



Hello fellow CDMs.

PRESIDENT'S MESSAGE

OCTOBER, 2020

This has been a trying year for us all. A pandemic that we could have never imagined that targets the very people that we serve; social unrest in every corner of the world; food and supply industry instability; natural disasters; and feelings of uncertainty of what lies ahead of us all. 2020 has definitely been a year to remember.

Rest assured that your SC ANFP board has been working hard behind the scenes to keep your organization running. We are currently in the process of coming up with some unconventional ways to deliver educational sessions to keep you up to date on our changing world. Even in times like this, we still have to stay current on our training, not to mention staying abreast on the newest information on how to safely operate with the challenges of Covid-19.

Face to face meetings have been postponed at this point through spring of 2021. Unfortunately the joint NC/SC Educational Seminar had to be canceled, as well as ACE on the national level. Please visit ANFPonline.org for educational opportunities, current national news, and a great 60th Anniversary slideshow (note - there is a picture from the first ANFP regional meeting from Greenville of Frances Brown and myself representing SC ANFP in the slideshow). ANFP Tv also offers some great training videos on different topics. The SC ANFP board is currently discussing Zoom type meetings to enhance your educational needs. More to come on that in coming weeks.

So, what about voting for the offices of Vice President and Treasurer that was supposed to take place at our September meeting? The SC ANFP board has decided to postpone this until our next meeting in spring 2021. Renee Spence, CDM, CFPP, has accepted the position of Nominating Committee Chair and will be happy to take your nominations. Please email her at rturn838@gmail.com with your nominations. Remember, the position of Vice President is a progressive position that requires a four year commitment. Treasurer is a three year term, and has a term limit of six years. Jeri Tallon, CDM, CFPP, has been your treasurer for six plus years now, and must vacate the position by our By Laws. Both positions are very important to the operations of your organization. What have you done for your organization lately? We need you, our membership, to step up to the plate and be a part of what makes the machine turn.

We, as an organization, have some areas in our By Laws that need to be changed as well that I will address in another article. These unprecedented times were not anticipated when our By Laws were written. Historic changes need to be made to keep us all in line with how our organization runs in times like these. Any By Law changes required a membership vote. We need your support just as much with this as we do with the succession of officers.

Thank you all for the tremendous job you are doing in the field! SC CDM, CFPPs are industry leaders and your contributions to your organizations are undoubtedly appreciated. We will get through these hard times, and be stronger on the other side. Keep up the good work!

Your President

Chef Rick Schmitt, CDM, CFPP

**BI-LAWS NEED TO BE UPDATED FOR FUTURE
DUE TO PANDEMIC. ARTICLE IS ON PAGE 8**





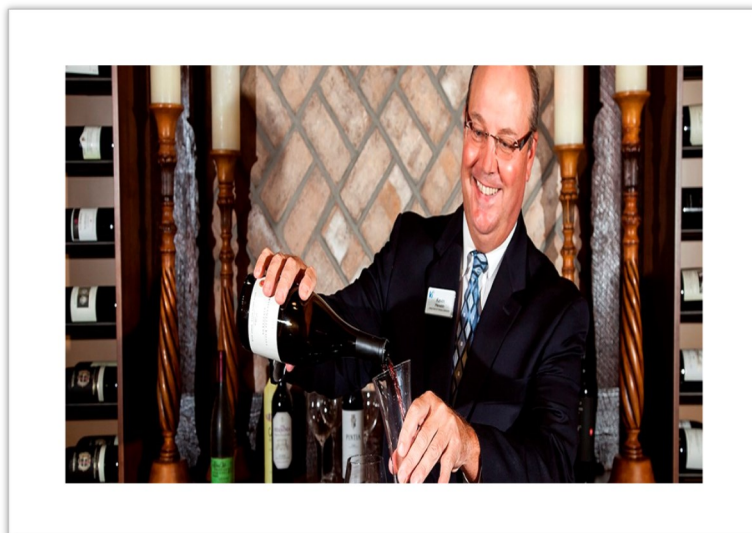
Association of Nutrition & Foodservice Professionals

Certified Wine Professional Kevin Meredith introduces wine tasting program

Kevin Meredith has been the Director of Dining Services for TidePointe, a Vi Community, for 15 years. A certified food and beverage executive, he is responsible for the residents’ dining experience at TidePointe. We recently sat down with Kevin to learn more about his new monthly event “Wine Down Wednesdays” and learn about his vast knowledge of wines.

How did you come up with the idea for Wine Down Wednesdays?

With the overwhelming success of our Two for Tuesday Craft Cocktail evening event, we wanted to do something with wine, so Wine Down Wednesday was born. We can vary the event from let say a wonderful Conundrum Wine Blending Work Shop, to Guest Speakers and Wine Makers the opportunities are endless.



How did you become an expert on wine?

I began by studying with the American Wine Society. But then I really got into it when Vi sent me to the Rudd Center for Professional Wine Studies at the Culinary Institute of America in Napa Valley. I became a Certified Wine Professional®. We studied everything there – the classifications, geographic areas, climate, wine making – you had to learn it all. Then I became a judge at the Hilton Head Island Wine & Food Festival. In five years I judged over 1200 bottles of wine!

Tell us what happens on Wine Down Wednesdays.

We gather together, about 25 of us, to talk about wine in a relaxed, informal setting. It’s a different format every time. We may just pour two glasses and have a side-by-side comparison, or we may have a guest speaker. Recently we had the Ambassador for the Willamette Valley Vineyard here to talk about their wines. She poured a Pinot Gris then a Pinot noir and finished with a Riesling. Everyone gets more educated about wine and we have fun doing it.

What is the feedback you’ve heard from residents about Wine Down Wednesdays?

They love it – many people can relate to the wine regions from their travels and their knowledge of the world. We had one resident attend who used to live in France and judge wines. Another resident told me that he’d been going to wine tastings for 40 years and the one on the Willamette Valley Vineyards was the best one he’d ever attended.

Can you share some ideas for upcoming Wine Down Wednesday themes?

Well, I could do dessert wines, ports. I could go around the world. I studied South African wines, and Ernie Els is a wine guy with his Big Easy Red and Big Easy White. So maybe next year during the RBC Heritage that's here in Hilton Head I'll pour a golfer's wine. The options really are limitless and every wine has a story!



Kevin Meredith, CFBE, CDM, CFPP, csw
Director of Dining Services

Kevin makes dining an experience. He manages every aspect of our Dining Services. He has 20 years of service with Vi. Kevin is a subject matter expert and has worked at every Vi community, former certified corporate trainer and trouble shooter. Kevin is a certified food and beverage expert (CFBE), Certified Dietary Manager (CDM), and a CFPP. Also a Certified Specialist of Wine. (CSW) Kevin is currently VI's Wine Ambassador.

EDITOR'S NOTE:

*****This column was written before the Covid pandemic hit our country.*****

Kevin will be sharing his expert knowledge of what wines goes with different foods and other hints in each of our Wren Notes Editions over the year. We are privileged and excited to have him join our staff!

Pages (5-7) will consist of a checklist released by the FDA U.S. Food & Drug Administration on best practices for re-opening food establishments during the COVID-19 Pandemic. It is on the South Carolina DHEC website and may be used to help with Nursing Homes and Assisted Living Communities.





REVENUE	2019 Actual	2019 Budget	2019 Variance	2020 Budget
REGISTRATION	\$13,800.00	\$26,250.00	\$12,450.00	\$9,000.00
VENDORS	\$5,400.00	\$13,500.00	\$8,100.00	\$4,000.00
REBATES	\$2,200.00	\$2,200.00	\$0.00	\$2,200.00
MERCHANDISE/FUNDRAISER	\$300.00	\$500.00	\$200.00	\$400.00
ACCOUNT INTEREST	\$3.10	\$3.10	\$0.00	\$3.10
FUND RAISERS				\$800.00
TOTAL REVENUE	\$21,703.10	\$42,453.10	\$20,750.00	\$16,403.10
EXPENSES	2019 Actual	2019 Budget	2019 Variance	2020 Budget
WORKSHOP EXPENSE	\$13,000.00	\$16,000.00	\$3,000.00	\$3,000.00
HOTEL ROOMS FOR BOARD	\$3,508.00	\$3,000.00	\$508.00	\$4,000.00
TRADE SHOW PARTICIPATION	\$0.00	\$800.00	\$800.00	\$800.00
DOOR PRIZES	\$600.00	\$1,200.00	\$600.00	\$500.00
REFUNDS	\$575.00	\$125.00	\$450.00	\$125.00
NATIONAL CONFERENCE	\$0.00	\$4,000.00	\$4,000.00	\$4,000.00
BONDING	\$100.00	\$100.00	\$0.00	\$100.00
TREASURER AUDIT	\$0.00	\$420.00	\$420.00	\$500.00
OFFICE SUPPLIES	\$300.00	\$750.00	\$450.00	\$400.00
ELECTRONICS & UPDATES	\$1,000.00	\$500.00	\$500.00	\$500.00
NEWSLETTER / POSTAGE	\$50.00	\$100.00	\$50.00	\$100.00
GIFTS (SPEAKERS)	\$200.00	\$150.00	\$50.00	\$400.00
LEGISLATIVE SPOKESPERSON	\$0.00	\$300.00	\$300.00	\$300.00
HUNGER WEEK	\$0.00	\$300.00	\$300.00	\$300.00
FUND RAISERS				\$500.00
DONATIONS	\$0.00	\$250.00	\$250.00	\$250.00
MEMBERSHIP				
TOTAL EXPENSES	\$19,333.00	\$27,995.00	\$8,662.00	\$15,775.00
TOTAL PROFIT / LOSS	\$2,370.10	\$14,458.10	\$12,088.00	\$628.10
OUTSTANDING AMTS OWED	\$0.00	\$0.00	\$0.00	\$0.00
CHECKING ACCT BALANCE	\$20,488.09			\$21,116.19
SAVINGS ACCT BALANCE	\$3,410.82			\$3,500.00
BOB SLOAN ACCT BALANCE	\$1,706.00			\$1,880.00
CDM FUND	\$380.23			\$380.00
TOTAL FUNDS	\$25,985.14			\$26,496.19

Best Practices for Re-Opening Food Establishments During the COVID-19 Pandemic

Food Safety Checklist FDA is providing a food safety re-opening checklist for previously closed retail food establishments or those that have been open with limited service related to the COVID-19 pandemic. This checklist addresses key food safety practices for retail food establishments to consider when re-opening and restarting operations. This is not a comprehensive list. We encourage retail food establishments to partner with local regulatory/health authorities to discuss the specific requirements for their retail food establishment prior to re-opening

- Are signs posted on how to stop the spread of COVID-19 and promote everyday protective measures?
- Are the premises in good order, including fully operational utilities and equipment? (e.g. electrical, lighting, gas services, and proper ventilation; hood systems for fire prevention; garbage and refuse areas; and toilet facilities)
- Are all areas of the food establishment, including restrooms and waiting areas, properly cleaned, stocked, sanitized, or disinfected, as appropriate?
- Are the facilities checked for pest infestation or harborage, and are all pest control measures functioning?
- Are ventilation systems including air ducts and vents in the facility clean, free of mold, and operating properly?
- Is there increased circulation of outdoor air (as much as possible) by, for example, opening windows and doors or using fans? (Do not open windows and doors if they pose a safety risk to children using the facility.)
- Are high touch self-service containers and items requiring frequent hand contact removed from use, or appropriately washed, cleaned and sanitized, and changed after each customer/party is served (e.g. seating covers, table cloths, linen napkins, throw rugs, condiments such as ketchup bottles and salt/pepper shakers, and reusable menus)?

Water, Plumbing, and Ice

- Are the water and sewage lines working?
- Is there hot and cold water?
- Are all water lines flushed, including equipment water lines and connections, according to the manufacturer's instructions?
- Are ice machines and ice bins cleaned and sanitized?
- Are necessary sanitizers and disinfectants that meet EPA's criteria for use against SARS-CoV-2 available and used per label instructions to clean and disinfect the facility during hours of operation?
- Are food contact surfaces and counters cleaned and sanitized? (Wash, rinse, and sanitize food contact surfaces, food preparation surfaces, and beverage equipment after use.)
- Are common use areas such as restrooms being cleaned and disinfected more frequently?



Association of Nutrition & Foodservice Professionals

- Are high-touch areas and equipment cleaned and disinfected (e.g. door knobs, display cases, equipment handles, check-out counters, order kiosks, and grocery cart handles)?
- Are sufficient stocks of single-service and single-use articles (e.g. tableware, carryout utensils, bread wrappers, and plastic wrap) available? If not, ensure all reusable food service items are handled with gloves and washed with dish soap and hot water or in a dishwasher. Employees should wash their hands after removing their gloves and after directly handling used food service items.
- Are staff properly trained on cleaning procedures to ensure safe and correct application of disinfectants?
- Has a disinfection schedule or routine plan been developed? Ensure sufficient stocks of cleaning and disinfecting supplies to accommodate ongoing cleaning and disinfection.

Food Temperature Control

- Are all coolers, freezers, and hot and cold holding units functioning?
- Are all coolers, freezers, and hot and cold holding units clean, sanitized, and protected from contamination?
- Are calibrated thermometers available and accurate to check equipment and product temperatures to ensure food safety/HACCP plans are executed as designed?

Product Inspection, Rotation

- Has all food been examined for spoilage, damage, expiration, or evidence of tampering or pest activity? If needed, was such food appropriately discarded?
- Is food properly labeled and organized, such that receiving date and rotation is evident?
- Are all food, packaging, and chemicals properly stored and protected from cross contamination?
- Has contact been made with suppliers in the supply chain to ensure deliveries are scheduled and able to be fulfilled?

Ware washing Equipment

- Is your 3-compartment sink clean and equipped with detergent and sanitizer?
- Is your ware washer clean and functioning and equipped with detergent and sanitizer (single temperature machine, 165°F) or reaches 180°F rinse (high temperature)?
- Do you have sanitizer test strips available and are the test strips appropriate for the sanitizer being used?

Handwashing Stations

- Have you trained and reminded employees of effective hand hygiene practices including washing hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing their nose, coughing, or sneezing?
- Are all the handwashing sinks accessible and fully stocked (e.g. soap, paper towels, hand wash sign, and trash bins)?
- Are paper towels and trash cans available in the bathrooms so doors can be opened and closed without touching handles directly?

- Are all the handwashing sinks functional and able to reach 100°F minimum?
- Have you considered using hand sanitizers (minimum 60% alcohol), as appropriate, in multiple locations to encourage hand hygiene by both customers and employees to supplement hand washing
- Do you have a protocol to check employee health and personal hygiene practices within your food establishment?
- Are you following CDC guidance and practices for employee health checks/screenings?
- Have you checked CDC and local regulatory/health authority guidance for employees returning back to work?
- Is there a plan to monitor and respond to a higher than normal level of absenteeism?
- Is there a plan or policy for, and an adequate supply of, personal protective equipment (PPE) and/or cloth face coverings? Cloth face coverings should only be used if PPE is not required, and changed as needed if worn.

Social Distancing Employee Health / Screening

- Has the facility taken measures (e.g. tape on floors/sidewalks, partitions, and signage on walls) to minimize face-to-face contact that allows, to the extent possible, at least a 6-foot distance between workers, customers, and visitors?
- Have you limited offering self-serve food or drink options, such as buffets, salad bars, and drink stations? As local regulatory/health authorities lift levels of restrictions, limit use with additional monitoring.
- Have you restricted the number of employees in shared spaces, including kitchens, break rooms, and offices to maintain at least a 6-foot distance between people?

Additional references can be found here:

Food Safety and the Coronavirus Disease 2019 (COVID-19) Questions & Answers for Industry:

- <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>
- Best Practices for Retail Food Stores, Restaurants, and Food Pick-Up/Delivery Services During the COVID-19 Pandemic: • <https://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-foodpick-updelivery-services-during-covid-19>
- What Grocery and Food Retail Workers Need to Know about COVID-19: • <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/grocery-food-retail-workers.html> CDC COVID-19
- Resources for Businesses and Employers: • <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html> • <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

List of EPA-registered Disinfectants:

- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- FDA Food Code: • <https://www.fda.gov/food/FDA-food-code/food-code-2017>
- Date Labels on Packaged Foods: • <https://www.fda.gov/consumers/consumer-updates/confused-date-labels-packaged-foods> • <https://www.fda.gov/media/125114/download>
- Safe Food Handling: • 4 Key Steps to Food Safety: Always — Clean, Separate, Cook, and Chill <https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

Employee Health:

- CDC Interim Guidance for Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/community>.

SOUTH CAROLINA ANFP By Law Changes

Rick Schmitt, CDM, CFPP – President

As President of the SC ANFP, it is my duty to ensure that the Executive Board operates within the framework that governs our organization – the SC ANFP By Laws. This group of rules has been voted on by the membership throughout the years of SC ANFP’s existence, and it defines who we are and how we operate as an organization. The pandemic that we are currently experiencing has caused some conflicts within our By Laws in two areas, particularly – Voting and Number of Meetings required per year.

ARTICLE VI – ELECTIONS - is the first area that requires an addendum. Section IV of the article instructs the Executive Board that voting is to take place at the Fall meeting. Due to the pandemic, this could not take place in 2020. The Executive Board has discussed this issue, and have made a decision outside of the framework because of the special circumstances that we are facing as an organization; however, a correction is needed for future Boards. We ask the membership to consider and vote on adding an addendum after Section 4 that reads:

“Emergency Addendum – Elections. The membership of the SC ANFP grants the Executive Board permission to postpone elections due to pandemics, natural disasters, or other unforeseen situations that may interfere with the integrity of the voting process as long as it does not interfere with the natural progression of officers elected by the membership.”

ARTICLE VII – MEETINGS - is the second area that the SC ANFP Executive Board requests an addendum be added for the same reasons as above. Currently the By Laws state: “SECTION 1. MEMBERSHIP MEETING: There shall be a minimum of two (2) membership meetings per year to transact the business of the Association and provide continuing education opportunities.” ANFP By Laws require ONE national meeting per year. We ask the membership to vote on the following addendum to be placed after Section 1. Membership Meeting:

“Emergency Addendum - State Meeting Frequency. The membership of the SC ANFP grants the Executive Board permission to postpone or cancel State Meetings due to pandemics, natural disasters, or other unforeseen situations that may affect the safety of the membership. In doing so this may limit the SC ANFP to one State Meeting in a twelve month period.”

Please consider the above addendums, and be ready to vote on them at the spring 2021 State Meeting. We need your support to represent you lawfully and the best way possible.

ANFP's Fall Virtual Meeting will take place on October 13 and October 15, 2020

We understand this is a busy and unpredictable time for you. However, we hope that offering timely education opportunities will help you in your current situation. By attending the sessions and purchasing the CE, you can acquire 6 CE hours! Register at ANFP online.org You must register for each separate session. Sessions will be archived and made available for members to view.

October 13, 2020:

Welcome from ANFP & Delegation: The Method to the Madness 1.0 GEN CE

Are You Inspection Ready? 1.25 SAN CE

Industry Networking Breakout Rooms 0.5 GEN CE Register

October 15, 2020

Are You on Board? Strategies for Staff Training in the First 90 Days

1.25 GEN CE Ethical & Engaged Leadership

1.0 ETH CE Leadership: All You Need to Know From A-Z 1.0 GEN CE

View full details at ANFPonline.org

South Carolina Officers

President Rick Schmitt

Past President Brandy Layne

President Elect Chris Olson

Vice President Paige Thibault

Secretary Diana Trout

Treasurer Jeri Tallon

THEY WORK
FOR YOU!!





Autumn is the time for baking special pies

SOUTHERN SWEET POTATO PIE

ingredients

3 tablespoons flour
1 2/3 cup sugar
1 cup mashed, cooked sweet potatoes
3/4 cup evaporated milk
1/2 cup butter, at room temperature
1/4 cup light corn syrup
2 eggs, at room temperature
1/4 teaspoon ground nutmeg
1 pinch salt
1 (9-inch size) pie shell, unbaked



Directions

Preheat the oven to 350 degrees F. In a mixing bowl, stir together the flour and sugar. Add the sweet potatoes, evaporated milk, butter, corn syrup, eggs, nutmeg and salt and mix on medium speed with an electric mixer.

Pour the sweet potato filling into the unbaked pie shell. Place in the oven and bake at 350 degrees F for 55-60 minutes or until the pie is set in the middle.

Remove from the oven and let cool on a wire rack then chill completely.



Coconut Custard Pie

1 Single-Crust Pie Pastry Dough
2/3 cup sugar
3 tablespoons cornstarch
2 1/2 tablespoons all purpose flour
1/4 teaspoon salt
1 cup whole milk
4 large egg yolks
1 (13.66-oz.) can coconut cream*
1/2 teaspoon coconut extract
1/2 cup sweetened shredded coconut
Whipped cream for garnish
Toasted coconut chips for garnish (optional)



Roll pie dough to a 1/8-inch thick circle and place inside a greased 9-inch metal tart pan or pie pan. Cut excess dough, leaving a 1/2-inch overhang. Fold overhang under itself, creating a thicker ring of crust around the pie's edge. Crimp edge. Take a sheet of aluminum foil and grease it liberally with butter. Place the buttered surface inside the pie shell, allowing the pie dough to come in direct contact with the aluminum foil. Freeze crust for 1 hour or overnight. Preheat oven to 350°F. Bake crust with aluminum foil for 30 minutes. Remove aluminum foil and use a spoon to press down any areas that have puffed up. Bake uncovered until the crust is crispy.

In a medium saucepan, whisk together sugar, cornstarch, flour, and salt. Gradually add the milk, whisking constantly, until dry ingredients are fully dissolved. Add egg yolks and coconut cream and whisk to combine. Place over medium-high heat and whisk constantly until mixture thickens and bubbles appear on the surface. Reduce heat to medium-low and continue whisking for an additional minute. Remove from heat and stir in coconut extract and sweetened shredded coconut. Use a fine wire-mesh strainer to strain the mixture into the prepared pie shell, spreading the mixture evenly. Chill at least 2 hours or overnight. Garnish pie with freshly whipped cream and toasted unsweetened coconut chips if desired.

***Coconut cream is different than coconut milk, so be sure to check the label at the store to ensure you've grabbed the right ingredient.**

Autumn is the gateway to Holiday Memories



Do Not Allow the Covid Pandemic to zap our **spirit!!!** Better times will return along with social meetings between us. Use the fall season to remember what we do have to be thankful for and allow positive thoughts to give way to better time in 2021

