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## Bread Gets a Bad Reputation, but We Asked Dietitians for the Facts

PopSugar

Samantha Lauriello

Fad diets have made us fear bread, but is that because it's actually unhealthy or have we been misguided? With so many different types of bread to choose from, it can be hard to know what you're actually putting into your body. But let's face it, no nose can ignore the aroma of a freshly baked loaf. And from tomato and mozzarella to classic grilled chicken, sandwiches serve as a vehicle for nearly all food groups. We asked dietitians for the facts behind bread's intimidating influence. Here's what they said.

### What types of bread are unhealthy?

"When you eat white bread, it's kind of like you're eating sugar," said Paige Whitmire, RD, LDN, a dietician at One on One Fitness Consultants. "It doesn't have any protein or fiber, so it's digested and absorbed really quickly, and it spikes and crashes our blood sugar, which can lead to diabetes and weight gain."

(Continued on page 18)

**Mission:** *Position the Certified Dietary Manager as the expert in foodservice management and food safety.*

**Vision:** *The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.*

## **Mel's Moments**

Hope all of you are having a great start to 2018. I am looking forward to seeing everyone at Spring Conference in April. It is always great to see all familiar faces and meet new CDM's in Wisconsin. In February we have Pride in Foodservice Week the 5th thru the 9th. I would love to hear what you all do to celebrate. Please share with us and we may feature you in next month's newsletter. This year is ANFP's 27th year and facilities across the country will be celebrating. Be proud of what we do and celebrate with your staff and residents.

Also ANFP has a contest and want to hear what you are doing for your staff. 1st place is \$100. 2nd place is \$75 and \$50 for third place. So get on your thinking caps and submit your entry to [www.ANFPonline.org/PIFSW](http://www.ANFPonline.org/PIFSW). Good Luck!

This month I was busy with submitting chapter by-laws, policy and procedures, succession plan and Bi Annual Chapter rebate for Nationals.

Have a great month!

**Your state President,  
Mel Kern**



### **MEMBERSHIP**



As of January 31, 2018, the Wisconsin ANFP is **371** members strong; **340** Certified Professional members, 31 Professional non-certified members. Please contact any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wisconsin ANFP.

### ***Welcome New Members!!***

Kristine Benusa  
Arcadia

Brian Dieleman  
Milwaukee

Patricia Patterson  
Ellsworth

Tamarah Scholze  
Winter



With Christmas out of the way it is time to think about our ANFP Spring Conference. It will be held in Oshkosh, WI at the Hilton Gardens Inn. We have some great speakers lined up for you. Can't wait to see you all again.

Reminder to bring something to auction off as we will be doing a white elephant sale again and bring canned goods for the Food Pantry.

Something to think about is we are always looking for volunteers for committees and future Board Members. It is a very rewarding experience and you learn so much and get to meet new people and make everlasting friends.

Sincerely,

**Marcia Borton, CDM, CFPP**  
**President-Elect WI ANFP**



**Newsletter Editor**  
**Bruce Link, CDM, CFPP**  
(C) 307.620.2562  
[fssolutions13@live.com](mailto:fssolutions13@live.com)



February is a busy month for us. Things kick-off with Ground Hog Day on Feb 2. Will he see his shadow? The Super Bowl on Feb 4. Then Feb 5-9 is "Pride in Foodservice Week". Tuesday, Feb 13 is Shrove Tuesday or better known as "Fat Tuesday". Wednesday, Feb 14, is Valentine's Day AND Ash Wednesday which begins the Lenten season. Instead of dinner and a movie, it would be a good time to do dinner and church. Feb 19, is President's Day.

Be sure to send me your photos from your events to include in the newsletter. Please include a short description. Deadline for the March newsletter is Feb 20<sup>th</sup>.

Until next month...

**"Live Long...and Prosper!"**





February 5 – 9, 2018 ..... Pride in Food Service Week

March 15, 16, 2018 ..... Spring Regional, Dallas, TX

April 4, 5, 2018 ..... Spring Regional, Lexington, KY

April 19-20, 2018 ..... Wisconsin ANFP Spring Conference, Oshkosh, WI, Hilton Gardens Hotel and Conference Center

June 1-4, 2018 ..... ANFP Annual Conference & Expo, Orlando, Florida

Fall 2018 ..... Wisconsin ANFP Fall Conference, Wisconsin Dells

Spring 2019 ..... Wisconsin ANFP Spring Conference, Door County



## **Government Affairs – ANFP Spokesperson Sheila Luhman, CDM CFPP**

The Government Affairs Committee Impact Team for 2017/2018 is: Renee Taylor, Marcia Kittleson, Laura Knutson, Marlene Adelmeyer, Penny Matuszewski and Millie Zarate.

We need to plan programs that will increase recognition and awareness of all ANFP Members, the association and the CDM credential in the state. Recognition and awareness should be gained among elected and regulatory officials as well as the general public. If any members know of a State senator and representative in your area, please contact one of the members of the Impact Team or Sheila Luhman – [Sheila.luhman@atticangel.org](mailto:Sheila.luhman@atticangel.org). We need to contact them, so we can meet with them at “Day at the Capital”. We will be setting a date, soon. All members are welcome to attend. If there are Town Hall meetings in your area, try to attend, wear your CDM Clothing and discuss with them the importance of your job. If you have promoted/assisted with any “Best Practice” improvements in your Facility, or if you are on any Committees, such as Culinary Art Classes in your local schools, please share the information with the Impact Team, so we can add it to our Government Affairs Award – which is due by March 31, 2018.

ANFP has risen to be an effective voice for all Directors of Food Service in hospitals and long-term care. Through its standardized educational curriculum and certification process for CDMs, ANFP has sought to improve quality care in dietary services. We continue to receive tools, practice standards, and position papers to assist members with improving and maintain quality in healthcare facilities. Continue to learn by accessing and applying the many resources available to you. Click on Advocacy tab in the CDM Website.

The DHS DQA BAL Assisted Living and Hospital Interface Guide is now available. The Division of Quality Assurance is pleased to announce the release of the newest publication, the Assisted Living and Hospital Interface guide. The DQA Bureau of Assisted Living convened a work group to develop guidelines and offer tools to support transitions in care between assisted living facilities and hospitals/emergency departments. Standardization of transition in care coordination practices is critical since it integrates the different settings/practitioners systems/practices in improving the healthcare outcomes of the client being served.

There was an excellent Chapter Chat presented from National and they are developing a Tool Kit that can be used to assist all states. Each Legislative Committee members were assigned a number of states for them to help and Sue Rinkenberger, CDM, CFPP will be meeting with us. Her expertise will assist our state to become stronger. As a professional, we all need to improve our knowledge base and share with others.



**State Website:** Go to [www.anfonline.org/events-community/chapter-pages/wisconsin/hp](http://www.anfonline.org/events-community/chapter-pages/wisconsin/hp)



1<sup>st</sup> – Ryan Geller  
 2<sup>nd</sup> – Belle Edwards  
 3<sup>rd</sup> – Dawn Cravillion; Janae Berends  
 9<sup>th</sup> – Mary Chase  
 10<sup>th</sup> – Peggy Lawver; Geralyn Unger  
 11<sup>th</sup> – Cynthia Riemer  
 14<sup>th</sup> – Carol Luedtke  
 15<sup>th</sup> – Adeline Sarbeck

16<sup>th</sup> – Tracy Ferkovich  
 18<sup>th</sup> – Mary Barrett; Charolle Jaeger  
 20<sup>th</sup> – Tina Houtari  
 23<sup>rd</sup> – Laura Knutson; Michael Groshek  
 24<sup>th</sup> – Laura Pederson  
 26<sup>th</sup> – Robert Walters  
 27<sup>th</sup> – Fawn Pollin  
 28<sup>th</sup> – Patricia Dieckman; Teresa Guerra; Laura Smith



## ANFP WI Scholarship Committee Report

Scholarship Committee: Marlene Adelmeyer- Chair, Cherie Bundrant and Penny Matuszewski.

ANFP WI will be offering two scholarships, one each, to off-set financial expenses associated with an ANFP approved course and CDM Exam registration fees. Our scholarship information and application is included in this Newsletter. The Executive Board and Scholarship Committee hopes to have several applicants for the two Scholarships we are offering. The scholarships will financially assist one applicant each with up to \$400. We don't want any member to feel that either of these processes needs to be a total hardship for you while reaching for your career goals. **Please see the scholarship information in this Newsletter.**





Believe me, it IS worth filling out if you need it. I won a scholarship a while back for the national conference and expo from the National ANFP committee, NFEF-Nutrition and Foodservice Education Foundation. The scholarship helped me as I was in-between positions (ok, I was “let go”!) and wasn’t able to justify the extra cash to attend. I was on the ANFP WI executive board at the time so part of that trip was expensed by our WI chapter. This was just one of the advantages I’d experienced by volunteering for an office! ☺

We hope to hear from you if you need us! If you have any questions, please call or email Marlene Adelmeyer, [marlene.adelmeyer@gmail.com](mailto:marlene.adelmeyer@gmail.com) or 920-229-2717 (can also text to this number).

Respectfully submitted,  
Marlene Adelmeyer, Scholarship Committee Chairperson



We had a chili cook-off today at work. Because I don't do beef, I made my favorite chili. Not sure who won; I will let you know at the meeting in Oshkosh in April! ☺

Aaaaand...great news...it's a "0" on Weight Watchers!!!

### White Chicken Chili

recipe submitted by; Marlene Adelmeyer



- 1# ground chicken breast
- ½ large sweet onion, chopped
- 4-5 garlic cloves, crushed
- 4-4 ½ cups chicken broth
- 2-4 oz. canned green chilis
- 1 tbsp & 1 tsp ground cumin
- 4 large bay leaves (always bay leaves!!!)
- 1-2 tsp oregano
- 3 cans great northern beans-rinsed and drained  
(or you can sub one or more with the three bean mix)

- Coat a 6 quart soup pot with non-stick cooking spray
- Brown chicken breast and season to taste. (my preference: garlic powder, rosemary, and my Italian grinder seasoning salt)
- Add garlic and onion, cook until transparent
- Add rest of ingredients and bring to a slow boil
- Simmer for an hour or so and serve

Enjoy!





## **In the month of March we celebrate these special occasions:**

National Celery Month

National Flour Month

National Frozen Food Month

National Nutrition Month

National Noodle Month

National Peanut Month

National Sauce Month

National Caffeine Awareness Month

2<sup>nd</sup> Week of March – Chocolate Chip Cookie Week

2<sup>nd</sup> Week of March – National School Breakfast Week

3<sup>rd</sup> Week of March – American Chocolate Week

3<sup>rd</sup> Saturday of March – Maple Syrup Saturday

1<sup>st</sup> – National Peanut Butter Lover’s Day, National Fruit Compote Day

2<sup>nd</sup> – National Banana Crème Pie Day

3<sup>rd</sup> – National Cold Cuts Day

4<sup>th</sup> – National Pound Cake Day

5<sup>th</sup> – National Cheese Doodle Day

6<sup>th</sup> – National Frozen Food Day, National White Chocolate Cheesecake Day

7<sup>th</sup> – National Crown Roast of Pork Day

8<sup>th</sup> – National Peanut Cluster Day

9<sup>th</sup> – National Crabmeat Day

10<sup>th</sup> – National Blueberry Popover Day

11<sup>th</sup> – Oatmeal-Nut Waffles Day

12<sup>th</sup> – National Baked Scallops Day

13<sup>th</sup> – Coconut Torte Day

14<sup>th</sup> – National Potato Chip Day

15<sup>th</sup> – National Pears Helene Day

16<sup>th</sup> – National Artichoke Hearts Day

17<sup>th</sup> – Corned Beef and Cabbage Day

18<sup>th</sup> – Oatmeal Cookie Day

19<sup>th</sup> – National Chocolate Caramel Day, Poultry Day

20<sup>th</sup> – National Ravioli Day

21<sup>st</sup> – California Strawberry Day

22<sup>nd</sup> – Coq Au Vin Day

23<sup>rd</sup> – National Chip and Dip Day, National Melba Toast Day

24<sup>th</sup> – National Chocolate-Covered Raisins Day

25<sup>th</sup> – Pecan Day, Waffle Day, National Lobster Newburg Day

26<sup>th</sup> – Spinach Day

27<sup>th</sup> – National Spanish Paella Day

28<sup>th</sup> – Something on a Stick Day, National Black Forest Cake Day

29<sup>th</sup> – National Lemon Chiffon Cake Day

30<sup>th</sup> – Good Friday, Turkey Neck Soup Day

31<sup>st</sup> – National Clams on the Halfshell Day, Tater Day, Oranges and Lemons Day



*Plan now to attend the Wisconsin ANFP Spring Conference in Oshkosh, April 19 & 20, 2018 at the Hilton Gardens Hotel and Conference Center*



*Watch the newsletter for further information*

Members,

1. The board is excited to once again recognize an administrator of the year for 2018. I have attached the application; note the deadline to submit is February 20<sup>th</sup>.
2. We are also offering scholarships for foodservice managers desiring to further their education and career potential by becoming a CDM, CFPP. We are offering a scholarship to help defray the cost of a live or online Dietary Manager training program for member of ANFP-WI group. We are also offering a scholarship for members who have enrolled in the required training course and would like to complete and pass the certification exam to become a CDM, CFPP. Attached are the applications. Please share this with the students at your facilities.
3. [Midwest Foodservice Expo](#) March 12-14, 2018.

**PARTICIPANTS MUST PRE-REGISTER BY ONLINE BY SUNDAY, MARCH 11, 2018. THEIR CODE WILL NOT BE HONORED ON-SITE.**

**CODE: 18MFEANFP**

Any questions please let me know  
Kayse Grimm CDM, CFPP



## 2018 ANFP WISCONSIN SCHOLARSHIP APPLICATION

January 1- June 30, 2018

ANFP Wisconsin is offering scholarships for foodservice managers desiring to further their education and career potential by becoming a CDM, CFPP. We are offering a scholarship to help defray the cost of a live or online Dietary Manager training program for member of ANFP-WI group. We are also offering a scholarship for members who have enrolled in the required training course and would like to complete and pass the certification exam to become a CDM, CFPP.

### ELIGIBILITY REQUIREMENTS

- Applicant must be working at least 50% time in a healthcare or approved foodservice environment.
- Applicant must demonstrate need for financial support.
- Scholarship winner of the Dietary Manager program must be enrolled in the required Dietary Manager training course to be completed by June 30, 2018.
- Scholarship winner of the Certification exam must complete the exam by June 30, 2018.

### APPLICATION REQUIREMENTS:

Please only include information that has been requested. Any applications that do not meet the following criteria or are illegible will be disqualified.

- Answer every space on the Scholarship Application. Mark N/A if a section does not apply to you. A blank space will automatically be considered an incomplete application.
- Please include an essay on why you would benefit from either scholarship and why you desire to become a Certified Dietary Manager.
- Application, essay and referrals must be submitted by the published deadlines.

### SELECTION PROCESS

The Scholarship Committee will review all applications and select the 2018 Scholarship Recipients. All applicants will be notified by June 30, 2018.

### HOW WILL THE SCHOLARSHIP BE AWARDED?

ANFP-WI will provide the scholarship recipient with course tuition up to \$400 (tuition only, books and fees not included). Scholarship monies will be awarded upon completion of the course. The Certification exam scholarship will provide up to \$399 for the exam only. Scholarship monies will be awarded upon completion and certification proof of the exam.

#### DEADLINES

- Application for the scholarships must be completed, typed and submitted either by mail or email by June 30, 2018 to:  
ANFP-WI Scholarship Committee  
W7716 Highbridge Rd  
Oakfield WI 53065  
Email: [marlene.adelmeyer@gmail.com](mailto:marlene.adelmeyer@gmail.com)

Questions? Please contact Marlene Adelmeyer at 920-229-2717



#### 2018 SCHOLARSHIP APPLICATION

##### SECTION 1-TYPE OF SCHOLARSHIP

Please check off the type of scholarship for which you are applying:

- ☐ Up to \$400 Dietary Manager training program  
☐ Up to \$399 Certification Exam

##### SECTION 2-PERSONAL INFORMATION

Last Name:	First Name:	MI
Address:		
City:	State:	Zip:
Email address:		
Home Phone:	Cell Phone:	

##### SECTION 3-EMPLOYMENT INFORMATION

Are you currently employed in a non-commercial foodservice operation? ☐Yes ☐No

If no, how long have you been unemployed or working in a different setting? Please explain your efforts in actively pursuing employment. (Attach a separate sheet)

If you are currently employed, complete the following section.

Current employer:		
Address:		
City:	State:	Zip:
Email address:		
Name of immediate supervisor:		
Supervisor title:	Phone:	
Length of time with this employer:		

SECTION 4-INDUSTRY WORK EXPERIENCE-*please list starting with your most recent position.*

<i>Company Name, City, Phone</i>	<i>Type of business &amp; position</i>	<i>Duties you perform</i>

SECTION 5-PERSONAL QUESTIONS (*attach extra sheets if necessary*)

1. Are you a member of any other professional organization other than ANFP? If yes, please list. If not why not?
2. What has been your involvement in your ANFP state chapter? (i.e. offices held, conference/meeting attendance, committee work or other volunteer work.)
3. Does your employer financially support your or other employees' continuing education? If yes, please give examples.
4. This scholarship will only fund part of expenses incurred for either scholarship. How do you plan to pay for the remaining expenses? (i.e. books, mileage, time absent from work.)
5. Give an example of a past meeting you have attended, ANFP or other, and how that experience has benefitted your workplace and/or ANFP-WI?
6. Have you ever been awarded a scholarship or grant from ANFP, NFEF, ANFP-WI, or other sponsor for educational purposes? \_\_\_\_ Yes \_\_\_\_ No If yes please give date, details and amount.

SECTION 6-ESSAY

Please type an essay of approximately 200 words that summarizes the following: Describe your financial need and why you desire to become a Certified Dietary Manager. (Please attach essay on separate sheet.)



## SECTION 7-REFERRALS

Please use the attached referral form for each of your two references. Recommended references include Registered Dietitians, Certified Dietary Managers, Administrators, college faculty, or corporate unit managers. Please limit the reference letter to the space allowed on the front of the page.

## SECTION 8-SIGNATURES

***Please read before signing.*** To the best of my knowledge, I have provided ANFP-WI accurate information concerning all questions on this application. I understand that failure to provide valid and complete information could result in the withdrawal of all financial assistance and a recall of all awards previously made by NFEF, or ANFP.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Before you submit this application, please include:

\_\_\_ Every section of the application is completed; application signed and dated.

\_\_\_ Section 6 essay attached.

\_\_\_ Section 7 referrals attached.

\_\_\_ Section 8 signature information completed.



### ANFP SCHOLARSHIP REFERRAL FORM

(NOTE: two referrals are needed-see scholarship information page)

Referral Name:

Referral Employer:

Name of Scholarship Applicant:

Relationship to Applicant:

REFERRAL COMMENTS:





Association of Nutrition & Foodservice Professionals

**Wisconsin ANFP Administrator of the Year Nomination Form**

**Candidate's Name:** \_\_\_\_\_

**Organization employed by:** \_\_\_\_\_

**Title:** \_\_\_\_\_

**Committees and organizations serving on:** \_\_\_\_\_

\_\_\_\_\_

**Any Organizational rewards/recognitions received:** \_\_\_\_\_

\_\_\_\_\_

**Nominated by:** \_\_\_\_\_

**Attach a letter that addresses the following:**

- Assistance with projects
- Support with funding
- Guidance for department
- Recognition of staff in department and how often it occurs
- Demonstration of knowledge of dietary impact on quality of life for residents or customers
- Support of participation in appropriate ANFP activities
- Ongoing communication and learning opportunities
- Creativity in addressing needs/desires of clientele

C/O Kayse Grimm CDM/CFPP  
202 Westminster Court  
Madison, WI 53714  
Kabrat1@charter.net

**Award will be presented at the Wisconsin ANFP Spring workshop.** Deadline is February 20<sup>th</sup> 2018



(Continued from page 1)

In the process of making white bread, the grain is stripped of its most nutrient-rich layers, one of which is its outer shell called bran, explained Monica Auslander, MS, RD, LDN, the founder of Essence Nutrition. "What happens is we strip away that outer bran, that beautiful shell that has all of the vitamins and fiber, and we add them synthetically back in to create what's called enriched flour." Removing portions of the grain increases its shelf life, Auslander explained.

### **What types of bread should I be eating?**

"You always want to choose whole-grain and whole-wheat bread because they have more fiber, protein, and vitamins and minerals than white breads do," Whitmire said. Whole grains have the nutrient-dense layers that refined grains are stripped of, providing the protein and fiber the body needs to stabilize the blood sugar, she explained. "Every time you choose white bread, you're spiking your blood sugar much more than wheat bread would." Whitmire emphasized rapid spikes and crashes in blood sugar can lead to a number of health problems, diabetes and weight gain are just the beginning.

### **What should I look for in the supermarket?**

Bread labels can trick you, Auslander explained, because if a loaf says whole grain on the front, that could mean a very small portion of the grains are whole but the majority are actually refined.

"If you see multigrain, health nut, healthy grain, or any of that kind of stuff on the front label, that doesn't mean it falls under a whole-wheat or a whole-grain bread category," Whitmire said. "You want to flip it over and always read the ingredient list to make sure the first ingredient is whole-wheat flour or whole-grain flour. If you see white flour or enriched, even if it says enriched whole-wheat flour, it's not a whole-grain or a whole-wheat product. It's essentially a white product."

After you've found the first ingredient is whole-wheat or grain flour, the next thing to look for is the fiber content. Whitmire recommends using 3 grams of fiber per slice or serving as a baseline. Anything that meets or exceeds that minimum will help slow digestion and keep you feeling full.

### **Why does my body need bread?**

"Carbs are your body's number one fuel source and the only fuel source for your brain," Whitmire said. "That's why when people go on low-carb diets they feel like crap, they feel tired, and they can't focus." Whitmire explained without carbohydrates, the body will begin to break down muscle and fat stores for energy, but that leads to a lot of fatigue. "Carbs are way more efficient. It's what your body wants."

Just remember, bread isn't your only option for carbohydrates, said Katie Kissane, MS, RD, owner of NoCo Sports Nutrition and Fitness. Strive for variety by eating oatmeal, quinoa, fruits, and starchy vegetables. "Bread can definitely be a good carbohydrate choice, but I wouldn't necessarily want someone to eat bread as their only carbohydrate source all day."

## How much bread is too much?

"People always ask how many slices they can eat in a day," Whitmire said. "It's not 10 slices or two slices. It's just not that straightforward." How much bread or how many carbohydrates you should be consuming is completely dependent on your own health profile, she explained.

"You want to avoid eating too many carbs in one sitting," Whitmire said. "It's about getting the proper portions of carbohydrates spread throughout the day at each meal and each snack but not too much at any one time. So with little bouts of fuel, you use it, get a little bit more, use it, and at no point does it spike your blood sugar or lead to weight gain."

The Daily Value for carbohydrates as set by the US Food and Drug Administration is 300 grams per day. This is based on a 2,000-calorie diet, meaning your actual requirements will vary based on your calorie needs.

The United States Department of Agriculture's MyPlate guidelines say grains should make up about 30 percent of your plate at any given meal, with half of those grains being whole. The guidelines also say half of your plate should be fruits and vegetables, which are other sources of carbohydrates.



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