



SOUTH CAROLINA NEWS

WREN

March 2023

NOTES

Association of Nutrition & Foodservice Professionals

PRESIDENT'S

MESSAGE



MARCH 2023

Hello fellow Dietary Managers! Thank you for all you do to keep CDM, CFPPs the experts in Foodservice management and food safety. The people that we serve are the true benefactors of the work you do.

The fall conference in November was a smashing success. I want to thank the board and all of those that participated and attended for an outstanding three days of learning, networking, and relaxation at the beach. The location was exceptional. We will be returning to Grande Shores Ocean Resort in October of 2023 for this year's fall conference. Dates will be released soon.

We made it through another bout of Covid-19 outbreaks over the holidays. We can always hope that it will just disappear the same way it came into our lives – in an instant. It has taught us many things about how we do our jobs, how we should wash our hands a little more (if that's possible), that we should keep a little distance between us and the next person, and that our breath stinks after a while in a mask – hahaha!

The food and manufacturing industry is beginning to be a bit more reliable. Prices are a rollercoaster more now than ever before, but at least some things are readily available again. From my own experiences, I think the pandemic taught me that operators need to have multiple sourcing options for purchasing food and supplies. The days of one supplier are over. My advice to you is to leverage your knowledge of purchasing with your Administrators to gain options in regards to procurement. It takes more planning and price analysis, but it is worth it to use multiple vendors.

Spring is almost here! Our next conference will be April 19-21, 2023, at Performance Food Group in Florence, South Carolina. The board has capped registration at 45 people. Please register now! Information will be included in this newsletter, and on the ANFP website on the South Carolina page. We look forward to seeing everyone. We will hold nominations for elections in the fall for Vice President. We need you! If you have a few hours a month to devote to your chapter, please let us know or have a friend nominate you. This is a great chapter because it has great people. Step up and make a difference.

See you in April!
Chef Rick Schmitt, CDM, CFPP
President – SC ANFP



Spring Conference set for April 19-21

Celebrating Earth Day with Creativity & Innovation

Wednesday

11:00am – 12:00pm – Registration

12:00pm – 12:15pm – President's Welcome2

12:15pm – 3:15pm – Real Colors by Sherry Basile, PhD – 3 GEN

3:15pm – 3:30pm - Break

3:30pm – 3:45pm – Nominations for Vice-President

3:45pm – 4:45pm – Overview of the Ethics Reform Act by Meghan Walker - 1 ETHIC

4:45pm – 5:00pm – Closing remarks

Thursday

8:00am – 9:00am – Registration

9:00am – 9:15am - President's Welcome

9:15am – 10:15am – Playing with Produce by Chef Robert Stegall-Smith, CEC, AAC - 1 GEN

10:15am – 11:15am – The Easiest Top 10 Deficiencies to Receive by Dustin Ransdell – 1 SAN

11:15am-11:30am - Break

11:30am – 12:30pm – Food Allergies & Intolerances by Elaine Farley-Zoucha, RD, LMNT, LD - 1 GEN

12:30pm – 1:30pm – Food Show & Vendor Appreciation- 1 FS

1:30pm – 2:30pm – Budgeting for Inflation by Ada Dunn, MS, RD, LDN – 1 GEN

2:30pm – 3:30pm – Business Meeting

3:30pm – 3:45pm – Break

3:45pm – 1:45pm – Food Safety From A to Z by Amy Bollam – 1 SAN

4:45pm – 5:00pm Closing remarks

Friday

8:00am – 9:00am – Registration

9:00am – 9:15am Presidents Welcome

9:15am – 10:15am – Treatment of Chronic Pain by Dr. Ezra Riber, MD - 1 GEN

10:15am – 11:15am – Food Related Activities by Debbie Bouknight, BS, AC-BC, CDP – 1 GEN

11:15am – 12:15pm – Dementia 101 by Lorre Baird, BS, AP-BC, ADC, CDP - GEN

12:15pm – 12:30pm – Closing Remarks



Performance Food Group

2801 Alex Lee Blvd, Florence, SC



SOUTH CAROLINA



Association of Nutrition & Foodservice Professionals

MARCH 2023

*Celebrating Earth Day w/Creativity & Innovation
SC ANFP Spring Conference, April 19-21, 2023
Performance Food Group, 2801 Alex Lee Blvd, Florence, SC*

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.....\$150.00

Students & Retirees..... \$125.00

Pre-registration is required do to limited space. No walk-ins.

Credit/Debit Cards are accepted through PayPal.

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

Lodging is on your own. There are a few hotels on Hospitality Boulevard off 95 in Florence (15 min drive). There is also a Holiday Inn Express & Suites near PFG at 2101 Florence Harlee Blvd Hwy 327, Florence, SC.



SOUTH CAROLINA



Association of Nutrition & Foodservice Professionals

March 2023

Fall Conference in Myrtle Beach a big success!!



Risley Linder discusses the signs of abuse to the attendees at the South Carolina Fall Conference in November of 2022 at the Grande Shores Ocean Resort in Myrtle Beach. Mr. Linder went on to explain how to get the "Do Know Harm Abuse Training" to the audience. CDM's enjoyed the Grande Shores and expect to return this fall.



Sharing Knowledge
South Carolina President Rick Schmitt (left) explains the Danger Zone during his session.



CDM and RD Edna Cox (right) goes over Managing Nutritional Care for customers in the Nursing Home Industry.



A History of Spring Traditions

By Kathleen Halloran

In early spring, frost may still rime the windows in the morning, but we can feel the promise of a new season in each passing day. Almost imperceptibly, the sun warms, the day lengthens, and the air seems pure and thin as it takes on the scent of freshly turned soil, emerging green, and soft rains. Spring is a time of awakening, of healing and renewal, of the dawning and planting of new ideas. The world seems young and virgin again.

In February, many of us are still winter's captive, so we plan, wait, and listen for the song of the lark, which heralds good luck and good weather. We can sip a tea of sage and honey as we thumb the garden catalogs, and on a fair day, we may go outside to lift that first shovelful of dirt or turn the compost pile.

In March, on the other hand, spring is official no matter what the weather report says. It arrives this year at 1:46 a.m. on March 21 (8:46 p.m. EST on March 20). That's the vernal equinox, the time that the sun crosses the Earth's equator from south to north and one of only two times in the year when day and night are equal in length. (The vernal equinox doesn't fall on the same day every year because the length of the calendar year doesn't quite correspond with that of the solar year; the first day of spring varies from March 19 to March 21.)

Easter, which falls on the first Sunday after the first full moon after the equinox, is April 4 this year, and in most states, that date also marks the beginning of Daylight Saving Time, when we know the sun is here to stay.

In earlier times, the vernal equinox was considered the beginning of the new year. It has always been an important day to those who work the land because it signifies the beginning of the season of regeneration and growth. We can empathize with the ancients' joy at the resurrection of the sun god from the underworld. It's spring! The thought makes me want to braid fresh flowers into my hair and perform pagan rituals.

Folklore has it that the vernal equinox is the only day of the year when an egg can be stood on its end. Even though that's not true, we can admire the imagery. Eggs are, in fact, nature's perfect symbol for springtime and new beginnings. In March, when life is quickening in its seemingly miraculous annual way, we can't help but ponder the cosmic egg of creation. Our newly hatched world is green, new, fresh, and as innocent as the dawn.

I can but trust that good shall fall at last—far off— at last, to all and every winter change to spring. —Tennyson

More Spring legends BY Kathleen Halloran

Eggs have been associated with spring rituals for millennia. Ancient Egyptians, Persians, Romans, Gauls, and Chinese all embraced the egg as a symbol of the universe, and today, eggs are as much a part of Easter, and spring-time, as Easter bonnets and fancy flowers.

The word “Easter” is linked to the Old English word for “east” and owes its origin to a pagan spring festival that itself is derived from the Latin root for the word “dawn.” Dawn begins in the east, and both Easter and springtime mark a new dawning.

In pre-Christian Europe, Anglo--Saxons worshipped Eostre (or Ostara), the moon goddess of spring and fertility. She was always portrayed as standing among spring flowers and holding an egg in her hand. Her sacred animal was the hare, which laid eggs to honor her and encourage her fruitfulness.

The Druid goddess of fertility, Blodeuwedd, was the first of a long line of Flower Women revered by the Celts. (Guinevere, who married the King Arthur of legend, was a Flower Woman.) Blodeuwedd’s face and hair were portrayed in spring flowers, and Celts knew the path of a Flower Woman by the patches of white clover that bloomed in her wake. She was the goddess not only of fertility but also of magic, innocence, and dawn.

Later Christians appropriated and adapted many pagan traditions and symbols for their own celebration of resurrection. Another reason eggs became a part of this religious holiday is that they were one of the foods forbidden during Lent, the forty-day period of fasting and penitence that ends on Easter Sunday. In rural households, eggs were always plentiful in the springtime.

One Easter custom of early Christians was to add perfume or fragrant oils to holy water and sprinkle it around the house, on pets, and in food to ensure blessings. On Easter Monday, men would wake women with a sprinkling of the fragrant Easter water and speak the words “May you never wither”.

Easter fancy

Why are Easter eggs dyed and beautified? There are many traditions to explain this custom.

Before the Druids buried eggs in newly plowed fields to coax the goddess of spring from her winter hibernation and to ensure abundance and fertility, they dyed them red, the color of menstrual blood, to draw the life force to the land.

In ancient Egypt and Persia, where spring was celebrated as the beginning of the year, decorated eggs were exchanged at the equinox, eggs being the universal symbol of creation and fertility. In England, a royal household record from 1290 indicates that King Edward I ordered 450 eggs to be dyed or gilded for Easter gifts.

Polish legends tell of miracles. One has the Virgin Mary delivering eggs to the soldiers at the cross, begging them to be kind; as she wept, her tears fell on the eggs and spotted them with brilliant color. Another maintains that when Mary Magdalene went to the tomb to anoint the body of Jesus, she brought along eggs with her for a meal; when she arrived and uncovered the eggs, the white shells had taken on the colors of the rainbow.

Today, we boil eggs, dye them in gay colors, and hide them for our children to hunt. We have chocolate eggs, marzipan eggs, and new little yellow fluff-ball chicks. That hero of the day, the Eas-ter Bunny, earned his job by his habit of laying eggs all over the place. (Children never seem to question why a bunny would leave chicken eggs.)

Easter Eggs the Herbal Way

The lovely, muted, earthy look of naturally dyed Easter eggs can steal the thunder from the Easter Bunny’s candy-colored, gaudy offerings. They make wonderful additions to centerpieces or may be hung on a bare branch (a traditional German Easter tree). Eggs vary in the way that they take on color: some become attractively mottled. Using some brown as well as white eggs gives you a greater range of finished colors.



Easter Traditions You Will Only Find In The South

By Betsy Cribb

Southerners don't have a monopoly on celebrating Easter, but there's no denying that we mark the day with exceptional flair.

When it comes to celebrating holidays, Southerners would never be accused of going the less-is-more route. Rather, we tend to take an all-in, over-the-top approach that's matched only by the amount of butter we include in our biscuits. And while we certainly don't hold a monopoly on celebrating Easter, there's no denying that we mark the day with exceptional flair.

Southern churchgoers tend to dress in their finest nearly every Sunday, saving their polished shoes and freshly pressed shirts for worship services. But even the most casual congregation will step up their game to celebrate Resurrection Day.

In the South, that often means smocked dresses and hair bows for little girls, seersucker shorts for young boys, pastel-hued bow ties for men, and fabulous hats for the women. And don't be surprised if you see siblings dressed in matching or coordinating outfits. Consider it the year's first opportunity to snag a family photo worthy of the Christmas card!

While we're no longer legalistic about the no-white-after-Labor-Day rule, we do tend to replace the bright, summery end of the spectrum with creamier winter whites between the months of September and March. But when Jesus is resurrected, so too are our lightweight eyelet dresses and white espadrilles—and we'll likely be wearing them to church.

If you've never hopped the length of your place of worship's courtyard in a burlap sack whilst wearing Mary Janes with lacy socks and a puffy-sleeved dress, did you even grow up in the South? Just as Vacation Bible School in this part of the world is an experience all its own, so too is Easter. After the cross on the front porch has been adorned with fresh flowers and all the hymns have been sung, it's out to the church green for lemonade, egg hunts, and a little friendly competition, from sack races to egg tosses.

Eggs dyed in every shade of the rainbow are a given, of course, as are plastic eggs stuffed with jelly beans and tucked in every corner of the yard, but that's hardly unique to the South. Our preferred Easter eggs are the ones that come hard-boiled and filled with fluffy yolks whipped with mayo, sweet pickle relish, and a little Durkee's (if you know, you know). And, naturally, we like our deviled eggs served in a pretty, seasonal plate designed especially for them—particularly if it coordinates with Aunt Betty's hand-me-down china.**et.**

An Heirloom-Worthy Tablescape

We're sticklers for cloth napkins at nearly every meal, and holidays like Easter only up the ante: you can bet your bottom dollar we'll be pulling out the starch and the ironing board to press every inch of the table linens. And that's just the base. Also making an appearance for post-church brunch? Our grandmother's collection of Gorham Buttercup sterling silver flatware, the basketweave plates we received as a wedding gift, and the bitty, egg-decked Easter tree that Mama always sets out the morning after Valentine's Day.

Epic Egg Salad

It would not be a Southern Easter without egg salad. And you will encounter this traditional dish all day--from church and back to the house for dinner. There are just no end of resources on this special day to bring your best in egg salad. Those colorful orbs nestled in the baskets are meant for sandwiches or toast points. Trust that your kids will prioritize the chocolate and not miss the eggs you made off with to ensure the egg salad comes together.

Holiday Cake

We do not skimp on dessert for our holidays in the South, and Easter gives us yet one more reason to layer up a cake. Easter cake is truly a thing here, and it's not just the opulent dinner that requires a cake. Don't forget about your church's cakewalk or even the potluck you committed to. The direction you might take is almost limitless, and if you want to lean in another direction, by all means consider whipping up a pie.

Don't Forget the Ham

When did ham become the thing to lean on during the Easter holiday? It used to be that lamb was king on Easter, but eventually the ham proved to be a cheaper cut of meat that was easier to source. And what would post-Easter meals be without a ham sandwich on white with mayo? We look forward to the circle of leftovers surrounding this inspiring holiday every year.



Where Did the Easter Bunny Get Its Start?

The Easter Bunny's origin story is perfect material for a tall "tail." Heck, there are probably dozens of great Easter books that feature the little fluffer as the main character! It's funny though—we may know why we give something up for Lent, but where this bunny comes from is a bit more of a mystery. Like, how did he start gifting eggs for Easter egg hunts? The fluffy-tailed, floppy-eared cutie is one of the most recognizable figures of the holiday and you might just want to know where he actually came from. So, the next time you're telling a story over a root beer-glazed ham dinner, consider recounting the history of the Easter Bunny.

He's seen everywhere by springtime, which begs the question: Where did the Easter Bunny come from? Why does he bring us eggs? And how old is he? The bunny is a folkloric figure that is ubiquitous with the springtime holiday, beloved for delivering Easter baskets filled with Easter candy and eggs filled with treats to children around the world (much like another Christian folkloric figure ☐). He's even been the star of a few of his own Easter movies! Yet a tall-eared bunny is never so much as mentioned in the Biblical story, which has us also pondering how the fantastical hare became associated with Christianity's holiest day in the first place.

Ahead, you'll find the answers to these questions and more about the planet's most famous rabbit (begging your pardon, Bugs Bunny). Read on to learn about the history of the Easter Bunny, then share your knowledge with the whole family as you play special Easter games, make Easter decorations, or drink special Easter cocktails. And don't forget to share some cute Easter photos like the Drummonds do each year!

Historians believe that early German immigrants brought the story of the Easter Bunny to Pennsylvania in the 1700s, or at least an early iteration of the story. According to History.com, the Germans already had a tradition that involved an egg-laying hare called "Osterhase" or "Oschter Haws." The settlers children made small nests for the hare to leave its brightly colored eggs. Slowly, the myth of the egg-laying rabbit and the customs around it spread throughout the U.S., with the bunny eventually delivering chocolates, candies, and small gifts. Kids even left out carrots in case their furry friend needed a snack!

Nowadays, more than 88 percent of American parents lend the Easter Bunny a hand and help prepare Easter baskets for their children. Chocolate bunnies are an especially popular basket filler, with U.S. candy makers whipping up some 91 million for the holiday each year.

Originally, nothing. As previously mentioned, the Bible contains no reference to the Easter Bunny. He technically has nothing to do with Christ's resurrection. Instead, notes NBC News, the rabbit's roots can be traced back to ancient paganism, and the deity Eostra. The goddess of spring, rebirth, and fertility, her icon was the rabbit, thanks to its ability to quickly procreate. Some historians believe Christians named Easter after Eostra as a way of encouraging conversion, so along with the pagan moniker came the symbol of the bunny.

The first Easter celebration is said to have taken place in the 2nd century, but historians believe it probably occurred earlier, as the Vernal Equinox festival in honor of Eostra transitioned into the Christian holiday. By the 17th century, Protestants in Europe had firmly connected rabbits and Easter, although throughout the world other animals are associated with it. They include the bilby, a rabbit-like marsupial in Australia, Switzerland's Easter Cuckoo, and even the Easter fox, chick, stork, and rooster in Germany.

The Easter Bunny may not be featured in the Good Book, but he does share a connection with Christ: eggs. Like rabbits, eggs represented new life and fertility in pagan times, which is probably how the Easter fable of a warm-blooded, floppy-eared mammal laying eggs evolved. Then again, eggs also became associated with Easter through the religious aspect of the holiday. According to History.com, eggs represent Jesus' resurrection and his emergence from the tomb.

And decorating those eggs? Who or what is responsible for the bright colors of the eggs the Easter Bunny uses to fill children's baskets? It's thought that the tradition, which dates back to the 13th century, eventually became popular because eggs were forbidden to eat during Lent.



SOUTH CAROLINA



MARCH 2023

Association of Nutrition & Foodservice Professionals

I Keep Your Eggs Out of the Danger Zone

It's a special time of year as we welcome spring and celebrate several holidays. Though it's still recommended that Americans gather only with their immediate households as we all work together to end the COVID-19 pandemic, many families will still recognize Passover and Easter traditions. Whether you're celebrating your Seder meal with brisket or Easter dinner with ham or lamb, keep food safety in mind. Eggs also are popular for traditional Passover and Easter celebrations and require proper handling. Follow USDA's [Food Safety Steps](#) and remember these quick tips:

- Eggs should not sit out at room temperature for more than two hours. Keep hard-cooked eggs in the refrigerator until ready to serve.
- All cooked egg dishes should reach a safe minimum internal temperature of 160 F, as measured by a food thermometer.

If you plan to eat the Easter eggs you decorate, then be sure to use only food-grade dye. One suggestion is to make two sets of eggs, one for decorating and hiding that will not be consumed, and another set for eating. Consider using plastic eggs for your Easter egg hunt.

- During Passover, various kosher meats are consumed. Kosher meat and poultry are produced under rabbinical supervision. Verify the safety of meats by looking for the USDA mark of inspection to ensure the product was produced in an establishment inspected by the USDA.
 - Be sure to allow plenty of time to thaw a frozen brisket. Thawing in the refrigerator can take about 24 hours for a trimmed, first-cut brisket. A whole brisket weighing about 10 pounds can take several days.
 - Bake the brisket, fat side up in a baking dish, in an oven set no lower than 325 F. The brisket is safe to eat when it reaches an internal temperature of 145 F and is allowed to rest at that temperature for three minutes.
 - Ham is a popular meat for the Easter table. Did you know that there are several types of ham, and they require different preparation methods? Ham is either ready-to-eat or requires cooking before eating. Be sure to read the package instructions carefully.
 - Fresh, uncooked hams must be cooked to reach a safe minimum internal temperature of 160 F.
 - Ready-to-eat hams are cooked at the plant and can be safely eaten right out of the package and can be served cold or heated to serve warm.
 -
 - Lamb is another popular dish. For food safety, the USDA recommends cooking a leg of lamb and other cuts to a safe minimum internal temperature of 145 F.
- Learn more about the safe handling of [beef](#), [ham](#), [lamb](#) and [egg](#) products.

If you have questions about preparing meat, poultry or egg dishes, contact USDA's Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to a food safety expert or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.



Watch Out For All Fools' Day Pranks!!!!

April Fools' Day, also called All Fools' Day, in most countries the first day of April. It received its name from the custom of playing practical jokes on this day—for example, telling friends that their shoelaces are untied or sending them on so-called fools' errands. Although the day has been observed for centuries, its true origins are unknown and effectively unknowable.

It resembles festivals such as the Hilaria of ancient Rome, held on March 25, and the Holi celebration in India, which ends on March 31. Some have proposed that the modern custom originated in France, officially with the Edict of Roussillon (promulgated in August 1564), in which Charles IX decreed that the new year would no longer begin on Easter, as had been common throughout Christendom, but rather on January 1. Because Easter was a lunar and therefore moveable date, those who clung to the old ways were the "April Fools."

Others have suggested that the timing of the day may be related to the vernal equinox (March 21), a time when people are fooled by sudden changes in the weather. There are variations between countries in the celebration of April Fools' Day, but all have in common an excuse to make someone play the fool.

In France, for example, the fooled person is called poisson d'avril ("April fish"), perhaps in reference to a young fish and hence to one that is easily caught; it is common for French children to pin a paper fish to the backs of unsuspecting friends.

In Scotland the day is Gowkie Day, for the gowk, or cuckoo, a symbol of

the fool and the cuckold, which suggests that it may have been associated at one time with sexual license; on the following day signs reading "kick me" are pinned to friends' backs.

In many countries newspapers and the other media participate—for example, with false headlines or news stories.



Make perfect hard-boiled eggs

The perfect hard-boiled egg is true white, without a gray-green ring, and has a fluffy yellow yolk, and takes about 14 minutes to cook.

Believe it or not, "hard boiled" doesn't mean "hard-boiled" literally -- it means simmered or steamed in water that has reached 212°F.

3 Basic Methods/2 Hot Start Methods

Cold Start Method (recommended)

After many years of experimenting with these three methods, I find the Cold Start method the most reliable, particularly for electric stoves.

The hot start methods seem to vary when cooked on an electric stove, but were consistently successful on a gas stove. If you're unsure as to which method to use, I recommend the Cold Start Method.

Hot-start methods

Method 1: Simmering

Remove eggs from refrigerator and allow to sit for 15 minutes to avoid cracking

Bring water to rolling boil

Add eggs to water; boil for 1-minute

Turn down heat to simmering (where a few bubbles form on the bottom and rise gently, but barely get to the surface)

Simmer eggs uncovered 10-14 minutes

Place boiled eggs in a cold ice-water bath for 10 minutes

Method 2: Steaming

Remove eggs from refrigerator and allow to sit for 15 minutes to avoid cracking

Bring water to rolling boil

Add eggs to water; boil for 1-minute

After 1-minute, place a lid on the pan

Remove pan from heat, and allow to stand for 17-20 minutes

Place boiled eggs in a cold ice-water bath for 10 minutes

Cold-start method: recommended

Place eggs in a pan with enough cold water to cover them by about one inch

Bring water to rolling boil; boil for 1-minute

After 1-minute reduce heat to simmer for 14-minutes, uncovered

Immediately transfer to cold ice water bath for 10 minutes

