



## Spring 2018



## President's Message

Velma McElroy, CDM, CFPP  
TXANFP President

**NO Message Sent**

## Congratulations to:

**Kathy Neal CDM, CFPP**  
**House of Hope**  
**Wichita Falls, Texas**  
&

**Lisa Gaston CDM, CFPP**  
**Westridge Nursing & Rehabilitation**  
**Lancaster, Texas**

## TX ANFP Dallas Regional Meeting Scholarship Winners

**They will be attending the March 15 -16, 2018 Meeting registration & hotel paid!!!!**

ANFP Regional Meeting will be in Dallas March 15-16. We are excited about the meeting and hope that many of you will be able to attend. Registration is now available, for more details go to [www.anfponline.org](http://www.anfponline.org). TXANFP Spring Meeting will be held at Creative Solutions, White Settlement, Texas May 3-4, 2018.

The host hotel will be Comfort Inn and Suites, White Settlement, TX. More information will be posted **TXANFP website soon**. I am looking forward to seeing you at the spring meeting. All district presidents if you have not sent your report in to me or Kenneth Owens, TXANFP Secretary please do so as soon as possible.



## WELCOME TO Reinhart Foodservice®

As one of the largest foodservice distributors in the country, Reinhart Foodservice aims to provide the best products and solutions to our valued customers every day. Satisfied customers expand their business with us, and new customers seek us out to benefit from our industry leading business solutions.



We are a national distributor with that local touch. Reinhart understands and reacts to local and regional differences in Healthcare foodservice needs. We adapt and customize your foodservice program to suit your business objectives, from how and when we deliver to your facilities to meeting your menu requirements. You still get the distribution, pricing, services and technology leverage of a national player with a focus on the unique elements of your market that our largest competitors can't match.

We're proud to serve many of our industry's leading healthcare operations. To them Reinhart is more than a distributor. We are a true partner with extensive Healthcare experience and expertise. We work with you to meet your budget, streamline operations and deliver quality meals to your residents.



### HEALTHCARE



Contact us for more information:

Tiffany Wenzel, RD/LD | (817) 320-4614 | [trwenzel@rfsdelivers.com](mailto:trwenzel@rfsdelivers.com)



## District 1 Highlight

### No Message sent

President, Mary Valdez, CDM, CFPP

### DISTRICT 1 OFFICERS:

The 2017-2018 Slate of Officers:

President--Mary Valdez, CDM, CFPP

President-Elect--Open

Secretary-Cynthia Molina, CDM, CFPP

Treasurer-Latanya Black, CDM, CFPP

Past President-Olivia Quinonez, CDM, CFPP

## Texas Cook's Nook Blacken Chicken Alfredo



**Total: 10 min**

**Active: 10 min**

**Yield: about 2 cups**

**Level: Easy**

**Ingredients**

**1 stick butter**

**1 cup heavy cream**

**Salt and freshly ground black pepper**

**2 cups freshly grated Parmesan**

**Pasta cooking water, as needed**

### Directions:

In a saucepan or skillet, warm the butter and cream. Season with salt and pepper. Add the Parmesan and stir until melted. Toss to combine, thinning with pasta water if necessary.

**Alfredo Sauce Recipe courtesy of Ree Drummond Show: The Pioneer Woman**



## 2018 ANFP National Regional Meeting Award Winners

**Kathy Neal CDM, CFPP**

**House of Hope  
Wichita Falls, Texas**

**&**

**Lisa Gaston CDM, CFPP**

**Westridge Nursing & Rehabilitation  
Lancaster, Texas**

**They will be attending the**

**March 15 -16, 2018**

**Meeting registration & hotel paid!!!!**



**Join  
Texas ANFP  
Facebook Page  
for Information  
Around the State**



**CAVATAPPI PASTA WITH TOMATO HERB SAUCE**

**GEMELLI PASTA WITH CREAMY GARLIC SAUCE**

**THE GOOD TABLE**

**ENTRÉES MADE EASY:**

**Chef-inspired, individual entrées created for hospitals**

Quick and easy prep with consistent quality and nutrition no matter the skill level!

FOR YOUR FREE SAMPLE, VISIT [generalmillscf.com/entrees-made-easy](http://generalmillscf.com/entrees-made-easy)

**GENERAL MILLS CEREALS & FOODSERVICE**

## **Community Happenings**

Brookdale Senior Living  
San Marcos North  
Act of Kindness day  
02/09/2018



## District 2 News

Debbie McDonald is acting president for District two at this time, **No other information provided.**

Submitted by,  
Gladys Hendrich, CDM, CFPP

## District 3 News

**No Information Provided.**

President-Deborah Darlin, CDM, CFPP

## District 4 News:

**No Information**

President:

Carol Persinger, CDM, CFPP

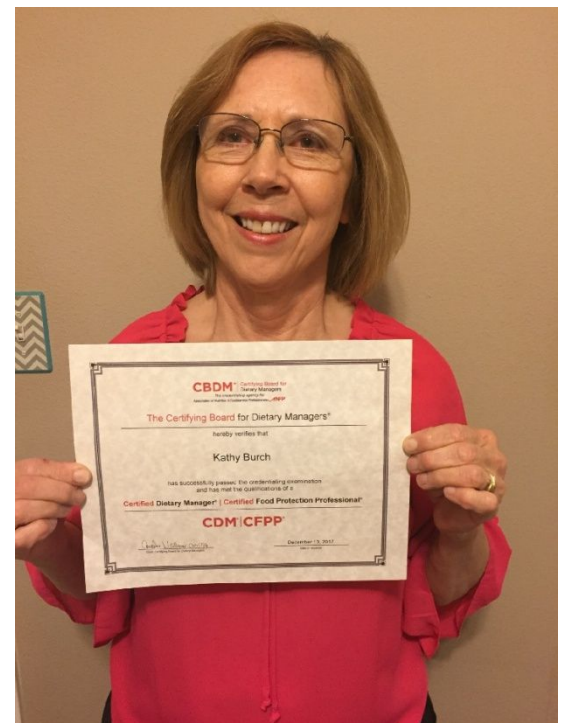


## Scholarship Corner

We are proud to announce our scholarship winner

**Mrs. Kathy Burch, Gilmer Nursing and Rehab,  
Gilmer Texas.**

**Passing the Test... TXANFP sends  
CONGRATULATIONS to you !!!**





## ***Texas ANFP Board***

Ken Owens- Secretary  
Velma McElroy- President

Kathy Mata- President Elect  
Mary Valdez- Treasurer



### **District 5 News**

District 5 had a meeting on January 19<sup>th</sup>  
at Crestview Retirement Community  
2505 East Villa Maria Rd, Bryan, TX 77802

District 5 held a meeting on January 19th at Crestview in Bryan. The meeting was attended by 13 participants and we had 2 Speakers. A wonderful meal was prepared by the Crestview staff and was enjoyed by all. Elections were held at the meeting and sent out to District 5 members. The District 5 Board Members are as follows for the term of June 1, 2018 to May 31, 2019:

President-Marilyn Kleypas  
President-Elect- James Frei  
Treasurer-Donna Ynostrosa  
Secretary-Susan Rodrigues



## Trust the Ocean Spray® Brand to help manage urinary tract health

Urinary tract infections affect more than 150 million people globally each year.<sup>1</sup> Ocean Spray® Cranberry +health™ juice drink is made with a formula clinically proven to help reduce symptomatic recurrent UTIs in women by almost 40%.<sup>2</sup>



### Superior Nutrition

- + 27% cranberry juice content
- + 120mg of proanthocyanidins (PACs) per 8 ounce serving
- + 35 calories and 6 grams of sugar per 8 ounce serving
- + No artificial dyes, flavors or high fructose corn syrup
- + Diabetic friendly\*



### Cost-Effective

At less than \$0.50 a day Cranberry +health™ juice drink can be a practical nutrition approach to maintaining urinary tract health<sup>3</sup>



### Simple To Use

8 ounces can be consumed as part of normal daily fluid intake



"Since serving 8 ounces of Cranberry +health™ per day my patients with recurring UTIs were reduced from 12 to 2 per month. Patients like the taste, our dieticians like the low sugar. The families of the residents like the brand name Ocean Spray and appreciate that this product improves their family member's lives." – DON, SNF, Venice, FL

*Make Cranberry +health™ juice drink the official cranberry product of your facility!*

For more information about cranberries and your health, visit [www.cranberryhealth.com](http://www.cranberryhealth.com).



<sup>1</sup> Nicolle LE. Epidemiology of urinary tract infections. Clin Microbiol News 2002; 24:135–140.

<sup>2</sup> Maki K et al. Consumption of a cranberry juice beverage lowered the number of clinical urinary tract infection episodes in women with a recent history of urinary tract infection. Am J Clin Nutr 2016; 103:1434–1442.

<sup>3</sup> Based on the consumption of one 8 oz serving per day.

\*Always seek advice from your healthcare professional.





Association of Nutrition & Foodservice Professionals

## Letter from the Texas ANFP President-Elect

2/17/18

Dear Members,

As President-Elect it is my privilege to “Call for Volunteers” to serve on the following Committees for the 2018-2019 term:

Program Committee, Fundraising Committee, Legislative Committee, Exhibitors Committee, Finance Committee, Membership Committee, Newsletter Committee, Scholarship Committee, Nominating Committee, Registration Committee, and Education Committee.

So far there has been a lot of interest but we still need more Volunteers. In working on a Committee you will have input and insight as to the workings of our Chapter and you can help your fellow members make this a great new year in the role of a Volunteer. This can also be a stepping-stone to serving on the Executive Board, at the State level in the future, as you gain experience and knowledge.

If you are interested please call me @ 903-467-4326 or email me @ [kep1029@yahoo.com](mailto:kep1029@yahoo.com).

I look forward to my upcoming term as President on June 1, 2018.

Help me to make our Chapter the best that it can be by being a part of our success and growth.

Kathy Mata CDM,CFPP

Texas ANFP President-Elect



Association of Nutrition &amp; Foodservice Professionals

**CANDIDATE CONSENT FORM****Date:**

The Nominating Committee of the Texas Association of Nutrition & Foodservice Professionals requests you to fill out this consent form to serve as

**(Available Position)****Term:****Name:****Address:****Home Phone :****City, State, Zip:****Work Phone:****Place of Employment:**

How long have you been a member of ANFP?

Are you certified? Yes ☐ NO ☐Does your supervisor/administrator support your membership? Yes ☐ NO ☐Do you have the support of your supervisor/administrator to serve in this capacity and allow you ample time to complete your assigned duties? YES ☐ NO ☐

(To show that your Administrator supports the time and commitment it will take to fulfill the duties of this position, please have him/her sign below).

**Administration's Signature:** \_\_\_\_\_

Have you attended any National Meetings? Please list location and dates

Do you attend State Meetings regularly? Please list locations and dates

List all offices and committees on which you have served:

State Positions and Years

District Positions and Years

How has ANFP been beneficial to you?

If elected, do you promise to fulfill the duties of that office to the best of your abilities?



**Effective Date:** April 18, 2016

**Revised Date:** January 7, 2017

**SUBJECT:** Candidate Criteria

**POLICY:** A Certified Dietary Manager who is an ANFP member interested in serving as an Executive Board member must follow the criteria set below to be considered for that position.

**PROCEDURE:**

1. A Candidate must be a Certified Dietary Manager and an ANFP member in good standing. Good standing means a member must have current membership to ANFP and must have required continuing education hours.
2. To be a Candidate, a member must be active in his/her district, state and/or in the national chapter by attending meetings, serving on committees and/or board for his/her chapter or for TX ANFP within the last year.
3. The Candidate must have the ability to speak and serve on behalf of ANFP and to be able to make decisions for the good of the membership without influence by another board member or by general membership.
4. To have a genuine interest in ANFP and its goals and be able to communicate that interest to others is important to be considered as a Candidate.
5. A Candidate must be open to new ideas brought by the board or its members.
6. A Candidate must act professionally at all times and must get along well with other board members and other ANFP members.
7. All Candidates must have the ability to work under potential pressure.
8. Candidates must be able to attend board meetings and have the sufficient time to serve in his/ her position.
9. Candidates must have the full support of his/her Administrator to hold office and to attend meetings. A letter of support must be signed by the Administrator and given to the Nominating Committee Chairperson along with the filled Consent to Serve Form.



## Financial Statement Treasurer's Report

Dates of Financial Statement: June 1, 2017 to September 30, 2017

**BEGINNING BALANCE as of June 1, 2017****\$10,887.05****INCOME:**

|                                                                                                                                                     |            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| National Rebates:                                                                                                                                   | \$1,615.00 |
| Donations—Rise Against Hunger                                                                                                                       | \$ 120.00  |
| Fall State Meeting                                                                                                                                  | \$3,967.94 |
| Registration                                                                                                                                        | \$ 420.00  |
| Fundraising                                                                                                                                         | \$ 0.00    |
| Income-Exhibitors                                                                                                                                   | \$3,547.94 |
| Spring State Meeting:                                                                                                                               |            |
| Registration                                                                                                                                        | \$ -       |
| Fundraising                                                                                                                                         | \$ -       |
| Income-Exhibitors                                                                                                                                   | \$ -       |
| Other: (reimbursement from member \$148.91<br>rebate from city of Garland \$193.90, reimbursement for hold on<br>hotel rooms @ National mtg\$385.5) | \$ 728.31  |

**TOTAL INCOME..... \$ 6,431.25****EXPENSES:**

|                                                                        |            |
|------------------------------------------------------------------------|------------|
| Office Supplies                                                        | \$ 108.23  |
| Printing                                                               | \$ 0.00    |
| Rebates to Districts(Will be used for donation to Rise Against Hunger) | \$ -       |
| NFEF Foundation Donation                                               | \$ -       |
| TAND Donation                                                          | \$ -       |
| T.E.D. Award                                                           | \$ -       |
| Lee Jensen Award                                                       | \$ 399.00  |
| Executive Pre-Board Fall Meeting                                       | \$1,797.17 |
| Travel                                                                 | \$1,067.04 |
| Hotel                                                                  | \$ 690.69  |
| Food                                                                   | \$ 39.44   |
| Executive Pre-Board Spring Meeting                                     | \$ -       |
| Hotel                                                                  | \$ -       |
| Travel                                                                 | \$ -       |

Financial Statement Treasurer's Report

|                                    |                             |                           |
|------------------------------------|-----------------------------|---------------------------|
| Fall State Meeting Expenses.....   |                             | \$ -                      |
| Meeting Rooms.....                 | \$ -                        |                           |
| Executive Board: Hotel.....        | \$ -                        |                           |
| Travel.....                        | \$ -                        |                           |
| Committee Chairs: Hotel.....       | \$ -                        |                           |
| Spring State Meeting Expenses..... |                             | \$ -                      |
| Meeting Rooms.....                 | \$ -                        |                           |
| Executive Board: Hotel.....        | \$ -                        |                           |
| Travel.....                        | \$ -                        |                           |
| Committee Chairs: Hotel.....       | \$ -                        |                           |
| National Meeting Expenses.....     |                             | <u>\$3,388.04</u>         |
| Hotel.....                         | <u>\$2,940.18</u>           |                           |
| Travel(flight change fee).....     | <u>\$ 75.00</u>             |                           |
| Food.....                          | \$                          |                           |
| Per Diem.....                      | <u>\$ 200.00</u>            |                           |
| Other (silent auction items) ..... | <u>\$ 172.86</u>            |                           |
| Bank Charges.....                  | \$                          | <u>3.00</u>               |
| PayPal Fees.....                   | \$                          | <u>8.76</u>               |
| Other Charges.....                 | \$                          |                           |
| Disaster Relief Grants.....        | \$                          |                           |
| <b>TOTAL EXPENSES.....</b>         |                             | <b><u>\$ 5,704.20</u></b> |
|                                    | <b>NET PROFIT/LOSS.....</b> | <b><u>\$ 727.05</u></b>   |
|                                    | <b>BALANCE ON HAND</b>      | <b><u>\$11,614.10</u></b> |

As of November 30, 2017 \$1,000. has been raised for the Rise Against Hunger project. Membership donated \$400.00 and each district donated \$600 of their district rebate to this cause.

Treasurer:

Date:

## ANFP State Board

**Velma McElroy**  
CDM, CFPP  
*President*  
velma.mcelroy@sbcglobal.net

**Mary Valdez**  
CDM, CFPP  
*Past President*  
valjmkn@aol.com

**Ken Owens**  
CDM, CFPP  
*Secretary*  
ken.owens@uhsinc.com

**Mary Valdez**  
CDM, CFPP  
*Treasurer*  
valjmkn@aol.com

**Kathy Mata**  
CDM, CFPP  
*President Elect*  
kep1029@yahoo.com

## Committee Chairs

*Fundraising*  
Mary Armstead

*Vendor*  
Kim Kyle CDM, CFPP

*Membership*  
Open

*Newsletter*  
Editor-Beverly Turek  
bevturek@yahoo.com

Joseph Pena  
CDM, CFPP  
joseph.b.pena@gmail.com

*Programs/Development*  
*/ Website*  
Deborah McDonald  
CDM, CFPP

## Calendar of *Events* around the State

State Fall Meeting  
Houston Sysco  
Sept 27-29 2017

### March 2018:

March Spring Regional Meeting 2018  
March 15 - March 16, 2018  
Location: Embassy Suites Dallas Park Central Dallas, TX

### April 2018:

April 2 - 6, 2018 as Member Appreciation Week ANFP National

### May 2018:

Cut off for Information if you want to include it in the Newsletter 18th

### June 2018:

Annual Conference & Expo 2018  
June 01 - June 04, 2018  
Location: Renaissance SeaWorld in Orlando, FL

### July 2018:

### Aug 2018:

Cut off for Information if you want to include it in the Newsletter 17th

### September 2018:

### October 2018:

### November 2018:

### December 2018:

### January 2019:

### February 2019:

### March 2019:

### April 2018:



## District 6 News

No Meeting  
Joyce Smith CDM, CFPP

G Baldwin & Co

# CULINARY CHART

WHICH OF YOUR HERBS COMPLIMENT WHICH FOODS?



|             | BEEF | CHICKEN | LAMB | PORK | GAME | FISH | VEGETABLES | SEAFOOD | SALADS | POTATOES | RICE & PASTA | SOUP & STEW | EGGS | FRUIT | BAKING | DESSERTS | TEA | GARNISH | ASIAN | ITALIAN | THAI |
|-------------|------|---------|------|------|------|------|------------|---------|--------|----------|--------------|-------------|------|-------|--------|----------|-----|---------|-------|---------|------|
| ANGELICA    |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| ANISE       |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| BASIL       |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| BAY         |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| BORAGE      |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CALENDULA   |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CARAWAY     |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CAYENNE     |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CHAMOMILE   |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CHICORY     |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CHIVES      |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| CORIANDER   |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| DILL        |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| FENNEL      |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| GARLIC      |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| HOREHOUND   |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| HYSSOP      |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| LEMON BALM  |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| LEMON GRASS |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| MARJORAM    |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| MINT        |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| OREGANO     |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| PARSLEY     |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| ROSEMARY    |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| SAGE        |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| GERANIUM    |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| TANSY       |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| TARRAGON    |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |
| THYME       |      |         |      |      |      |      |            |         |        |          |              |             |      |       |        |          |     |         |       |         |      |

## Texas ANFP donated \$1503.36 to Rise Against Hunger We packed 5184 meals on Saturday, February 17, 2018



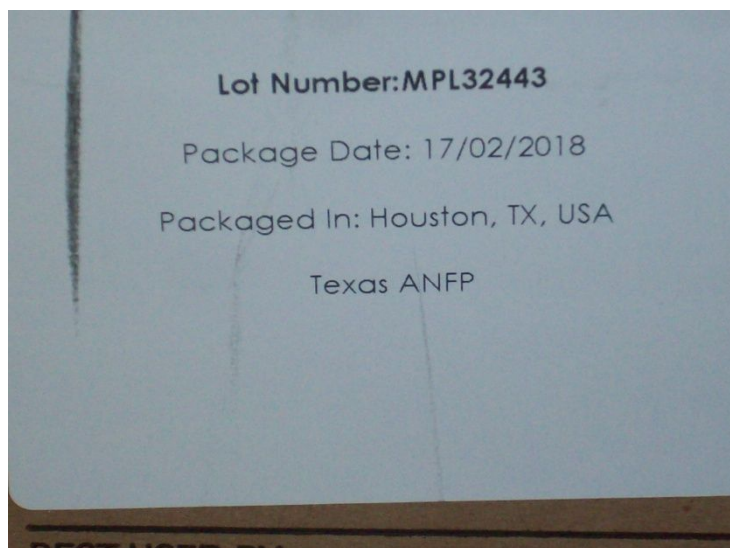
Left to right – Linda Harrison CDM, CFPP, Debbie Owens & husband Ken Owens CDM, CFPP, Mary Valdez CDM, CFPP & husband Johnny, Velma McElroy CDM, CFPP & husband Gary, Catherine Mayfield (Rise Against Hunger)







Velma presenting check to Catherine Mayfield with "Rise Against Hunger"







# COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

| KEY<br>FLAVOR PROFILE                                                                             | ALLSPICE<br>EARTHY, SWEET                                                           | BASIL<br>SWEET                                                                      | CINNAMON<br>EARTHY, SWEET                                                           | CLOVES<br>EARTHY, SWEET                                                             | CORIANDER<br>EARTHY, PEPPERY                                                         | NUTMEG<br>SWEET                                                                       | OREGANO<br>EARTHY                                                                     | PAPRIKA<br>SWEET, WARM                                                                |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  PRODUCE           |    |    |    |    |    |    |    |    |
|  PROTEINS          | Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips                    | Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini                                | Apples, Carrots, Pears, Sweet Potatoes, Squash                                      | Apples, Beets, Squash, Tomatoes, Sweet Potatoes                                     | Bell Peppers, Potatoes, Onions, Tomatoes                                             | Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes                       | Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms                     | Bell Peppers, Squash, Cauliflower, Broccoli, Potatoes                                 |
|  USE IN            | Beef, Lamb                                                                          | Cheeses, Chicken, Fish, Pork                                                        | Chicken, Lamb                                                                       | Lamb                                                                                | Chicken, Beef, Fish, Pork, Tofu                                                      | Lamb                                                                                  | Beans, Chicken, Fish, Lamb, Pork                                                      | Chicken, Shellfish, Lamb, Tofu                                                        |
|  PAIRS WELL WITH | Soups, Desserts, Breads                                                             | Salad Dressings, Sauces, Dry Rubs, Marinades                                        | Fruit Sauces, Desserts, Breads                                                      | Curries, Soups, Marinades, Desserts, Breads                                         | Curries, Soups, Sauces, Stuffing, Dry Rubs, Marinades                                | Rice, Stuffings, Sauces                                                               | Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades                            | Rice, Soups, Salad Dressings, Marinades                                               |
|                                                                                                   | Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace                                    | Garlic Powder, Rosemary, Thyme, Marjoram, Oregano                                   | Allspice, Cloves, Nutmeg                                                            | Cinnamon, Nutmeg, Allspice, Basil                                                   | Chili Powder, Cumin, Cinnamon                                                        | Allspice, Cloves                                                                      | Chili Powder, Bay Leaves, Thyme                                                       | Garlic Powder, Chili Powder, Cardamom, Cinnamon, Cumin                                |
| <b>BAY LEAVES</b><br>BITTER                                                                       | <b>CARDAMOM</b><br>SWEET                                                            | <b>CAYENNE PEPPER</b><br>SPICY                                                      | <b>CUMIN</b><br>SMOKY, EARTHY                                                       | <b>GARLIC POWDER</b><br>SAVORY                                                      | <b>GINGER</b><br>SWEET, WARM                                                         | <b>ROSEMARY</b><br>EARTHY                                                             | <b>THYME</b><br>EARTHY                                                                | <b>TURMERIC</b><br>PEPPERY, BITTER                                                    |
|                 |  |  |  |  |  |  |  |  |
| Potatoes, Tomatoes, Mushrooms                                                                     | Carrots, Citrus, Corn, Peas, Sweet Potatoes, Squash                                 | Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes                          | Eggplant, Tomatoes, Zucchini, Carrots, Corn, Green Beans                            | Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms                                     | Carrots, Citrus, Sweet Potatoes, Beets, Squash                                       | Mushrooms, Peas, Potatoes, Onions                                                     | Carrots, Tomatoes, Zucchini, Cauliflower, Green Beans, Peas                           | Cauliflower, Cabbage, Potato, Sweet Potatoes                                          |
| Beans, Lentils, Shellfish                                                                         | Chicken, Duck, Lentils, Pork                                                        | Chicken, Beef, Fish                                                                 | Beans, Chicken, Beef, Fish, Lentils, Pork, Tofu                                     | Beans, Chicken, Beef, Fish, Tofu                                                    | Chicken, Beef, Fish, Pork, Tofu                                                      | Beans, Chicken, Lamb, Pork, Fish                                                      | Beef, Chicken, Fish, Lamb, Pork, Lentils                                              | Beans, Lentils, Chicken, Fish, Tofu                                                   |
| Risotto, Soups                                                                                    | Curries, Rice                                                                       | Rice, Soups, Salad Dressings, Sauces, Marinades                                     | Curries, Rice, Soups, Sauces, Dry Rubs, Marinades                                   | Curries, Soups, Sauces, Stir-Fries, Dressings, Dry Rubs, Marinades                  | Rice, Curries, Stir-Fries, Marinades                                                 | Marinades                                                                             | Soups, Salad Dressings, Dry Rubs, Marinades                                           | Curries, Rice                                                                         |
| Oregano, Sage, Thyme, Marjoram                                                                    | Cinnamon, Cumin, Ginger, Turmeric                                                   | Cumin, Paprika, Cinnamon                                                            | Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano                                  | Oregano, Cumin, Coriander, Turmeric                                                 | Garlic Powder                                                                        | Garlic Powder, Oregano, Thyme, Basil                                                  | Oregano, Rosemary                                                                     | Cardamom, Garlic Powder                                                               |