



*Plan on attending now to celebrate Wyoming  
**ANFP's** 50 years of service*

April 22-24, 2020 ..... Spring Conference, **50<sup>th</sup> Anniversary**, Douglas, WY

Watch for more information in upcoming issues of the newsletter

## President

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## **Happy New Year!**

Have you found someone at your facility to mentor yet? The person that shows up early and stays until the work is done? The one who will do a little extra to make the next persons job a little easier? The one who is willing to cover shifts, sometimes just so you don't have to? There has to be someone around who you feel safe leaving the kitchen with while you are gone on a vacation or to a conference?

A new year is a great time to commit to building that person up! I have the opportunity to train the cafeteria supervisors at our facility and I am very excited about the possibilities it can open up. I have looked into a few books and web based trainings to help me give the correct information over different delivery methods because people learn in different ways. I have tasked myself with a new Bruce Tulgan book because my learning and growing will help my team and those I train.

Hopefully when I see all of you in April I can share some 'beginning the process' success stories. And I would love to hear yours!

**Get your rooms booked early! Douglas is filling up with the energy boom and there are more people in town every month (especially the hotels).**



*Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: [www.ANFPonline.org](http://www.ANFPonline.org) for the National ANFP website.*

## President-Elect

**Robin Hilbird-Bardgett, CDM, CFPP**

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Our 50<sup>th</sup> Anniversary and 2020 Wyoming ANFP's Spring Conference is in Douglas from April 22<sup>nd</sup>-25<sup>th</sup>. We will be holding most of the conference at the Eastern Wyoming College (Douglas Campus) and this year is going to be a phenomenal one to attend. We have booked some fantastic speakers for all of our members and facilities benefit. Most of the speakers have had long and healthy relationships with Memorial Hospital of Converse County and the Arbor Café within the hospital.

WOW!!! Where has the year gone? I certainly hope each of you had a Very Merry Christmas and a Safe & Happy New Year! Our conference is only about 4 months away. Make your reservations early and save with our great rate.

We are offering many credits with this conference with the 4-day attendance! Toni has submitted the agenda, bios, and other necessary information for approval from ANFP. With approval, 22 credits will be offered throughout April 22<sup>nd</sup>-25<sup>th</sup>.

Please encourage your administrators to attend the Thursday sessions from 3 pm-7:30 pm. This will include a fantastic dinner as well as presentations from Memorial Hospital of Converse County's new CEO, Matt Dammeyer; COO, Karl Hertz; and Board Chair: MHCC Board of Trustees, Robert Kayser. We have received continual support and they believe in investing in our Foodservice Department. It would be fantastic if your administrators could attend and hear them present.

Thank you to each and every one of you!! You make a difference in peoples' lives every day and that matters a lot! We are all facing many of the same challenges and we work through them – because it IS what we do. If it were not for all of you, our residents and patients would not have the care they so deserve.

Remember . . . we all make a difference and bring about change!

Items needed in food pantries  
Healthy cereals and oatmeal

Kids' snack items (juice boxes, individual applesauce's, etc.)

Toilet paper

Diapers and wipes

Jars and pouches of baby food

Personal hygiene products, like sanitary pads

Toiletries like toothbrushes, toothpaste, shampoo, deodorant, lip balm

Dry pasta



Jars of pasta sauce

Canned fish and meat (salmon, tuna, ham, turkey pop-top cans are best)

Canned vegetables and fruit

Milk, (canned, or powdered)

Peanut butter

Canned beans

Canned and dry soups

Baking mixes that require only water

Spices



Feed My People  
FOOD BANK





April 22-25, 2020 ..... Spring Conference,  
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I hope everyone has a great Christmas! The New Year brings with it many exciting events including the Super Bowl, Sunday, February 2, 2020, Pride in Food Service Week, February 3-7, 2020, Valentine's Day, St. Patrick's Day, etc, etc, etc. Remember...share your events with your fellow Dietary Managers. Send me a short story about what you did and if you would like, also include photos. Remember..... inquiring minds want to know!

On page 10 of this newsletter, I have included a **Chairman's Planning Guide** on running a successful food drive in your community. A food drive is not difficult to do and you can get other groups and organizations to work with you. College and high school groups, clubs and organizations are always looking for community service projects to be involved with. All you have to do is just ASK!!! You'll never know if you don't ask. Get your local radio station and/or television station involved with you and you get free advertising for your event. Good Luck and have Fun!

Until next month....**Have a Safe and Happy New Year!**





5<sup>th</sup> – Krista Bundy  
12<sup>th</sup> – Chanthara Virachack  
13<sup>th</sup> – Jessica Holcomb  
20<sup>th</sup> – Toni Skaggs

***Happy Birthday to All!***

**In the month of February we celebrate these special occasions:**

Berry Fresh Month

Celebration of Chocolate Month

Great American Pies Month

National Cherry Month

National Fiber Focus Month

National Hot Breakfast Month

National Grapefruit Month

National Snack Food Month

Potato Lover's Month

Sweet Potato Month

2<sup>nd</sup> Week of February – Great American Pizza Bake

2<sup>nd</sup> Week of February – Jello Week

2<sup>nd</sup> Week of February – Kraut and Frankfurter Week

4<sup>th</sup> Week of February – National Pancake Week

2<sup>nd</sup> Monday of February – Oatmeal Monday

1<sup>st</sup> – National Baked Alaska Day

2<sup>nd</sup> – Heavenly Hash Day

3<sup>rd</sup> – National Carrot Cake Day

4<sup>th</sup> – National Stuffed Mushroom Day; Homemade Soup Day

5<sup>th</sup> – National Chocolate Fondue Day

6<sup>th</sup> – Nutella Day

7<sup>th</sup> – National Fettucini Alfredo Day

8<sup>th</sup> – Molasses Bar Day

9<sup>th</sup> – National Bagels and Lox Day; Pizza Pie Day  
10<sup>th</sup> – Cream Cheese Brownie Day  
11<sup>th</sup> – Peppermint Patty Day  
12<sup>th</sup> – National Plum Pudding Day  
13<sup>th</sup> – International Pancake Day (Shrove Tuesday); National Tortellini Day  
14<sup>th</sup> – National Crème-Filled Chocolates Day  
15<sup>th</sup> – National Gumdrops Day  
16<sup>th</sup> – National Almond Day  
17<sup>th</sup> – National Indian Pudding Day; National Café Au Lait Day; National Cabbage Day  
18<sup>th</sup> – Crab-Stuffed Flounder Day; Drink Wine Day  
19<sup>th</sup> – National Chocolate Mint Day  
20<sup>th</sup> – National Margarita Day  
21<sup>st</sup> – New Sticky Bun Day;  
22<sup>nd</sup> – National Cherry Pie Day  
23<sup>rd</sup> – National Banana Bread Day  
24<sup>th</sup> – National Tortilla Chip Day  
25<sup>th</sup> – National Clam Chowder Day; National Chocolate-Covered Nuts Day  
26<sup>th</sup> – National Pistachio Day; National Chili Day  
27<sup>th</sup> – National Strawberry Day; National Kahlua Day  
28<sup>th</sup> – National Chocolate Souffle Day

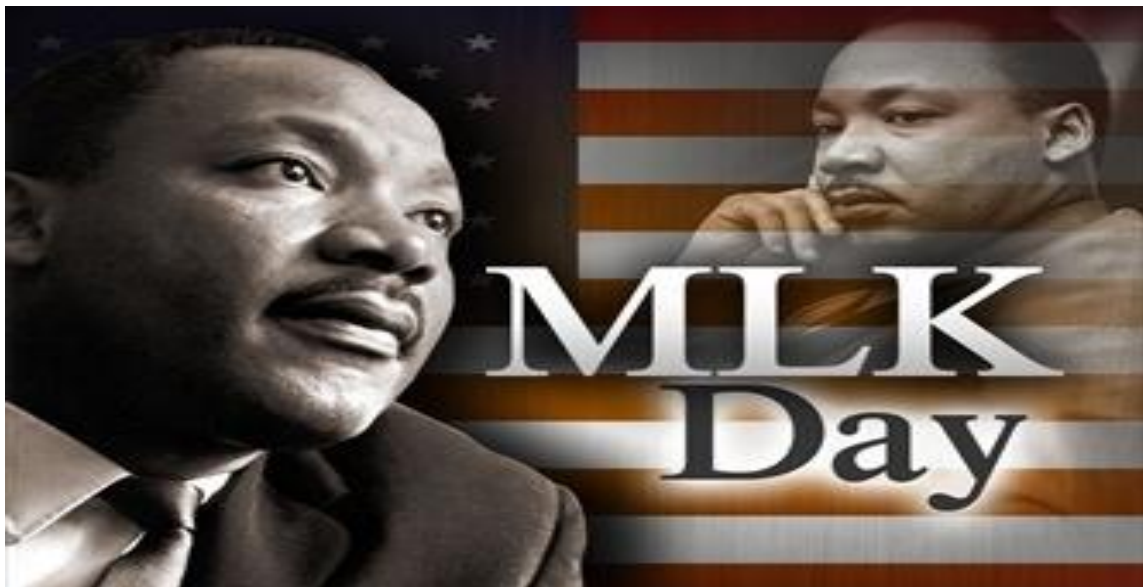


# Continental Breakfast

T	A	E	C	T	T	T	E	G	Y	E	N	O	H
N	A	G	C	A	F	F	S	E	C	I	S	O	D
W	E	C	O	O	C	U	K	Y	T	E	H	S	T
U	F	G	R	S	F	U	R	O	E	C	I	U	J
E	E	U	G	C	C	F	E	T	E	A	C	H	B
F	A	W	A	T	E	R	E	K	E	I	L	S	R
T	U	F	G	T	U	M	T	E	A	I	F	B	E
C	A	I	M	C	R	O	I	S	S	A	N	T	A
C	H	O	C	O	L	A	T	E	M	I	L	K	D
F	E	T	E	L	F	F	A	W	T	C	E	E	A
E	F	T	M	A	J	T	S	A	O	T	I	E	S
F	J	B	C	R	O	C	O	O	E	C	U	E	L
G	F	R	U	I	T	L	C	E	R	E	A	L	L
B	I	S	C	U	I	T	E	E	E	L	O	N	L

- JUICE
- COFFEE
- CHOCOLATE MILK
- TEA
- BISCUIT
- JAM
- WAFFLE
- FRUIT
- HONEY
- WATER
- BREAD
- TOAST
- EGG
- CROISSANT
- CEREAL

Play this puzzle online at : <http://thewordsearch.com/puzzle/3066/>



**Monday, January 21, 2019**



**April 22-25, 2020 ...Spring Conference, 50<sup>th</sup> Anniversary, Douglas, WY**

Blocked rooms for the Wyoming ANFP's 50<sup>th</sup> Anniversary Spring 2020 Conference

***Make sure to ask for the Wyoming ANFP Block***

**Hampton Inn**

1730 Muirfield Court  
Douglas, WY 82633  
307-358-0707  
\$89 + tax Book BEFORE April 1<sup>st</sup>

**Holiday Inn Express**

900 W. Yellowstone Highway  
Douglas, WY 82633  
307-358-4500  
\$96 + tax Book BEFORE March 22<sup>nd</sup>

**Sleep Inn Suites**

508 Cortez Drive  
Douglas, WY 82633  
307-358-2777  
\$124 + tax Book BEFORE April 8<sup>th</sup>



# ***Food Drive Chairman's Planning Guide***

***PIFSW Food Drive***

***February 2020***

**Primary Purpose:** To collect donations of non-perishable foods and monetary donations from the public in order to help the local food pantry keep its shelves stocked and to make ANFP more visible to the public.

## **Steps to Accomplish Goal:**

- ❖ Get Chairman's Planning Guide from State Chairperson.
- ❖ Contact local food pantry to get their support of project and help provide volunteers to help collect food, take food to food pantry and unload food the day of your event.
- ❖ Contact local grocery store for permission to hold the food drive at their business and set dates during PIFSW. Friday from 3 pm – 7 pm and Saturday is the best time to hold your event. If you have numerous grocery stores in your community, you could have a food drive at a different store each day or if you have enough ANFP members in your community split up and have someone at each store on just one day.
- ❖ Contact your local radio station(s) about co-sponsoring your event with local ANFP members. Ask the local radio station to have their DJ's provide manpower the day of the event. Ask if they would be willing to do live remotes from your event location every hour.
- ❖ After you have your dates set, make up a schedule of your volunteers to work the food drive. Two hour shifts work best.
- ❖ Begin promotion of the food drive 2 weeks before the event. Use the local radio station(s), local newspaper, post flyers around town. (See attached PSA's, news releases, etc.)
- ❖ Line-up people with pick-up trucks and/or trailer to transport food to the food pantry and unload at the conclusion of your event.
- ❖ Contact the local newspaper to remind them of the event and ask them to come and do a story on the event and take pictures.
- ❖ On the day of the event, arrive at the grocery store one hour early to get set-up. Park the pick-up truck and/or trailer as close to the entrance/exit as possible so people see you as they go into the store and have a handy place to drop their donation as they exit the store.
  
- ❖ When the event concludes, take food to the food pantry. Give monetary contributions and checks to the local food pantry treasurer. **Have checks made payable to your local food pantry.**
- ❖ Make an estimate of the dollar amount of food donated.
- ❖ Complete the PIFSW event form and mail it with any pictures, newspaper articles, etc., to your State ANFP Chairperson.
- ❖ Send thank-you notes to the people that helped make your PIFSW event possible and a success!