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SCHOOL  
NUTRITION  
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Feeding Bodies. Fueling Minds.™

## May/June 2019 Newsletter

# Healthy Bites

### IN THIS ISSUE

- President's Letter
- HB19-1171
- NLC 2019
- CACFP Update
- CSNA 2019 Summer Conference Details

### SAVE THE DATE

- CSNA Summer Conf  
Loveland, CO  
June 10-12 2019
- ANC  
St Louis, MO  
July 14-16 2019
- CSNA Industry Seminar  
Beaver Creek, CO  
Sept 25-27 2019

Thank you for your support!

### Message From the President

As you receive this newsletter, you will have crossed the finish line of another school year or will be so, so close to closing out yet another year. As I reflect on this year in my district (or districts!), I also reflect on the year as CSNA President. It has been an honor to serve as your President and to represent such a caring, hardworking and inspiring group of members. The work that each of you does each day truly impacts the lives of our students opportunity for all students to stand on equal ground with their peers. I believe that school meals are a true equalizer and access to school meals has the potential to change the trajectory of students' lives.



We have had a busy year in CSNA and here are just a few highlights. CSNA hosted its 3rd Annual Industry seminar in October. This unique seminar gives our Industry partners and District directors dedicated time to share ideas, connect and network. This year we hosted a number of fantastic speakers, facilitated the favorite 'speed dating' concept and were able to raise funds for four scholarship winners to attend LAC this Spring.

I hope each of you is able to join us at the CSNA Annual Summer Conference June 10-12, 2019 at Embassy Suites in Loveland! *Serving with Passion and Positivity* showcases the heart of School Nutrition in Colorado and is a time to reflect on the past school year and look forward to the next. We have an exciting agenda planned that is filled with engaging education sessions and plenty of opportunities for networking and collaboration with your colleagues.

House Bill 1171 – *Expansion of the Lunch Protection Act* is a Law! Led by the efforts of Senators Rhonda Fields and Kevin Priola and Representative Dafna Michaelson-Jenet, the reduced-price copay is now paid by the state of Colorado for all grades PreK-12<sup>th</sup>. CSNA members along with a large coalition advocated for the passing of this last piece of the puzzle in helping ensure increased access to school meals. We could not be more proud that Colorado is one of just a handful of states who have been able to achieve this. I personally want to thank each of our passionate members and previous members who have worked to make this happen as this has been a journey of over 10 years of legislative work. Thank you!

In closing, I hope that each of you has a refreshing and relaxing summer. Time with family, vacations, gardening, hiking – whatever summer means to you, I hope that you are able to indulge. It's a time to re-energize and gear up for another school year that may come all too fast for many of us. Enjoy!

*Erika Edwards*, MPH, SNS 2018-19 CSNA President



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# WE DID IT!!

HB19-1171 was signed by Governor Polis on May 10<sup>th</sup>! Thanks to everyone's hard work families of children on reduced status will no longer have to worry about covering the \$0.40 copay. This was the final stage in getting the reduced co-pay covered for ALL students PK to 12<sup>th</sup> grade.

**Thank you to each and every person who supported CSNA in this effort. This is a huge accomplishment and we could not have done it without everyone's support!!**





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## NLC / FUTURE LEADERS SARASOTA FL 2019

Jen Peifer-Douglas Co and Kent Wehri-D11 were selected as CSNA's 2019 Future Leaders and attended the SNA Conference in Sarasota FL. CONGRATULATIONS Jen and Kent!

The National Leadership Conference (NLC) provides current and future state and national leaders the opportunity to learn critical information about successfully leading a nonprofit association, to network with other leaders from across the country, and to gain new skills to become a more effective and engaging leader.

We had a large group from Colorado in attendance representing CSNA on State and National Level. Including Beth Wallace, SNA's Incoming Vice President, Monica Deines-Henderson, SNA's SW Regional Director and Jill Kidd SNA's Secretary/Treasurer.





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## CACFP UPDATE:

### Super Snack a Success for School District

Learning and growing doesn't have to stop when the school bell rings. School Food Authorities (SFAs) can provide nutritious meals and snacks to children during non-school times by utilizing the Child and Adult Care Food Program (CACFP). While there are many ways to implement the CACFP, one way is by providing an afterschool supper. Adams Arapahoe School District 28-J is one of the many districts utilizing the CACFP, and has added their own unique approach to implementation by creating the Super Snack program.

Adams Arapahoe School District's Nutrition Services approached Kenton Elementary School's Assistant Principal, Sheridan Hirsh, in November 2018 about offering a Super Snack to all Kenton students and their community under the CACFP. Not only did Ms. Hirsh say yes to this challenge, but took the initiative to make the program a success. Enlisting help from family liaison, Claudia Gamboa, the Kenton team arranged logistics and recruited volunteers to help administer the Super Snack program. Since January 2019, Kenton has served over 5,000 delicious and nutritious Super Snacks.

Thank you to the Kenton team for recognizing the critical role that adequate food and good nutrition play in the academic success of students. Thank you as well to the Super Snack program participants for their continued support and partnership in nourishing our hearts and fueling our students' bodies and minds.

If you have questions or want to learn more about the Super Snack program, please contact Stacey Bennett, RD, SNS, Coordinator of Special Programs and Menus for Aurora Public Schools Nutrition Service Department. Stacy can be reached at 303-343-0295, ext 28564 or email [slbennett@aurorak12.org](mailto:slbennett@aurorak12.org)

If you would like more information about the CACFP, visit our [website](#) or call the CACFP office at 303-692-2330.

This institution is an equal opportunity provider.



2019 CSNA Summer Conference  
June 10-12 | Embassy Suites, Loveland

## Letter from CSNA Pres-Elect and 2019 Conference Chair, Shannon Solomon

CSNA Members and Industry Partners,

I AM SOOOOOOOOOO EXCITED!!!

We are just a few weeks away from the 2019 CSNA Annual Summer Conference! We are returning to the Embassy Suites in Loveland, Colorado for an exciting two days of regular conference activities and 1 full day of awesome pre-conference classes. The agenda is jam-packed with education sessions, networking opportunities and a food and equipment show that will introduce you to new products and solutions for your program.

This year's conference theme and focus is: *Serving with Passion and Positivity*

My hope is that each one of you that attends this year's conference leaves with a sense of the value that each of you have on students' lives each and every day. I also hope that you will leave with a clear sense of PURPOSE that without YOU serving delicious nutritious quality meals daily our Colorado students would struggle getting the education they need to succeed in their current day and successful future. Awesome school meals and healthy food choices are critical in a school day and here in Colorado we serve students with passion and positivity daily!

I want to say thank you to our industry partners who continue to support our association year after year through membership, exhibiting at our annual show, sponsorship and work on our committees. We could not do this without you and so appreciate you!

It truly does take a team to accomplish greatness and this event is no different. I want to extend my sincere gratitude to bringing this event and NEW ideas to fruition! Amy Faricy and the members of the Industry Committee have worked to create an exciting One Plate Challenge and Exhibit Floor. Kim Kilgore and members of the Conference and Education Committee have created a schedule of pre-conference and education sessions that are sure to bring exciting new ideas and passion to your programs.

Also most importantly **THANK YOU** our Membership for believing in the CSNA mission and purpose and continuing to support and attend our CSNA summer Professional Learning Conference each and every year!

Thank you

Always,

-Shannon Solomon, CSNA President Elect 2018-2019



## Monday, June 10:

8:00am-5:00pm	ServSafe, Presented by Rocky Mountain Service Solutions SFSPac
8:30am-11:30am	Food Distribution Advisory Committee (FDAC) Meeting
8:00am-12:00pm	PreCons: CDE SNP Academy for Directors and Dairy Farm Tour by Dairy Max
1:00pm-5:00pm	SNS Exam
1:00pm-5:00pm	PreCons: CDE SNP Academy for Managers and CDHS New Director Training
6:00pm-7:30pm	Monday Mixer

## Tuesday, June 11:

7:00am-5:00pm	Registration Open
8:00am-10:30am	Education Sessions
9:00am - 5:00pm	Wellness Lounge, Sponsored by Elevation Foodservice Reps
9:00am-9:15am	Morning Break, Sponsored by Kellogg's
10:30am-11:15am	Wellness Walk, Sponsored by ClifBar
11:15am-12:15pm	Lunch, Sponsored by Kellogg's
12:15pm-1:45pm	First General Session with LOGAN WEBER, Sponsored by JTM
2:00pm-5:30pm	Education Sessions
3:00pm-3:15pm	Afternoon Break, Sponsored by Schwan's
5:45pm-7:15pm	Reception and Dinner, Sponsored by Total Source
7:15pm-7:30pm	Walk to After Party
7:30pm-9:30pm	After Party at The Summit, Sponsored by Payschools, US Foods, and Los Cabos

## Wednesday, June 12:

8:00am-9:30am	Second General Session, Sponsored by Ardent Mills
9:30am-9:45am	Morning Break, Sponsored by General Mills
10:00am - 2:00pm	Wellness Lounge, Sponsored by Elevation Foodservice Rep
9:45am-2:30pm	<b>Food Show Hours</b> (Directors only 9:45-12:00 - Open to all 12-2:30)
9:45am-12:00pm	Education Sessions for Managers/Employees
2:30pm-2:45pm	Raffle Drawing
2:45pm	End of Conference — See you Next Year!

## \*NEW THIS YEAR\*

- Enjoy the Wellness Lounge to relax and unplug!
- Mingle and connect at the Monday Mixer!
- Enjoy an unlimited game passes, bowling, billiards or just visit with colleagues in the private lounge during the After Party
- New Chef Challenge Format: "One Plate Challenge" featuring student teams (film shown during dinner)



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## 2019 Class Descriptions

### PreCon Offerings : Mon June 10, 2019

**Dairy MAX Farm Tour:** 8:00-12:00 *Snowberry*

See firsthand how dairy gets from the cow to your cafeteria! Join us on a tour of a local dairy farm, followed by lunch and a cooking demo presented by Chef Brandon Durio, the executive chef at Cherry Creek Schools. Chef Brandon will demonstrate two innovative, nutrient-dense recipes that can be easily added to your school menu!

Melissa Brunk

**Serv Safe by Rocky Mountain SFS (\$):** 8:00-5:00 *River Birch A*

Complete ServSafe Training class, followed by exam.

Steve Knowles

**SNS Exam:** 1:00-5:00 *Aspen Daisy*

The SNS Credential is a mark of excellence and achievement that reflects what it takes to manage school nutrition programs in today's challenging climate.

**CDE New Director Mini SNP Academy:** 8:00-12:00 *River Birch B*

This mini session of SNP Academy is tailored for new directors and will focus on menu planning basics, free and reduced-price processes, procurement and financial management.

CDE Staff

**CDE Manager/Employee Mini SNP Academy:** 1:00-5:00 *River Birch B*

This mini session of SNP Academy is tailored for managers and will focus on menu planning basics, meal counting and claiming and food safety.

CDE Staff

**CDHS New Director Training:** 1:00-5:00 *River Birch C*

This session will focus on USDA Commodity Processing for new Directors in the state of Colorado.

CDHS Staff





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## 2019 Class Descriptions

### Kitchen Managers/Staff Class Offerings: Tues June 11, 2019

**Positive Outcomes of Offer vs. Serve:** 8:00-9:00 *Elderberry/Aspen Daisy*

See the positive ways Offer vs. Serve can impact your program to reduce waste and food costs. This highly interactive session will refresh your skills for the upcoming year!

Denise Meredith

**Positively Promoting Your Program using SNA!:** 8:00-9:00 *Snowberry/GoldenGlow*

Join the SNA Southwest Regional Director to learn how SNA can help in promoting your program in a positive and impactful way!

Monica Deines-Henderson

**Self-Care & Wellness: Striving for a Positive Work Life Balance:** 9:15-10:15 *Elderberry/Aspen Daisy*

You can't pour from an empty cup. Learn how to take care of yourself so you can serve your school with greater passion and positivity while fostering a healthy work-life balance.

Rachel Hurshman and Caitie Jacobsen

**The Passion and Positivity Behind Different Personalities:** 9:15-10:15 *Snowberry/GoldenGlow*

Take a deep dive into what makes us tick! Participants will explore a few of the common personality profiling methods to better understand themselves and their teammates to support the goals of your organization.

Aria Drexler

**Time Management Tips to Increase Efficiency:** 2:00-3:00 *Elderberry/Aspen Daisy*

This class will provide tried and true tips and tricks to increase energy and output in your kitchen. Come learn how to set up your team for success so you can focus on sharing your passion and positivity with your students!

Anna Meza and Aria Drexler

**Putting your Passion and Positivity into Action:** 2:00-3:00 *Snowberry/GoldenGlow*

Join our key note speaker for a breakout session to inspire your passion and put it into positive action to benefit your students and staff!

Logan Weber

**Creative Food Mixes for All Ages:** 3:15-4:15 *Elderberry/Aspen Daisy*

Come find out what your customers are looking for at all ages and brainstorm new ideas for positive menu changes!

Natalie Bryslan

**Production Records Review:** 3:15-4:15 *Snowberry/GoldenGlow*

Everything you need to know about accurately completing production records.

McKenna Pullen

**Handling Special Dietary Needs in a Positive Light:** 4:30-5:30 *Snowberry/GoldenGlow*

Review basic special dietary needs regulations followed by best practices at the site level from a variety of school districts.

Jonathan Padia, Kristi Rolfsen, and panel

**Making Positive Connections with your Customers:** 4:30-5:30 *Elderberry/Aspen Daisy*

Need some ideas outside the box? Come to this session and get some new ideas on how to excite your customers about your program using their input as well as share ideas with other participants!

Kern Halls





## 2019 Class Descriptions

### Kitchen Managers/Staff Class Offerings: Wed June 12, 2019

**Striving for a Positive Work Life Balance:** 9:45-10:45 *Snowberry/GoldenGlow*

Come explore how two Child Nutrition Professionals have set priorities and incorporated self-care to make positive changes in their work and home life!  
Nicole Guenette and Drew Reidlin

**Managing Your Kitchen Financials in a Positive Way:** 9:45-10:45 *Elderberry/Aspen Daisy*

This class will help you stay on track to keep your operation running in the black!  
Katie Cossette

**Positive Moves Toward Managing Your Time:** 11:00-12:00 *Snowberry/GoldenGlow*

This class will outline 10 strategies to make sure you run the day and the day does not run you!  
Robert Doran and Brianda Esquivel

**Different Personalities-Balancing the Spectrums:** 11:00-12:00 *Elderberry/Aspen Daisy*

Come learn about different personality types, what makes them special, and how to best work together! Stacey Bennett and Avery Thompson

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### Partner Organization Sharing: Exhibit Floor Hallway (9-2)

The following organizations will be sharing resources and wisdom with all interested CSNA Summer Conference attendees

- Livewell
- Hunger Free
- Tammie Rempe – BOCES
- Cooking Matters
- Chef Ann Foundation
- Rainey Wilkstrom – School Food Marketing
- CDE – Dropout Prevention and Student re-engagement
- Colorado Education Initiative
- CDHS – USDA Foods



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## 2019 Class Descriptions

### Directors/Supervisors/Chefs : Tues, June 11, 2019

#### **Spreading Your Passion: Innovative Strategies in Meal Participation and Access:**

8:00-9:00 *River Birch A*

This panel presentation will showcase several strategies to increase participation and expand program offerings. Each strategy will feature a real-world example featuring a specific program.

Gabriella Warner and panel

#### **Focus on the Positive: Using Strategic Planning to Stop the Madness:**

8:00-9:00 *River Birch B*

This energetic session will offer you a real-life district example of how strategic planning provides clarity, direction, and focus on your organization.

Jean Ronnei, Beth Wallace, and McKenna Bush

#### **10 Steps to Procurement Success:** 9:15-10:15 *River Birch A*

Come learn how to manage the procurement process and avoid common review findings.

Megan Johnson

#### **Special Dietary Needs:** 9:15-10:15 *River Birch B*

This session will address frequently asked questions, complex scenarios, and best practices in accommodating special diets.

Kristi Rolfsen and panel

#### **Making Positive Changes - Little Ones, Medium Ones, and Very Big Ones! Branding and Cafeteria Makeovers:** 2:00-

3:00 *River Birch A*

Come see what smashing new look a local school district has and learn how to apply low cost ideas to make a big impact in your cafeterias!

Jean Ronnei and Jill Kidd

#### **Increasing Non-Program Revenue:** 2:00-3:00 *River Birch B*

This session will review great ways to bring extra revenue to your program with take away tips and tricks to use!

Lyza Shaw

#### **What to Expect in the Administrative Review:** 3:15-4:15 *River Birch B*

Review the top findings for the 2018-19 school year as well as a high-level overview of the process. Learn tips and tricks from peers that prepared and underwent a review this past year.

Kerri Link and panel

#### **Using USDA Foods to Strengthen Your Program:** 3:15-4:15 *River Birch C*

The session will bring you up to date on the latest in USDA foods and the positive impact it they can have on your program.

Nichelle Harris and Deborah Cameron

#### **Putting your Passion and Positivity into Action:** 4:30-5:30 *River Birch A*

Join our key note speaker for a breakout session to inspire your passion and put it into positive action to benefit your students and staff!

Logan Weber



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## 2019 Class Descriptions

### Directors/Supervisors/Chefs : Tues, June 11, 2019 cont ...

#### **Managing your Time - How to do it better:** 4:30-5:30 *River Birch B*

Come learn from a local director, ways to manage the multiple aspects of child nutrition programs to increase your efficiency and effectiveness.

Craig Schneider

### Pop Up Sessions : Tues, June 11 and 12, 2019

#### **Special Program Audits**

June 11<sup>th</sup>: 10:30-10:45 - Registration Area

Come ask your questions regarding review of ASP, FFVP, CEP, and CACFP.

Erica Boyd

#### **Summer Food Service Program**

June 11<sup>th</sup>: 1:45-2:00 - Registration Area

Join this session to ask questions, share ideas and strategies to improve your summer program.

Ashley Moen and McKenna Pullen

#### **Farm to School Procurement**

June 11<sup>th</sup>: 4:15-4:30 - Registration Area

This quick session will help identify three procurement methods to increase the purchase of local products for your program.

Rebecca Boone

#### **Food Safety/Reducing Food Waste**

June 11<sup>th</sup>: 5:30-5:45 - Registration Area

Thinking about implementing share tables? Join this pop-up to share ideas and best practices.

Alicia Grove

#### **Influential Messaging: A Handy Tool for Use**

June 12<sup>th</sup>: 7:30-7:45 - Registration Area

Come learn the right message to use in capturing the attention of your audience using the 27-9-3 tool!

Rebecca Robbins

#### **Quick and Easy Teambuilding Activities**

June 12<sup>th</sup>: 7:45-8:00 - Registration Area

Come learn how to do teambuilding activities in 5 minutes or less - these can be used with small or large groups to build your positive, passionate team!

Anne Meza and Aria Drexler

#### **Farm to School Research Evidence**

June 12<sup>th</sup>: 7:30-7:45 – Outside of Exhibit Hall Entrance

Join this session to hear preliminary findings from research that looked at the comparison of fruit and vegetable intake in students who were aware it was locally grown.

Dr. Becca Jablonski and Dr. Marco Costanigro



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# JOIN US FOR SOME FRESH AIR AND A WELLNESS WALK!



Sponsored by ClifBar



Tuesday June 11th 10:30-11:15am

Meet in the lobby and we will take the  
trail to the Event Center and back

CSNA Summer Conference 2019

# Join us in our Wellness Lounge during CSNA's Summer Conference

## The CSNA Wellness Lounge will include

- Aroma Therapy
- Chair massages
- Calming music
- Adult coloring mural
- Yoga/stretching

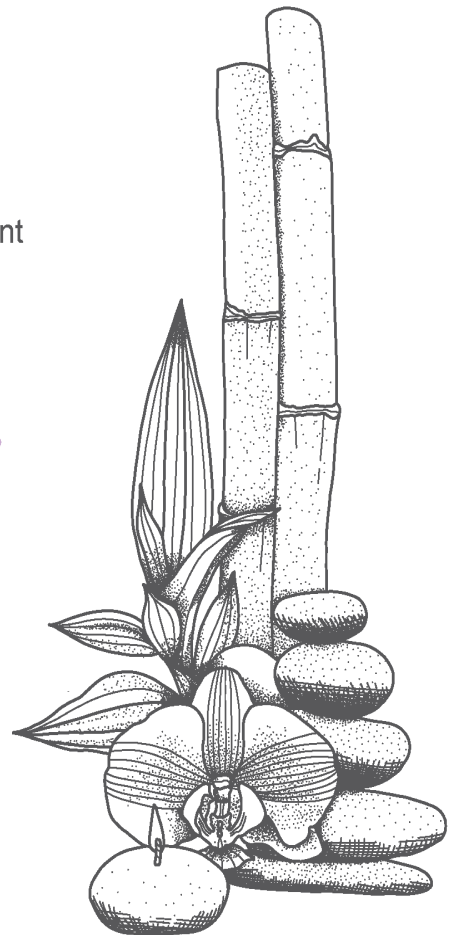
## Known Benefits of a Mindfulness Experience

- Reduces stress
- Increases self-awareness and allows for self-development
- Increases concentration and focus
- Relaxes the mind and body
- Lowers blood pressure

### Lounge hours and location:

Carter Lake A/B  
Tuesday, June 11 - 8:00-12:00 & 2:00-5:00  
Wednesday, June 12 - 10:00-2:00

Chair massage sign-up sheet available in lounge





We would like to extend a BIG THANK YOU to our 2019 vendors and Sponsors. The funds generated by our Vendor Show support the functions of CSNA throughout the year.

Please join us in the exhibit hall on Wednesday to learn about new products, taste great foods, and thank our vendors for their support.

# Thank You



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