

SOONER SHOUT OUT Spring/Summer 2022



Association of
Nutrition & Foodservice
Professionals



UPCOMING EVENTS OKANFP Fall conference

We are trying to get an in-person fall conference set up!
I will be in September, will get the dates out soon.
Hoping we have a good turn out!!
We want to be able to stay safe, masks will be optional.

Please welcome our new members and students:

Katie Aberson
Lakesha Bateman
Anita Bertram
Kimberly Bloxham
Tammie Brady – new student
Paula Compos
Leslie Conway
Toni Davidson
Tina Friar – new student
Tahia Gonzalez
Robert Goodman
Katie Havenar
Noeme Hodges – new student
Darrel Hornsby
Liz Lazar
Janice Leeson
Shamear Newberry
Jessica Sears – new student
Stephanie Warner

Here are your board members:

Dustin Pham CDM CFPP
President
maph8417@gmail.com

Jennifer Sheffield CDM CFPP
Vice President
jennifer_shffld@yahoo.com

Kristen Pruitt CDM CFPP
Oklahoma state Treasurer
Kristen.Pruitt@odva.ok.gov

Karen Still CDM CFPP
Oklahoma State Secretary
kstill@suddenlink.net

Tammie Shroll CDM CFPP
Newsletter – Past President
Tammie.shroll@odva.ok.gov

OKANFP SOONER SHOUT OUT

Summer is here hot and heavy, stay safe and have fun! The sun is hot so be careful. Hope to see everyone soon!!

If your looking for something to do, check out the National Cowboy & Western Heritage Museum, science Museum, and the Oklahoma city National Memorial & museum in Oklahoma City.

You can also take a road trip down Route 66, there are so many beautiful spots to stop at.

Beavers Bend state park is one of the most popular parks of it kind in the state.

Our State is very beautiful and so much to do.

Page 2

WE ARE STILL NEEDING A
TREASURER ELECT!!!
HELP SUPPORT YOUR LOCAL
CHAPTER...
GET INVOLVED... VOLUNTEER,
BECOME
A LEADER, TRAVEL, LEARN FROM
YOUR
PEERS, NETWORK, MEET
NATIONAL
LEADERS, POSSIBLY ADVANCE
YOUR
CAREER.

*Treasurer Report
Balance as of 7/12/22
\$7,117.80*

*OKANFP was a Nominee
for the Diamond award!!*



SUN POISONING

Sun poisoning is the term used for an extreme degree of sunburn. The Ultraviolet rays of the sun irritate the skin and lead to inflammation when there is a prolonged exposure.

COMMON SYMPTOMS OF SUN POISONING



SUNBURN WITH REDNESS AND BURNING



DEHYDRATION DUE TO LOSS OF FLUIDS



TIREDDNESS



GENERALIZED ITCHING



FEVER



NAUSEA & DIZZINESS

TREATMENT OF SUN POISONING

Mild cases of sun poisoning are treated with anti pyretic medicines and painkillers. Taking a cold bath, cold compress and having plenty of fluids form an important part of the treatment. In severe cases, the patient may need medical treatment with IV fluids and stronger pain killers. Using an aloe vera gel or moisturizer may help to relieve the burning sensation on the skin. Topical steroids are of no use in such cases.



PREVENTION OF SUN POISONING



Keep yourself well hydrated during warm days



Wear white, cotton loose clothes that provide maximum coverage from the UV rays of the sun



Use a broad spectrum sunscreen that has an SPF (sun protection factor) of minimum 30.



Avoid going out when the UV rays of the sun are the strongest (between 10am to 2 pm)

