

DATES TO REMEMBER!



VT Spring Meeting

May 11th

Grace Cottage Hospital

185 Grafton Rd

Townshend, VT 05353

ANFP Annual Conference

Orlando Florida June 1-4, 2018



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www.anfponline.org/vt



ANFP® VERMONTNEWS

Association of Nutrition & Foodservice Professionals

Vermont Green Mountaineer

APRIL, 2018

Letter from the President

Happy Friday everyone!! I hope you all are getting rid of the snow in your area and maybe getting a little bit of nice weather. I am so ready for spring weather to show up!

Just a reminder about the ACE Conference this year is in Orlando Florida June 1-June 4th. Brandy, Shannon and myself will be attending. It is always a great time to network and learn new ideas. Let us know if you will be joining us J

The spring VTANFP meeting is May 11th here at Grace Cottage Hospital in Townshend Vermont. Check out the agenda in the newsletter and sign up today.

Would anyone be interested to working on the Government Affairs Award with us? This has been one of my goals the past 6 years as President and would love to accomplish it in the next year. It is hard for one person to take on this task but how about a few of us? Do you have knowledge about the representatives in Vermont? Do you have speaking skills? Let's bring information to the Legislatures of Vermont about what VTANFP is all about. Please help us accomplish this goal in the next year.

Denise Choleva CDM, CFPP

RUDI GULIANI VISITS COTTAGE HOSPITAL!!

Anything exciting happening in your area? To showcase staff accomplishments , improvements or exciting events in the chapter newsletter contact

bhelm@cottagehospital.org.

What's Happening?



Recipe Corner

Lentil Stuffed Zucchini Boats

Ingredients

- 1/2 cup dry brown or green lentils
- 2 teaspoons olive oil
- 1/4 cup red onions, diced
- 2 teaspoons garlic, minced
- 2 cups baby spinach, roughly chopped
- 1 cup pasta sauce (homemade or store-bought)
- 1/4 teaspoon red pepper flakes
- salt and pepper
- 1 cup shredded mozzarella
- 4 zucchini squashes, cut lengthwise

Instructions

1. Rinse the lentils under running water for 1 minute thoroughly and allow them to soak in a small bowl for 10 minutes.
2. Bring 2 cups of water to a boil, add the lentils and allow them to cook for 10-15 minutes or until al-dente. Keep in mind, if your lentils are older, they may require several additional minutes. Drain the lentils in a strainer and rinse with cold water to stop them from cooking further.
3. Position a rack in the center of the oven and preheat the oven to 400°F. Spray a 9×13 baking dish with cooking spray. Using a 1 teaspoon measuring spoon, scoop out the center of the zucchini leaving a 1/4 inch border on all sides. Line the zucchini in the prepared baking dish, skin side down, set aside.
4. Heat the olive oil in a skillet over medium high heat. Add the onions and allow to cook for 3-4 minutes or until they start to brown, add the garlic and let cook for 30 seconds. Add in the baby spinach and the lentils and let the spinach just begin to wilt. Stir in the pasta sauce and let it heat all the way through, about 1-2 minutes. Add the red pepper flakes, check for seasonings, season to taste.

Divide the lentil mixture into the prepared zucchini. Top with mozzarella cheese. Cover the baking dish with foil and bake for 30-35 minutes. You can remove the foil during the last 2 minutes of baking and turn on the broiler if you want the cheese to be bubbly.

Serving size: 1 zucchini boat Calories: 113 Fat: 4g Carbohydrates: 12g Fiber: 3.7g Protein: 8.3g

Treasures Report

Olive Robinsons/Balance = \$ 383.20

- Check # 115– void
- Check # 116 Vitoria Roman, CDM Course-\$ 225.00
- Check # 117 Walmart/ Nationals EDU-\$200.00
- Check # 118 Sabrina Raymond/ Books- \$150.00
- Monthly Maintenance fee = \$7.50
- Dep– fall meeting dues \$140



ANFP Account/Balance= \$1660.18

- Check # 134 M resort/ nationals- \$855.00
- Check # 135 Fine Awards Plaque- \$107.63
- Check # 136 Speaker gifts/ Raffles-\$ 104.82
- Check # 137 Stamps / board vote- \$29.40
- Deposit- \$770 Spring Meeting
- Check # 138 Reimburse Denise- \$870.00
- Check # 139 VT /ANFP ADD- \$250.00
- Check #140 Gifts/Raffles- \$57.06
- Check # 141 Springfield Hosp. \$175.21
- Check # 142 airline \$222.60
- Check # 143 Donation \$100.00
- Check #144 condolence basket \$119.98
- DEP fall Dues- \$840.00



Welcome new students/members!

Dawn Stewart

Amber Ahearn

David Eyler

Becky Phillips

Shaina Royston

Kevin Daigle





Association of
Nutrition & Foodservice
Professionals

WHAT IS THE
REAL VALUE
 OF ANFP MEMBERSHIP?



TOTAL VALUE
\$1,420+

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SPRING MEETING REGISTRATION

Vermont Association of Nutrition & Foodservice Professionals May 11, 2018 Grace Cottage Hospital 185 Grafton Rd Townshend, Vermont 05353	
7:30 am to 8:00 am	Registration
8:00 am to 9:00 am	Crystal Mansfield, Relaxation techniques/chair yoga in our beautiful wellness room here at
9:00 am to 10:00 am	Bill Monahan, Nutrition’s Role in Healing Healthcare
10:00 am to 11:00 am	Heather Boucher, Sanitation/ Bacteria, viruses that cause most of the illnesses, hospitalizations, and deaths in the U.S.
11:00 am to 12:00 pm	Lance Del Priore, Reinhart/Black River, Talk about Reinhart purchasing Black River and a food
12:00 pm to 1:00 pm	Lunch
1:00 pm to 2:00 pm	Peg Canal RD, Food labeling and diet chaos, A fun interactive discussion on food labeling and
2:00 pm to 3:00 pm	Marissa Parissi executive director of Rise Vermont, Marissa will talk about the evidence-based intervention model adopted by RiseVT, the successful work in Franklin & Grand Isle counties, and next steps for community expansion.
3:00 pm to 4:30 pm	Amber Ahearn CDM, CFPP, Forks over Knives Presentation by showing the video
4:30pm to 5:30pm	Board Meeting, everyone welcome to attend

Fees:	Check written to: Vermont ANFP
\$70.00 member	Send registration and check to :
\$35.00 retired member	Denise Choleva
	185 Grafton Rd
Student member free	Townshend, Vermont 05353