



Maryland, Delaware and D.C.
Association of Nutrition and Foodservice Professionals
22nd Annual “Workshop by the Sea”
October `1, 2, and 3, 2017
Grand Hotel and Spa
2100 N. Baltimore Street
Ocean City, Maryland 21842

Sunday Oct. 1, 2017

Come early for Workshop registration and relax at pool or beach. Changing rooms are available. **Note: Hotel Check In is after 4 pm.**

1pm - 3 pm. 5 pm. -5:15pm. Workshop Registration – **Grand II**

Pick up registration packet, meal tickets for Phillips. First 100 pre-registered attendees will Receive an ANFP Logoed Umbrella and other surprises. Registration desk will be closed 3pm – 5pm. Just enter hall and enjoy the Presentation then register after 5.

Bring your donations for “THE MEAL AND MORE” Gift bags; Hats, Gloves, Scarves, Individual Toiletries etc.

3pm - 5pm – Grand II Introduction of ANFP National Representative -webinar on the New CMS Regulatory LTC Requirements for Food / Nutrition and Dining, CMS Final Rule: What does it mean for me, Top 10 facts CDM's need to know about the new CMS LTC Regulations, Use of the CBDM Website, and CDM, CFPP Scope of Practice. **(Any member who has previously received CEU for the Webinar will not be receive duplicate credit for the first hour)**

4pm - Hotel Check in

6 pm - OPTIONAL EVENT - Join us at PHILLIPS just a few steps from your hotel for their famous Seafood Festival Buffet - \$38.00 includes unlimited buffet, non-alcoholic beverages, taxes and gratuity. Buffet features Steamed Crabs, Snow Crab Legs, Phillip's Crab cakes, Steamed & Fried Shrimp and lots of other Seafood, Soups, Raw Bar, Salad Bar, Pasta Bar, Fried Chicken, Carved Prime Rib, Ham, Pork Loin, & Turkey, Corn on the Cob and numerous sides and large selection of Desserts. Join us for an evening of fellowship, guests welcomed.

Monday October 2, 2017

6:45am - 7:45am – Optional Buffet Breakfast **Grand II** Full buffet Breakfast includes Eggs, Pancakes, Sausage, Home Fries Fresh Fruit, Oatmeal, Juice, Coffee, and Beverages. **Attendees \$16 (Guest breakfasts available for \$20.00)**

7:45 – 8:00----- WELCOME, INTRODUCTIONS and OVERVIEW OF THE DAY **Grand II**
C. Wayne Kuhn CDM, CFPP - MD, DE, DC, ANFP State President.

8:00 - 9:30 Grand II – ENERGIZING YOUR KITCHEN Grand II Explore Mindfulness Based Stress Reduction Practices for Health and well-being, Develop practical applications for participants work environment, Guide participants in Qi Gong exercises to cultivate and transform personal energy. - Patrick Smith and Joann Malone, Qi Gong & Mindful Meditation Instructors

9:30 – 9:45 COFFEE & BEVERAGE BREAK

9:45 – 11:15 – CULINARY NUTRITION: THE ART AND SCIENCE OF FOOD Grand II Describe the relationship of nutrition principles, food science, and culinary skills, Explain how the senses can influence food choices, Apply current dietary guidelines to menu planning and food preparation, Describe ways to discern “fact vs. fiction” in nutrition science – Judy Dzimiera RD,LDN,Med

11:15 - 12 FUNDRAISING AUCTION Grand II

Help support our chapter by bidding on items donated by members, vendors and Ocean City businesses. Look for Wine Baskets, Homemade Fudge, Princess House, Longaberger, Gift Cards, and 2 nights stay at the GRAND.**SPECIAL OFFERING SERV SAFE CLASS TAUGHT AT YOUR FACILITY** (If anyone wishes to donate an item for auction or door prize it would be appreciated)

12:00 - 2:00 EXPO - VENDOR SHOW LUNCH Grand I

Visit with our exhibitors and see and sample the newest products and equipment out there. Visit each table and have your card marked to be entered into door prize drawings at the end of the show. 1:45 must be present to win. Pizza and Salad Buffet will be available at the EXPO for lunch. (Guest lunch tickets \$20.00)

2:00 -3:00 DEHYDRATION, PREVENTION AND TREATMENT Name 3 causes of dehydration, Identify 3 metabolic functions of water, Name key population that is at risk for dehydration, Explain at least one method to correct problem of dehydration **Grand II –** Arielle Weston RDN, Registered Dietitian Region 8, Lyons Magnus

3:00 – 4:00 DISASTER PREPAREDNESS Why you need to plan ahead and always be prepared, Curtail items you will need to keep on hand, Menu ideas; A list of stock food and how much water needed **Grand II –**Hector Rivera, DAIRY KING - provider of disaster meals with a storage life of 25 years. Chef Robert McKeon, CEC, CDM, CFPP

4:00 - 4:15 BREAK – ICE CREAM & FRUIT BARS, COLD BEVERAGES Grand II

4:15 – 5:15 THE POWER OF THE CHECKLIST Establishing checklist makes any organization more efficient and have more control over daily routine assignments, ensuring that task are done accurately which reduces any margin for errors. The use of checklist for any organization provides systems that also allow the organization the flexibility to modify and adapt to company changes, policy and technological advances. It takes the guess work out of daily routines, makes it easier for training staff, and provides accountability to those assigned to the specific task. **Grand II –** Antoine Perez CDM, CFPP

-6:30 & 7:00 FREE OPTIONAL EVENT- SHUTTLE TO OCEAN DOWNS CASINO

Join us for a short Shuttle ride to OCEAN DOWNS CASINO, Participants get \$15 in free slot play. Shuttles will leave hotel at 6:30 and 7pm and return Shuttles will leave Casino at 9:30 and 10:30. Please make reservation at time of registration. Guests 21 and over are also welcomed .**FREE**



TUESDAY OCTOBER 3, 2017

6:30 – 7:45 Optional Buffet Breakfast Grand II

Full buffet Breakfast includes Eggs, French Toast, Bacon, Home Fries Fresh Fruit, Yogurt Bar, Juice, Coffee, and Beverages. **Attendees \$16 Guest breakfasts available for \$20.00)**

7:45 – 8:45 CONNECTING WITH COMMUNITIES; THE HOMELESS LIFE STORY COLLECTION PROJECT IN YOUR COMMUNITY, View video excerpts from the Life Stories of homeless individuals, Gain appreciation for some of the complex challenges facing homeless people, Explore ways to connect their own work settings with local homeless populations

Grand II- Rev. Dr. Marty Kuchma, Senior Pastor St. Paul's UCC

8:45 – 9:45 LISTENING IS AN ACT OF LOVE Witness the power of listening as a way of validating others Learn the value of creating "places to appear", Explore ways that listening can enrich and enhance their work - Grand II- Rev. Dr. Marty Kuchma, Senior Pastor St. Paul's UCC

9:45 – 10:15 - HOTEL CHECKOUT & COFFEE, BEVERAGE BREAK Grand II

10:15 – 12:15 –HACCP MADE SIMPLE, FDA /USDA CHANGES TO VOMIT AND CLEAN UP FOR FOOD SERVICE ESTABLISHMENTS, SERVSAFE NEW 7th EDITION, FOOD CODE UPDATES AND ALL IT'S CHANGES Grand II –Chef Robert McKeon, CEC, CDM, CFPP (2 sanitation hours)

12:15: EVALUATION, SELF REPORTING & CERTIFICATE DISTRIBUTION

12:45 – 6:00 OPTIONAL SERV SAFE TRAINING (continued from 10:15 session) Grand I –Chef Robert McKeon, CEC, CDM, CFPP (6 sanitation hours) BOX LUNCH & BEVERAGES INCLUDED

6:00 – 7:00 – EXAM & CERTIFICATION

**SAVE THE DATE: MD, DE, DC, ANFP 2018 23rd
ANNUAL WORKSHOP BY THE SEA OCT. 7, 8, 9**