National Apple Month

By: Sheridan Smith

Ringing in tune with the fall season is the United States’ National Apple Month, which runs throughout the month of October. Apples have been a great fruit of the U.S.A. since the early 1600s, making it a staple in American culture. In 1603 Jamestown, settlers grew apples for one sole purpose: cider. The apples they produced then were small and tart, unlike the culinary ones we enjoy today as hand fruit. They simply used the apples for producing one of our longtime favorite beverages.

Alternately, apples are not the most purchased fruit in the United States. They come in at a close second behind bananas. Whether it’s through fresh apples or apple products, the average American consumes roughly 19 pounds per year. Apples are fat-free, low in calories and filled with vitamins, so the old adage that an apple a day keeps the doctor away may actually be spot-on.

In honor of National Apple Month, these facts below should show some appreciation to the old-aged fruit. All statistics and facts are courtesy of the U.S. Apple Association.

1) Washington State tops the charts: 70 percent of apples produced in America come from the Evergreen state. The second largest producer of apples in the United States is New York, followed by Michigan, Pennsylvania, California, Virginia, North Carolina, Oregon, Ohio and Idaho. Apples come from all over the United States and America’s take advantage of the fruitfulness.

2) The United States grows around 200 unique varieties of apples in 32 states, but the only native apple to North America is the crabapple. Once called common apples, the crabapple was first cited in Boston in 1625. Seeds brought over from Europe began to produce various types of apples in the 17th century, leaving the crabapple in the dust until cider’s recent revolution of the tart, little apple.

3) It takes an apple tree four to five years to produce its first fruit. Fortunately, once the tree begins to grow, there are voluptuous amounts of fruit that each tree bears. Apples harvested from an average tree can fill 20 boxes weighing 42 pounds per box. These trees are slow, but steady producers.

4) It takes around 36 apples to produce one gallon of cider. Hello, apple-picking! This means that each glass of cider you drink is the equivalent of 2-3 apples. The doctor should be proud of all us cider lovers out there.

5) The top 10 varieties sold in the United States are Gala, Red Delicious, Fuji, Granny Smith, Honeycrisp, Golden Delicious, McIntosh, Pink Lady, Braeburn and Jazz. The most used apple
for culinary purposes is the Red Delicious due to its richness in nature. In the top list of apple varieties produced, cider-friendly McIntosh, Rome and Empire apples also make the cut.

**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.

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**Transformative Training**

High-Impact Results

**ELDERCARE Healthcare NON-PROFIT Higher Education BUSINESS**

**CREATING Transformative CHANGE FOR AN AGING WORLD**

Left: Live Dementia presented by Beth Prop Training and Advocacy, LLC

Right: Motivational Speaker, Alicia Saddoris, “Taking Care of Your Health Makes A Better You”

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**Highlights from the Fall Conference in Eau Claire**

Let Your Light Shine

Left: Live Dementia presented by Beth Prop Training and Advocacy, LLC

Right: Motivational Speaker, Alicia Saddoris, “Taking Care of Your Health Makes A Better You”

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Left: “Garnish and Upscale Your Plate”
Presented by: Chef Danielle Menting
The Formalist – Lismore Hotel
With Wisconsin ANFP President-Elect, Marcia Borton, CDM, CFPP
In July I received an Action Alert from Leading Age to have us Contact our Senators to Vote NO on the Senate Health Care Bill. I contacted Annette Cruz Vice President of Public Policy & Advocacy of Leading Age and she said it is not necessary to forward this Action Alert on to our members because it is very unlikely that the Senate Bill as previously proposed will advance.

On September 28th, 2016 the Centers for Medicare & Medicaid Services (CMS) issued its final regulations of Part 483 to Title 42 of the Code of Federal Regulations, the Requirements for States and Long-Term Care Facilities.

National is providing an Informational Webinar on October 17th, at 2:00pm., to educate the members on the power of the CDM, CFPP credential and the process involved in obtaining this prestigious certification. The Speaker is Katherine Church - Executive Director or the Certifying Board For Dietary Managers and Jay Carino – Vice Pres of Member Services.

Register on ANFP website.

At the National Conference in June I met with Joyce Gilbert –ANFP President/CEO and Cindy Cothern from Kansas – is on the National Legislative Committee to discuss how we are to proceed meeting with Senators and Representatives. Joyce is very involved with meeting in Washington representing us. She had to re-schedule some appointments because she broke her ankle, so she would be getting back to us when she knew more. I contacted her again in the end of August. There was a response from Mindy Theeesfeld – Foundation and Research coordinator of ANFP and she advised us to contact our Governors and inform them of our Scope of Practice and how we are involved with CMS. I will be contacting Governor Scott Walker. It is still beneficial to keep in touch with our Senators and Representatives so they know who we are. If any of you have personal contacts with any please let me know. That will help us communicate.

One of our Goals is to have a Day at the Capital in Madison and provide box luncheons. I discussed with an Intern with Jon Erpenbach. He recommended that we set appointments between 9am and 12:00. Nothing in the afternoon, they are always not available then. The months you don’t want to go is during the Budget time which starts in Nov. – March.

I sent an email to the members of our WI. Government Affairs – Impact Team ( Marlene Adelmeyer, Marcia Kittleson, Laura Knutson, Millia Zarate, Renee Taylor and Penny Matuszewsk) to see if they have contact with any Congressmen and to plan a date for the Capital Visit. Team suggests we set the date at the Spring Conference and plan the Capital Visit for May, 2018.

I will be attending the WI. State Leading Age Conference - September 27th – 29th and sharing information with Administrators regarding CDM, CFPP Scope of Practice and encouraging them to support Continuing Education for their employees.

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

Fall is in the air and we are all very busy with our jobs. Take time for yourself and enjoy the weather, changing of colors and your family.

Thanks to all that came to our Fall Conference in Eau Claire. We had 96 members signed up, what a great turnout.

Our 2018 Spring Meeting will be held in Oshkosh, WI. April 19th & 20th. It will be held at the Hilton Gardens Hotel and Conference Center. Our Keynote speaker will be Liysa Callsen and her presentation will be “The Value of Being Heard”. Both her parents are deaf and her husband as well. She has a lot to share on this subject.

We also will have 2-3 sanitation CE as well as some good speakers. Our 2018 Fall Meeting will be held in WI Dells and 2019 Spring in Door County. Hope to see all of you at our upcoming meetings.

Respectfully yours,
Marcia Borton CDM,CFPP
President Elect

As of September 30, 2017, the Wisconsin ANFP is 394 members strong; 359 Certified Professional members, 35 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 Wyoming ANFP.

Welcome New Members!!

Ramond Ross
Milwaukee

Christina Schubert, CDM, CFPP
Milwaukee
I have sent our agenda and welcome letter to Rebecca Rude Program Director, Nutrition & Foodservice Professional Train Program from University of North Dakota, she will forward any email I send her. I have also sent a welcome letter and agenda to Andrew Campbell Professional Development Executive Education & Conferences at University of Florida, I have not gotten a response from him.

We have spoken to national asking them to create a letter to share with our administrators, they are currently creating this letter. I will share the letter with membership.

Respectfully Submitted
Kayse Grimm CDM, CFPP
Wisconsin State Secretary

I have returned to Wisconsin after living in Wyoming for the last 25 years. If you have anything that you would like to share with your fellow dietary managers, please, e-mail it to me. This includes photos and stories about event in your facilities, recipes ideas, etc. I am always looking for new information for the newsletter.

I wish I could have joined you at the Fall Conference in Eau Claire, howere, it wasn’t meant to be. However, I will be in Oshkosh at the Spring Conference in April 2018.

In an effort to keep you better informed of Wisconsin ANFP news and events, the newsletter will be published on a monthly basis. I hope you will enjoy this and be able to better plan for up-coming events.

Until next month… Live Long and Prosper!
February 5 – 9, 2018 ... Pride in Food Service Week

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

2nd – Kim Aldi, Beverly Anderson
3rd – Theresa Maki
4th – Laura Gulatz
5th – Colleen Kahara
7th – Penny Lueck, Blanche Wellman
8th – Susan Gates, Barbara Marsicek
9th – Denise Beal
10th – Carissa Jaycox
11th – Sherry Scimemi, Joanne Streich
13th – Elena Davidoff
14th – Marcia Borton, Theresa Frey
15th – Tara Petter
19th – Lori Fernandez
20th – Rebecca Busch
22nd – Jerry Speich
24th – Linda Reitzner
25th – Rebecca Murphy-Adkins
26th – Kim Bahr, Lynn Pendleton
27th – Andrew Jenks
28th – Penny Matuszewski
29th – Katie Teran
The newly formed scholarship committee consists of: Marlene Adelmeyer- Chair, Cherie Bundrant and Penny Matuszewski.

Because we have been so Blessed, our executive board and finance committee has decided that we are able 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 are excited to get this scholarship under way, so watch the upcoming newsletters and the ANFP-WI website for more information.

Respectfully submitted,

Marlene Adelmeyer, Scholarship Committee Chairperson

Here’s a little recipe that I found that can help you use up those fallen apples this season. And NO they are not a healthy choice! That would be apples peeled and cored with cinnamon and a sugar substitute baked for 15-20 minutes @ 350F degrees or until soft.

HAPPY APPLE USING!!!

GERMAN APPLE CAKE

INGREDIENTS · 2 eggs

· 3/4 cup vegetable oil · 2 cups sugar · 1 teaspoon vanilla · 2 cups flour · 2 teaspoons cinnamon · 1 teaspoon baking soda · 1/2 teaspoon salt · 4 cups peeled chopped apples

DIRECTIONS

1. In large bowl, beat eggs and oil until smooth.

2. Add next 6 ingredients and mix well.

3. Fold in apples.

4. Pour into greased 9 X 13 pan.

5. Bake at 350F degrees for 50-55 minutes.
In the month of October we celebrate these special occasions:

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<thead>
<tr>
<th>Month or Week of October</th>
<th>Celebration</th>
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<tr>
<td>Eat Better, Eat Healthier Month</td>
<td>Eat Country Ham Month</td>
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<tr>
<td>National Apple Month</td>
<td>National Applejack Month</td>
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<td>National Caramel Month</td>
<td>National Chili Month</td>
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<td>National Cookie Month</td>
<td>National Dessert Month</td>
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<td>National Pickled Peppers Month</td>
<td>National Pizza Festival Month</td>
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<td>National Popcorn Poppin’ Month</td>
<td>National Pork Month</td>
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<td>National Pretzel Month</td>
<td>National Seafood Month</td>
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<td>Vegetarian Awareness Month</td>
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<td>1st Week of October – No Salt Week</td>
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<td>1st Week of October – National Chili Week</td>
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<td>2nd Week of October – American Beer Week</td>
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<td>2nd Week of October – National Food Bank Week</td>
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<td>2nd Week of October – National School Lunch Week</td>
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<td>2nd Week of October – National Pasta Week</td>
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<td>3rd Week of October – National Kraut Sandwich Week</td>
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<td>3rd Week of October – Pickled Peppers Week</td>
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<td>4th Week of October – Chicken Soup for the Soul Week</td>
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<td>2nd Thursday – National Dessert Day</td>
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<td>3rd Saturday – Sweetest Day</td>
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<td>1st – World Vegetarian Day; Pudding Season Begins; Home-made Cookies Day</td>
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<td>2nd – National Fried Scallops Day</td>
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<td>3rd – National Caramel Custard Day</td>
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<td>4th – Cinnamon Roll Day (Sweden)</td>
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<td>5th – National Apple Betty Day</td>
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<td>6th – National Noodle Day</td>
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7th – National Frappe Day
8th – National Fluffernutter Day
9th – Moldy Cheese Day; Submarine-Hoagie-Hero-Grinder Day
10th – National Angel Food Cake Day
11th – National Sausage Pizza Day; World Egg Day
12th – National Gumbo Day
13th – National Yorkshire Pudding Day
14th – National Dessert Day
15th – National Chicken Cacciatore Day; National Roast Pheasant Day
16th – World Food Day
17th – National Pasta Day; Four Prunes Day
18th – National Chocolate Cupcake Day
19th – National Seafood Bisque Day; Oatmeal Muffin Day
20th – National Brandied Fruit Day
21st – Apple Day; National Pumpkin Cheesecake Day; Caramel Apple Day;
22nd – National Nut Day
23rd – National Boston Cream Pie Day; National Canning Day
24th – National Bologna Day; Good and Plenty Day
25th – National Greasy Foods Day
26th – National Pumpkin Day; Pretzel Day; Mince Meat Pie Day
27th – National Potato Day
28th – National Chocolate Day; Wild Foods Day
29th – National Oatmeal Day
30th – National Candy Corn Day; Buy a Donut Day
31st – National Candy Apple Day
In the month of November we celebrate these special occasions:

- Georgia Pecan Month
- National Peanut Butter Lover’s Month
- Raisin Bread Month
- Good Nutrition Month
- National Pepper Month
- Vegan Month

1st Week of November – National Fig Week

2nd Week of November – National Split Pea Soup Week

4th Thursday – National Turkey Day; National Stuffing Day

4th - Friday – National Leftovers Day

1st – National Deep Fried Clams Day; National Vinegar Day

2nd – National Deviled Egg Day

3rd – National Sandwich Day

4th – National Candy Day

5th – Doughnut Appreciation Day

6th – National Nachos Day

7th – Bittersweet Chocolate with Almonds Day

8th – National Cappuccino Day; National Harvey Wallbanger Day; Cook Something Bold Day

9th – National Scrapple Day; Cook Something Bold & Pungent Day

10th – National Vanilla Cupcake Day

11th – National Sundae Day

12th – National Pizza with Everything Day (except anchovies)

13th – National Indian Pudding Day

14th – National Guacamole Day; National Pickle Day

15th – National Raisin Bran Cereal Day; National Bundt Day

16th – National Fast Food Day

17th – National Baklava Day; Homemade Bread Day

18th – National Vichyssoise Day
19th – Carbonated Beverage with Caffeine Day
20th – National Peanut Butter Fudge Day; Noveau Beaujolais Day
21st – Gingerbread Day
22nd – National Cashew Day
23rd – National Espresso Day; Eat a Cranberry Day
24th – National Sardines Day
25th – National Parfait Day
26th – National Cake Day
27th – National Bavarian Cream Pie Day
28th – National French Toast Day
29th – Chocolates Day; National Lemon Crème Pie Day
30th – National Mousse Day