



THINKING ABOUT FALL FOODS FOR MENUS



Easy to eat foods for those with biting into foods or chewing difficulties chewingdiff



VEGETABLES that are healthy, colorful and are great for roasting or in a warm comforting soup on a chilly fall day.

LOOK FOR NEWS ABOUT THE SC ANFP FALL CONFERENCE! You may want to Attend since NC ANFP is not having one. 7 General, 5.5 Sanitation, 1 Ethics and 1.5 Food Show. TOTAL of 15 CEs if you qualify.

INSIDE THIS ISSUE

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- HELP IS NEEDED and SHARING
- SC ANFP FALL CONFERENCE INFORMATION
- National News and Events

TIME

By: JoyceAnn Jones, BA, DM, FPP, ME

Time to prepare, so we've been told—
Yes, It's time to face the cold.
Take time to enjoy the leaves—
Enjoy them before they fall from the trees.

Soon it will be time for thanks to pause—
You'll do it just because.
Because others do it—
Or in the heart gratitude is lit.

Then will come before you know it—
Time for colored lights to be lit.
A time of celebration and cheer—
Yes, the giving holiday will be here.

Then at last it will be done—
This current year will have run.
Time to think things anew—
Deciding what better you can do.



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HELP IS NEEDED and Sharing
Wanda M. Dickson, CDM, CFPP, Editor

REMEMBER? We were one of the top three states selected for the Diamond Award! We did not get there by letting the past decide where we were going. NC ANFP Members, RISE UP and do not let the past Pandemic take us down. It has been rough! We are not up to where we once were yet, but we can GET THERE! We sometime feel IT IS TOO MUCH, and we want to "throw in the towel"! Our chapter had come so far that it would be a shame to allow it to go backwards. Are we going to allow the Pandemic to rule us?

Our state President cannot be expected to carry on the chapter activities alone with some assistance from our National Chairman! As the head of your department, you cannot carry the whole department functions. When officers are elected, we promise to support and help them. VOLUNTEER for a committee or to run for an office.

I was not in the trenches as you were but did not escape unscathed. After a number of hospitalizations with Afib and procedures, my heart now will work as long as the Pacemaker works. To say more is not needed. WMD



A variety of apples for Apple Crumbles, baked apples, cobblers, pies, muffins, fried apples, apple dumplings, chopped in salads or coleslaw, added to other fruits for tartness or other flavor changes/enhancement. Iso, a colorful pan of baked apples and a dumpling with caramel sauce.

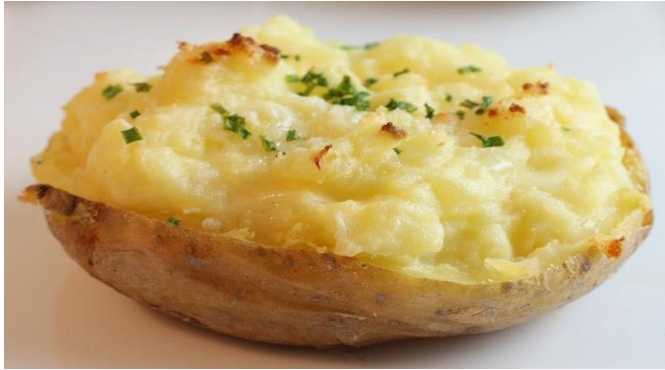


Carrots come in an array of hues and make a healthy addition to meals; they are versatile and can be used in soups, salads, coleslaw, roasted, steamed, candied and flavor enhanced with different spices, lemon juice, honey or brown sugar.



Oven roasted and seasoned potatoes are always a staple food to add to any menu. Season with green chives, butter, olive oil, rosemary, salt and pepper if desired, garlic or chopped green onion blades. Even a chili seasoning could be used for those who like the South- western flavors.

Potatoes are a long-time staple for meals and can be cooked in many ways and combined with many meats and vegetables.



Stuffed baked potato



Baked potato with cheese and bacon bits



Twice baked potato with cheese and cauliflower; broccoli could be used. There are endless stuffings and toppings for baked or twice baked potatoes. Leftover plain baked potatoes can be utilized in soups, casseroles, diced and tossed in butter and herbs and browned lightly in the oven.



FALL & WINTER SQUASH: Golden, Striped and Green Acorn Squash

NOTE: All winter squash have thick tough skins. To soften: prick them with a fork and nuke them for 15 seconds. This will make them easier to cut in half to remove seeds. The thick tough skin/shell helps extend their shelf life. They do not require refrigeration.



Butternut Squash

Golden Hubbard Squash

Green Hubbard Squash

All of the above squash are versatile and may be made into soups, casseroles, lasagna, roasted with brown sugar and cinnamon, glazed with maple syrup and brown sugar, roasted and stuffed with raisins and finely diced apples, squash pies and breads. They can be delicious sides for Thanksgiving or winter meals.

Spaghetti squash roasted until cooked then remove the spaghetti which substitutes well for wheat spaghetti and contains less carbohydrates. 1 cup of cooked whole wheat spaghetti = 36.93gm carbs as opposed to the same size serving of spaghetti squash = 10gm carbs.

Spaghetti squash may be cooked in microwave or regular ovens. **This is great for patients/residents who do not tolerate or are allergic to wheat or gluten.**



Collard greens are a big Favorite in the South and can be seasoned with cooked broken bacon bits, ham bits or bones, onion, red peppers and other. They are delicious with cornbread and may surprise you, with Barbeque Pork and roasted corn.



Turnip greens with or without turnips, (the turnips add 30% of Daily Requirement of Vitamin C, 5% of Folate and only 36 Calories per 1cup), mustard greens and kale may also be a favorite of many. All are high in Vitamin K and C, as well as other nutrients, low in carbs and calories.



More root vegetables that may be roasted, steamed or combined in soups. A SIX BEAN OR TEN BEAN SOUP IS A HEARTY, FILLING SOUP COMBINED WITH SOME ROOT VEGETABLES, HAM OR PRE-COOKED BACON.



SOUTH CAROLINA ANFP FALL CPNFERENCE

Join us at Grande Shores Ocean Resort for a great educational opportunity. Attached you will find the conference agenda, registration form, and hotel information. Please note that the deadline for booking a room under this special rate is October 16th, 2022. We look forward to seeing all of you!

**Chef Rick Schmitt, CDM, CFPP
President - SCANFP Rice Estate - Columbia, SC**

**"Do what you are good at doing"
"Be good at what you do."**



**SC ANFP Fall Conference-Replenishing Our Bounty!
November 2-4, 2022
Grande Shores Ocean Resort, Myrtle Beach, SC
AGENDA**

Wednesday November 2, 2022

11:00am - 12:00pm - Registration _____
12:00pm - 12:15pm - President's Welcome
12:15pm - 1:15pm - Sherri Conde- Understanding Your Worth as a Customer- 1 GEN
1:15pm - 2:15pm - Brooke Horton- SCDA Produce safety- 1 SAN
2:15pm - 3:15pm - Angie Culler-Mathews- SCDA Food Manufacturing Safety- 1 SAN
3:15pm - 3:30pm - Break
3:30pm - 4:30pm - Rick Schmitt- Training The Trainer- 1 SAN
4:30pm - 5:30pm - Neelish Mittal- Richtech Robotics Serving Assistants- 1 GEN
5:30-5:45 - Closing remarks

Thursday November 3, 2022

8:00am - 8:45am - Registration
8:45am - 9:00am - President's Welcome
9:00am - 10:00am - Edna Cox-Rice- CDM and RD Managing Nutritional Care **1 GEN**
10:00am - 11:00am - Renee Spence- Ethics Training- 1 ETHICS
11:00am-11:15am - Break
11:15am - 12:15pm - Paige Thibault- Sanitation/Food Jeopardy- 1 SAN
12:15pm - 1:30pm - Food Show & Vendor Appreciation- **1.25 FS**
1:30pm - 3:00pm - Dustin Ransdell- DHEC, 7 Deadly Sins- 1.5 SAN
3:00pm - 4:00pm - Dawn Loftin, Negotiation Techniques- 1 GEN
4:00pm - 5:00pm - State Chapter Meeting
5:00 pm - 5:15 pm Closing remarks

Friday November 4, 2022

8:00am - 8:45am - Registration
8:45am - 9:00am - Presidents Welcome
9:00am - 10:00am - Risley Linder- Do Know Harm Abuse Training- 1 GEN
10:00am - 12:00pm- Sherry Basile- Real Colors- 2 GEN
12:00pm - 12:30pm - Wrap up, announcements, distribution of certificates

Replenishing our Bounty
November 2-4, 2022
Grande Shores Ocean Resort
201 77th Avenue N.
Myrtle Beach, SC 29572

Name: _____
Address: _____
City: _____ **State:** ____ **Zip Code:** _____
E-mail: _____

Phone: _____

Employer:

Name: _____
Address: _____
City: _____ **State:** ____ **Zip Code:** _____
E-mail: _____

Phone: _____

Is this your First meeting? ____ Yes ____ No

Registration Cost
Members.....\$185.00
Students & Retirees.....\$150.00
Complimentary Breakfast Buffet
Thursday and Friday for Members

Credit Cards Accepted. PayPal Service for credit card users.
Contact: Diana Trout 803-984-8361 or Jeri Tallon 803-229-5682
Make checks payable to SC ANFP and mail to: Jeri Tallon 2632 Echo Woods Dr
Hartsville, SC 29550

We are encouraging prior registration to Conference by October 14th and deadline for room registration is October 16th.

SCANFP - Group Reservation Number: 2870654

MAKING RESERVATIONS WITH YOUR GROUP

BOOK ONLINE!

To book a Condo:

<http://www.reseze.net/cassets/1451/servlet/reseze.html?hotelId=1451&groupId=2870654>

To book a Hotel:

<http://www.reseze.net/cassets/1452/servlet/reseze.html?hotelId=1452&groupId=2870654>

PLEASE MAKE ALL RESERVATIONS BY OCTOBER 16, 2022 TO RECIEVE GROUP RATE

Arrival: November 01, 2022

Check-In: 4:00 PM

Departure:

November 04, 2022

Check-Out:

11:00 AM

****Group rates good for three days before and after group block! ****

ROOM OPTIONS & PRICING

Efficiency Oceanfront Hotel Rooms - \$53/night + tax & fees- One-night Deposit required \$68.89 Oceanfront, 2 Queen beds, full bath, kitchenette, microwave, TV, & private balcony

Standard Oceanfront Hotel Rooms - \$51/night + tax & fees- One-night Deposit required \$66.29 Oceanfront, 2 Queen beds, full bath, mini fridge, TV, & private balcony

**other room types available at the time of booking if needed.*

RESERVATION POLICIES Deposit Policy: For all reservations 4 nights or more, a two-night deposit plus tax/fees is required.

Cancellation Policy: If cancellation is made more than 14 days prior to arrival, a cancellation fee of 10% of the total deposit or \$30 (whichever is greater) will be assessed. If cancellation is made within 14 days of arriving, the entire deposit is forfeited. **Changes:** No changes are to be made within 2 weeks of arriving. **Resort Fees:** This rate is currently 6.5 % and covers self-parking for overnight guests, local telephone services, access connection from in-room phones, fitness center usage, access to our business center, and unlimited wireless internet access. **Processing Fee:** The current processing fee 10.49% **Taxes:** The current tax rate is 13%. **Early Check Outs:** There are no refunds for checking out early. **Check-In / Check Out:** Check in is at 4pm and check out is at 11am. Guest can request early check-in or late check out—neither is guaranteed. **Room Numbers:** Room numbers are determined on date of arrival. **Making Reservations:** Central Reservations: (877) 798 - 4074 option 2, select your preferred room type from above and call our Central Reservations Toll Free. Please let the Reservationists know that you are calling to book a room under: Group Block with Reservation #

NATIONAL NEWS

NEED CEs? National ANFP is offering 4 General CEs at 20% discount. This is \$7.71 per CE. Also, your choice of other General CEs at reduced cost are available. You can get a total of 6 if you choose all offered. These are as near as your computer.

Go to the anfp site and click on Login, Login and go to My Market Place and choose CEs, scroll through and find the discounted CEs. Order and pay under your TRANSACTIONS. You can study and take the quizzes on your time. REMEMBER to be sure you do not already have credit for a topic before you choose it. You will receive credit for the CE once you complete the quiz.

Watch your ANFP emailings for free CEs, Webinars, Industry News and other informative and educational tools.

Upcoming Events

CDM, CFPP Informational Webinar
November 2, 2022

2023 Spring Regional Meeting
April 20-21, 2023 | Milwaukee, WI

2023 Annual Conference & Expo (ACE)
June 25-28, 2023 | New Orleans, LA

Georgia ANFP Chapter is hosting a Tri-State Virtual Conference October 13 and 14 starting at 9:30 each morning.

5 General, 1 Ethics and 3 Sanitation CEs Are available. You must register in advance. For more information: check with National ANFP.



Thanksgiving will be here before we know it! Have a bountiful harvest and a table filled with goodness and THANKFULNESS.