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10 carbs nutritionists love

Men's Health

[Carbs](#) have a bad reputation. The category can be subdivided into simple sugars, like fruit and milk, and complex carbs, like potatoes, beans, oats, and brown rice

And while many folks do overeat the wrong kinds (processed foods), wholesome carbs—when eaten at the right time and in the right amount—help maintain a healthy body and provide you with the energy you need.

For example, 90 percent of carbs fuel your brain in the form of glucose (part of the reason you should think twice about trying the extreme low-carb [keto diet](#)). Some of the glucose is stored in the liver and muscles in the form of glycogen. When your blood sugar dips, like when you're working out, the glycogen is released and used as energy.

So which carbs are the best? We tapped several expert registered dietitian nutritionists throughout the country, many who work with professional and collegiate athletes, to find out which carbs they prefer.

(Continued on page 14)

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.*

How to Spot a Potential CDM, CFPP

The purpose of this document is to better help you identify potential CDM, CFPPs and recruit new members within and outside of the industry.

Each day, we cross paths with a variety of people in our lives: friends, family members, colleagues, and acquaintances. As an ANFP member, we encourage you to think “outside the box” and consider speaking with those who may or may not be employed in the foodservice and nutrition fields about becoming a CDM, CFPP. Look at those individuals who have a similar work ethic as CDM, CFPPs. Are they hardworking, professional, organized, dedicated and helpful?

Share your experiences and be open to questions about the credential, careers, and benefits. Encourage these individuals to learn more about the credential by visiting www.CBDOnline.org or www.ANFPOnline.org.

When thinking of prospective CDM, CFPPs, consider approaching individuals included on the list below. Speak with them about the career potential and benefits they can receive by becoming a CDM, CFPP.

- Dietary or Nurse’s aide, tech, orderly
- Dishwasher or other kitchen staff
- Professional staff, such as administrative assistant or patient care coordinator
- Cook/Chef
- Foodservice Director
- Health Coach
- Registered Dietitian still seeking work or not able to currently find work in the field.
- Sanitarian/Health Inspector
- Administrator

For more information on the CDM, CFPP credential and to access additional recruitment tools, refer to the following links:

- CDM, CFPP Career Information
 - <http://www.anfponline.org/become-a-cdm/cdm-cfp-career-info>
- Prospective Member Brochure
 - http://www.anfponline.org/docs/default-source/legacy-docs/docs/omni_prospects.pdf
- CDM, CFPP Job Description
 - <http://www.anfponline.org/become-a-cdm/cdm-cfp-career-info/cdm-cfpp-job-description>
- CDM, CFPP Scope of Practice
 - <http://www.anfponline.org/become-a-cdm/new-regulations-for-cdm-cfpps/cdm-cfpp-scope-of-practice>
- What CDM Means to Me
 - <http://www.anfponline.org/become-a-cdm/what-cdm-means-to-me>

MEMBERSHIP



As of February 28, 2018, the Wisconsin ANFP is **377** members strong; **345** Certified Professional members, 32 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!!

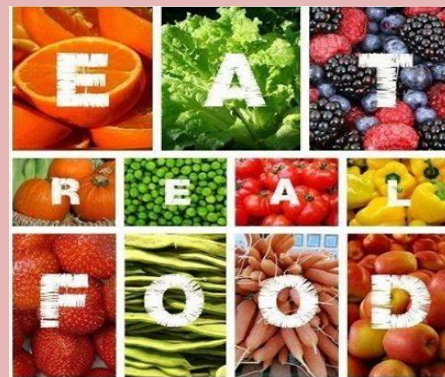
Rachel Jones
Blue River

Sheila Moehle
Eau Claire

Linda Ott
Oshkosh



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As the weather gets warmer, we begin to do more outdoors. Remember also the residents enjoy outdoor activities. It may still be a little cold to eat outside, but start using your grill and grill some of those meals. The flavor change is always much appreciated by the residents.

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

Until next month...

“Live Long...and Prosper!”



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. We need to contact them, so we can meet with them at “Day at the Capital”. We will be setting a date, soon. If you have promoted/assisted with any “Best Practice” improvements in your Facility, or if you are on any Committees or sharing what you did for “Pride in Food Service Week”, or another example; one of my Waitstaff had a number of students in her High School make Valentines for the residents, which she handed out to the residents. During the time that they were making them she shared what her job duties are and how important Food Service is in Long Term Care and how we impact their lives. My Department and I were featured on “ BUZZED into MADISON” on Channel 3, Emmy Fink interviewed me and presented a 2 minute Video showing the excellent quality of our Food Service Department, which viewed weekly, during the month of January. Please share any information with the Impact Team that you and your facility have done, so we can add it to our Government Affairs Award – which is due by March 31, 2018.

One of the recent Wisconsin Top Ten Federal Health Citations list for 2017 was available from Department of Health Services. Please read the information below. We have improved in Tag F371. Click on Advocacy tab in the CDM Website to stay updated on regulatory issues.



State Website: Go to www.anfonline.org/events-community/chapter-pages/wisconsin/hp



- 15th – Nicole Campbell
- 16th – Marcia Below; Keith Janssen
- 17th - Diane Davis
- 23rd – Scott Schuld
- 25th – Melanie Melgaard

- 2nd– Linda Brewster
- 4th – Marissa Philippi
- 5th - Vicki Sukow
- 7th - Wendy Philippi
- 8th - Patrick Jansen
- 10th – Lori Paulson
- 11th – Christine Walter; Brenda Gallant
- 14th – Theresa Kleinertz

27th - Susan Clapp; Christopher Erby
27th – Fawn Pollin
28th – Laura Doll; Wanda Schroeder
29th - Vickie Heim; Teresa Mead; Lori Werner

Happy
Birthday
to All!

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 or 920-229-2717 (can also text to this number).

Respectfully submitted,
Marlene Adelmeyer, Scholarship Committee Chairperson

In the month of April we celebrate these special occasions:

National Food Month

National Soft Pretzel Month

National Soy Foods Month

1st Week of April – National Bake Week

2nd Week of April – National Egg Salad Week

1st Sunday of April – National Baked Ham with Pineapple Day

1st – National Sourdough Bread Day

2nd – National Peanut Butter and Jelly Day

3rd – National Chocolate Mousse Day

4th – National Cordon Bleu Day

5th – National Caramel Day; National Raisin and Spice Bar Day

6th – National Caramel Popcorn Day

7th – Coffee Cake Day

8th – National Empanada Day

9th – National Chinese Almond Cookie Day

10th – National Cinnamon Crescent Day

11th – National Cheese Fondue Day

12th – Grilled Cheese Sandwich Day; National Licorice Day

13th – National Peach Cobbler Day

14th – National Pecan Day

15th – National Glazed-Spiral Ham Day

16th – National Eggs Benedict Day; Day of the Mushroom

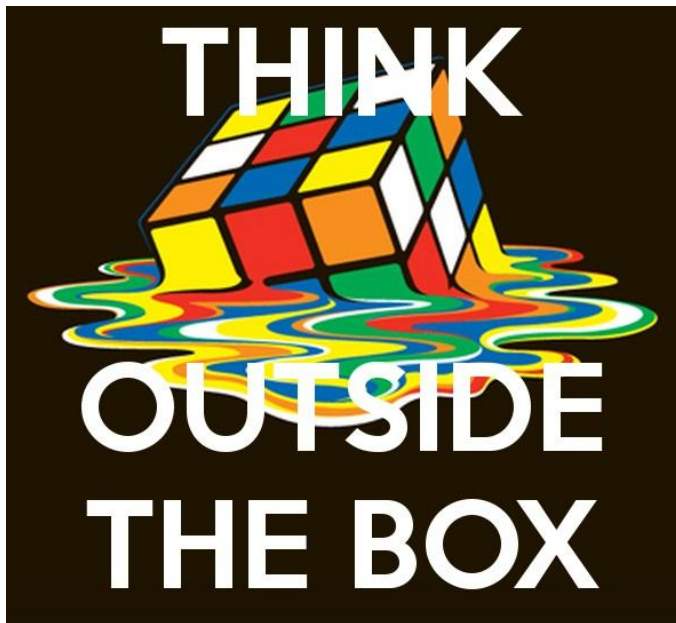
17th – National Cheeseball Day

18th – Animal Crackers Birthday

19th – National Amaretto Day, Garlic Day

20th – National Pineapple Upside Down Cake Day

- 21st – Chocolate-covered Cashew Truffle Day
- 22nd – National Jelly Bean Day
- 23rd – National Cherry Cheesecake Day, National Picnic Day
- 24th – National Pigs-in-a-Blanket Day
- 25th – National Zucchini Bread Day
- 26th – National Pretzel Day
- 27th – National Prime Rib Day
- 28th – National Blueberry Pie Day
- 29th – National Shrimp Scampi Day
- 30th – National Raisin 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



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

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 & 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:

Wisconsin
Top Ten Federal Citations
1/1 – 11/27/2017

Rank	State Rank 2016	Tag	Description of Regulation	Number of Citations	Number of Cites at Harm or IJ
1	1	F323	Facility is free of hazardous environment/supervision and assistive devices to prevent accidents	166	37
2	2	F441	Infection control program designed to prevent the development and control the spread of infection	158	5
3	3	F314	Services and treatment to prevent and/or to heal pressure ulcers	148	50
4	5	F225	Report and investigate allegations of abuse, mistreatment, neglect and misappropriation	112	3
5	6	F309	Care and services to attain/maintain highest practicable level of well-being	110	27
6	4	F371	Food stored, prepared, distributed, and served in a manner that prevents foodborne illness	104	2
7	9	F329	Each resident's drug regimen is free of unnecessary drugs	96	1
8	7	F425	Pharmaceutical services to ensure accurate acquiring and dispensing of medications	91	1
9	8	F315	Care and services to restore as much normal bladder function as possible	85	3
10	NEW	F157	Consult promptly with physician following significant condition change	71	13



ANFP | **WISCONSIN**
 Association of Nutrition & Foodservice Professionals

1. Oats

“Oats are rich in nutrients for a moderate amount of calories and carbohydrates. They have a special type of fiber linked to lowering cholesterol levels, making them a great heart-healthy grain; they even have a decent amount of protein. Whole grains like oats can help you maintain a healthy weight, too. They're the foundation of my go-to breakfast—along with a topping of seasonal fruit and nuts—for a satisfying meal that keeps me going until lunch.”

2. Pasta

“I'm a big fan of pasta. First of all, Italian men eat pasta and look great. Second, pasta is a great way to complete your plate or bowl by adding protein and veggies. Third, pasta can fuel workouts so you don't burn muscle while exercising and/or carbs post workout providing the 1-2 punch with protein to help the body effectively restore itself.”

3. Potatoes

“For the money, you can't beat a traditional baked, stuffed spud to fuel your body and provide an easy protein-packed dinner. One serving (about one small baked potato) costs less than 20 cents and is loaded with quality carbohydrates. A small baked potato is only 113 calories, so don't believe that old wives' tale that they're 'fattening.' Microwave a spud and stuff it with black beans, salsa, and cheese for a protein-rich, muscle-loving meal in less time than it takes to shower post-workout. Nutritional bonus: A small baked potato will also provide over 650 milligrams of blood pressure-lowering potassium, a mineral most Americans are falling short of daily.”

4. Chocolate milk

“Chocolate milk is the perfect choice after a workout. It contains carbs and protein in the ideal ratio for muscle recovery, plus offers fluid, electrolytes, calcium, and vitamin D—nutrients most men need more.”

5. Lentils

“Lentils are a nutritional powerhouse that provide high-quality carbs to fuel your muscles, optimizing workouts and recovery. Lentils provide 18 grams of protein per 1 cup (cooked), 16 grams of fiber, and a good amount of iron. Lentils are versatile—easy to add to soup, salad, tacos, and/or made into vegetarian meatballs

6. Blueberries

“Blueberries are a good source of carbohydrates, fiber, and antioxidants. Grab a cup or two of blueberries pre-workout to provide a supply of glucose to your working muscles. Post-workout, pair blueberries with some protein. The carbs will help replenish your muscle glycogen stores and enhance the transport of protein into cells, while the antioxidants can help repair your muscles post-workout.”

7. Whole-grain bread

“One of the most common statements I’ve heard from clients, and one of their biggest mistakes, I might add, is when they say, “I gave up bread” in an effort to drop a few pounds. Bread itself is not high in calories and in some cases, it can satisfy your cravings with its ability to boost feel-good chemicals in the brain. But read your bread’s label to choose wisely. My favorite bread, Dave’s Killer Bread, is organic and loaded with fiber, protein, and a mix of 21 whole grains and seeds. Some long ingredients lists are actually a good thing!”

8. Beans

“Beans, like chickpeas and black beans, are one of my favorite carbs because they contain complex carbohydrates including soluble and insoluble fiber, and a significant amount of protein. This winning combination helps keep you fuller longer. Beans also provide iron and potassium, electrolytes important for muscles and balancing blood pressure.”

9. Sorghum

“Whole-grain sorghum is gaining a lot of attention. It’s a protein powerhouse when it comes to grains and is packed with fiber. Sorghum provides magnesium and phosphorus, the key minerals for bone health, as well as B-vitamins and iron to help convert food into energy and maintain a healthy immune system. It may have a beneficial effect on the gut microbiota. Emerging research suggests prebiotic-rich foods, such as sorghum, may protect against the development of inflammation and chronic disease. Cook and use sorghum, just as you would enjoy rice.”

10. Bananas

“Bananas are my favorite carb of choice. They’re loaded with potassium and offer a good source of fiber. They’re a versatile snack you can add to yogurt, toss in a protein shake, or just eat it topped with a tablespoon of almond butter. “

