

Crab Chatter

Winter 2026



The

Maryland Crab Chatter is published 4 times a year. Article Submissions are always welcome. Please send submissions to Dayna Dietz CDM, CFPP daynadietz@outlook.com

The editor reserves the right to edit, condense or

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Message from our President

Hello fellow ANFP MD, DE, DC members.

As the New Year began and turned blustery and cold, I reflect on the past year and half as the President of Our chapter. I would like to thank all of you for support during this time. I could not have done it without you. I would like to say a special thanks to my fellow board members who with their support, helped make my presidency a success. In May I will hand this position to Stephen Caretti, who I know will be An awesome president.

I hope to see you all on May 12th at the Spring Workshop in New Windsor, MD

Thanks again for all you support.

Patrick Dellinger, CDM, CFPP

Well 2026 is already rolling along. Hopefully everyone is surviving this cold, snowy weather. Spring can't come soon enough



6 More Weeks

Message from President elect

My name is Stephen Caretti and I am the President elect for the ANFP for the MD, DC and Delaware Chapter. I have been a CDM, CFPP for 20+ years . I look forward to meeting everyone at the Spring Workshop.

Board Minutes

Maryland, Delaware and DC Christmas dinner and board meeting December 11, 2025.

At 5 PM. Those in attendance are Patrick , Debi , Robert, Bonna, Bonnie, Wayne, and Kyrese. We discussed the spring workshop briefly possible locations. Nothing definite yet. Next rebate is due January 15. We will hold a Zoom meeting to complete us. Sheri Condey was notified to attend. She declined but said thank you. Discussed the possibility of the fall workshop being Sunday through Tuesday but change it to the following week the 11th 12th and 13th. Kyrese Robert and Patrick are planning to attend the restaurant expo in Ocean City on March 8 and ninth meeting adjourned at 7:30 PM.(it was just a brief meeting.)

Save the Date: Tuesday, **May 12, 2026:**

Spring Workshop

Performance Food Group, New Windsor, Maryland

Agenda and registration are attached to the newsletter

Please consider bringing a basket or other items for the Chinese auction.

9 CE's +1 extra, up to 10 CE's! \$65 to attend.

This week is "Food Service appreciation" week!

Now is a gret time to update your 3-day emergency food and water, check expiration dates.

Thanks,

Chef Robert McKeon CDM, CFPP

www.FoodSafetyChef.com

ServSafe Author, AllerTrain Auditor

Ph/Text: (301) 648-7119

ServSafe / AllerTrain / TiPs



EVERYONE NEEDS A LAUGH!!

Don't steal Don Jose's queso... it's na-cho cheese!

Why dont eggs tell jokes? They would crack eachother up

**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 Timothy 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!