

# ANFP Texas News

## SPECIAL POINTS OF INTEREST:

- President's Message
- Flashback Pictures
- Professional Development

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# TXANFP

## SPRING MEETING

THE LOCATION:  
 >>> 17635 BEN E. KEITH WAY,  
 Selma TX. 78154

MORE INFORMATION TO  
 COME!



THE CONTACT: DEBORAH MCDONALD, (940) 689-5607, [DEBORAH.MCDONALD@HHS.TEXAS.GOV](mailto:DEBORAH.MCDONALD@HHS.TEXAS.GOV)

# SAVE THE DATE

04/30/2025 –  
 05/01/2025



“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**



Greetings TXANFP!

*Hopefully everyone is doing well and staying healthy. As you know there are several virus' that are affecting many food service employees and others. The virus' puts all of us at risk by just going to the grocery stores, recreational facilities, and other places. We need to stay as safe as we can to protect our clients, patients, and residents. I want to thank everyone for attending our Fall Workshop in Wichita Falls, the attendance was small, but the speakers were fantastic! We received valuable information and training. A special thank you to our speakers and our vendors.*

*TXANFP Spring workshop will be April 30<sup>th</sup>-May 1<sup>st</sup>, at Ben E. Keith in Selma, Texas. You might want to know why there are two days instead of three, I am glad you asked! Due to everyone being busy and availability, we thought this would help accommodate more members to attend. We are currently working on the agenda, once completed we will send you an email and the agenda will be placed on the website and Facebook page. We encourage you to attend, share the information with others and bring guests. PLEASE INVITE YOUR ADMINSTRATOR OR SUPERVISOR. Who knows, there might just be a surprise! ACE will be June 23<sup>rd</sup>-26<sup>th</sup> in Bloomington, MN. Please make plans to attend!*

*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 focused to get the job done.*

*We are good at our craft, and we  
strive to be better each day!*

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

*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.*

# Why You should attend workshops!

**Have you ever been a new manager trying to figure out how to navigate through issues in your kitchen? Have ever had or do have issues meeting your Food Budget? Your Staffing Budget? Have you ever wondered if there was anyone else that deals with the same challenges you do?**

**There are many others like you and also seasoned veterans who attend the workshops and they are more than happy to talk with you and help you try and figure out ways to improve your department.**

## **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.

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



# Spring Workshop

## First Timers

Where is your picture??  
If you are a first timer we want to recognize you and also make sure you are introduced so everyone can welcome you!

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

**Selma, Texas  
TXANFP Spring Meeting  
4/30/2025-5/01/2025**

# Professional Development

## How do you ensure you are constantly growing and learning?

One of the biggest lies you can tell yourself is you already know everything, that there is nothing else left to learn. Too often we get complacent when things settle down and start to run smoothly. You may have worked almost everyday for the last 6 months and gone through a dozen new employees to finally build a team that works together and follows the policies and procedures that care as much for your customers as you do. When this happens it is natural for a manager to relax and step back and breathe. And you should. But, you cannot stop focusing on the details. i.e. temperature logs, sanitation, portion control, label & dating, labor control, talking to your customers and solving problems immediately, etc. The moment you stop is the moment your staff stops. Being a leader is not easy, and not everyone can be a leader. Here are a few tips to being a better leader.

Be polite and professional at all times.

Be fair, treat everyone the same. Reward excellent performance, set expectations, communicate and correct sub standard performance. (It is usually cheaper to train correctly once than constantly try to hire new staff repeatedly)

Follow and enforce Policy and Procedures, “Lead by Example.”

Talk with your customers and teach your staff to do the same. Every conversation is an opportunity to make a positive or negative impression. Strive to make a positive impression.

Do not make excuses, stop! Listen to the concern, then take action to resolve the issue. Empower your staff to do the same. This applies to all concerns from customers and other staff.

Attitude is everything! A good attitude is just as contagious as a negative one.

The most successful managers are “Servant Leaders”, Are accountable , Are responsible, Take action when necessary, and follow-through on their responsibilities. When your employees are successful you are successful.

-Editor

## Positive Mental Attitude

### 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.

**Excellence is the  
gradual result of al-  
ways striving to do  
better!**

**“Success is not consistency of a plan,  
Success is consistency of actions!”**

Joe Foy, President Next Level HS

### CHALLENGE

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

***“All you need is  
love. But a little  
chocolate now and  
then doesn't hurt.”***

**— Charles M. Schulz.**

## ***The 7 C's of Inside-Out Motivation***

*Courtesy*

*Concern*

*Consideration*

*Compassion*

*Consistency*

*Control*

*Caring*

Next Dietary Supervisor Class at  
Kilgore College

Deadline for Registration  
August 8, 2025

Class Dates  
August 25, 2025—October 22, 2025

Location—Kilgore College

Monday—on campus

Tuesday and Wednesday—Virtual

Time 4pm-9pm

## **Thank you, 2024 ACE Sponsors!**

### PLATINUM



### GOLD



### STERLING



### BRONZE



# Food Safety

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## What is the Temperature Danger Zone?

Answer– 41F–135F

**“Nothing will kill a great employee faster than watching you tolerate a bad one!”**



### 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!**



# Flash Back to the Past!!





**Teams did a Great Job!!!  
Sign Me Up to be a Judge next time!!**







**Look at  
that Clean  
Kitchen!**











**A Special Thanks!  
To the vendors who  
set up for our mini  
Food Show!!**







## Flashback!!









## Pictures from Facilities Around the State

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



Avalon Place in Kirbyville  
Pride in Foodservice Week

**“A recipe is a story**

**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

### President

Debbie McDonald CDM, CFPP

### President– Elect

Shaylei Johnson CDM, CFPP

### Immediate-Past President

Kim Kyle CDM, CFPP

### Secretary/Treasurer

Michael L.C. Polmanteer BS, NDTR, CDM, CFPP, TSAC-F

### Treasurer

Donna Ynostrosa, CDM, CFPP

### 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.