL BE ON SALE AT THE WORKSHOP

COST: \$20 Each



ANFP® | Association of
Nutrition & Foodservice
Professionals

MD-DE-DC

BACK 11.5" x 7.2"





ServSafe Manager's Class (FPM)

Cost is \$149 Credit Card or \$145 cash (Receipts given)

Class hosted by the Chambersburg Health Department

REQUIRED: A CFPM (Certified Food Protection Manager) is required when food production is being done and the operation is open to the public

Get current with all the FDA Food Code changes!

1 Day Class: ServSafe Manager's Class with Exam

Tuesday, April 4, 2023: 8am-3pm

Monday, June 5, 2023: 8am-3pm

Tuesday, September 12, 2023: 8am-3pm

Monday, November 6, 2023: 8am-3pm

Date does not work for you: Let me come to your restaurant to teach a class on a date that will work for you!

Location:

Borough of Chambersburg

Public Service & Government Agency

100 South 2nd St, Chambersburg, PA

Sign up by contacting directly:

Chef Robert McKeon CDM, CFPP

Email: ChefRobert@FoodSafetyChef.com

Website: www.FoodSafetyChef.com

Ph/Text: (301) 648-7119

ARE YOU?



Bored with the same old certification classes to maintain your credentials?

In a panic because your certification is about to expire?

YIKES!



KEEP CALM

FUN!



Contact Chef Robert:

Chef Robert McKeon CDM, CFPP

Ph/Text: (301) 648-7119

www.FoodSafetyChef.com



AllerTrain™
By MenuTrinfo, LLC

ServSafe
National Restaurant Association

TIPS®

Vendor Highlight



Timothy A. Davis
Senior Regional Manager
Hormel Health Labs
Mid Atlantic Region
(410) 271- 2246

HORMEL HEALTH LABS

Our Goal Is To Make Your Life Easier.

We share your priorities: caring for patients — providing nutrition, flavor, comfort and enjoyment — while helping your operation be efficient, effective and completely food-safe.

We are prepared to be your ONE-STOP SHOP for successfully implementing IDDSI practices.

- Your complete resource for IDDSI methods, testing, diets and safety
- Solutions for you, your staff, your menu, your patients/residents
- Chef-inspired foods, beverages, recipes and helpful tips for every IDDSI level
- Ongoing support and education

We offer solutions and expertise for every IDDSI level.

Our food and beverage options focus on the more challenging levels: 2, 3, 4, and 5.



HORMEL
HEALTH LABS



IDDSI Levels 0, 1 and 2

Level 0 (Thin) Drinks

These include tap water, sodas, lemonade, milk and juices that can easily flow through a straw or nipple.

Level 1 (Slightly Thick) Drinks

Level 1 can be achieved by adding the right amount of THICK & EASY® Thickeners to Level 0 drinks. Use our thickener charts to confidently create Level 1 beverages your patients will enjoy.

Level 2 (Mildly Thick) Drinks

This level is often tricky to achieve from scratch. However, we offer beverage thickeners to achieve Level 2 — plus many ready-to-serve juices, juice cocktails, supplements, thickened waters and dairy drinks that are reliably Level 2.

We also offer flavorful coffee and tea mixes.



For a comprehensive list of all our texture-modified products, see our Hormel Health Labs Product Guide.

HORMEL
HEALTH LABS



Levels 0-2

Levels 3-7

Tips, Tricks & Implementing

Testing & Resources





Do you have talents to share with your ANFP chapter? As the new Board gets uninstalled in June we have openings for several chair positions. Training will be provided as the current chairs move into new positions.

Membership - Train with Patrick - keeps track of new members, sends out welcome packets, and provides information for newsletter quarterly

Communication and Website - sends copies of newsletters, meetings and other chapter updates to national to keep our chapter website up to date, anyone with a social media presence would be great to help us get the chapter on social media

Newsletter Editor - Train with Kyrese over the next 2 years to produce THE CRAB CHATTER, our quarterly newsletter.

State Spokesperson - Join Wayne to keep chapter members updated on any legislation affecting ANFP

BENEFITS TO BECOMING A CHAIR AND JOINING THE BOARD

Learn Leadership Skills that can help in your job

Network with Board members and chairs at bi monthly meetings most with a nice dinner

Receive reimbursement and discounts for attending ACE, Regional meetings and Workshops

Advance to Leadership positions on the board, and step stone into national board positions.

If any of these opportunities are of interest to you contact any of the board officers for more information..





Registered ServSafe Proctor
& Certified ServSafe Instructor

ServSafe Manager's Class

I can teach your next ServSafe Manager's class to your staff

Special Discount for ANFP Members

Training / Kitchen Inspection / Certification

ServSafe Books Available at Cost

Chef Robert McKeon CDM, CFPP

Email: ChefRobert@FoodSafetyChef.com

Website: www.FoodSafetyChef.com

Ph/Text: (301) 648-7119

For Sale: This Space Available. Advertise Here.

Special Service

Something for sale

Apartment for rent

Personal or Professional

Contact us for pricing. We have Full or Half size pages advertisement space available in the Crab Chatter!

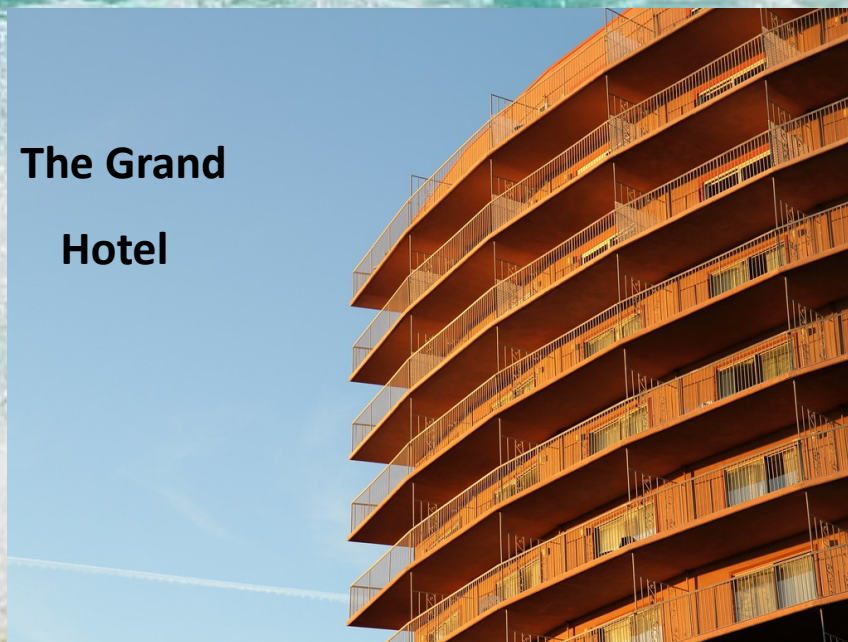
**SPACE
AVAILABLE**

Save the date
October 1nd, 2rd, 3th, 2023

Work Shop
By the Sea
in
Ocean City, MD

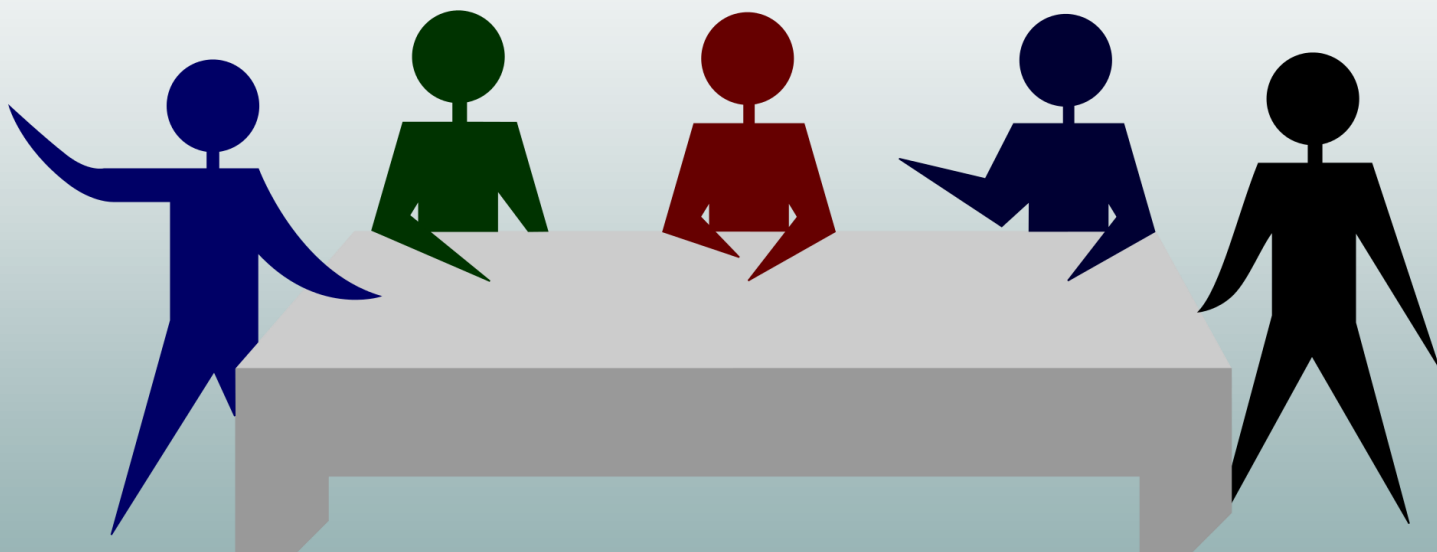


**The Grand
Hotel**



Board and Committee Members Contact Information

Board:			
President:	Robert McKeon	301-648-7119	Chefrobert1966@hotmail.com
Vice-President:	Patrick Dellinger	717-353-0916	pwdellinger@hmwd.org
Treasurer:	Bonna Brown	301-582-3261	bjbrown4762@gmail.com
Secretary:	Debbie Canfield	240-291-2360	dcanfield@cedarridge.org
Committees:			
Newsletter Editor:	Kyrese Johnson	301-332-2020	drkyrese@gmail.com
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Director of Public Relations:	Bonnie Hollingsworth	443-789-4461	bhollingsworth55@icloud.com
Director of New Membership:	John Dankulich	240-818-2495	jadankulich@hagerstowncc.edu
Director of Education Chair Person:	Greg Vink	717-729-0224	gvink@chambersburgpa.gov
Director of Hospitality:	Dawn Chisholm	717-451-3911	dmc3951@gmail.com



The **Maryland, Delaware, & DC 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.

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.

Like us on Facebook
MD-DE-DC ANFP

