

ANFP Texas News

SPECIAL POINTS OF INTEREST:

- President's Message
- Fall Workshop 2026
- Blast From the Past
- ACE AWARDS
- Survey Tales

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**Our Fall Meeting!
Details are Here!**

Special Picture Edition

**“Blast from
the Past!”**

Pictures inside!



Presidents Message



Fred Mahaffey, CDM, CFPP
TXANFP President Elect



Hello Members,

Our **Spring Workshop in Selma, Texas, April 23-24, 2026** was a big success with the majority of those in attendance First Timers. It was great meeting all of the new folks and seeing some old friends as well.

If you are a new manager workshops are a great way to get CEU credits while learning from industry experts and building relationships with other managers like yourself dealing with the everyday challenges like staffing, budgets, customer service, dealing with inspections and audits.

As reigning award recipients, I want to remind everyone our **2026 Philanthropic Charity Initiative**. Our chapter will be focusing on raising awareness and funds to support the fight against **human trafficking in West and Central Texas**. This issue has deeply impacted our region, and we are committed to being part of the solution. Our goal is to raise **\$25,000** to directly benefit local organizations that provide critical resources such as temporary housing, clothing, toiletries, and counseling for women and children rescued from trafficking situations. We are in the process of selecting two local charities whose work aligns closely with this mission, and we look forward to announcing them soon.

Lastly, we invite you to share photos, facility activities, or any information you would like included in our newsletter with **Fred Mahaffey (Me)**. I would also like to see if some of you that are creative or detail oriented would be interested in helping with the newsletter.

Thank you for your continued dedication and compassion.

Sincerely,

Fred Mahaffey CDM,CFPP

Instructor of Food & Nutrition Services

President Elect-TX ANFP

Mobile- [903-978-0268](tel:903-978-0268)

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.

*“People often
say motivation
doesn’t last.
Well, neither
does bathing—
that’s why we
recommend it
daily.”
- Zig Ziglar*

Announcement: Survey Readiness

You can expect to see a focus on the following-

- 1. Sanitation/Infection Control**
- 2. Label and Dating**
- 3. Temperature logs and Accuracy**
- 4. Customer Satisfaction/Resident Preferences Followed**

These are just some of the basic expectations that all should expect to be focus areas. There are no guarantees what your surveyors will focus on. You can expect your survey to be guided by information revealed during resident interviews.

SAVE THE DATE: Oct 14,15,16 2026

Fall Workshop

in Fort Worth, Texas

Watch your email for details!!!

Texas ANFP Fall Workshop 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 a mini food show. You will have fun!
6. We talk about ways to be more productive and run a more efficient operation.
7. Some of the activities are participative and interactive.
8. You will have fun!
9. You earn CEU's that you need to maintain your credentials.

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

***"Excellence
is the
gradual
result of
always
striving to do
better!"***

Fall Conference

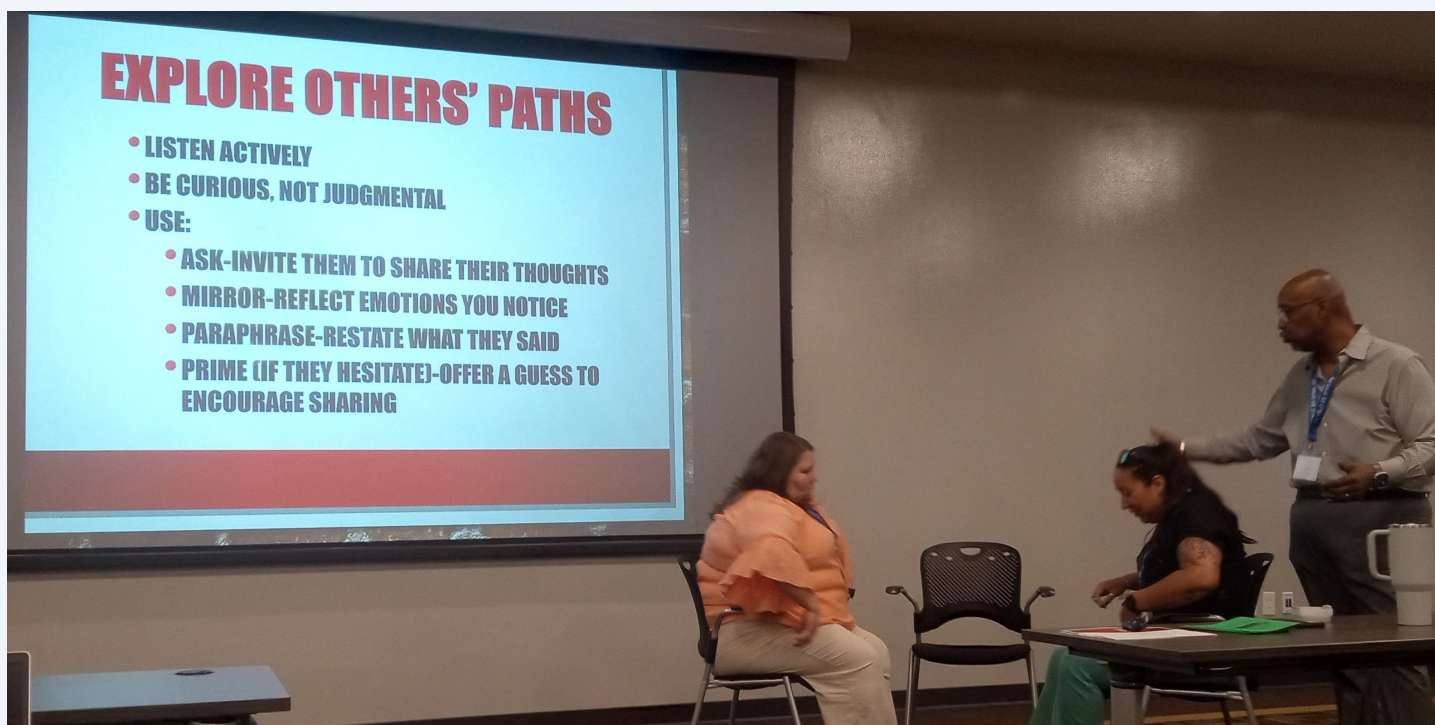
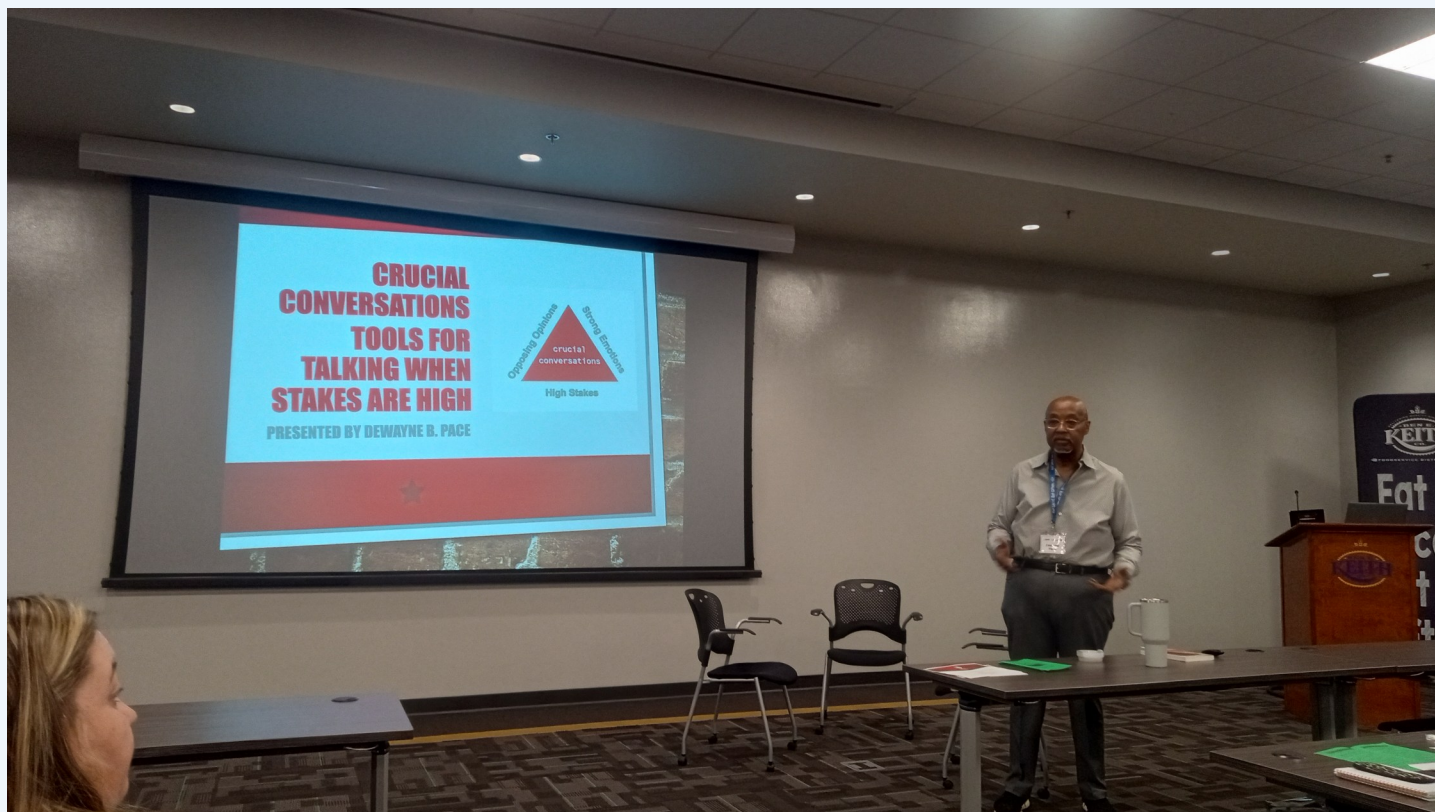
First Timers



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

Spring Workshop 2026

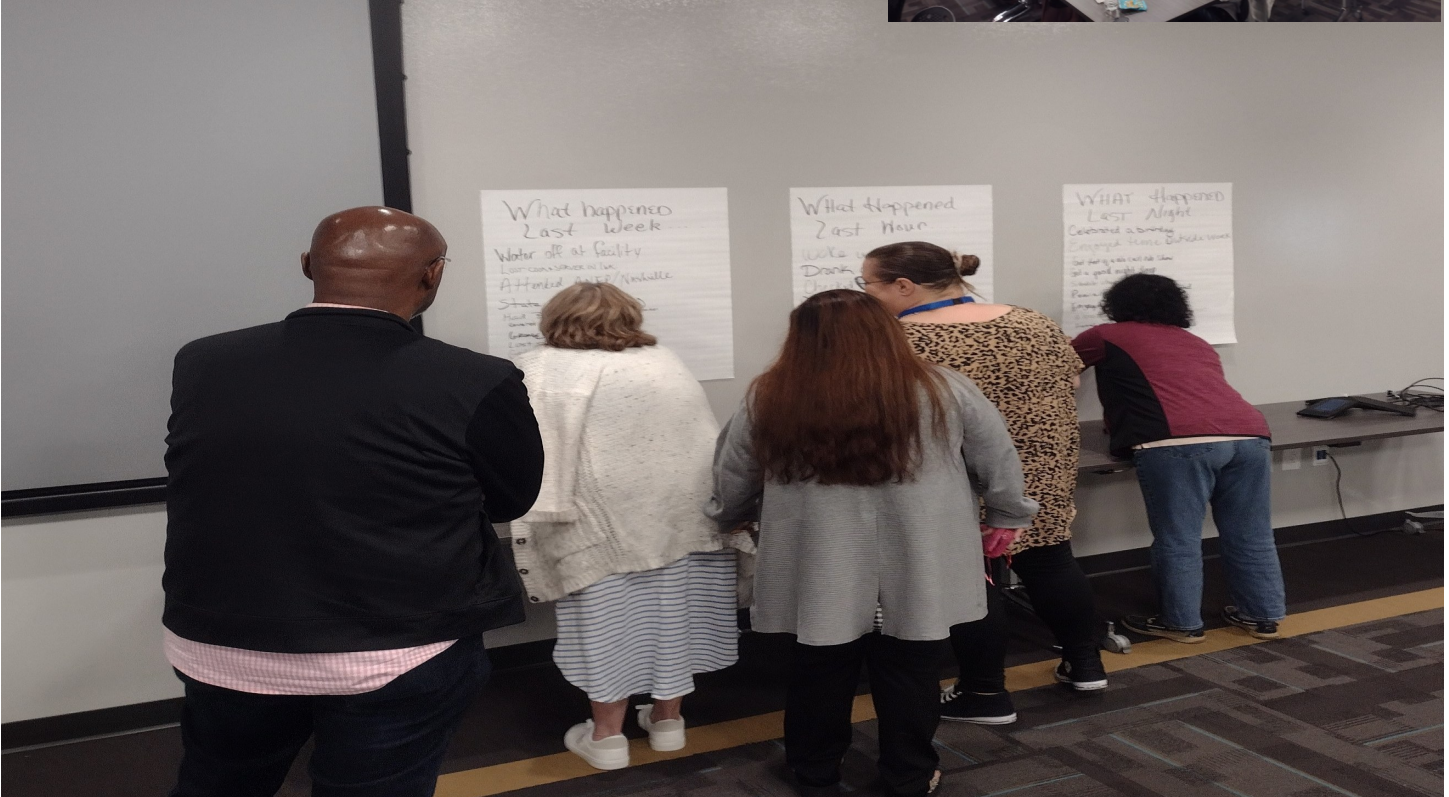
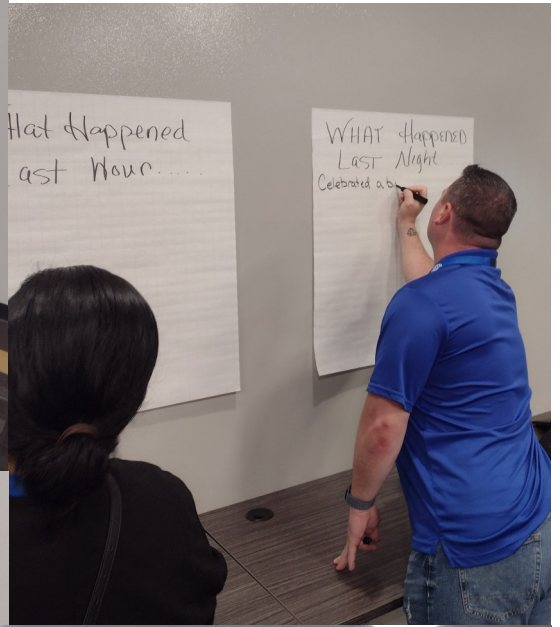
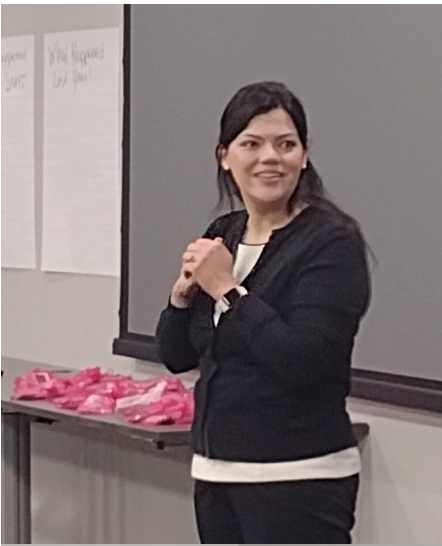




A Blast from the Past!







“FOOD for THOUGHT”

Six Things Mentally Strong People Do:

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges
3. They stay happy. They do not waste energy on things they can not control.
4. They are kind, fair and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent that success.



CHALLENGE

When a negative thought enters your mind, think 3 positive ones, train yourself to flip the script!

“A bad attitude is like a flat tire. It won't go very far if you don't change it!”

In Celebration of National & International Day of Things to celebrate:

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

As your facility celebrates different events and you are doing different food specialties for your staff and residents. Please consider submitting your pictures to show other managers ideas to help them make their events special. We also want to highlight any achievements you or your staff may have that are milestones or that may help inspire others.

Our Philanthropic Charity Initiative for 2026

Our chapter will be focusing on raising awareness and funds to support the fight against human trafficking in West and Central Texas. This issue has deeply impacted our region, and we are committed to being part of the solution.

Our goal is to raise \$25,000 to directly benefit local organizations that provide critical resources such as temporary housing, clothing, toiletries, and counseling for women and children rescued from trafficking situations. We are in the process of selecting two local charities

Human trafficking poses severe damages to victims, including physical violence, psychological trauma, and long-term health consequences, making it a critical global issue.

Physical Dangers

Victims of human trafficking often endure extreme physical conditions. They may be subjected to physical violence, including beatings and sexual assault, leading to injuries and long term health issues.

Psychological Impact

The psychological effects of human trafficking are profound. Victims frequently experience post-traumatic stress disorder (PTSD), anxiety, depression, and other mental health issues. The trauma inflicted during their exploitation can lead to cognitive impairments, emotional numbness, and difficulties in forming relationships. Many survivors report feelings of guilt and shame, which can further isolate them from support systems.

Social Consequences

Human trafficking can result in social ostracism. Victims may find themselves alienated from their communities and families due to the stigma associated with their experiences. This isolation can make it challenging for them to reintegrate into society and seek help, leaving them vulnerable to re-trafficking.

Manipulative Tactics by Traffickers

Traffickers often use manipulative tactics to control their victims. They may lure individuals with false promises of employment or better living conditions, only to trap them in exploitative situations. Victims may feel indebted to their traffickers, believing they owe them money for travel or other expenses, which can create a cycle of dependency and exploitation.

Health Risks

The health risks associated with human trafficking are significant. Victims may suffer from malnutrition, dehydration, and untreated medical conditions due to lack of access to healthcare. The long-term health consequences can persist long after the trafficking has ended, requiring ongoing medical and psychological support.

In Summary, human trafficking is a grave violation of human rights that inflicts severe physical, psychological, and social harm on its victims. Addressing this issue requires a comprehensive understanding of its dangers and a commitment to prevention and support for survivors.

Survey Tales Fact or Fiction??

Survey Tale: Everyone has that one meal on the menu that seems to create headaches during survey.....

Everyone knows if you meticulously follow a recipe every time it is reasonable to assume the end product will be consistent.



A seasoned cook of 10+ years was cooking on Day 1 of Full Book Survey. What could go wrong?? The meal was Meatloaf, Mashed Potatoes w/gravy, Green Beans, Cornbread and Dessert.

The meal was prepared, temps were taken and were good, middle of meal service the surveyor asked the cook what the regular portion size was. Because she served a double portion resident the same piece size as everyone else. The cook had sliced the meatloaf into what looked like nice portions on the plate with the rest. The cook of course said yes. After the last person was served the surveyor asked the cook to weigh one of the pieces. What could possibly go wrong??

The result was the portion size weighed twice as much as the correct portion size on the spreadsheet. How did this happen? The cook didn't think she needed to follow the recipe because "She had been cooking for years and didn't need to follow the recipe!"

Result, Dietary received a Tag for not following correct portion sizes.

Fact: Following the recipe is important for consistency, and weighing your protein is also very important.

This should have been a Fiction story (Nightmare) but it is a true story. What are your survey tales?? Send them into the editor.



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 is the most important thing you can do consistently to prevent illness?

Answer on page 17



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!**

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

Being Active in a Professional Organization helps develop self confidence in abilities and knowledge. When taken and applied in job responsibilities it encourages ownership and accountability for exceptional performance. All of these provide value for the individual, department, facility (customers), organization, and investor.

Don't Worry about failures, worry about the chances you miss when you don't even try.

Pictures from Facilities Around the State

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



Your pictures are
needed here!!

Show us what you
are doing to make a
difference!

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

Safety Quiz Answer

. Wash Your Hands Properly!!





Coming Up in the Jan 2027 Issue

Survey Tales : Truth or Fiction?

Dealing with Anxiety in the Workplace

Teambuilding in the Dietary Department

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

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.



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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.