CAANFP Fall Newsletter 2018

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| **October 2018** |                                                                                                                          Volume 3 , Number 4 |
|   **2018 – 2019: CA ANFP Chapter Board of Directors:** **President:****Kyle Evans, CDM, CFPP, AOS Culinary Degree****Email**: kyle.evans@ah.org **President-Elect:****Esthela Conlu, BSFT, CDM, CFPP****Email:** esthela\_conlu@sbcglobal.net **Secretary:****Maira Cortex, CDM, CFFP****Email:** maira\_chesca@yahoo.com **Treasurer:****Karmen Kortie****Email:** karmen.kortie@gmail.com**Treasurer-Elect:**      The **California Chapter of ANFP** is an affiliate of the national not-for-profit association.  ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management. **Vision** -The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.**Mission** - Position the Certified Dietary Manager as the expert in foodservice management and food safety.If you have any questions regarding California ANFP, our activities or events, or if you would like to employ a CDM, CFPP in your facility, please contact any of our [state officers](http://www.anfponline.org/events-community/chapters/chapter-pages/california/about-our-chapter).       **RENEW MEMBERSHIP**Renew your membership and continue to receive the many member benefits ANFP offers: [Renew membership](http://nf.anfponline.org/eweb/DynamicPage.aspx?WebCode=LoginRequired&expires=yes&Site=ANFP)     **BECOME A MEMBER**Join over 14,000 foodserviceprofessionals andbecome a member of the ANFP.[New membership](http://nf.anfponline.org/eweb/DynamicPage.aspx?site=ANFP&webcode=BecomeMem&RegEvtKey=)

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 | **CAANFP** **Fall Newsletter 2018**Dear CAANFP Members,Happy Fall Everyone! The CAANFP Board is hoping to support all our members with useful tools and links to help with all the day to day needs of operating a food service operation. This is an exciting year ahead for our CAANFP members as our great state of California is hosting the AANFP Regional Meeting in the Spring slated on March 14-15, 2018 in beautiful San Diego. Save the date and hope to see you at the conference. Be sure to look at our event calendar to take advantage of some educational opportunities and trainings that are out there. We will do our best to keep you all informed to these events that are coming up. To all the new members that have received their certificates this year, Congratulations and Welcome!Below are few ideas and suggestions to help with making sure your respective operations are staying survey ready. It is great to have some of these tools to help ensure you are meeting regulatory requirements and are ready for any inspection or survey that may be coming. Being prepared and having systems in place is the best way to find success through the survey process.Here are some “Hot Topics” that seem to be on the surveyor’s radar. Don’t forget about our tools and resources in our previous newsletter that focused on QAPI and competencies. You can find past newsletters on our [CAANFP Chapter Website](http://www.anfponline.org/events-community/chapters/chapter-pages/california/home).**Hot Topics:**Emergency Preparedness Websites* [Emergency Preparedness](https://www.calhospitalprepare.org/foodplanning)
* [CAHF Planning-Emergency Response](http://www.cahf.org/Programs/Developmental-Services/Planning-Emergency-Response-Disaster-Preparation)

Here are a couple links to companies that can help provide support and meal planning for emergency preparedness:* [Meals for All](https://mealsforall.com/)
* [Easy Meal Food Service](https://easymealfoodservice.com/)

Plant Based Menu Options mandated for Health CareRecently, there was a bill that was passed in the CA Senate that mandates plant based foods be available in health care facilities. Click this link for more information [Senate Bill 1138](https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201720180SB1138).The more our industry integrates plants and whole foods into what we are offering for patients and patrons are steps in the right direction towards a healthier community. Here is a tasty Fall Harvest Wild Rice salad for you to try.

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| **Wild Rice Harvest Salad** |
| 2 cups wild rice, cook with plenty of water until open and soft (45 min), can drain off excess water if needed |
| 1 cup celery chop |  |  |
| 1 butternut squash, peel, deseed, diced, roast (toss with olive oil or spray, bake 375, 30 minutes approx)  |
| 2-3 shallots chopped |  |  |
| 1 tsp garlic |  |  |
| 1 cup dried cranberries |  |
| 1 cup pecan, roasted |  |  |
| 3 T chopped parsley |  |  |
| 3 T Parsley  |  |  |
| 2 T Thyme |  |  |
| 2 T sherry vinegar |  |  |
| 1 lemon, juice |  |  |
| 2 orange, juice and **zest** |  |
| 2-4 T olive oil |  |  |
|  |  |  |  |
| 1) Toss all ingredients in a large bowl, salt and pepper to taste |
| 2) For roasted squash, lightly toss with oil and cook until tender, about 30-40 min |
| \*Any winter squash will work great! |
| 3) Serve on a platter enjoy |  |
| \*\*could mix in or serve over a bed of arugula or baby spinach |

Informational websites to help integrate plant-based foods in your operations:[Physicians Committee for Responsible Medicine](https://www.pcrm.org/)[Today's Dietitian Magazine](https://www.todaysdietitian.com/newarchives/1018p20.shtml) Do you have a Sanitation Audit in place at your facility? Here is an example of one.**Event Calendar****November 2nd -** IDDSI Santa Rosa, CA – Training at Santa Rosa Junior College**December 4th –** Free Malnutrition Webinar- ANFP[**Click here**](http://www.anfponline.org/events-community/anfp-events/event-details/2018/12/04/default-calendar/free-malnutrition-webinar)**March 14-16 - ANFP Regional Spring Meeting-San Diego** [**Click here**](http://www.anfponline.org/events-community/anfp-events/event-details/2019/03/14/default-calendar/march-spring-regional-meeting-2019)**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*****MEMBERSHIP**Renew your membership andcontinue to receive the many memberbenefits ANFP offers:[Renew membership](http://nf.anfponline.org/eweb/DynamicPage.aspx?WebCode=LoginRequired&expires=yes&Site=ANFP)                                           OR **BECOME A MEMBER**Join over 14,000 foodserviceprofessionals andbecome a member of the ANFP.[New membership](http://nf.anfponline.org/eweb/DynamicPage.aspx?site=ANFP&webcode=BecomeMem&RegEvtKey=)   |
|  | **ANFP Chapters****California Chapter Call for Volunteers**  It’s that time of year to transition into the new volunteer year. We are looking for volunteers to join our chapter. We had a successful 2016-2017 term. Do you want to be a part of the team that shapes the future of the 2017-2018 ANFP California Chapter? **What are we looking for?**CA ANFP is looking for individuals from all foodservice industry and nutrition backgrounds, with varying levels of skills. We are seeking dedicated members that are proactive and embrace change, and that wish to see the California Chapter thrive.  We are looking for members who would like to be more active in ANFP, including retired members as well as pre-professional members. Help and support the chapter with small tasks and projects, all members are encouraged to volunteer.To learn more please contact: caanfp@gmail.com [The Chapter Connection](http://www.anfponline.org/events-community/chapters/chapter-pages/california/home) State chapters are a vital component of ANFP, offering members local benefits including educational programs, networking opportunities, and connections to professional growth…even jobs! ANFP thrives because of the efforts of its volunteers. The association grows in credibility and reputation as a result of volunteer input, and each volunteer gains experience and leadership as a result of participation in ANFP activities.  **When do your credentials expire? If you don’t know it’s a good idea to find out:**         How many CE units do I need to keep my credential?         How long do I have to achieve?          Where should I go to get CE units? The Annual Conference and Regional meetings are a great place to earn a lot of CE units in one place. If that is not possible you can purchase bundles on the ANFP website.Check the CE opportunities by clicking here. [CE Units on Sale](http://www.anfponline.org/education-career/ce-sale)Managing your CE units learn how: [Track your CE units](http://www.anfponline.org/education-career/track-ce)  If you no longer wish to receive these emails, you can unsubscribe caanfp@gmail.com |