

**Registration Form  
2026 Spring Workshop  
Tuesday, May 12, 2026  
7:45 am – 5 pm (6 pm for extra CE)  
Performance Food Group**

**Name:** \_\_\_\_\_ **ANFP Cert #:** \_\_\_\_\_

**First timer to a Maryland workshop:** YES / NO

**Home Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Facility of Employment:** \_\_\_\_\_

**Work Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Email:** \_\_\_\_\_

**Work Email:** \_\_\_\_\_

**Work Phone Number:** \_\_\_\_\_ **Cell Phone Number:** \_\_\_\_\_

Members: **\$65** Retirees, Military Non-Members (no CEU's) **\$50** **GRAND TOTAL:**  
\$ \_\_\_\_\_

**I would like to help to volunteer during the workshop: Yes / No** Phone  
# \_\_\_\_\_

New Paying Procedure: You must return this registration form and send it to our Treasurer Bonnie Hollingsworth. If paying by credit card, Bonnie will send you a payment link. Money orders are not accepted.

Please put a check mark next to how you will be paying:

\_\_\_\_\_ **Paying by Credit Card:** Email Bonnie Hollingsworth, Treasurer  
We will reply to your email with payment link.

\_\_\_\_\_ **Paying by Check:** Please make checks payable to: MD/DE/DC ANFP. (Please NO Money Orders) Please mail check and registration form to: Bonnie Hollingsworth, Treasurer, 54 Carroll Street, Westminster, Maryland 21157.

\_\_\_\_\_ **Paying with cash or check at the door.** Please indicate you will be paying for the workshop at the door, the day of the event. You must send Bonnie the registration form (email or mail) before the workshop. You are NOT registered until we receive your registration form.

Please note: space is limited and you will not be registered until payment is received. Last year's conference did sell out!

Any questions please contact Bonnie Hollingsworth: 443-789-4461 or

Due to rising costs and securing this workshop, please understand that there will be no refunds. Cost of the program covers a special chapter gift, all food and beverage and for the speakers who provide valuable information to us. **Please thank Performance Food Group for hosting our Workshop!**

Maryland, Delaware, DC ANFP

2026 Spring Workshop

Tuesday, May 12, 2026, 7:45 am – 5:00 pm (6:00 pm for +1 extra credit)

PFG, Performance Food Group

1333 Avondale Road, New Windsor, Maryland 21776

**Parking: Best Western Winchester, 451 WMC Drive, Westminster, Maryland 21158**

**Program start time: 7:45 am. Please plan to come early for parking at the Best Western and taking the shuttle bus to PFG and to sign in and get settled.**

**Please Note!: Parking:** Special Notice: PFG is doing renovations in their Parking Lot! You are asked to park at the Best Western Westminster where a PFG Shuttle Bus will take you to the Warehouse. If you go to PFG you will be turned away! There are regular shuttle busses that will pick up every 10 minutes from 7:15-8:15 am. Then return after the program is over.

**Parking for event:**

**Best Western Winchester**

451 WMC Drive

Westminster, Maryland 21158

**Please consider donating to our causes: Rita's Closet and The Samaritan's Purse, Operation Christmas Child, information on the last page of this agenda.**

**Please donate your dented-cans, dead-stock, expired or dry non-perishables items to the Little Food Pantry for the needy. Small steps make a big difference to others.**

**7:00 am – 8:00 am Registration**

Sign in for today's Workshop, Enjoy the Breakfast and Beverages, provided by Performance Food Group, Smucker', General Mills and others.

**7:45 am – 8:00 am Welcome**

Pledge of Allegiance by our Honor Guard and Master Sargent Everett Reed, USMC, Retired. Introductions and Workshop Overview and Welcome First Timers. A special thank you and introduction to Dean Hentzman and Sherri Conde of Performance Food Group for sponsoring this program.

CDM, CFPP, Maryland, Delaware, DC Chapter President

**8:00 am – 9:30 am Where Health Meets Food: Culinary Medicine**

Our Key Note Speaker: This interactive program will enlighten us how important food is to our health and well-being. Pharmaceuticals and Medicine is important, but what we put into our mouth may be the answer to true health and living longer.

***Dr. Timothy Harlan, MD and Elizabeth DeRosa, Program Director Frederick College***

**(1.5 General Credit)**

**Available All Day - Coffee & Beverage Break** Thank you PFG and our committed Vendor Partners! Please help yourself anytime throughout the day for your refreshments.

**9:30 am – 10:30 am 2026 Food Code Update**

### **9:30 am – 10:30 am 2026 Food Code Update**

Everything is changing including what we are responsible for in our kitchens. I will go over the important FDA Food Code updates; the information we are responsible for to keep our food and kitchen's safe and deficiency free.

***Chef Robert McKeon, CDM, CFPP, Food Safety Chef***

(1 Sanitation Credit)

### **10:30 am – 11:30 am Digestion: Gut and Brain**

Understand how the whole roll of digestion occurs and affects to our brain, mood and central nervous system.

***Adam Miller, RN, Homewood at Crumland Farms***

(1 General Credit)

### **11:30 am – 12:00 Noon How the CDM Organization Got Started to Present Day**

How the certification started for the CDM program and how it wined up where it is now. A glimpse of what I contributed to the Maryland certification throughout the years!

***Wayne Kuhn CDM, CFPP***

(.5 General Credit)

### **12 Noon – 1:00 pm Why We Partner with Reputable Vendors**

This session we will hear from our valued vendors and partners and why they hold the answers to what we are looking for to make us successful. See on display the products and services they have to help our staff better their job performance.

***Our Vendors:***

***Brenda Thomas, General Mills     DJ Bowman, Core Food Group***

***Pete Panagiotatos, McKee Bakery     Mark Witts, SaniPRO***

***Cintas: Marvin Calder     Core Foods, Speaker TBA***

***Woody Norris: HealthPRO Brands     Ezra Countiss, Santa Clause***

***Timothy Davis, Lyons Magnus, Hormel Jenanie Fazio, Smucker's/Folgers***

***Tina Jordan, ESI Equipment     Gary Cohn, RC Fine Foods***

(1 General Credit)

### **12:00 Noon – 1:00 pm Lunch**

Please enjoy your working lunch provided by our sponsor of today's program, Performance Food Group and our other valuable vendors. Please get your lunch and return to your seats while we continue the workshop.

### **1:00 pm – 2:00 pm Puree with Dignity**

This session we will see improvements in pureed foods and how they pertain to IDSSI. Discover new products to make our lives easier for our residents with restricted diets.

***Chef Timmothy Davis, Ex Chef Lyons Magnus and Hormel Foods***

(1 General Credit)

### **PM Snack - Snacks & Beverage Break** Thank You PFG, Fieldstone and Moon Pie

This is a good time to empty your dented and expired cans!

## **Homeless Shelter Winter Supplies**

Maryland Lyons Club and Casa De Maryland. Many are in need of winter coats, jackets, gloves, hats and scarves. Please go through your closets, attic and basement and consider donating your unused and no longer needed winter items. So many are in need, including children for the basic essentials to keep warm during the winter months. A little goes a long way to someone in need.

**:00 pm – 3:00 pm What New, FDA?**

One of our own members and the director of Government Relations of the Maryland Chapter. A current director and employee of the Food and Drug Administration will walk us through what is going on, real time with the government agency and how it affects us every day.

**Dr Kyrese Johnson CDM, CFPP, Director FDA**

(1 General Credits)

**Induction of our new Chapter President, Steve Corelli**

Please congratulate and welcome Steve, our new chapter President!

Call out to any NEW Volunteers???: Director of New Membership and other volunteer opportunities.

**3:00 pm – 4:00 pm Cleaning and Sanitizing**

You need the correct chemical product for each sanitation task. This session will provide information and training of proper chemical use for foodservice in healthcare facilities.

**Sherri Conde, Healthcare Division Manager, Performance Food Group**

(1 Sanitation Credit)

**4:00 pm – 5:00 pm Don't Worry, Be Happy**

We will learn the importance of delegating as directors and the importance for not only our sanity, but for the betterment of our staff. Special guest appearance of the Jester.

**Chef Robert McKeon CDM, CFPP, Food Safety Chef for food safety certification**

(1 Sanitation Credit)

**5:00 pm Closing**

Evaluation and Certificate Distribution, Thank You for your support to the chapter and being a part of and supporting our Workshop! You make the difference

**Patrick Dellinger, President Steve Caretti, President Elect, new President 6/2026**

**Robert McKeon, Past President Bonnie Holligsworth, Treasurer**

**Debi Canfield, Secretary Jeff Whary, Director of Education**

**Your Name Here, New Membership Danya, Newsletter Editor: The Crab-Chatter**

**5 pm – 6 pm (Optional +1 CE) Don't be Bored with our Board?**

Sit in on what we call: Where the Magic Happens! Join in on an actual state chapter board meeting. See what we do to make this and all of our workshops a huge success! See what you can offer and how little parts make a HUGE difference

**Patrick Dellinger - President of the MD/DE/DC ANFP**

(1+ General Credit, Optional)

**Total CEU's is 9 (+1 Optional=10) total:**

**7 General**

**2 Sanitation**

**(+1 Optional=10)**

**A big THANK YOU to you all our volunteers to make this workshop a Success!! We could not do this program without you! Thank a volunteer Today!**