



Association of Nutrition & Foodservice Professionals

Green Mountaineer

Spring Edition- 2021

Letter from the President

Hello Vermont ANFP members, I hope this newsletter finds each of you safe and healthy! I am excited to share I am fully vaccinated. I'm hoping restrictions are lifted soon and we can all get together to learn, network, and celebrate!! With that being said, I wanted to reach out and let you know that I am still pursuing open positions for the board. If anyone is interested, please contact me. I am willing to do what I can for the chapter but without members volunteering, our chapter is missing out on opportunities that are hard to manage by one person. I need a team to help! I would like to point out that I am willing to have a virtual meeting, with anyone interested. I would be happy to just meet and discuss what the chapter needs for roles, how you can help in those roles or to just answer questions. One positive through this pandemic is, it has taught many of to work remotely and I believe we could conduct a board this way as well. Being a part of the Vermont ANFP is rewarding and opens the possibility of career connections and most importantly the support you receive from networking with other chapter members. Please consider joining me on the board or one of the membership committees. Please contact me interested or if I can answer any questions.

I look forward to seeing each of you at a LIVE meeting, hopefully soon. Please take a look at the CEU opportunities and the flyer for the Pineapple Academy. I have also attached some information on IDDSI, implementation for October, 2021.

My Best,

Brandy

Brandy L Helm, NDTR, CDM, CFPP
Vermont Chapter President

vermontanfp@gmail.com

603.838.8266

Vermont ANFP Chapter Volunteer opportunities!

Role	Current Volunteer	June 2020
Past President		Denise Choleva
President	Denise Choleva	Brandy Helm
President-Elect	Brandy Helm	OPEN
Secretary/Treasurer	Joanne Applebee	OPEN
Spokesperson	Denise Choleva	OPEN
Impact Team	Brandy Helm	OPEN
Newsletter editor	Brandy Helm	Brandy Helm
Nominating Committee	Denise Choleva	OPEN
Webmaster	Brandy Helm	Brandy Helm
Membership Chairperson	Denise Choleva	Brandy Helm
Membership Committee	Joanne Applebee	OPEN
Hospitality	Joanne Applebee	OPEN
Teller	Cindy Rankin	OPEN
Finance Committee (4 positions)		OPEN

Volunteering is not only fun, it is also rewarding and benefits you professionally and personally. As a volunteer, you will gain leadership skills that transfer to your professional and personal lives, foster teamwork, expand your professional network and build your resume by contributing to industry issues.

ANFP® | VERMONT



Association of Nutrition & Foodservice Professionals



Learn About Each Way to Support NFEF

NFEF@ANFPonline.org





We want to welcome you
YOU!

Ms. Cynthia P Bowen, CDM, CFPP

Mrs. Yun Duong

Laura Morehouse

Stephen Lanoza

Barbie Taylor Williams

Member Counts as of April 27, 2021

Vermont ANFP Chapter

Member Type	Not Certified	Certified	Total
Allied Professional	1	0	1
Pre-Professional	4	0	4
Professional	0	26	26
Retired Professional	0	1	1
	5	27	32



ANFP 2021 Annual Conference & Expo



We invite you to join us June 28-30, 2021 at our Annual Conference & Expo at the Renaissance Orlando at SeaWorld® in Orlando, FL, for our 2021 Annual Conference & Expo.

[Learn More](#)

ANFP 2021 Fall Regional Meeting



The safety of our members and attendees always comes first — we are continuing to closely monitor the COVID-19 situation, but we are hopeful that we will be able to meet again in person in 2021. We invite you to join us at our 2021 Fall Regional Meeting from September 23-24, 2021 in Toledo, OH.

[Learn More](#)

Check out discounted CE Hours!

[https://www.anfponline.org/education/continuing-education-\(ce\)/ce-sale](https://www.anfponline.org/education/continuing-education-(ce)/ce-sale)



Please consider giving a donation to the Grass ROOTS Initiative and representing our great state of VERMONT! Donations can be sent to: Denise Choleva @ 66 River Road, Jamaica, VT

About the GrassROOTS Initiatives- Consider making a donation!

ANFP has joined forces on Capitol Hill with The Opportunity America Jobs and Careers Coalition (OAJCC), focusing on two major bills in Congress: the Strengthening Career and Technical Education for the 21st Century Act, which was signed by the President on July 31, 2018, and will incentivize industry-recognized credentials like the CDM; and the Promoting Real Opportunity, Success and Prosperity through Educational Reform (PROSPER) Act, which would reauthorize the Higher Education Act with resources for industry-led "earn-and-learn" programs and more flexible Pell Grants to help students pay for competency-based programs offered with community colleges. In addition, ANFP will continue to foster partnerships with other Healthcare Associations to cover the need for qualified CDMs in healthcare communities.

Join the cause and become a member of the ANFP GrassROOTS network and please consider giving to ANFP's political action committee, ANFP-PAC, which is integral to our visibility and success on Capitol Hill. Finally, please support your state chapter and spokesperson, become a CDM brand ambassador, and mentor and educate new CDMs!

CDMs Cultivating Roots

Rallying Organizations & Officials in Training Standards



CULTIVATE

cul-ti-vate

1. grow or maintain
2. apply oneself to improvement or development

Yes, I would like to support CDMs Cultivating Roots.*

*Corporate contributions cannot be accepted; only personal contributions can be made to ANFP-PAC.

Cultivate, Grow, REAP!

CONTACT INFORMATION

Membership ID#:	Full Name:		
Address:	City:	State:	Zip:
Phone:	Fax:	E-mail:	
Occupation:	Employer:		

PAYMENT INFORMATION

<input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> Other			
<input type="checkbox"/> Enclosed is my money order or check, payable to ANFP-PAC			
Please check one: <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> Mastercard <input type="checkbox"/> American Express			
Name on card:			
Credit Card #:	CVV#:	Exp. Date: / /	
Billing Address:			
City:	State:	Zip:	
Signature:	Date:		

QUESTIONS? Contact Mindy Theesfeld at 800.323.1908 x128.

Paid for by Association of Nutrition & Foodservice Professionals Political Action Committee (ANFP-PAC). Contributions or gifts to ANFP-PAC are not deductible for Federal income tax purposes.

Learn about...



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Full NCM® Transition to IDDSI Framework by October 2021

The International Dysphagia Diet Standardization Initiative created global standardized terminology and definitions for texture-modified foods and thickened liquids to improve the safety and care for individuals with dysphagia, a swallowing disorder, which affects an estimated 560 million people worldwide. The Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association jointly supported May 1, 2019 as the official launch date for IDDSI implementation in the United States.

It is imperative that all healthcare providers globally implement IDDSI, both to ensure patient safety and to maintain current standards of practice. The Academy of Nutrition and Dietetics is pleased to announce beginning October 2021, IDDSI will be the only texture-modified diet recognized by NCM®. The National Dysphagia Diet and associated resources will no longer be included in the NCM® past October 2021.

IDDSI.org

The IDDSI website provides information on the framework, testing methods, FAQ and implementation resources. The site also produces a monthly newsletter containing the latest news in the IDDSI community.

Description not Prescription

Changes to the Dysphagia Diet and how Medtrition® can help

The classification of the dysphagia diet is changing both in the US and globally. Current practice in the United States is to use the National Dysphagia Diet (NDD) however, we have been slowly transitioning to the International Dysphagia Diet Standardization Initiative (IDDSI). IDDSI is an initiative to standardize the classification of texture modified diets and improve the safety surrounding these interventions. Testing methods are easy replicated in healthcare facilities and homes according to recommendations. Understanding the path and how it will effect product offerings, classification and updated terminology will be important both for sales and distribution.

National Dysphagia Diet

- Food should be soft, moist and cohesive in texture
- Finely chopped meats
- Vegetables should mash easily
- Sauces and gravies should be added

IDDSI

- Particle size 4x4mm width and no more than 15mm in length
- Easily mashable with fork without blanching thumbnail
- Holds shape on spoon without rolling off



Café Puree® level 4 & Minced and Moist® entrees are easy to implement into menus. Offering a variety of items that can be used across the dysphagia menu for variety and versatility.

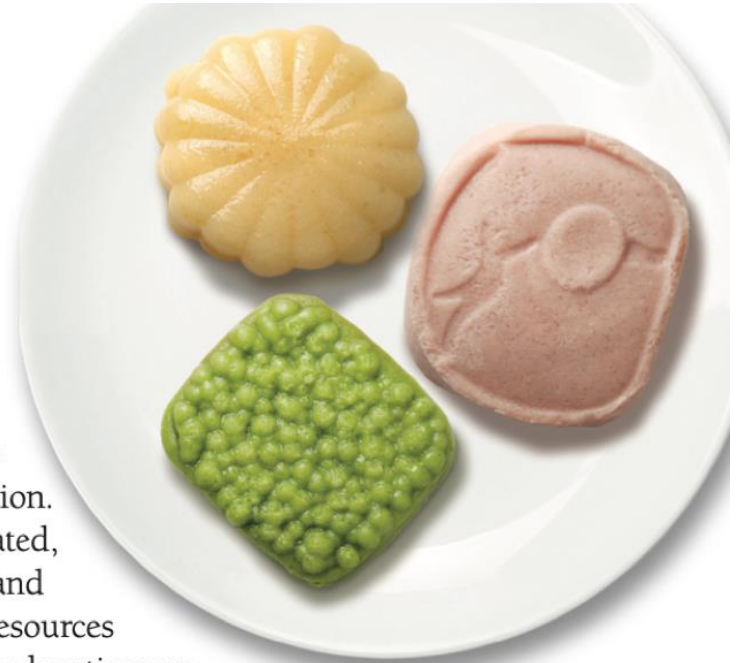
The Academy of Nutrition and Dietetics (AND) announced that the Nutrition Care Manual® (NCM) will transition to only recognizing IDDSI as the standard of care for the dysphagia population. Standard of care terminology will be updated, forcing many to update menus, stocking and offerings. This also means that resources

regarding intervention and education provided by the NCM® will only reference IDDSI after October 2021.

Understanding terminology and what Medtrition has to offer can assist with an easy transition from NND to IDDSI will ensure a smooth and successful transition.

We offer:

- Cafe Puree®, the most extensive line of dimensionally shaped Purees
- Minced and Moist Level 5 Entrees
- Gelateins, the only clear, Level 4 protein product
- Product innovators including Level 4 desserts, specialty items and the first of its kind, pureed cold cereal with milk already mixed in!



To learn more about what Medtrition has to offer your dysphagia population, visit our website today.



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Mapping to IDDSI - Foods

Current NDD Food Textures

-  Regular
-  Dysphagia Advanced ✓
-  Dysphagia Mechanically Altered ✓
-  Dysphagia Pureed ✓
- 



7 Regular



6 Soft & Bite-Sized



5 Minced & Moist



4 Pureed







3 Liquidised

Transitional Foods

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Mapping to IDDSI - Drinks

Current NDD Liquids

	Thin
	(Naturally thick liquids, e.g. infant formula, supplements)
	Nectar-thick 51-350 mPa.s @50/s ✓
	Honey-thick 351-1750 mPa.s @50/s ✓
	Spoon-thick >1750 mPa.s @50/s ✓



	0 Thin
	1 Slightly Thick
	2 Mildly Thick
	3 Moderately Thick
	4 Extremely Thick

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Medtrition Café™

Minced & Moist

IDDSI Level 5 Made Simple!

Introducing Medtrition Café Minced & Moist main entrees.

Medtrition Café has taken the guess work out of meeting the challenging needs of the dysphagia diet. With the addition of minced and moist entrée options we are now easily able to bridge the gap in service. Medtrition Café provides minced and moist single serve entrees in 4 different varieties with multiple cooking method options to increase speed of service and decrease labor and waste.

As always - We use clean ingredients, made with real food! No hidden MSG, egg fillers, or mechanically separated meat.



5 MINCED & MOIST



The IDDSI Framework and Descriptors are licensed under the Creative Commons Attribution-ShareAlike 4.0 International License <https://creativecommons.org/licenses/by-sa/4.0/> IDDSI 2.0| July, 2019