



**The Maryland Crab Chatter is published 4 times a year.**

**Article contributions are welcomed!**

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

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## Crab Chatter



### President's Message Winter 2023

Happy holidays and I hope everyone has the best New Year ever!

I hope you are planning on some time for yourself during the year. Your mental health and taking care of yourself is very important.

Save the date 2024: Spring Conference will be Tuesday, May 2. Our 28<sup>th</sup> Workshop by the sea, in Ocean City will be Sunday, Monday and Tuesday, October 5, 6 and 7<sup>th</sup>. Mark your calendars and come: network, education and fun.

**Pride in Foodservice Week February 5 to 9.** In a tradition initiated by the Association of Nutrition & Foodservice Professionals to honor and recognize food and nutrition professionals and other members of nutrition services teams for their hard work and dedication to their job.

**November 28 is now the official CDM of the year!** Thanks to all the work the National ANFP did, the inaugural National CDM, CFPP Day of the Year on November 28, 2023! National CDM, CFPP Day of the Year is a celebration of the impact that Certified Dietary Managers, Certified Food Protection Professionals have made in the foodservice management profession.

I will be soon gearing up the spring conference, please stay tuned for updates to be emailed to you and information will be posted on the Facebook page.

We will be present at the Maryland Hospitality Expo this March, promptly holding the flag for CDM's and promoting the importance of what we do. If you will be in attendance please stop by and say hello.

A special shout out to our volunteers who make all of this possible, it would never all happen without you.

### Top 10 things to live by in Food Service

1. Be Grateful, Thankful and be a Blessing: Short staffed? Be thankful for the staff you already have. Delivery was short on product? Be thankful for the food that did come in. Ask yourself every day how you can be a blessing and make a difference to your staff and your residents' lives.

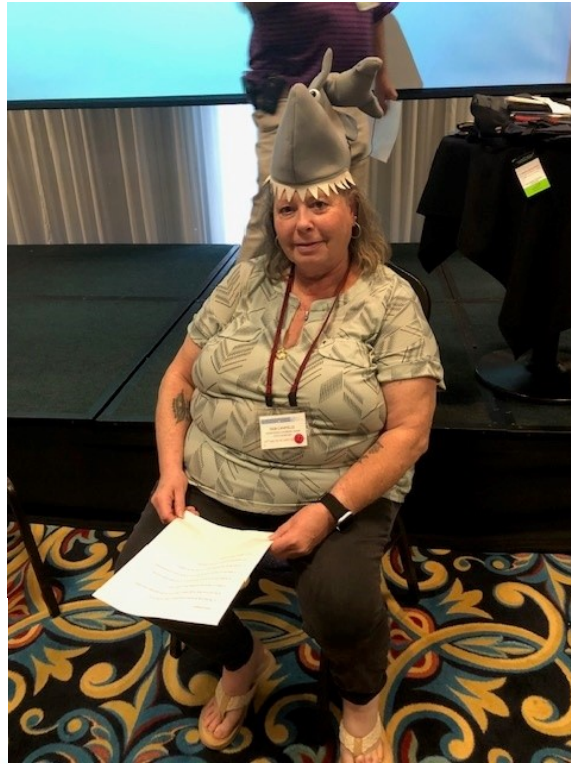
3. Plan ahead: All of tomorrow should be planned out today. Have your calendar mapped out and set tomorrow's goals. The building you are in right now was "built" before the first shovel of dirt was dug. It is called a blueprint, same for your calendar, plan ahead and be ready to make changes based on all the obstacles thrown your way. Make time to meditate on how you are going to manage tomorrow. When tomorrow is done, reflect on the day and all the accomplishments you made.
4. Balance: You can exercise too much, you can exercise too little. Same with cleaning, eating and the list goes on. Find balance every day and straighten things out when they get out of balance.
5. Set Expectations: Many times our disappointments and frustrations come from us not clearly stating what we want and what we expect. We are the communicator and any onus is on us if it is done incorrectly. Everyone has different experiences and knowledge. State what you want, be clear and have open mines. No one is a mind reader, so walk them through it, show and demonstrate. Never call anyone out, make fun of or embarrass anyone when giving direction.
6. Forgive: Are you holding a grudge, grievance or are you bitter towards someone? You didn't like the way someone said or did something towards you? Best to forgive, not necessarily for them, but forgive them for your sake. I'm not saying to forget what they did but forgive them and go on with your life. Most of the time they didn't even know they hurt you. There are 86,400 seconds in a day. Don't waste another second having what someone did to you hold you back from being the best that you are.
7. Mistakes: We are human, we are going to make them and probably plenty of them. Today is a new day, embrace it. That is why the front windshield is large and the rear-view mirror is small. If we have to apologize for anything that happened yesterday, yes do so, then move on.
8. Embrace Learning: We are always learning and must accept change. If you say or did something wrong, own it, correct it if you can, and do your best not to do it again. Ask yourself, if you see the same thing coming your way, think of a new strategy on how to best conquer the problem the second time around. The issue will pop up again, but now you have experience and have learned a better way to confront it.
9. Plant the seed: Everything starts as a seed: Idea, concept, thought and plan. Plant the idea, nurture it, be patient and give plenty of encouragement. You may have to pull away the weeds, give a lot of attention and wait a long time before the little bud pops up out of the ground. If done right, you will bear the fruit. Same with our staff, family, loved ones and our craft. My past boss and mentor Master Chef, Kenneth Juran used to tell me "Don't learn the tricks of the trade, learn the Trade". He was right, there are no short cuts in life: be consistent and present makes all the difference.
10. Be Happy: For me, true happiness is still being content even when life does not go your way. Happiness is contagious, people around happy people. You can choose to be miserable or happy, please always choose happy! 😊

To End: Thank you for all you do, everyday, day-in and day-out making a difference in the lives for so many.

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



We wish, board member, Debi Canfield a speedy recovery as she recoveries from surgery!





## Holiday Punch Recipe



### Ingredients

- 32 ounces cranberry juice (*1 large bottle*)
- 16 ounces orange juice (*2 cups*)
- 750 milliliters sparkling apple cider (*1 bottle*)
- 2 liters ginger ale (*1 large bottle*)
- 8 ounces Vodka (*1 cup optional*)

### Instructions

Mix all ingredients together and pour over ice  
Garnish with cranberries and orange slices





# DID YOU KNOW??

## Flour Is a Raw Food and Other Safety Facts



The FDA states that you may not realize it, but most flour is a raw food. And it hasn't been treated to kill any bacteria (germs) it may contain. Cooking and baking is what kills any bacteria in flour, as well as in raw eggs that are often used with it.

To stay safe, don't eat or taste raw (uncooked) flour, dough or batter. Also, don't let children use raw dough for crafts or "play clay." Even if children don't eat the dough, they may put their hands in their mouth after handling it.

# ANFP National News

## ANFP Live Events

Join your fellow foodservice professionals for one of ANFP's live events. Each year, ANFP hosts three live events: our Annual Conference & Expo (ACE) and two regional meetings.

These events offer opportunities for professional networking and continuing education.

## ANFP NATIONAL EVENTS

### ANFP Town Hall Meeting

January 22, 2024

2:00 PM

Join ANFP Board Chair, Felicia Smith, MHA,CDM,CFPP, along with your ANFP Board of Directors, as they share association updates and take attendee questions.

**You must register for this event**



# ANFP Events

ANFP 2024 Spring Regional Meeting - Cleveland, OH

**APRIL 18 - APRIL 19, 2024, CLEVELAND, OHIO**



Save the date for the 2024 Spring Regional Meeting!

April 18 -19, 2024 | Cleveland, OH  
Hospitality Management Center at Public Square  
Cuyahoga Community College  
Cleveland, OH

More information coming soon!



## ANFP Events

### Pride in Foodservice Week 2024

FEBRUARY 05 - FEBRUARY 09, 2024

Celebrate Pride in Foodservice Week February 5-9, 2024! Pride in Foodservice Week applauds nutrition and foodservice professionals and other members of the nutritional team for their hard work and dedication on the job. Pride in Foodservice Week will be celebrated in facilities across the country in various inventive ways.





# Food Safety Tips for Healthy Holidays



The FDA says parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the joy can change to misery if food makes you or others ill.

Typical symptoms of foodborne illness, also known as food poisoning, are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

The symptoms usually are not long-lasting in healthy people — a few hours or a few days — and usually go away without medical treatment. But foodborne illness can be severe and even life-threatening to anyone, especially those most at risk:

- older adults
- infants and young children
- pregnant people
- people with diabetes, HIV/AIDS, cancer, or any condition that weakens their immune system
- people who take medicines that suppress the immune system; for example, some medicines for lupus, psoriasis and rheumatoid arthritis

Combating bacteria, viruses, parasites, and other contaminants in our food supply is a high priority for the U.S. Food and Drug Administration. And you play an important role in safe food-handling practices at home. The good news is that practicing four basic food safety measures can help prevent foodborne illness.

# Board Meeting Agenda/ MINUTES

Date: December 7, 2023

Mission Statement: To serve our members and association with Education, Assistance and Knowledge for the Betterment of our organization, vocation and community.

Meeting attendance: Bonnie, Robert, Wayne

Meeting start 6:45 pm at Dutchess Daughter

Approval of last meeting Minutes: Robert 1<sup>st</sup>, 2<sup>nd</sup> Wayne

Approval of Treasurers Report: Robert 1<sup>st</sup>, 2<sup>nd</sup> Wayne

Jeff spoke at a convention, MD dietitian convention

Robert spoke at the ACENF convention in Newport News, Va.

Robert spoke for the prisons association in Virginia Beach

Robert and Wayne will get a booth at the Maryland Hospitality Expo in March

Some for sale items at booth: T-Shirts, Polo Shirts, Mugs, etc.

Also to have some chocolates for those that visit the booth

Brochures: Patrick to print and provide

I will also go around to vendors present at expo to drum business for future Fall Workshop vendors

Board and Committee Members:

Robert: I will start to gear up Spring work shop beginning of the year

Bonnie: Will continue to send out monthly Birthday Cards to all members. ANFP requires a budget and all expenditures/incoming funds to be documented on their Excel program, to be submitted and will be a part of the rebate program.

Robert and Bonnie will do a Zoom call to complete after the beginning of the year.

Wayne: Updated on new government affairs items coming up.

4 Imprint: backpacks and folders for giveaways in spring have come in.

Update and change Bi-laws to have newsletter editor to be part of the board with voting privileges

Ordered business cards to be put in birthday cards for the members

Have a Merry Christmas and New Year

Meeting ends 6:58 pm





## Certification Training

- Is your Front and Back of the house Inspection Ready...
- Do you have enough staff Food Safety Certified...
- Does your staff know proper Health Code Procedures...
- Are you in compliance with Health Department Regs...

### **I can help you will ALL your Certification Food Safety Needs**

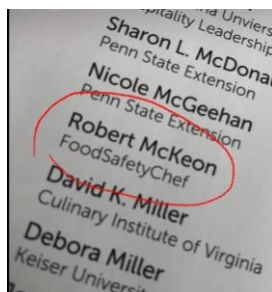
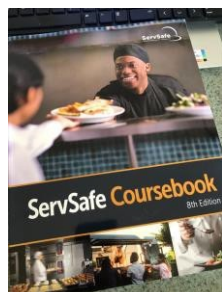
- ServSafe Author and Exam Writer
- TiPS Alcohol Trainer
- Master Trainer for Allergen Certification
- MD/DE/DC ANFP President
- Fun, Informative, Interactive Classes

Chef Robert McKeon CDM, CFPP

Email: [ChefRobert@FoodSafetyChef.com](mailto:ChefRobert@FoodSafetyChef.com).

Website: [www.FoodSafetyChef.com](http://www.FoodSafetyChef.com)

Ph/Text: (301) 648-7119



ANFP MD,DC, DE Chapter wishes you the happiest  
of holidays!





# 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](http://www.FoodSafetyChef.com)

**AllerTrain™**  
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National Restaurant Association

**TIPS®**



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..





## 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](mailto:ChefRobert@FoodSafetyChef.com)

Website: [www.FoodSafetyChef.com](http://www.FoodSafetyChef.com)

Ph/Text: (301) 648-7119

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**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**

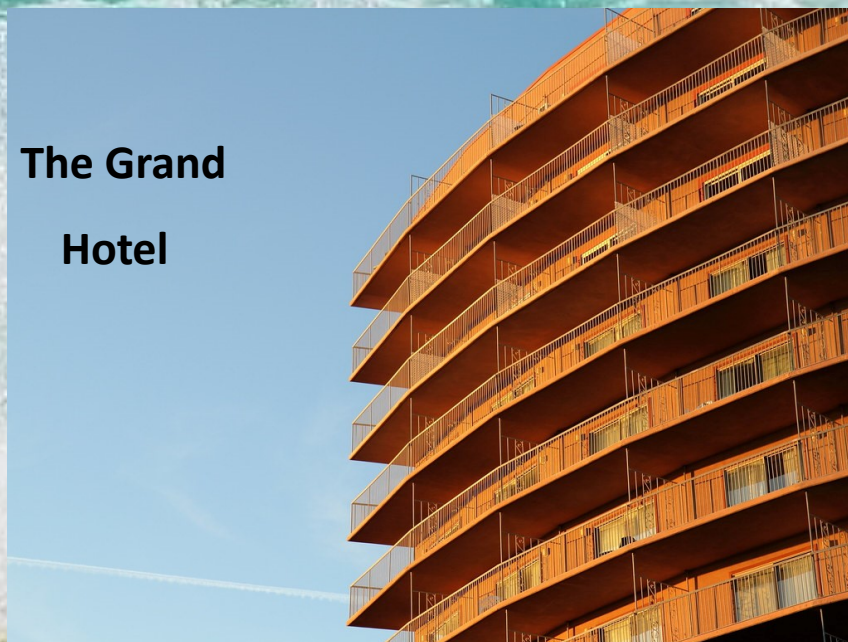


**Save the date**  
**October 1nd, 2rd, 3th, 2023**

**Work Shop**  
**By the Sea**  
**in**  
**Ocean City, MD**



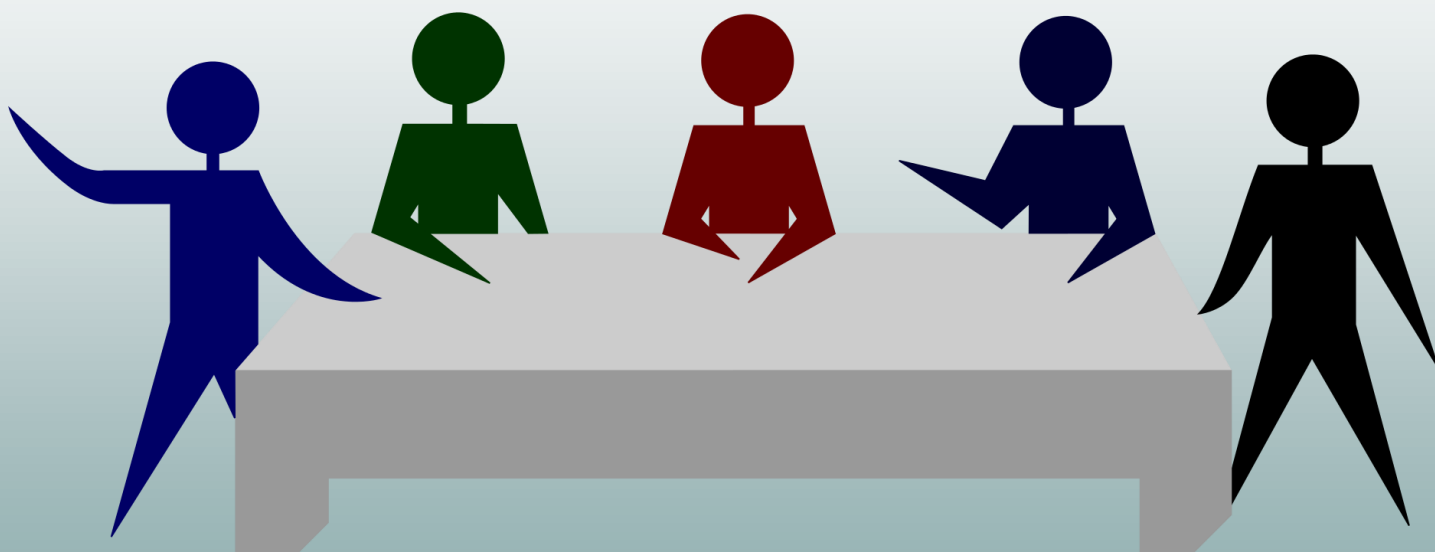
**The Grand  
Hotel**





## Board and Committee Members Contact Information

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<b>President:</b>	Robert McKeon	301-648-7119	Chefrobert1966@hotmail.com
<b>Vice-President:</b>	Patrick Dellinger	717-353-0916	pwdellinger@hmwd.org
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<b>Committees:</b>			
<b>Newsletter Editor:</b>	Kyrese Johnson	301-332-2020	drkyrese@gmail.com
<b>Immediate Past President:</b>	Douglass Crowl	443-789-9353	dougc5256@gmail.com
<b>Spokesperson:</b>	Wayne Kuhn	410-857-5469	wwarfy1@gmail.com
<b>Director of Public Relations:</b>	Bonnie Hollingsworth	443-789-4461	bhollingsworth55@icloud.com
<b>Director of New Membership:</b>	John Dankulich	240-818-2495	jadankulich@hagerstowncc.edu
<b>Director of Education Chair Person:</b>	Greg Vink	717-729-0224	gvink@chambersburgpa.gov
<b>Director of Hospitality:</b>	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.

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**MD-DE-DC ANFP**

