



**Rick Schmitt**

## PRESIDENT'S MESSAGE

**Hello Members, Vendor Partners and Associates**

I thank you all for the work you do every day, and the difference that you make in peoples' lives. We all face so many obstacles in our personal and professional lives, and yet we carry on to serve others. The Foodservice industry has been faced with many new challenges over the last few years. Product shortages, manpower shortages, health restrictions and mandates, consumer deficits and shifts in mainstream demands have all become common placed. It has not been easy, but we have managed by being flexible, resilient, innovative, and compassionate. Be proud of your accomplishments and reward yourselves often.

As for the SC ANFP, we continue to lead the way as foodservice professionals. The fall conference in Myrtle Beach was packed with great speakers and networking opportunities. We thank all of our Vendor Partners for their support and relationships. Our conferences and state meetings would not be the same without them. Due to the outbreaks of Covid-19 at that time, we had sixty-three in attendance at the fall meeting.

The current officers of the SC ANFP will remain in place for another year as decided by the State Meeting attendees. **Your Chapter Needs You!** Step up and make a difference in your chapter. Plan the food shows, plan the meetings, choose the food and location of conferences – the chapter board needs new members, new ideas and talents. Contact Renee Spence [rturn838@gmail.com](mailto:rturn838@gmail.com) if interested in filling one of the following positions: Vice President, Secretary, Treasurer, Government Affairs Chair, and Chaplin.

The SC ANFP board is currently planning the spring State Meeting. The conference will take place May 5-6, 2022 at Westminster Towers in Rock Hill, South Carolina. Mark your calendars! More information will be coming in a few weeks. Come celebrate Cinco de Mayo with your fellow industry leaders and partners! I look forward to seeing you there!

**Chef Rick Schmitt, CDM, CFPP**

**President – SC Association of Nutrition and Foodservice Professionals**

**[chef\\_rick2000@yahoo.com](mailto:chef_rick2000@yahoo.com)**



### SPRING CONFERENCE PLANNED FOR MAY 5

#### A Note from VP Paige Thibault

Hello everyone! I'd like to take just a few moments to tell you what I've been working on. The Board has determined the dates of our Spring Conference. They are May 5 & 6, 2022. Once again, Westminster Towers in Rock Hill has graciously agreed to host us. I have been putting together a line-up of dynamic speakers for you. I have looked over evaluations from the past 3 conferences. I have tried very hard to include topics that YOU have requested.



Westminster Towers

I appreciate all of the positive feedback I received for our Fall Conference. I'm so glad everyone seemed to enjoy it & take some valuable information away with them. When I first began planning it, I was worried it was an unachievable task. The board was wonderful by giving me names & contact information for possible speakers. It was actually very easy to get everything together, with Diana's help, for that conference. I really enjoyed it!

I'm looking forward to becoming your President. I will enjoy helping Audrey in her role by passing along the things I have learned. Of course, none of that can be done without someone stepping up to take Audrey's place as Vice President. This is not a hard role to volunteer for. It really does not take much time at all. The previous board members have decades of experience that they are more than willing to share. They want our chapter to not only succeed but EXCEED! Won't you please think about volunteering?

I'm looking forward to seeing ya'all in Rock Hill. Anticipating our chance to re-connect, learn & network has given me a great outlet from the hum-drum of winter. We are going to have a blast celebrating Cinco De Mayo! ¡Viva!

Happy  
Cinco  
De Mayo



From

Go Ahead... Take A Bite!

And Spilled On The Kitchen Table



## Hospitality? ... What's that mean?

*Merriam-Webster defines hospitality as, “the activity or business of providing services to guests in hotels, restaurants, bars, etc.” Sounds easy enough, but I would bet money that Merriam-Webster never worked in the hospitality industry. Hospitality is more than just “providing services”. It’s how we provide those services, it’s the extra little things we do for our customers - it’s in something as simple as a smile.*

*I’m sure we all say we work in “food service” when someone asks what we do, but in reality, we all work in the hospitality industry. Our jobs don’t revolve around just getting the paper-work done, or getting the meal out or the food order placed, or the new hires oriented. Our job is more than just “food service”, our job is, has, and always will be, hospitality, first and foremost.*

*Hospitality begins as soon as most of us wake up in the morning. Our minds already racing and preparing us for the day, and it generally doesn’t end until night when we finally drift off to sleep. These past couple of years have sent the hospitality industry into a whirlwind of change. New regulations come out so quickly that it’s hard to keep up with which one is correct. We open our dining rooms and see the smiling faces of our residents, just to have to see the disappointment when we shut them back down. Many of us have worked our fingers and toes to the bone because the staffing in the hospitality sector has depleted. Some of us have even left the industry all together. What does that say about the ones remaining? In my opinion it says everything! We are the ones that truly understand and embrace hospitality, not just providing services, as the definition implies, but going that extra small step to create happiness in an otherwise sad environment. Making the residents and customers we serve happy, is what makes those of us remaining happy. No matter how tired we get, each and every day, we still get up, put a smile on our faces, and head off to work in our buildings to make someone else happy. We give of ourselves for the benefit of the ones we serve, treating friends, family, and strangers alike. Keep giving my friends, our hospitable hearts will see us through.*

**Brandy Layne, CDM, CFPP, CFT, CNS**

**Immediate Past President**

**F&B Director, Covenant Place, Sumter, SC**

### Improving the **GUEST EXPERIENCE**

How Technology is  
Changing the  
Hospitality Industry





## WHY DO WE HAVE AWARDS PRESENTATIONS?

By Amanda Green

How do you motivate your employees to be more productive? In every organization, there are employees who will do everything to ensure that work is done. They arrive early and stay long after everyone has left. These are the workers who want to see the company grow, even when they do not benefit directly. If you want to get the best out of such people, you have to find a way to award them. You need to show their hard work is appreciated, such as giving awards. Let us look at some of them.

You can introduce an employee of the month award to recognize workers who perform the best every month. Make sure you monitor every employee to find out how they perform. For example, you may want to know the volume of work they accomplish every day. You may also want to know the employees that arrive early and those that work extra hours. Sometimes, you may want to know how much they help their colleagues to do their work. When you do this, you will notice every worker wants to be more productive, and that is how you increase your company's earnings.

Sometimes, recognizing your employees in front of their colleagues works magic. You may want to mention their achievements during a company meeting. You may also want to talk about the exemplary things that they did during a lunch break or after work. This motivates them to work even more. You will notice that when you recognize them in front of their peers, they gain more confidence and therefore will want to work more. It also makes the other employees want to follow suit because they too want to be recognized just like their colleagues.

You can also award your employees by inviting them to lunch. Find out the workers that have been most productive for the month and invite them to lunch or dinner. Nothing motivates an employee more than a chat with the boss. Use this opportunity to let them know that you are impressed with their performance and so you would like to spend some time with them. It can be lunch prepared in the office or at your favorite restaurant. A drink will also make them happy and, as you will find out, they will want to work even more so that they can get another chance to dine with the boss.

A written award can motivate your employees to work more. When you issue them with a certificate, they will keep it and will always look at it and remember how you rewarded them. Such certificates can also serve as testimonials so that whenever they are asked about their achievements, they can produce them. Certificates can be more fulfilling than other awards such as lunch or days off. Long after the award, the employees may forget about the lunch, but they will always have the certificates to show for their hard work. If you have enough funds, you can award your employees by giving them shopping vouchers. Let them choose anything that they want to purchase as long as it fits in the price range that you have decided upon.



### SCANFP Awards State Members

*South Carolina ANFP President Rick Schmitt took time out during Back In the Saddle evening activities to present awards to state members. He proudly presents Diana Trout, CDM, CFPP (left) with South Carolina's CDM of the Year for outstanding service to the organization. Chef Rick presents state outstanding achievement awards in right photo to Brian O'Reilly (newsletter) and Jo LaBelle (membership). This was part of the joint South Carolina/North Carolina ANFP Conference in Myrtle Beach.*





# ANFP™ | SOUTH CAROLINA

Association of Nutrition & Foodservice Professionals

*Yes, Please!!!!*

SC ANFP Vice-President Paige Thibault enjoys a delicious slice of food from the “Hoe Down” western night dinner at the SC/ NC Fall Conference in Myrtle Beach, SC during October of 2021.

Members from both states enjoy each other’s company as well as a finely poured cocktail from bartender Brad at the Double Tree along Myrtle Beach shoreline. Food, music and auction was some of the activities during the evening.



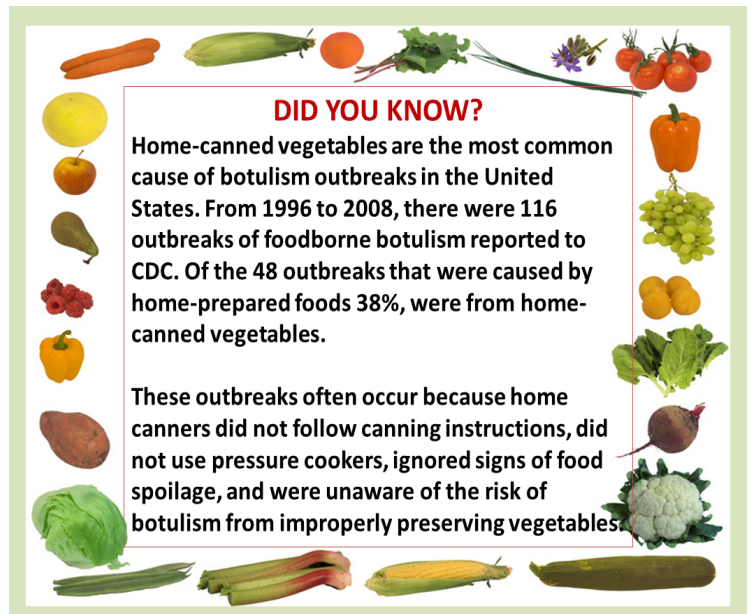
## *FOOD SAFETY IMPORTANCE AT ALL LEVELS!*

Barbara Thomsen (below) was one of many guest speakers at SC/NC “Back in the Saddle Again Fall Conference at Myrtle Beach October, 2021. She spoke here on Keeping Food Safe at Every Level, including cleanliness in the Front of the House area.

Barbara spoke later in the day on, “Resident Rights and did you know I Can Say NO!!”.



Other speakers at the conference were: Dawn Loftin, Interviewing Techniques; Cindy Cyeswski, Nutrition and Gut Health; Sherri Conde, Customer Service and Working Together; ANFP Director at Large Renee M Spence, Didn't See That Coming, Ethics, HC and Global Pandemic; Edna Cox Rice, The Best Defense is a Good Documentation Of-fense; Katina Roseborough, DEHEC on Top Survey Citations; Bionca Lindsey, Diversity, Equity & Inclusion; and Travis Johnson, Harvard University student on Encouragement and Inspiration.



**DID YOU KNOW?**

Home-canned vegetables are the most common cause of botulism outbreaks in the United States. From 1996 to 2008, there were 116 outbreaks of foodborne botulism reported to CDC. Of the 48 outbreaks that were caused by home-prepared foods 38%, were from home-canned vegetables.

These outbreaks often occur because home canners did not follow canning instructions, did not use pressure cookers, ignored signs of food spoilage, and were unaware of the risk of botulism from improperly preserving vegetables.





# In My Life, Being The “Goat” Is Special

## My Other Life

By Paige Thibault

Hello everyone, I so enjoyed reading about Kevin Meredith & his passion for wine in the October 2020 newsletter. That got me to thinking about what our members have passions for outside of work. Mine is goats. You read that right! GOATS. I have a small farm in Easley, SC. I breed & raise Myotonic Goats. Some of you probably have seen videos of the fainting goats (if you haven't you've got to!). Well, that's my breed. I also have 2 donkeys. I got them to protect my herd but they are not very brave-just super sweet.

I started out with 3 goats, a male called Titus & 2 females, Laverne & Shirley. I really just wanted some goats to eat the grasses & scrub in the pasture. I had seen videos of the fainting goats & thought they were hilarious. I decided I needed some of that in my life. My herd has grown to 7 since then.

My favorite time of the day is when I go out and walk in the pastures. The donkeys & most of the goats are so sweet and loving. I can pet them for hours. When one decides to go and eat, another one is ready to get their petting. They follow me around like puppies. We have had numerous visitors to Triple Tee Tipsee's (our farm name) that love the animal's calm dispositions & friendliness.

Right now, I have 5 baby goats & they are the best. I have set up a jungle gym of sorts. They are always practicing their “ninja skills”, jumping, spinning and, of course, fainting. Some people might think it's sad that they just keel over on the ground or stiffen up so they can't walk but, I'm telling you, it's the funniest thing you will see. The fainting, sometimes, comes out of nowhere, for no apparent reason and it's astonishing (and hilarious) every time. Some causes of fainting: a cat walking through the pasture, jumping a ditch at full running speed, getting scared by another goat, and the funniest ever- during mating!

These animals have brought me so much peace, joy and laughter throughout this pandemic. On many days, I do not know how I would have coped without them. Just to be with them, quietly reflecting, allows the stresses of the day to just fade away. Sometimes I can actually feel my blood pressure going down! I would encourage every one of you to find a passion, re-ignite a passion or continue to embrace your passion. Please reach out to your fellow CDM's & tell us about your other life!

Paige Thibault, CDM, CFPP

GOAT FARMER

Vice President, SC ANFP





*Iron Chef Winners*

**The winning team members from October's Iron Chef competition at the Double-Tree in Myrtle Beach stand proudly in front of their prize delicacy! They are, **Shawna Palmer, Maurice Daniels and Roger Miller.****

**FRUIT AND PRODUCE MAY SEE DELAY THIS SPRING**

By Natasha Laguerre

MYRTLE BEACH, S.C. (WMBF) - The Grand Strand and Pee Dee have faced three winter storms in the month of January - bringing everything from freezing rain, ice and even snow to the area.

A report from the U.S. Department of Agriculture states the back-to-back storms in the south, combined with streams of cooler air, could further delay a return to normalcy in agriculture. Farmers are finding it harder to produce crops than in previous years.

“Cultivating the soil is the main issue. and getting the field ready for planting. We’ve had difficulty doing that because it has been so wet. And I am hoping it won’t delay the planting season,” said O’Niels Smalls, Founder and Director of Freewoods Farm.

The cold weather caused significant harm to citrus and other sensitive crops in the south and has also severely affected stock.

Smalls says he is trying to find ways to adjust the farm for the weather, but its pond is already filled with water - which means leftover water remains on the soil, drowning most of the crops.

“Some crops and some vegetables don’t need a lot of water and simply too much water can kill them,” he said.

According to the report in South Carolina, January temperatures have been cooler than average so far. The USDA said water moisture is also reportedly excessive due to recent storms and additional rainfall.

As a result, delays could be expected in bringing vegetables and fruits to your dinner table.

Vegetables that need to be planted just before spring starts, like sweet peas, potatoes, sweet potatoes and many more, won’t make it for harvest.



## Spring Regional Meeting will have Carolina charm!

The upcoming Regional Meeting in Nashville, TN will provide top-notch education as well as friendly Carolina speakers! At this meeting, you will have the opportunity to discover new techniques to face foodservice challenges, strengthen your leadership skills, and nurture your credential.

The smaller size of ANFP Regional Meetings allows you to have a more personalized learning experience along with special networking opportunities and interaction with vendors. This Regional Meeting will take place over two days and offer up to 13 CE hours, making it the perfect option for those looking to earn CE quickly and conveniently.

In addition to the Music City atmosphere, two of the speakers scheduled are from the Carolinas!

One is North Carolina's Omar Humes, CDM, CFPP. He is the past president of NC ANFP, NC FSAC, and is the Chair on the ANFP Board of Directors. Since 2011, he has been employed with PruittHealth and is the president/owner of Genesis Training and Consulting.



ANFP National Chairman Omar Humes discusses trends in food with Lori Watts of Monin during the SC/NC Fall Conference at Myrtle Beach.

The other is South Carolina's Richard "Nick" Nickless, CDM, CFPP. He was Chef/Director of the South Carolina's Department of Disabilities and Special Needs for the last 17 years before retirement. Chef Nickless, who has 48 years of experience in the foodservice arena, now works as a consultant.

The Regional meeting will be held at The Inn at Opryland, 2401 Music Valley Drive, Nashville, TN37214. (615) 889-0800. Further information is

available on the National ANFP website.

**MARCH 17TH**



**Happy  
St. Patrick's Day!**



# Some of the Worldly Foods Served at Easter

While many families associate Easter with baskets full of foil-wrapped chocolates, Peeps, and pastel-colored, dip-dyed eggs, around the world Easter is celebrated with a myriad of different traditional dishes—ranging from ordinary to odd.

From bread-wrapped ham in Germany, to a boozy nog-like beverage in Finland, to a complex 12-grain soup in Ecuador, read on for the history behind some of the most notable and unique Easter dishes eaten around the world.

### Easter Eggs

Though many people grew up dying hard-boiled eggs in celebration of the spring holiday, how exactly did this odd, crafty custom come to be? The tradition of painting and eating eggs for Easter dates back to at least the 13th century, when eggs, which were forbidden during Lent, were decorated and consumed in celebration of the end of fasting.

Ironically, the origin of the egg as a symbol of springtime goes back to Pagan culture, which long considered the food to be an ancient symbol of new life. In the Christian tradition, Easter eggs were originally dyed red to symbolize the blood of Christ and cracked open to represent the unsealing of Christ's tomb.

### **Hot Cross Buns**

Marked with a cross to represent Jesus' crucifixion, these warm spiced buns have a history that goes back to the 12th century. As the story goes, an Anglican monk was the first to mark his baked goods with the symbol of the cross on Good Friday, and from there the tradition took off in popularity, particularly in England and its various colonies. In Jamaica—which was under British rule for a few hundred years—they still serve a twist on the English classic, the Bun and Cheese, at their Easter celebrations.

### **Magiritsa**

This traditional Greek Easter soup was originally made with chopped lamb liver, greens, and an egg-lemon sauce, and is still served in many homes around Greece the day before Easter. The soup was originally made with leftover parts of the roast Easter lamb and consumed right after midnight church services to break Lent.

### **Resurrection Rolls**

A traditional Easter treat in the American South, Resurrection Rolls were crafted as a fun and tasty way to convey the story of Christ's burial and resurrection. Crescent rolls are stuffed with a large marshmallow and placed in the oven, where the sweet centerpiece "vanishes" (i.e. melts) during the course of baking as a representation of Jesus' disappearance from the tomb.

### **Advocaat**

This boozy Dutch beverage—which is a close relative to eggnog—is made with egg yolks, sugar, and brandy. Though this beverage can be found in the Netherlands year-round, it is traditionally consumed during the Easter celebrations, similar to Eggnog and Christmas.



*Signs  
Of  
Spring*

