

ANFP Texas News

SPECIAL POINTS OF INTEREST:

- Notes from the Editor
- Goals 2021-2022
- Dietary Super Heroes
- What's Cooking
- Spring Workshop 2021–Kingwood Hospital
- Food Safety

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President's Message

Association of Nutrition & Foodservice Professionals

Greetings Texas CDMs!

Letter from your Texas ANFP President

Dear Texas ANFP members,

I hope that you are all safe and well as we head into fall 2021! The last eighteen months have taken a toll on all of us. Staffing has been difficult this last year and a half and as we age out, I challenge you to find someone to mentor to become a CDM. There are resources available from the ANFPs Nutrition and Foodservice Education Foundation (NFEF) these can be found on the ANFP website at www.anfponline.org

Due to the Delta variant your executive board has decided to cancel the Fall 2021 workshop. We want to keep our members and their families safe. We are looking at hosting an online meeting so that you can easily earn CEs later this year. We also have a Texas ANFP Facebook page that we post free or discounted CEs on so please like and follow it. Currently, we are still planning the Spring 2022 workshop at Ben E. Keith foods in Selma, TX.

We are seeking volunteers for the President elect (6-year commitment) and Secretary/Treasurer elect (4-year commitment). These positions will be slated in early spring 2022. We will hold a conference call to interview candidates. I would like to thank Debbie McDonald for agreeing to be the president elect until a new person is elected, thank you, Debbie!

Congratulations to Ken Owens! Ken is the Treasurer elect for the ANFP executive board!

Prayers that you and your loved ones stay safe, and we will see you all again in 2022!

Kind regards,
Kim Kyle CDM, CFPP

***“Building a
Bridge for
Better
Nutrition”***



US. FOODS WE HELP YOU MAKE IT™

Note from the Editor

Editor: Fred Mahaffey CDM, CFPP

“You Make a Difference!” - remember you are the inspiration and motivation for your team. Big or small all of your actions and words have an impact on everyone around you. Strive to make a positive difference in everyone’s life you touch.

And a last note: Don’t forget to send me your pictures and articles you would like to see in the newsletter. Here is the email address to submit info for the newsletter. TexasANFPNewsletter@gmail.com

ACE 2021 ORLANDO, FLORIDA

The 7 C’s of Inside-Out Motivation

Courtesy

Concern

Consideration

Compassion

Consistency

Control

Caring



“Strength grows in moments when you think you can’t go on but you keep going anyway”

FLASHBACK 2020!!**Congratulations!**

Deborah McDonald CDM,CFPP



Congratulations! to our very own Debbie McDonald. Texas ANFP's 2020 ANFP -ACE recipient of the Legacy Award. Debbie's dedication, hard work, and outstanding service to the CDM, CFFP credential is an inspiration to us all! If you would like to watch her acceptance speech go to anfponline.org 2020 ace awards videos.

I follow three rules:

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

Always be kind.

If you see someone falling behind, walk beside them. If someone is being ignored find a way to include them. If someone has been knocked down, lift them up. Always remind people of their worth.
Be who you needed when you

A Letter from Debbie McDonald CDM-CFPP

Debbie McDonald CDM, CFPP

Greetings TXANFP!

*I pray everyone is doing well and staying healthy. Just as we thought we were somewhat back to normal the virus hits again. I want to thank each of you for continuing to provide a service to residents, patients, clients, school food and correctional services. As you put yourself and your families at risk by working each day to make a difference, I applaud each of you. **YOU ARE AWESOME AND SELFLESS.** You are **CARING** individuals, getting the job done in an even more difficult time and situation...I applaud you and your team! You are true examples of CDM's and food service workers. Please take care of yourselves by staying masked, proper handwashing and using the correct PPE daily and as often as needed.*

FYI:

TXANFP Fall workshop has been cancelled for this year. We look forward to seeing each of you for the Spring Meeting in beautiful Selma, Texas. We are working to get things for April 2022. Hopefully, we will be able to increase the hours to get more CEU'S. Stay tuned as we continue to plan for this event. If you know of any speakers that we might contact that might be interested in speaking to TXANFP, please let Debbie McDonald or any board member know. If there is a subject that you might be interested in, please let us know that as well.

Focus:

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. Yes, we will face difficult days and situations, but we will do our best to get the job done.

Nugget:

We are the cornerstone of our profession!

Debbie McDonald



Goals 2021-2022

1. To increase attendance at the state meeting, TXANFP held the first meeting in June in Kingwood Texas. We lowered the cost for attendance. We will do this again for the next meeting in October, going forward we will try to cut expense in hopes that more members will attend. We will continue to monitor this process.
2. To mentor and train new members for future board members and committees. By sending a request for volunteers to members and offering them a free one-day boot camp for training. TXANFP hope to have the first boot camp completed by January 2023.
3. To recruit new members from the student report roster. By sending all new members a welcome letter, introducing TXANFP and the benefits of being a member, offering a discount to meetings. This action is already in progress and is ongoing.
4. To have a joint meeting with dietitians for our fall meeting. This meeting is already being planned for Spring 2022 in Selma, TX.

WHAT'S COOKING



ZUCCHINI PIZZA BITES

Zucchini Pizza Bites

Serves 24

Serving size 2 large slices

8 large zucchini

2 cups marinara or pizza sauce

2 Tablespoons oregano

8 cups mozerella cheese

1 cup parmesan cheese

2 cups pepperoni

Preheat oven. Line baking sheets with foil and set aside. Slice zucchini $\frac{1}{4}$ " thick and arrange on baking sheets. Top zucchini slices with pizza sauce, oregano, cheese, and pepperoni (depending on size of zucchini, may need to cut pepperoni into fourths). Bake 5-10 minutes until zucchini is tender and cheese is melted.

SUBMITTED BY: DONNA YNOSTROSA



Mexican Cornmeal Waffles

Mexican Cornmeal Waffle

2 cups cornmeal

2 cups flour

½ cup powdered sugar

2 Tablespoons baking powder

1 teaspoon salt

2 cups thawed corn

2 cups shredded cheese

¼ cup chopped fresh cilantro

½ cup chopped green chiles

3 cups milk

1 1/2 cups melted butter

4 eggs

Beat eggs in a bowl, then add milk and melted butter. In a separate bowl, combine dry ingredients, then add to liquid mixture, then add corn, cheese, cilantro, and chiles. Stir until barely mixed. Prepare waffles in waffle iron, then cut into pieces and serve with syrup and hot sauce. Makes approximately 8 waffles.

SUBMITTED BY: DONNA YNOSTROSA

SUPER HERO'S

Here is just a small sample of our Super-Hero's across the state working hard to take care of the people that depend on others for nutritional care in our great state. A big **“Thank-You!”** to all the staff across the state for your dedication and hard work during these challenging times.



AHS of Athens



AHS of Garland



Colonial Pharr

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



Clarksville Health and Rehab

Don't see your teams picture?? Send it in for the next newsletter.

SUPER HERO'S

Thank-you! To all the “Super-Hero’s” out there during these challenging times.



El Paso Health and Rehab



Whitehall Health and Rehab



Community Care of Crockett



Winfield Health and Rehab

Core Value

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

Member Spotlight around the State

“NURSE’S DAY” at Kingwood Pines



Kingwood Pines - Ken Owens CDM, CFPP with Administrative Assistant Dee Kana served the nursing staff pasta to order for "Nurses Day"



Kingwood Pines - Ken Owens CDM, CFPP



“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!



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



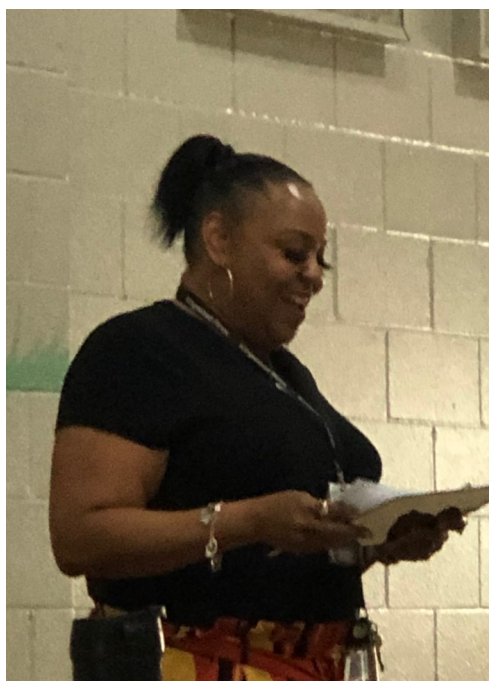
Texas ANFP



Visit us online at: <http://www.anfponline.org/events-community/chapters/chapter-pages/texas/>

Texas ANFP Spring Workshop 2021

Kingwood Pines Hospital





Topics

Stress Management and Ways to Control It
Nichelle Roseberry LCSW-S DCS KPH

Customer Service
Kristin Williams MS, BA Admin-CEO, KPH

Defining Moments
Joyce Lamilla, M ED, RD, LD, FAND Director
Health & Nutrition Services Ben E Keith
Co

What Is Your Strength
Ken Owens CDM-CFPP, FSD KPH

Leadership Through a Pandemic
Debbie McDonald CDM-CFPP, FSD, Support
Services North Texas State Hospital, HSCS

VENDOR SHOW

Texas ANFP Spring Workshop 2021

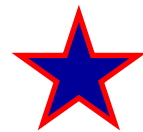
Thank-you! To all the vendors who support us!!



YOU



ARE



OUR



SUPERSTARS!



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

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

Joe Foy, President Next Level HS

Safety Corner

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What is the Temperature Danger Zone?

Answer: 41F—135F



You should wash your hands every time you leave the and enter the kitchen? True or False

Answer: True

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.

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

— Charles M. Schulz.

CMS Staffing Requirement

According to the requirements, individuals who were currently employed as the designated Director of Food and Nutrition Services prior to November 28, 2016 still have until November 28, 2021 to meet the staffing requirements outlined by CMS.

Individuals hired between November 28, 2016 and November 28, 2017 had a one year window to meet these staffing requirements. This is no longer valid for new foodservice Directors hired after November 28, 2017. Do not procrastinate! Take the exam!



Form F2
Article 16



The Johnnie Mae Goffney T.E.D. Award
Nomination Form

Texas ANFP presents an award to an outstanding member each year during installation of Officers Ceremony. The criteria for placing a name in nomination for the award are:

T-TEAMWORK—Works with others as a team player

E-ENTHUSIASM — Actively participates in all phases of the TX ANFP

D-DEDICATION— Promotes ANFP to members and other allied Professionally

Member to be nominated: (Nominee Name)

Comments:

Your name: (Name of Person Making Nomination)

Your Member Number:

You may submit your recommendation to any of the Texas ANFP Officers



**General Mills
Natural & Organic Portfolio**

**A SPECIAL THANK-YOU!! TO
ALL OUR SPONSORS THIS
YEAR WHO HAVE HELPED
MAKE OUR MEETINGS A
SUCCESS.**



Core Value

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





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

Kim Kyle, CDM, CFPP

President Elect

Secretary

Kenneth D. Owens, CDM, CFPP

Treasurer

Donna Ynostrosa, CDM, CFPP

Spokesperson

Mrs. Deborah F. McDonald, CDM, CFPP

Webmaster

Mrs. Deborah F. McDonald, 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.