

# ANFP Texas News

## SPECIAL POINTS OF INTEREST:

- President’s Message
- Workshop Oct 2025
- Meet Your New Officers 2025
- Member Spotlight
- Spring Workshop Pictures

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

**TXANFP Fall Workshop**  
Oct 2025  
Temple, Texas

**2025 Annual Conference & Expo (ACE)**  
June 23–26 in Bloomington, MN



“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



**Shaylei Johnson, CDM, CFPP**  
**Director at Large - ANFP Nationals**  
**TXANFP President**



Dear TX ANFP Members,

I would like to introduce myself as your incoming State President. My name is Shaylei Johnson CDM,CFPP and I am proudly serving my second term on ANFP's National Board as a Director at Large. With over 15 years of experience in healthcare food service, I currently lead as the Director of Food and Nutrition Services at Permian Regional Medical Center, where I am dedicated to delivering high-quality nutritional care and operational excellence alongside my team. Outside of my professional role, I am a devoted wife to my high school sweetheart, Josh, and a proud mom to our two children, Alaric and Haylei. I am your typical sports mom and spend much of my free time supporting our kids in tackle football, baseball, softball, and competitive cheer. I want to sincerely thank everyone who attended our **Spring Workshop in Selma**. Although attendance was small, the speakers were outstanding, and the training and information provided were incredibly valuable. A special thank you goes to our presenters and vendors for making it a success!

We will have more information on the Fall workshop soon. We encourage you to attend, share the event with others, and PLEASE **bring a guest**. I ask you all to **INVITE YOUR ADMINISTRATOR OR SUPERVISOR**, it's important for them to know how valuable these meetings are for our membership community. Looking ahead, don't forget about **ACE**, which will take place **June 23–26 in Bloomington, MN**. Please make plans to attend if you are able!

We currently have **open positions on multiple committees**, and we'd love to have you get more involved! If you're interested in learning more or would like to join a committee, please don't hesitate to reach out to me directly. We'll be happy to connect you with the right opportunity and get you involved. **Your participation makes a difference!**

**Last but certainly not least**, we want to extend a very special **thank you to Miss Debbie** for her unwavering dedication and leadership as President over the past several years. Her tireless efforts to keep the Texas chapter active, engaged, and thriving have not gone unnoticed or unappreciated. Miss Debbie's commitment, passion, and guidance have made a lasting impact, and her legacy of leadership will continue to inspire those who follow in her footsteps. **Thank you, Miss Debbie, for everything you've done and continue to do.**

Warm regards,

**Shaylei Johnson CDM,CFPP**  
**Director at Large- ANFP Nationals**  
**President-TX ANFP**

## 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

***“There is no such thing as failure, Unless you don't learn the lesson”***

**SAVE THE DATE: OCTOBER 2025**

## **Fall Workshop**

in Temple, Texas

**Watch your email for details!!!**

### **Texas ANFP Fall 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.

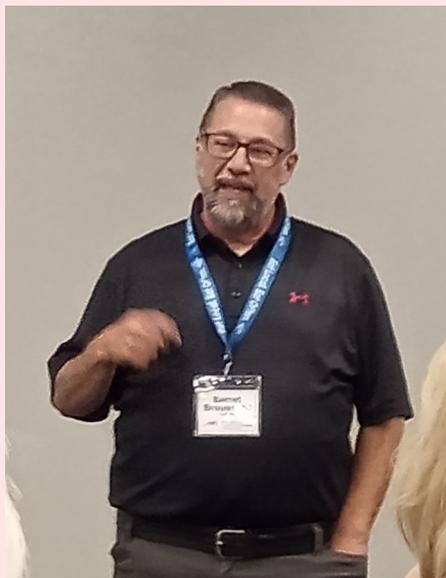
There's 10 reasons why you need to be at the Workshops.

**"Nothing  
worthwhile  
comes  
easy"**

# Spring Workshop

## First Timers

April Selma, Texas



Barrett Broussard came all the way from Louisiana

**We look forward to  
Seeing you all at the  
Fall Workshop!!**

## Outgoing Presidents Message

TXANFP,

I was honored to serve as your TXANFP president for fiscal years 2024-2025. As I reflect on 2024-2025, There were struggles, highs, and lows. The most important thing is we had a good year. I am proud to announce we received the following awards for the fiscal year 2024-2025. Membership Award, Government Award, Communications Award, Diamond Award Nominee, Diamond Award Finalist and Platinum SAA. Congratulations Texas members and supporters. Thank you all for attending the Spring meeting in Selma, Tx. We had a great meeting. Thanks to all of you that supported our Diamond Award effort, due to your support we are a finalist for the Diamond Award. We purchased 10 beds for beds for children organization. A special thank you goes out to Ms. Mary Armstead for making blankets for the beds, she went over and beyond by putting cartoon characters on some of them. She completed the task despite being ill. We cannot thank her enough! I would like to congratulate our own Kenneth Owens, CDM,CFPP as our National ANFP Chairperson foe FY 22025-2026 and Shaylei Johnson as one of our National ANFP Board Members. Both are well deserving and qualified of their positions, and they will represent us well. If you see them, please congratulate them and you can also email congratulations! The both of them rock. Hopefully, Texas members will be in Minnesota to see these two installed at ACE.

Shaylei Johnson, CDM,CFPP will be the new TXANFP President fiscal year 2025-2026. She will do an awesome job! I am sure that she will lead TXANFP to a successful year. Remember, we are the food service 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!

As we enter 2025-2026, We look forward to having a successful TXANFP year. Please mentor and encourage others to take a step forward in the food service field and to be CDM's.



Blessings to all of you!  
Debbie McDonald, CDM,CFPP  
TXANFP Past President

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**“Striving together with pride, dedication,  
and commitment to make a difference in  
another’s life.”**

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## In Celebration of National Day of Things to celebrate: Here are some ideas...

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**Send in your pictures of your facility celebrations and highlight your staff!**

**June 7 - National Doughnut day**

**June 11 - Say “Hi!” Day**

**June 14 - Flag Day**

**June 16 - Father’s Day**

**June 17 - National Root Beer Day**

**July 1- Creative Ice Cream Flavors Day**

**July 4 - 4th of July/Independence Day**

**July 6 - Fried Chicken Day**

**Aug 3 - National Watermelon Day**

**Aug 4 - National Chocolate Chip Cookie Day**

**Aug 24 - National Waffle Day**





As part of our charity project this year. “Beds for Kids” Ms. Mary Armstead made some really amazing Afghan Blankets

## Beds For Kids

In the North Texas area, too many less fortunate children lack proper beds to sleep in. Some are lucky enough to sleep on the family couch; others must sleep on the floor. To alleviate this problem, the S.M. Wright Foundation established the **Beds for Kids Center** in early 2010. It is now a non-profit bed distributor in North Texas. The objective of the center is to give disadvantaged children the opportunity to get a good night’s sleep by providing new twin or full bed sets.

To qualify, a family must complete an application and show proof of income (if any) and residency, provide a valid birth certificate for each child, and meet federal poverty guideline requirements. After the application has been processed and approved. The family will be issued a mattress ticket to pick up their mattress set on the schedule of official mattress distribution events.

From the beginning, the demand has far exceeded the Foundation’s ability to supply beds. There is still a long waiting list of 1,200+ kids. Since its inception, the distribution center distributed over 20,000 mattress sets to underprivileged kids in the North Texas community.

A **\$185.00** sponsorship for a child in need will go to a **new twin bed set** which includes a frame, box spring, and mattress. For teenagers, we have a **\$240** sponsorship level which includes a **full bed set** that includes a box spring and mattress.

If you would like to help the TXANFP Chapter purchase more beds

please reach out to one of the chapter officers. Each year we try to pick a charity in order to give back to our communities. Thank you to everyone who has helped make this possible.



## Getting to Know Your Officers

Introducing the rest of your team.....



### Fred Mahaffey- President Elect & Newsletter Editor

Frederick (Fred) Mahaffey, Instructor at Kilgore College, Owner/CEO of Mahaffey Insurance Agency specializing in Affordable Health Insurance. With over 40 years in the food service industry he has experience in restaurant management, 25 years of that in Healthcare foodservice management. Fred has been an Instructor at Angelina College and currently still teaches the Nutritional Services Manager Course at Kilgore College. He has been teaching the Dietary Manager Course since 2009. Most of you know Fred as the editor for TXANFP newsletter. He has been a member of the Texas ANFP Chapter since 2011.

His career started with McDonald's in 1981 as a cook and he worked his way through the ranks to store manager. Worked in 6 different stores managed three as the store manager. Then made the leap into short term care and went to work for ETMC Tyler, then went to Memorial Mother Francis and Palestine Regional Medical Center. From there to went to Long Term Care for a nursing home in Jacksonville, Tx. Was promoted to a Regional Director when company was sold and supervised 23 nursing homes and 5 hospitals in Texas and Oklahoma until switching to a management company startup and then supervised 14 nursing facilities through the Covid-19 event. During the middle of all this the instructor at Angelina College asked Fred to take over her class so she could retire in 2009 and that is when the teaching journey started. One of Fred's beliefs is that being able to teach and mentor others is a blessing.

After Covid he decided he wanted to be his own boss and embarked on the self employed journey and found another industry where he makes a positive difference helping people every day. Either through education or helping provide health insurance options that are appropriate and affordable. You know the saying once you are in healthcare you never get out!

He is extremely active in the community and his local Chambers of Commerce, he is currently the President Elect for 2026 for the Palestine Chamber Ambassadors, and is on his third year as President of the Rusk Library "Friends of the Library". Fred believes in being a "Servant Leader", the most rewarding thing we can do is to help others grow and improve. Fred's motto, "Helping People Every Day!" is not just a saying it's a way of life.

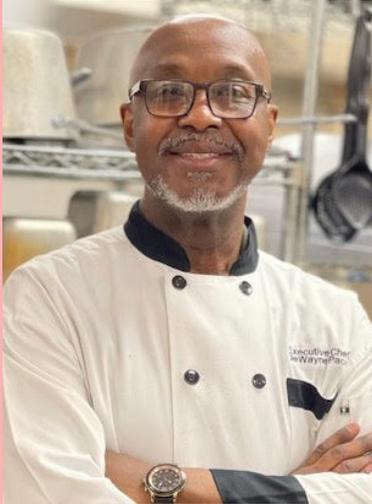
The only regret he has is not being more involved with the TXANFP earlier. The time commitment is minimal compared to the benefits you get from the comradery, knowledge you get and give, the networking and sometimes a short break from the day to day grind.

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**"Helping People Every Day!"  
It's not just a motto, it's a way of life!**

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## DeWayne B. Pace - Treasurer



DeWayne B. Pace, Executive Chef, Operations Manager and Manager of Food and Nutrition Services for Cook Children's Medical Center Prosper Texas are among his many titles.

Mr. Pace is a native Dallasite and attended David W. Carter High School. He graduated from El Centro College with a degree in Culinary Arts Food Service management CDM, CFPP.

His career in management began with the Darden Restaurant Group, the parent company of Red Lobster. Mr. Pace began his career in medical food service at Methodist Charlton Medical Center, where he worked for 19 years. He then expanded his career by becoming Food and Nutrition Operations Director with Cantex Continuing Care Network, a skilled nursing and rehabilitation chain with 28 facilities. While there, he implemented a distinctive dining program to improve patient satisfaction.

His reputation for improving dining options in skilled nursing then took him to Greystone Healthcare in Tampa, Florida, where he was the Corporate Director of Food and Nutrition Service for their 33 facilities. While in Florida, he implemented the Dining with Distinction program for their facilities located in Florida and Ohio.

His highly sought after skills then took him back home to work at Baylor Scott & White in Grapevine and Trophy Club Texas as the Director of Food and Nutrition Service. He worked there until his skills were sought after and needed at Sharp Grossmont Medical Center in San Diego, California for three years.

After the COVID-19 pandemic changed his priorities, to take care of his aging parents, spend more time with his wife and family. He returned to Texas to use his culinary and leadership in more of a servant's capacity. His desire to make a difference then took him to Perimeter Behavioral Health as the Director of Hospitality Service overseeing Food service and EVS, where he improved the dining options and the environment for youth and adolescents.

To continue using his management and culinary skills for some of the most vulnerable, he is now Executive Chef, Operations Manager and Manager of Food and Nutrition Services for Cook Children's Medical Center Prosper Texas.

DeWayne has received numerous awards and recognition for his skills. He has served on many organization boards and has also received several certifications. He is a member of ANFP, AHE and AHF. He has the ServSafe and CFPP designations. He serves as a mentor for many food and environmental service leaders in the DFW area. He has received several awards and recognition for meeting and exceeding patient satisfaction and KPI goals.

DeWayne is a member of the Concord Church in Dallas, TX. DeWayne has been married to his childhood sweetheart for over 30 years, and has one daughter Danyale.

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**DeWayne's Goal is to make a change and difference in the people he comes in contact with each day.**

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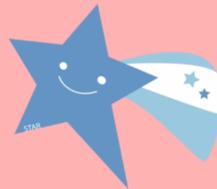
## Getting to Know Your Officers Contd...

Allow me to introduce a new face to our TXANFP team.....

### Kendra Hughes - Secretary



I am a dedicated mother of three, married for 18 wonderful years. As an aspiring Certified Dietary Manager (CDM) and Certified Food Protection Professional (CFPP), I am nearing the completion of my schooling and eagerly anticipating the next chapter of my life. Currently, I serve as the Supervisor of our in-house restaurant at PRMC in Andrews, Texas, where I oversee food orders and assist wherever needed in the department. I have been fortunate to have a great leader who has taught me invaluable lessons. This year, I am stepping into the role of Secretary for ANFP Texas, and I am excited to meet more CDMs and CFPPs and gain knowledge in this career path.



Did you know there are grants available for nutrition and foodservice professionals and students?

They can be found at:

<https://www.anfponline.org/foundation/grants>

### Currently Open Grants

[CDM, CFPP Credentialing Exam Grant](#)

Performance Foodservice CDM, CFPP Credentialing Exam Preparation Grant

### Other Grants

Chapter Champion Member Support Grant

Lyons Health Labs Student Grant

Disaster Relief Grant

DM&A CDM, CFPP Credential Grant

Annual Conference & Expo (ACE) Grant

# Food Safety

## What 3 Tags are the most common for Foodservice Operations?



Answer on page 25

### 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.)*



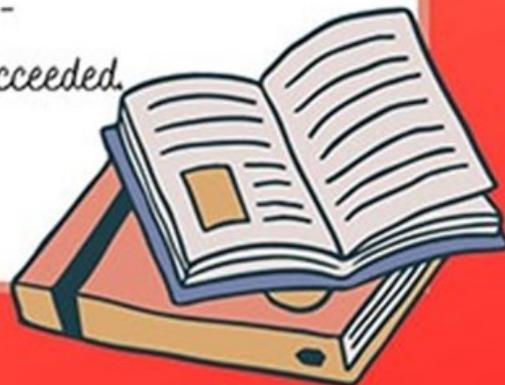
**The Key to  
Success is to  
Focus on the  
Goal Not the  
Obstacles!**



## What Is Success

by Ralph Waldo Emerson

To laugh often and much;  
To win the respect of intelligent people and  
the affection of children;  
To earn the approbation of honest critics and endure  
the betrayal of false friends;  
To appreciate beauty;  
To find the best in others;  
To give of one's self;  
To leave the world a bit better, whether by a healthy child,  
a garden patch, or a redeemed social condition;  
To have played and laughed with enthusiasm and  
sung with exultation;  
To know even one life has breathed easier because you  
have lived -  
This is to have succeeded.





# Member Spotlight

**Thank-you! Debbie for all of your hard work and dedication to the TXANFP over the years! We appreciate all that you do. Words cannot express enough how much you mean to all of us!**



**Debbie McDonald,  
CDM,CFPP  
TXANFP Past President**



Deborah is our “Member Spotlight” this issue because of her selfless dedication and commitment to the TXANFP over the years.

### Deborah McDonald - TXANFP Past President

Deborah is the Food Service Program Administrator for North Texas State Hospital WFC. She has been employed by the State of Texas for 25 years. Deborah McDonald attended Culinary School of the Air Force at Lowry AFB Colorado, School of Health Care Science of the Air Force at Sheppard AFB Texas, and the University of Alaska Anchorage where she received her certificate for the Dietary Managers Program. She served her country for 12 years in the United States Air Force.

Debbie has worked in Food Service for 46 years and 34 of those years as an Assistant Director or Director. She serves as a mentor for many facilities throughout Texas. She has served on numerous committees at North Texas State Hospital, such as the Cultures and Diversities, Awards and Recognition, Facility Support Performance Indicator committees. Debbie volunteers in her community. She is a member of the Burkburnett Rotary Club and a Senior Citizens Board member of Burkburnett. Debbie has a passion for serving others. Her motto is **“Striving together with pride, dedication, and commitment to make a difference in another’s life.”** She has received numerous awards. To name a few she has received the NTSH Outstanding Service Award, Employee of the Quarter Award, Cultural Diversity Award, You’re Tops award four times, Watch Me Shine award three time and the President George W. Bush Jr. Freedom Prevail Award, HHS Hero Award, and ANFP Legacy Award. Deborah is very active with ANFP at the state and national level. Debbie has served as an ANFP National Chair

**Her motto is “Striving together with pride, dedication, and commitment to make a difference in another’s life.”**

**She follows three rules:**

**Do the right thing, do the best you can, and always show people you care.**



# Spring Workshop April 30th-May1st, 2025 at Selma, Texas

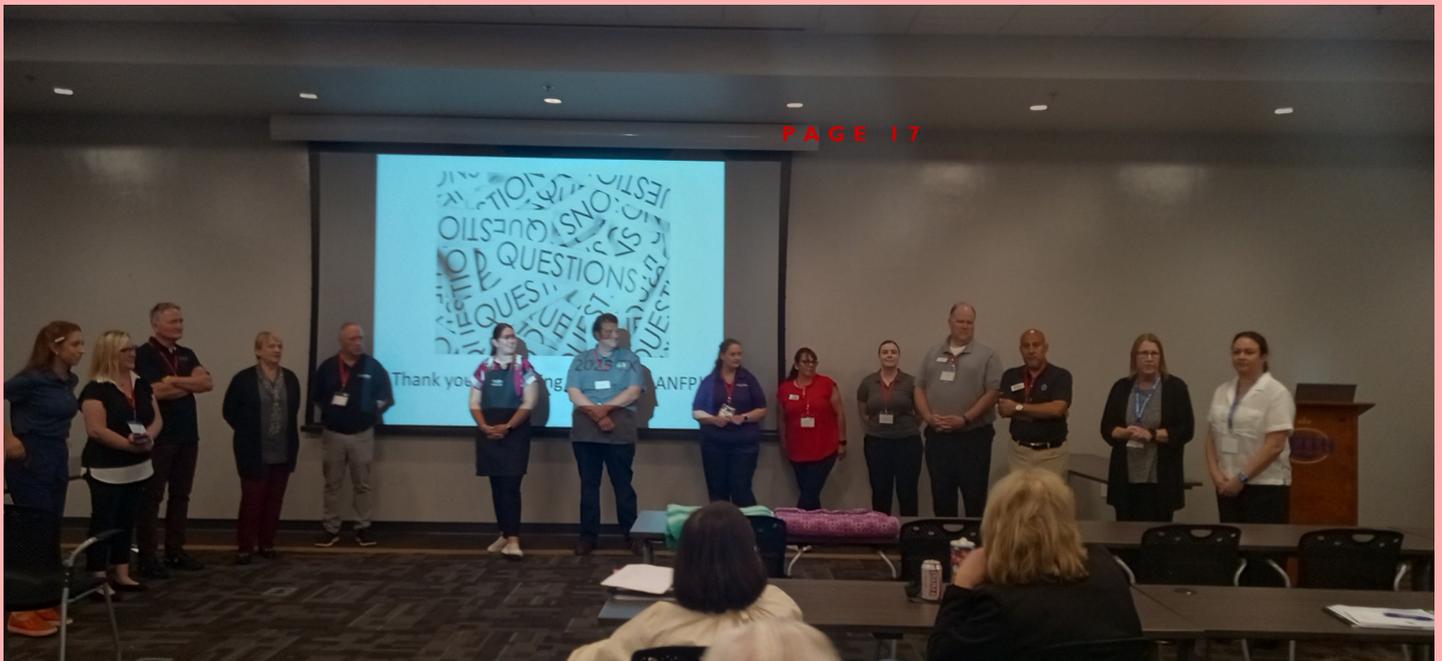


Everyone is focused and learning about how to do a can cutting!

Thank you! Pacific Coast Producers



**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!**



# Spring Workshop April 30th-May1st, 2025 at Selma, Texas



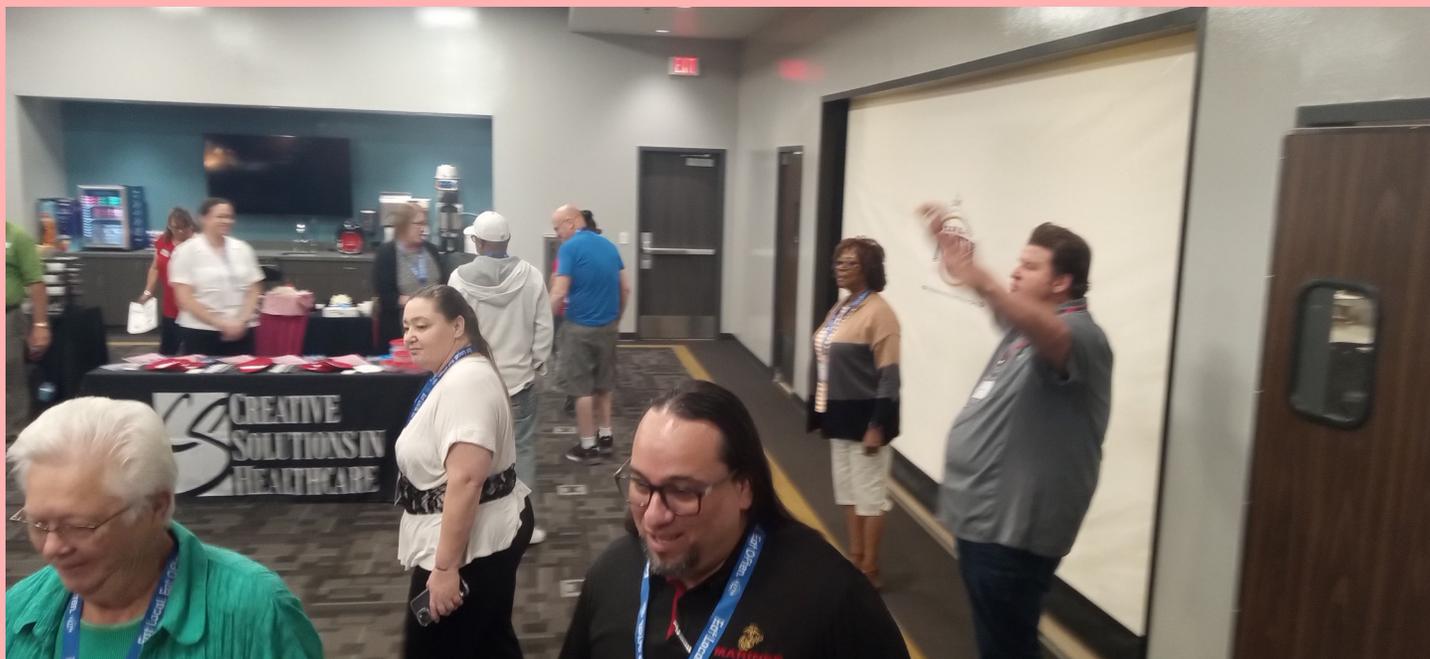
# Spring Workshop April 30th-May1st, 2025 at Selma, Texas



**If you want to know what they are doing you need to come to the Workshops!**



# An Amazing Mini Food Show!!



Thank-You! to the Awesome Vendors who Supported us!



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







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





## Pictures from Facilities Around the State

Send in articles for our newsletter to Fred Mahaffey,  
[frederickmahaffey@gmail.com](mailto:frederickmahaffey@gmail.com)



**Ken Owens  
Kingwood Pines  
Pasta Station for  
Nurses Week!**

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

### **Safety Quiz Answer**

The three most common healthcare tags (F-Tags) include:

- F-812: Procure food from approved sources and store it properly
- F-801: Dietary Staffing requirements, ensuring qualified professionals are in place
- F-803: Incorporating person-centered care into culinary programs

## Coming Up in the September Issue

Survey Tales : Truth or Fiction?

Dealing with Anxiety in the Workplace

Teach your Staff how to Communicate with the Survey team.

**Is there a topic you would like to see in the newsletter? Let me know send your ideas and suggestions to the editor. [Frederickmahaffey@gmail.com](mailto:Frederickmahaffey@gmail.com)**

### **Opportunity for Company Sponsorships**

If you or a company you know would like to place an ad in our TXANFP Newsletter we offer the following ad options:

¼ Page Ad = \$50.00

½ Page Ad = \$100.00

Full Page Ad = \$150.00 (Best Value and exposure)

Realize this newsletter is sent out to all TXANFP members, we also encourage members to share with their corporate supervisors and administrators. Also, a copy is usually sent to any vendors who give the editor a valid email. The newsletter comes out quarterly unless there is a technical issue. Ad prices are per issue so 4 issues a year. (January, March, June, September) Contact the editor for more information.

Thank-you! For supporting the TXANFP Chapter.



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

### President

Shaylei Johnson CDM, CFPP

### President– Elect

Fred Mahaffey CDM, CFPP

### Immediate-Past President

Debbie McDonald CDM, CFPP

### Secretary

Kendra Hughes CDM, CFPP

### Treasurer

DeWayne B. Pace CDM, CFPP

### Newsletter Editor

Fred Mahaffey, CDM, CFPP



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