

ANFP Texas News

SPECIAL POINTS OF INTEREST:

- President's Message
- Workshop April 24-26, 2024
- Goal Setting
- Benchmarking Program
- Fall Workshop Pictures

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“Up Coming Events” You Do Not Want to Miss!!

TXANFP Spring Workshop
April 24-26, in Missouri City

Pride in Foodservice Week
February 5-9, 2024

Member Appreciation Week
April 1-5, 2024

2024 Annual Conference & Expo (ACE)
June 10-13, 2024 / Cleveland Ohio



“Your Talent determines what you can do. Your Motivation determines how much you are willing to do. Your Attitude determines how well you do it.”

-Lou Holtz



President's Message

Debbie McDonald, CDM, CFPP
TXANFP President



*Happy New Year TXANFP,
I am happy to be your TXANFP president for fiscal year 2024. As we reflect on 2023, I am sure there were struggles, highs, and lows. We learned valuable lessons and we made it through. I want to thank each of you for continuing to provide a service to residents, patients, clients, school food and correctional services. As you know the virus is here to stay. We are still experiencing employees being sick, short staff and many other obstacles, but we are still standing and working hard each day to make a difference. Hopefully, 2024 will be less stressful regardless we will meet the challenges with positivity.
I am sad to report that our Treasurer husband passed this January. On the behalf of TXANFP, we send our condolences.*

*TXANFP Spring workshop will be in **April 24-26, in Missouri City.** You will receive more information on the website and on your email once everything has been confirmed. If you have a suggestion for a topic and speaker, please let me know by Feb. 12, 2024. **Please mark your calendars.***

During the THANKSGIVING holidays on the behalf of TXANFP Fred Mahaffey & Ken Owens delivered turkeys to the Good Samaritan Shelter in Rusk, Texas and Debbie McDonald delivered hams to Grace Ministries in Burkburnett, Texas. Both recipients were very happy to receive the donations. The donations enabled families to be bless and have a nice meal. We were happy to make a difference for families. Because of your attendance at meetings allowed us to be able to have funding available to purchase 50 turkeys and 20 hams. Thanks to all of you.

Remember, we are the foodservice management and nutrition experts, and we provide a ministry of feeding and helping others. We strive to meet the needs of those we serve each day. We will encounter difficult days and situations, but we will stay focus to get the job done. You are the best!

We look forward to having a successful TXANFP 2024 year.

Please mentor and encourage others to take a step forward in the food service field and to be CDM'S.

Debbie McDonald, CDM, CFPP
TXANFP President

Note from the Editor

Editor: Fred Mahaffey CDM, CFPP

In order to best serve you there are a few things that I need from you. This is your newsletter. I need your stories, pictures, district events, ideas on what you would like to see in your newsletter. What are the issues you face in your day to day operations that you need help with? In order to make this a useful and purposeful newsletter you must contribute to the content. I want to encourage you to attend as many of our Texas ANFP functions as possible. By learning and growing we become better; and this helps us to better take care of those we serve. Remember your staff are your customers too! Take care of them so they will in turn take care of others. Your attitude translates directly to the quality of service and attitudes in your employees.

Why be Active in the Texas ANFP

****VALUE****

Networking with other professionals dealing with and solving challenges in the Food Service Industry.

Learn new skills and improve old ones.

CEU's for required certification maintenance and renewal.

Opportunity to travel to see other areas in the state.

Opportunity to talk with vendors.

Opportunity to learn from experts in their field of practice.

Stay updated on current regulations and trends.

Improve your marketability.

Increase your performance and value in your current position.

Topics frequently discussed:

- Improve Food Cost

- Improve Labor Costs

- Improve Survey results

- Self Improvement

- Leadership Skills

- Management Skills

- Nutrition Standards

- HR Skills

Coach Me

and I will learn.

Challenge Me

And I will grow.

Believe in Me

And I will win.

SAVE THE DATE: OCTOBER 2023

Spring Workshop

April 24-26, in Missouri City

Watch your email for details!!!

Texas ANFP Spring Meeting What to Expect

You have never been to a Workshop and you want to know what to expect and why you should go?

1. You will develop contacts and network with others facing the same challenges you face.
2. You will have fun!
3. You typically will learn new management skills and practice in group sessions with others learning along with you.
4. You will hear speakers in related industries talk about trends and topics that may help you be more effective in your role as a leader.
5. You sometimes get to try new product items the vendors bring as part of the food show.
6. You will have fun!
7. We talk about ways to be more productive and run a more efficient operation.
8. Some of the activities are participative and interactive.
9. You will have fun!
10. You earn CEU's that you need to maintain your credentials.

There's 10 reasons why you need to be at the Workshops.

"Success is something you attract by the person you become"

Fall Workshop 2023

First Timers

Oct 11-13, 2023 at Fort Worth, Texas



**We look forward to
Seeing you at the
Spring Workshop!!**

ANFP Benchmarking Program

Registration Now Open

ANFP's Benchmarking programs are now open for registration and are FREE to all participants!

If you are the Foodservice Director of a Skilled Nursing or Acute Care Facility, then participating in the program will help you better understand the systems you have in place and their functionality. Using the Benchmarking Programs will help you determine the effectiveness of your current systems and will give you the tools and information to assist you with refining and improving your systems. Would you like to like to improve productivity, and utilize your resources better to raise your department to the next level? Then login to your ANFP Account and get registered!

The survey will open for data entry on March 1, 2024. Your participation will award you with one (1) general continuing education (CE) hour for each registered survey that is completed between March 1st—April 30th, 2024. If you are already a registered user you are automatically renewed for the 2024 study.

Goal Setting:

Do you have your goals written down for 2024? If you do not then how do you plan to be successful? Goal setting may be tedious and challenging. It is however, very important even for the most seasoned veteran. Just the act of writing them down is progress. If you have department goals then you must share them with your employees. If they do not know what the goals are then how can they help you reach them? There are those that say you shouldn't share personal goals. This is subjective because if you have a close friend who will help keep you accountable then it might be a good thing to have a friendly person help motivate you. Work goals are different because it takes a team of individuals working together. As the manager you must have your team working with you not against you.

Goals require a few things:

Specific— they must be specific

Realistic— they must be realistic

Time Frame— they must have time frames

Responsible— Someone must be responsible for the individual tasks required to be completed

Measurable— they must be measurable, otherwise how will you gauge improvement

And if the goal is not met then you have to reassess and make changes and decide if the current path is the best or if you need to try something different.

There are a lot of different acronyms for goal setting out there. Rather than focus on all the ways people find to remember. My suggestion is make sure you have all the above written down and "Just Do It!" Action will get you further than talking about it.

In Celebration of National Homemade Soup Day

Send in your pictures and or recipes for your favorite homemade soup!

Trivia-

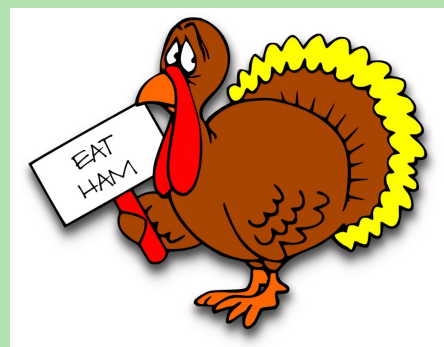
Before the era of modern transportation, soup was a product of regionally available foods. For this reason, there are thousands of soup recipes available today.

**National Homemade
Soup Day
February 4th**



Giving Back to the Community

During the THANKSGIVING holidays on the behalf of TXANFP Fred Mahaffey & Ken Owens delivered turkeys to the Good Samaritan Shelter in Rusk, Texas and Debbie McDonald delivered hams to Grace Ministries in Burkburnett, Texas. Both recipients were very happy to receive the donations. The donations enabled families to be bless and have a nice meal. We were happy to make a difference for families. Because of your attendance at meetings allowed us to be able to have funding available to purchase 50 turkeys and 20 hams. Thanks to all of you.



Food Safety

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What is the Temperature Danger Zone?

“41F – 135F”

The USDA Food Safety and Inspection Service sets the Temperature Danger Zone as the range of temperatures between 40°F and 140°F and the FDA defines the "Zone" as between 41°F and 135°F. This temperature range creates an environment where dangerous bacteria can sometimes double in number in just 20 minutes. Texas (dshs.texas.gov) follows the FDA Food Code 2017.



ANFP Core Values

Ethics and Core Values are essential to Quality Leadership and Personal Development

Professionalism: ANFP members are leaders who demonstrate the highest standards of their profession, adhere to a code of ethics, and pursue lifelong learning.

Integrity: ANFP members demonstrate pride in their work and are respected members of the leadership team.

Advocacy: ANFP members are advocates for those they serve and demonstrate that they care about their health and quality of life.

Best Practices: ANFP members implement nutrition and foodservice best practices and impart that knowledge to those they serve and lead.

*“What is your
WHY?”*

*“It is a proven
fact that those
who are the
most
successful,
have a “WHY”*

*(What motivates you
to do your best.)*



**The Key to
Success is to
Focus on the
Goal Not the
Obstacles!**

Oct 11-13, 2023 at Fort Worth, Texas



Oct 11-13, 2023 at Fort Worth, Texas

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Everyone is focused and learning!



Look at that GIANT BUBBLE!



Lot's of Group Activities!



**You can see the Passion
our speakers had!!**



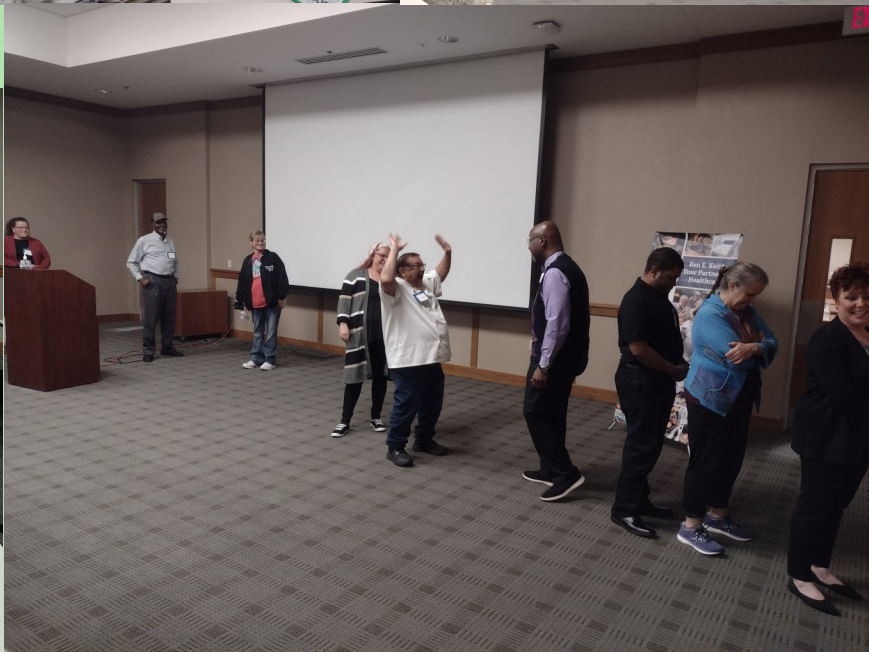
↑ Our Fearless Leader! ↑



Where else can you see so many smiles while they are learning?



Group Fun!



You had to be there to understand this communication exercise!



Our fearless team of leaders!

Thank-you! Too all our Awesome! Vendors for our Mini Food Show! And a SPECIAL THANKS! To Ben E Keith for the nice facilities and making this possible!!!



**Our
Hero!**





“Wow! For being a Pioneer Woman since 1851 she looks really young!”



“Dishing up goodness one spoonful at a time!”



“If only we could get our clients to look that happy drinking their Thickened Liquids!”

“Someone really likes to get their picture taken!”





**“Some are born
for Sales!”**

**Or she is
practicing for Broadway!**

**“Nothing like
waffles and
syrup to start
the day out
right and a
Big Smile!
Mmmm, Mmmm!”**





“Tasty Snacks! You can’t just eat one!”

“Now we know why the Pillsbury Doughboy giggles when you poke him in the belly! “Look at those big smiles!”





“Good Food Good Company!”



Pictures from Facilities Around the State

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Send in articles for our newsletter to Fred Mahaffey,
frederickmahaffey@gmail.com



Creative Solutions

Arlington Heights – Granbury - Greenbriar – Twin Oaks

**“A recipe is a story
that ends with a good
meal!”**



If you don't see your facility then no one sent me pictures!!- editor



Association of Nutrition & Foodservice Professionals

Each ANFP chapter is registered as a tax-exempt nonprofit organization with the IRS. Some chapters are divided into smaller areas called districts. Chapters and districts are volunteer driven. Officers and committees promote the benefits of being active locally, such as growing a professional network and developing leadership skills. Chapter leaders are essential to the success and growth of ANFP.

Vision

The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

Mission

Position the Certified Dietary Manager as the expert in the foodservice management and food safety.

For more information about ANFP please contact Association of Nutrition & Foodservice Professionals by telephone at 800-323-1908 or 630-587-6336.



Texas ANFP Board

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Newsletter Editor

Fred Mahaffey, CDM, CFPP

Committees and Committee Members



We are looking for volunteers. If interested please contact one of the Texas ANFP Board Members and we will gladly pass on your information.