



ANFP™ | LOUISIANA

Association of Nutrition & Foodservice Professionals

Nourishing Louisiana for Over Fifty Years

Louisiana Association of Nutrition & Foodservice Professionals Quarterly Newsletter

January-March 2024

Louisiana Association of Nutrition & Foodservice Professionals

**Annual State Educational Conference & Food Expo September 4th – 6th
2024**

Paragon Casino Resort, Marksville, LA
711 Paragon Place, Marksville, LA 71351
Phone Number: (318) 253-1946

Meeting begins at 8:30 am each day of the Conference.

**You can register online or fill out the enclosed registration form and send
it with payment to Brenda Kenly at louisianaanfp@gmail.com**



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ANFP™ LOUISIANA
Association of Nutrition & Foodservice Professionals

Attention Brenda Kenly
7 Lewis Road
Rayville, La 71269
(318)376-2793

Annual State Educational Conference & Food Expo
September 4th – 6th 2024
Registration Form

Once completed, either email to louisianaanfp@gmail.com, or print and mail this form and payment to the address above.
Please make sure to send in application before deadline of July 31st, 2024

Personal Information

First Name: _____ MI: _____ Last Name: _____ ANFP# _____
Home Phone: _____ Cell Phone: _____ Email: _____
Home Address: _____
City: _____ State: _____ Zip: _____

Louisiana ANFP - Association of Nutrition & Foodservice Professionals
Annual State Educational Conference & Food Expo
September 4th – 6th 2024
To Be Held at Paragon Casino & Resort, Marksville, LA
711 Paragon Place, Marksville, LA 71351
Phone Number: (318) 253-1946
Room rate: \$109.00 - \$119.00 Based on Occupancy.

Register Online at <https://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/event-details>

\$85.00 Early Registration Fee Member \$95.00 Non-Member \$65.00 Student/New

\$95.00 Member at the Door \$105.00 Non-Member at the Door

I have enclosed a check payable to Louisiana Association of Nutrition & Foodservice Professionals (ANFP)

Please bill my: Visa MasterCard Amex Discover

Credit Card Number: _____ Exp Date: _____ CSC _____ Amount: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Name on Account: _____ Signature: _____

Meeting Contacts:

Chef John Hickson, Louisiana ANFP President
score1cjh@live.com

Brenda Kenly, Louisiana ANFP Treasurer
cnhdietary@gmail.com

Barrett Broussard, Louisiana ANFP President-Elect
barrettbroussard@rocketmail.com

Food Allergy versus Food Intolerance

People often confuse food allergies and food intolerances. It is important to know the difference.

A food allergy happens when the body’s immune system reacts to a protein in food. The food that causes the reaction is called an allergen. Symptoms of food allergies range from mild to life-threatening and are listed below. A food intolerance, or a food sensitivity, is when a person has a hard time breaking down a certain food. While food intolerances can cause gas, bloating, diarrhea, or upset stomach, they are not life-threatening.

Symptoms of an Allergic Reaction to Food

After eating a food with an allergen, mild or severe symptoms can appear within minutes or up to a few hours. They may be mild or severe and may include hives, nausea, vomiting, stomach pain, nasal congestion, runny nose, or swelling of the lips, tongue, or throat.

Anaphylaxis is a serious allergic reaction that may include difficulty breathing, dizziness, a drop in blood pressure, or loss of consciousness. If you suspect an anaphylactic reaction, call 911, and treat the child with an epinephrine auto-injector like Epi-Pen® right away.

Very young children may not know when they are having an allergic reaction, but may be able to tell you how they are feeling. Children may say one of the statements below when having an allergic reaction.

My tongue (or mouth) is hot, burning, tingling, or itches.

It feels like something is poking my tongue.

My mouth feels funny.

There’s something stuck in my throat.

My lips feel tight.

My throat feels thick.

**A child may also show nonverbal signs of an allergic reaction, including: Putting their hands in their mouth
Pulling or scratching at their tongue, slurring their words, their voice may change (become hoarse or squeaky).**

Most Common Food Allergens

While over 170 foods can cause an allergic reaction, nine major food allergens make up over 90% of food allergic reactions in the U.S. They are listed in the table below, with examples and possible food sources.

Allergen	Foods Containing the Allergen	Other Possible Sources of the Allergen
Eggs	Eggs (dried, powdered, solids, white, yolk)	Baked goods, breaded items, fried rice, mayonnaise, meatballs, meatloaf, pasta, surimi
Fish	Finfish (cod, haddock, halibut, salmon, tilapia, tuna), fish sticks	Barbecue sauce, bouillabaisse, salad dressing, surimi, Worcestershire sauce
Milk	Buttermilk or milk (condensed, evaporated, low-fat, nonfat, whole), butter, cheese, cottage cheese, cream, ghee, whey, yogurt	Baked goods, breakfast foods (cereals, pancakes, waffles), lunch meat, hot dogs, margarine, meatballs, nondairy products
Peanuts	Peanuts, peanut butter, peanut flour, mixed nuts	Baked goods, cereal (granola, muesli), chili, marzipan, pancakes, trail mix, sauces (chili sauce, hot sauce, pesto, gravy, mole sauce), salad dressing, certain cuisines (Mexican, African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese))
Sesame	Sesame (flour, oil, paste, salt, seed), tahini Sesame may be listed under “spices” on a food label	Asian cuisine, baked goods, bread crumbs, cereals (granola, muesli), crackers, dressings, gravy, hummus, marinades, margarine, processed meats and sausages, sauces, soups, sushi, tempeh
Shellfish	Crustacean shellfish (crab, crawfish, lobster, prawns, shrimp)	Bouillabaisse, fish stock, seafood flavoring (crab or clam extract), surimi
Soy	Edamame, miso, soy (soy cheese, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts, soy yogurt), soybeans, soy sauce, tempeh, tofu	Asian food, baked goods, dressings, grains prepared with soy (cereal, bread, chips, crackers, pasta, rice, tortillas), infant formula, processed and canned foods, sauces
Tree Nuts	Almonds, cashews, hazelnuts, marzipan (almond paste), mixed nuts, nut butters, pecans, pesto, pistachios, praline, trail mix, walnuts	Baked goods, barbecue sauce, cereal, cookies, crackers, marinade, certain cuisines (Chinese, African, Indian, Thai, Vietnamese)
Wheat	Wheat flour (all-purpose, enriched, whole wheat), bran, bulgur, durum, farina, germ, semolina, most bread products (bread crumbs, cereal, crackers, pasta, rolls)	Bread products using alternate grains, couscous, oats, salad dressings, sauces, soups, soy sauce, surimi

Walk In Cooler Food Safety Guide

Follow this guide to make sure your walk-in cooler is managed and maintained properly.

1. Temperature Control

Verifying and recording temperatures in a walk-in cooler is very important. This should be done in two ways: probing TCS food (food that requires time/temperature control to prevent the growth of microorganisms) and monitoring ambient (or air) temperatures. Multiple times a day, product should be checked with a probe thermometer and recorded on a temperature data log. All food in the walk-in cooler should have an internal temperature of 41°F or below. There are many systems available to do this electronically to avoid all the paperwork but using a paper log sheet is acceptable. The ambient temperature should also be checked and recorded. This can be easily done by visually checking the internal thermometer but again can be done automatically with a temperature-monitoring system. These systems are very effective and will send an email or text if the temperature is out of the required range. The ambient temperature of a walk-in cooler should be 35°F to 38°F.

2. Food Storage

Having a food storage plan is essential. The most important part is raw meat storage. Raw meats should be stored according to the appropriate hierarchy to ensure there is no cross-contamination of ready-to-eat foods and raw meats. The best way to ensure this happens is to have different storage racks for each different raw meat type. So, raw fish, beef, pork, and chicken have their own rack. If you don't have a big enough walk-in cooler for this, store your raw meats this way, from bottom to top: raw chicken, raw beef/pork, raw fish, and ready-to-eat foods above all raw meat product. Also, make sure not to store any food on the floor.

3. Labeling

All prepared food that is stored in the walk in should be labeled. Each label should have the product name and the date it was prepared. It's also good practice to label produce and other raw products to make sure it's rotated properly. First in, first out is always good practice. The best way to make sure this happens is by posting dates on the product and having a staff member rotate and organize the product to make sure the oldest is in the front, followed by fresher product in the back. Keep in mind that any prepared TCS product is good for only seven days and should be discarded if it exceeds this time frame.

4. Cleaning

Every area of the walk-in cooler should be cleaned and sanitized regularly to prevent the growth of mold or accumulation of debris that can affect the safety and quality of stored food. Cleaning schedules should be created to address the cleaning of shelves, storage containers, condenser fan covers and coils, floors, walls, and ceilings.

5. Organization

Always keep your walk-in cooler organized. Have designated storage areas for produce, raw meats, prepared foods, and cooling. Any cooling or TCS product should be stored in the coldest area of the walk-in cooler and any non-TCS product such as raw produce in the warmer area. By properly organizing your walk-in cooler, you can make it easier for product ordering, rotation, temperature control, contamination prevention, and quality improvement.

6. Maintenance

Kitchen walk-in coolers also need regular maintenance. The condenser box should be checked by an equipment specialist, and coils cleaned with a brush and Shop Vac to make sure it can work at the optimum level. Floors, walls, and ceilings should be cleaned and maintained to prevent rust damage.

Moving Forward

A properly maintained walk in cooler will hold temperatures, limit mold growth, and help prevent the contamination of food. The walk-in cooler is the most important piece of equipment of any kitchen operation. Use the above guidelines to implement a food safety plan to limit food safety challenges. If the walk-in cooler is organized correctly, maintained, and cleaned, it can ensure top quality and safety of all the food a kitchen serves. In turn, this will benefit the brand and protect customers.

Recipe of the Quarter

New Orleans-Style BBQ Shrimp

20 large (16/20) shrimp, peeled and deveined

1 ounce canola oil

**1 tablespoon plus 5 teaspoons green onions,
chopped**

2 ounces dry white wine

1 teaspoon fresh chopped garlic

4 tablespoons Lea & Perrins Worcestershire Sauce

1 teaspoon Tabasco

1 teaspoon New Orleans BBQ shrimp seasoning

½ teaspoon cayenne

½ teaspoon paprika

8 ounces (2 sticks) salted butter

Place a large cast iron skillet on a burner and heat over high heat. Add oil and cook shrimp until they are just done. It is best to prepare shrimp in batches if you do not have large skillet. Remove shrimp and set aside on a large platter. Add green onions to the oil in the skillet and cook for 1 minute. Add white wine and let simmer until it is reduced by half. When the wine is reduced by half, add chopped garlic, Worcestershire, Tabasco, BBQ shrimp seasoning, cayenne pepper and paprika. Shake the pan well and cook for 1 minute. Reduce the heat to low. Cut butter into small chunks with the knife and slowly add into pan, shaking fast to melt butter. Continue to add butter and shake until all butter is melted. Add shrimp back to pan and toss well to coat shrimp with butter and seasonings and to heat the shrimp.

Place shrimp on four plates and enjoy.

Makes 4 servings



Contact Us

**Louisiana Association of Nutrition & Foodservice
Professionals**

louisianaanfp@gmail.com

Visit us on the web at

**[http://www.anfponline.org/events-
community/chapters/chapter-pages/louisiana/home](http://www.anfponline.org/events-community/chapters/chapter-pages/louisiana/home)**

Your Louisiana Chapter

Leaders & Executive Board

John Hickson – President

Barrett Broussard - President Elect

Open Position – Secretary

Brenda Ramsey – Treasurer

ANFP® | LOUISIANA

Association of Nutrition & Foodservice Professionals

Message from your State President



Dear Fellow CDM/CFPP and ANFP Members:

Allow me to personally invite you to attend your Louisiana Association of Nutrition and Foodservice Professionals State Educational Conference and General Membership Meeting. This year's conference will be \$85.00 registration for all LA-ANFP members in good standing and will be held September 4th – 6th 2024. To be held at Paragon Casino & Resort, Marksville, LA. 711 Paragon Place, Marksville, LA 71351 Phone Number: (318) 253-1946

The conference will begin on Wednesday September 4th at 8:30 am. Our vendor showcase is planned for Thursday September 5th from 11:30 am – 1:30 pm; we have many new vendors participating this year. Attending this conference will entitle you to earning at least 15 CEU's towards your continued CDM certification, so please plan on joining us this year.

Once the agenda and program for this conference has been finalized, we will post it to our website www.anfponline.org/LA to provide you with the topics and speakers chosen for this conference. For those of you who have not attended a state meeting in recent years, I cordially invite you to attend our state meeting. Our association is forever changing, and we have many new and exciting things planned. In closing, I would like to ask each and every one of you to be proud of yourselves as CDM's and to become an involved member of your association. I look forward to serving you and working with each of you to make our association the best it can be. Remember this conference is only the second time in four years that we have been able to get together so don't miss this opportunity to earn your CEU's and network with your fellow CDM's. On a final note we are looking for someone to join your executive board in the position of Secretary, so if you are interested please reach out to one of your executive board members.

Sincerely,

Chef John E Hickson

WCEC, CCA, FMP, CDM-CFPP, SNM, CSFE, MCFE, CFM, HACCP, CP-FS, CHP.

Louisiana ANFP State President

score1cjh@live.com

ANFP® AT A GLANCE



The Association of Nutrition & Foodservice Professionals (ANFP) is a national not-for-profit association established in 1960 that today represents more than 14,000 professionals dedicated to the practice of providing optimum nutritional care through foodservice management.

ANFP is the premier professional organization for nutrition and foodservice managers, directors, and those aspiring to careers in nutrition and foodservice management—particularly in healthcare and other non-commercial foodservice settings. ANFP achieves its mission through networking, education, research, and advocacy. The association provides foodservice reference, publications and resources, employment services for members, continuing education and professional development, and a certification program.

MEMBERSHIP PROFILE

Most ANFP members work in healthcare—nursing homes, long-term care facilities, senior living communities, and hospitals. Some work in correctional facilities, schools, and the military. In healthcare settings, dietary managers often run foodservice and nutrition departments, typically working in tandem with Registered Dietitians and other members of the healthcare team. They may provide supportive nutrition screening, documentation, and care planning.

Because of their intensive training in management and human resources administration, some nutrition and foodservice managers oversee multiple service-oriented departments (e.g., laundry, housekeeping, and others) within their organizations. Yet others work for corporations in areas such as multi-site management of foodservice operations, employee training, or sales.

Dual credentials among members are common. For example, some members are also certified executive chefs, diet technicians, or hold additional college degrees in areas such as hospitality management. The demand for culinary expertise in healthcare is growing at a dramatic pace. Increasing numbers of chefs are entering the healthcare arena and joining ANFP to synthesize talents in food preparation with an understanding of nutrition therapy, management, and food safety.

ANFP MEMBERS EMPLOYMENT IN . . .

Nursing Home/LTC	44%
Hospital	23%
Assisted Living, CCRC or Retirement	12%
School	3%
Correctional Facility	1%
Other	17%

Self-Operated Environments	76%
Chains/Healthcare Systems	43%

CHAPTERS

ANFP has 48 active state chapters, and more than 160 active districts, throughout the United States and in Guam.

Chapters provide local networking, meetings, and education, as well as legislative activities, recruitment, scholarships, and professional advancement.

Diversity



is the one true thing
we all have in common
celebrate it every day.