



Fight the Flu - Ten Foods To Eat When You Have The FLU

1-Popsicles soothe the throat, help with hydration, and may lower fever. Choose 100% fruit juice popsicles for lower sugar and better nutrition.

2-Turkey Sandwich is high in protein and increases body energy. **3-Vegetable Juice** has increased immune-boosting antioxidants and helps with hydration. Choose 100% fruit juices.



4-Chicken Soup increases hydration, is nourishing, has an anti-inflammatory effect on the body, and can improve the ability of tiny nasal hairs to protect the body from bacteria and viruses.

5-Garlic has anti-microbial and immune-stimulating properties and may give slight relief from congestion.

6-Ginger may soothe stomach upset, diarrhea, nausea and may fight inflammation. Add ginger to foods like soups and

drinks like tea.

7-Hot Tea—Green and black teas offer disease fighting antioxidants. Add honey and lemon to soothe a sore throat and increase energy!

8-Banana soothes symptoms of nausea, vomiting and diarrhea. The BRAT diet of banana, rice, applesauce and toast, is recommended by doctors for a variety of stomach upsets.

9-Toast and crackers are convenient, pair well with chicken soup and hot tea, give a satisfying crunch and take the edge off hunger.

10-Meal Replacement Drinks are recommended when appetite is returning, have high protein, low sugar, essential vitamins and nutrients and are available flavored.

State President

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Happy November Everyone,

I don't have much news to share right now but I hope everyone had a great October and celebrated Dietary Week. If you would like your dept. spotlighted in the newsletter, please let Bruce know what you did for your staff and how you appreciated them last month.

Start thinking of ideas to help us Fund-raise in Feb during Pride in Food Service Week. We challenge all homes to fund-raise for their Food Pantry's during the week at some point and let's make a difference in Wisconsin.

Again, anything you would like to share, please send your articles to Bruce and he will get them in.

Thank you

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



As of October 29, 2018, the Wisconsin ANFP is **347** members strong; **316** 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!!

Jessica Lypsinmaa
Appleton

Marissa Soto
Abbotsford



- 1st – Jennifer Ess
- 2nd – Theresa Pries
- 3rd – Janice Kearney, Tracy Rusch,
Kathleen Stich
- 5th – Barbara Jerue
- 7th – Tina Kvistad, Glen LeBeau
- 9th – Mary Cordova, Frankie Soto
- 10th – Gretchen Rasch
- 12th – Tami Kohls
- 13th – Johanna Ermis

- 14th – Lori Clark
- 18th – Ana Rodriguez, Sara Seiltz
- 21st – Nicole Kroeger
- 22nd – Jennifer Matz, Laurel Ott
- 28th – Deb Cherney, Barbara Konkel, Sara Wenger
- 29th – Cynthia Morrissey, Jonathon Stats
- 30th – Christine Paczkowski, Therese Sorensen



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.



March 14,15, 2019 National Spring Regional,
Sheraton Mission Valley Hotel, San Diego, CA

April 4,5, 2019 National Spring Regional,
Double Tree by Hilton Pittsburgh, Pittsburgh, PA

April 25, 26, 2019 Wisconsin ANFP Spring
Conference, Landmark Resort, Door County

June 26-29, 2019ACE, Union Station Hotel, St.
Louis, MO

September 2019 TBD

State Spokesperson

Sheila Luhman
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Cross Plains, WI 53528
(W) 608.662.8827
(C) 214.500.7656
sheila.luhman@atticangel.org



Remember to VOTE!! The Power of the Constituent...YOUR VOICE!!! You the Constituent have tremendous power in the minds of legislators!

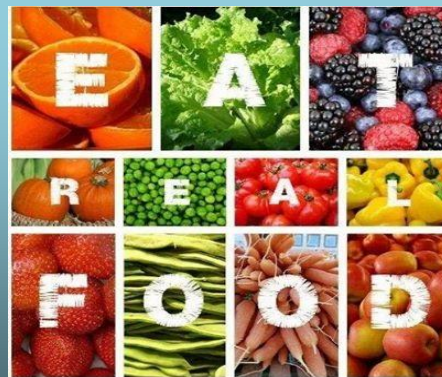
Legislation is Needed – Congress Should Enact Legislation to Protect Seniors and Promote Food Safety in Nursing Homes and related Facilities by requiring Certified Dietary Managers to be On- Site. Foodborne illness is a serious public health threat to Americans of all ages but seniors are often most at –risk. According to the USDA and the Centers for Disease Control and Prevention (CDC), approximately 76 million cases of foodborne illness occur every year in the United States, and of those cases, more than 325,000 people are hospitalized and about 5,000 deaths occur.

There are no minimum Federal training or certification qualifications for a Director of Food Services. We must make certain the Food Service Managers who run the day-to-day operations are adequately trained and certified for safe food handling. Congressional action is needed now to enact legislation to fill this void in the HHS regulations to raise the standards of care for seniors by requiring nursing home and other long-term care facilities for receiving Federal funds to require the director of food services, if not a full-time dietitian, to at least be certified by the Certifying Board for Dietary Managers of the Association of Nutrition & Foodservice Professionals. This is not a burden to the industry as a facility can train an existing foodservice employee at a nominal cost. Risks of foodborne illness among residents in nursing homes can be minimized through low cost, high impact training and certification. We owe it to our parents and to America's elderly.

Contact your Legislators and vote !!

Please contact members of the Impact Team or Sheila Luhman – Sheila.luhman@atticangel.org. if there is anything you have done to make others aware of our profession.





We are quickly coming upon the holiday season. Many of you have planned or are planning for your holiday events. Check out the September/October 2018 issue of EDGE magazine, ***"Top 10 Ways to Celebrate the Holidays in Your Community,"*** on page 5 along with an article on ***"Cooking for the Holidays"*** on page 12. These items are very good and worth the read and you may even find there are ideas you can use in your community.

You may have your own suggestions you may wish to share with your fellow CDM's. Please send them to me and I will compile them and provide them in a future issue of the newsletter. Remember that we would like to hear about what you are doing in your community, so, please share them with me and I will put them in the newsletter. If you can, also include photos. They help tell your story.

Last of all, don't forget, November 4th, turn your clocks back one hour!

Until next month.....Live Long and Happy Thanksgiving!



Landmark Resort

www.thelandmarkresort.com

4929 Landmark Dr, Egg Harbor, WI 54209

(920) 868-3205

Plan now to attend the 2019 Spring Conference at the Landmark Resort in Egg Harbor, Wisconsin, April 25 & 26, 2019. Watch the newsletter for more information.

In the month of December we celebrate these special occasions:

National Fruit Cake Month

National Egg Nog Month

1st Week of December – Cookie Cutter Week

4th Week of December – National Egg Nog Week

1st – National Pie Day

2nd – National Fritters Day

3rd – National Apple Pie Day

4th – National Cookie Day

5th – National Sacher Torte Day

6th – National Gazpacho Day

7th – National Cotton Candy Day

8th – National Chocolate Brownie Day

9th – National Pastry Day

10th – National Lager Day

11th – National Noodle Ring Day

12th – National Cocoa Day

13th – Ice Cream and Violins Day

14th – National Bouillabaisse Day

15th – National Cupcake Day

16th – National Chocolate Covered Anything Day

17th – National Maple Syrup Day

18th – National Roast Suckling Pig Day

19th – National Hard Candy Day

20th – National Fried Shrimp Day; National Sangria Day

21st – National Hamburger Day; Kiwi Fruit Day (California)



22nd – National Date Nut Bread Day
23rd – National Pfeffernuesse Day
24th – National Egg Nog Day
25th – National Pumpkin Pie Day
26th – National Candy Cane Day
27th – National Fruit Cake Day
28th – National Chocolate Candy Day
29th – Pepper Pot Day
30th – National Bicarbonate of Soda Day
31st – National Champagne Day



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.

Paid for by Association of Nutrition & Foodservice Professionals Political Action Committee (ANFP-PAC). Contributions or gifts to ANFP-PAC are not deductible for Federal income tax purposes.

Learn about...



Association of Nutrition & Foodservice Professionals
406 Surrey Woods Dr. | St. Charles, IL, 60174
Phone 800.232.1908 | Fax: 630.587.6308 | www.ANFPonline.org

Thanksgiving

C	P	U	M	P	K	I	N	P	I	E	A	G	T
A	U	T	U	M	N	I	P	L	N	F	S	H	M
K	F	W	Y	H	L	W	F	M	P	U	A	V	A
P	L	R	L	S	A	V	G	I	U	N	K	L	Y
T	S	R	I	G	L	R	L	M	K	E	R	T	F
T	P	T	M	R	R	G	V	S	F	E	I	G	L
S	N	N	A	A	R	A	G	E	A	Y	S	I	O
A	R	I	F	I	U	I	V	T	S	K	Y	A	W
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PILGRIMS
 BLACK FRIDAY
 FALL
 GRAVY
 AUTUMN
 CORN
 PUMPKIN PIE
 TURKEY
 STUFFING
 FAMILY
 THANKSGIVING
 MAYFLOWER
 FEAST
 CELEBRATE
 HARVEST

Play this puzzle online at : <http://thewordsearch.com/puzzle/193/>

The ANFP Wisconsin scholarship committee consists of: Marlene Adelmeyer- Chair, Cherie Bundrant and Penny Matuszewski.

Because ANFP-WI continues to be super Blessed, our executive board and finance committee has approved scholarship monies enabling us to give back to our members who continue to support and respect their profession. ANFP-WI will be offering a scholarship for foodservice managers desiring to further their education and career potential by becoming a CDM, CFPP. We will also be offering a scholarship to help cover the expense of the certification exam fee. Penny, Cherie and I, along with the executive board, are excited to award this scholarship to one of our members. Scholarship information for 2019 is included in this newsletter. You can also find it on our ANFP-WI website. Or, if you want to make it really easy for yourself, just email me and ask me to send you the application/information. Marlene.adelmeyer@gmail.com.

Good luck to everyone! We can't wait to review applications after the first of the year!



2019 ANFP WISCONSIN SCHOLARSHIP APPLICATION

January 1- June 30, 2019

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, 2019.
- Scholarship winner of the Certification exam must complete the exam between January 1 and June 30, 2019.

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 2019 Scholarship Recipients. All applicants will be notified by June 30, 2019.

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 proof of course 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, 2019 to:
ANFP-WI Scholarship Committee
W7716 Highbridge Rd
Oakfield WI 53065
Email: marlene.adelmeyer@gmail.com

Questions? Please contact Marlene at 920-229-2717

2019 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 to include **complete** answers)

1. Are you a member of any other professional organization other than ANFP? If yes, please list. If not why not?
2. Explain 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. If no, do you have any other financial support for education?
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. Referrals should be complete.

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. Please ask your referral to tell us, for example, about you, your work ethics, position, participation, extra efforts, or any other helpful information that may be beneficial to your application.

Referral Name:

Referral Employer:

Name of Scholarship Applicant:

Relationship to Applicant:

REFERRAL COMMENTS: (May be typed on a separate sheet)