

ANFP® | VERMONTNEWS

Association of Nutrition & Foodservice Professionals

Green Mountaineer

Winter Edition-2020

Letter from the President

Hello ANFP members, I hope this newsletter finds each of you safe and healthy! I am sure each of you are dealing with a tremendous amount of pressure and work during this pandemic. With that being said, I wanted to reach out and let you know that we are still pursuing open positions on the board. If anyone is interested please contact Denise or myself. We are willing to answer any questions you may have and train you to be a part of our chapter leadership. The work is rewarding and opens up the possibility of career connections and most importantly the support you receive from networking with other board members. Please expect a survey from nationals at the beginning of the New Year. Take to the time to fill it out and respond with what you need as a member from a chapter and national stand point.

I look forward to seeing each of you at a LIVE meeting, hopefully soon. Until then please take care, reach out if you need us for anything and have a blessed, and safe Holiday season!!

My Best,

Brandy

Brandy L Helm, NDTR, CDM, CFPP
Vermont Chapter President
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603.838.8266



Vermont ANFP Chapter Volunteer opportunities!

Role	Current Volunteer	June 2020
Past President		Denise Choleva
President	Denise Choleva	Brandy Helm
President-Elect	Brandy Helm	OPEN
Secretary/Treasurer	Joanne Applebee	Denise Choleva
Spokesperson	Denise Choleva	Denise Choleva
Impact Team	Brandy Helm	OPEN
Newsletter editor	Brandy Helm	Brandy Helm
Nominating Committee	Denise Choleva	OPEN
Webmaster	Brandy Helm	Brandy Helm
Membership Chairperson	Denise Choleva	Brandy Helm
Membership Committee	Joanne Applebee	OPEN
Hospitality	Joanne Applebee	OPEN
Teller	Cindy Rankin	OPEN
Finance Committee (4 positions)		OPEN

Volunteering is not only fun, it is also rewarding and benefits you professionally and personally. As a volunteer, you will gain leadership skills that transfer to your professional and personal lives, foster teamwork, expand your professional network and build your resume by contributing to industry issues.



Association of Nutrition & Foodservice Professionals



Learn About Each Way to Support NFEF

NFEF@ANFPonline.org



We want to welcome you
YOU!

Ms. Cynthia P Bowen, CDM, CFPP

Mrs. Yun Duong

Laura Morehouse

Member Counts as of
December 17, 2020

***Vermont ANFP
Chapter***

Member Type	Not Certified	Certified	Total
Pre-Professional	3	0	3
Professional	0	26	26
Retired Professional	0	1	1
	3	27	30



About the GrassROOTS Initiatives- Consider making a donation!

ANFP has joined forces on Capitol Hill with The Opportunity America Jobs and Careers Coalition (OAJCC), focusing on two major bills in Congress: the Strengthening Career and Technical Education for the 21st Century Act, which was signed by the President on July 31, 2018, and will incentivize industry-recognized credentials like the CDM; and the Promoting Real Opportunity, Success and Prosperity through Educational Reform (PROSPER) Act, which would reauthorize the Higher Education Act with resources for industry-led "earn-and-learn" programs and more flexible Pell Grants to help students pay for competency-based programs offered with community colleges. In addition, ANFP will continue to foster partnerships with other Healthcare Associations to cover the need for qualified CDMs in healthcare communities.

Join the cause and become a member of the ANFP GrassROOTS network and please consider giving to ANFP’s political action committee, ANFP-PAC, which is integral to our visibility and success on Capitol Hill. Finally, please support your state chapter and spokesperson, become a CDM brand ambassador, and mentor and educate new CDMs!

CDMs Cultivating Roots

Rallying Organizations & Officials in Training Standards



CULTIVATE

cul-ti-vate

1. grow or maintain
2. apply oneself to improvement or development

Yes, I would like to support CDMs Cultivating Roots.*

*Corporate contributions cannot be accepted; only personal contributions can be made to ANFP-PAC.

Cultivate, Grow, REAP!

CONTACT INFORMATION

Membership ID#:	Full Name:		
Address:	City:	State:	Zip:
Phone:	Fax:	E-mail:	
Occupation:	Employer:		

PAYMENT INFORMATION

<input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> Other			
<input type="checkbox"/> Enclosed is my money order or check, payable to ANFP-PAC			
Please check one: <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> Mastercard <input type="checkbox"/> American Express			
Name on card:			
Credit Card #:	CVV#:	Exp. Date: / /	
Billing Address:			
City:	State:	Zip:	
Signature:	Date:		

QUESTIONS? Contact Mindy Theesfeld at 800.323.1908 x128.

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Learn about...



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ACTION PLANS, NOT RESOLUTIONS, FOR THE NEW YEAR!



Action Plans, Not Resolutions, for the New Year!

How many of us have made lofty New Year's resolutions time and again, for them just to be broken within the first few weeks of the year? The problem with these resolutions many times is that they are long term goals without a plan on how to achieve it. For example, "I am going to lose 25 lbs. this year." On January 1st, you stop all sweets, eat only vegetables (when previously you were eating maybe one vegetable per day), and you use the treadmill that you haven't used in five years, for an

hour and a half. January 2nd rolls around and you're starving because you've only had vegetables for a day, so you pick at the leftover holiday treats but you promise yourself you will do the treadmill for 2 hours to make up for it. January 3rd arrives and you are so sore from overworking your body that you can barely move, so you won't be using the treadmill today and there is an office party in the afternoon, so you'll just start working on weight loss next week.

Do you see where this is going? In order to reach our goals, we need a set of action plans to reach these goals. The endpoint (I'm going to lose 25 lbs. this year) is the overarching goal. Here are some examples of developing action plans towards a goal:

In the first week of the year, I am going to replace one starchy food with green leafy vegetables every day.

If that action is achieved successfully, then make another action plan.

In the second week of the year, I am going to clean off the treadmill and move it to the living room so I can watch television while I exercise. Who knows? You may even use the treadmill in the second week, but if you just achieve the action you set out you are still successful and more likely to keep working towards your goal.

In the third week of the year, I am going to use the treadmill for 30 minutes before work on Monday, Wednesday, and Friday. I am also going to continue with my increase in green leafy vegetables and I am going to cut the amount of sugar in my coffee by 75%.

And so on. You may just notice that by February 1st, you've lost 3 pounds. If you lose 3 pounds each month of the year, that's 36 pounds by the end of the year.

Good luck! You got this, whatever "this" is. May 2021 be full of health, happiness, gratitude, and kindness.

*Sharon Sisle Anderson, RDN, LD
Diabetes Education Program Coordinator and Clinical Dietitian
Cottage Hospital*