



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

April-May 2022 Newsletter

Healthy Bites

CSNA Summer Conference 2022

In this issue:

- CSNA Summer
- Conference Apparel and Chair Massage Sign Up
- SNA Awards
- Member Talent Survey
- Get to Know Your Gov Board
- Sunny Days
- Celebrations
- Thank You

We are less than one month away from our annual Summer Conference. If you have not yet registered, please do so today!

This year's theme **Illuminate The Possibilities** will focus on lighting our way forward and discovering that anything is possible. We will also take time to honor the difficult path that has brought us here, share stories and innovations that our colleagues are making to provide the next generation with the nourishment they need to succeed.

We are excited to bring you an agenda with engaging and informative breakout sessions, a food and equipment show with the latest products to help us reach for what is possible and exciting networking events including our annual viewing of this year's One Plate Challenge. Our keynote this year, Craig Zablocki, will leave you energized and ready to tackle the upcoming year!

To kick off the Summer Conference, we will offer a variety of Pre-Conference sessions and the School Nutrition Specialist (SNS) Credentialing Exam on Tuesday June 14th. *Registration for SNS must take place directly through SNA by May 24th.

Conference details including full class line up and sponsorship opportunities can be found on our website www.colosna.com. Let's **Illuminate The Possibilities** together.

[DISTRICT REGISTRATION - CLICK HERE](#)

[VENDOR REGISTRATION - CLICK HERE](#)

Molly Brandt, RD, SNS
CSNA President Elect and Conference Chair 2021-22



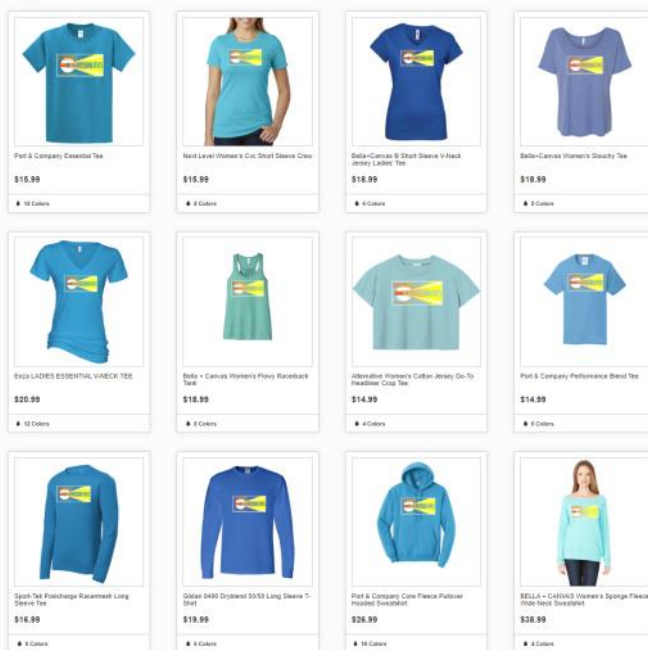


Conference Apparel and Chair Massage Sign Up

Apparel store is now open for CSNA Summer Conference gear. Place your order by May 29th to ensure delivery prior to conference. There are a ton of great options! Take a look and order today! \$2 of every purchase goes toward the CSNA Scholarship Fund!

Show your conference spirit and go shopping today!

Apparel



The Wellness Lounge and Chair Massages will return again in 2022! Please take a moment to treat yourself (or treat your staff and/or colleague) Click below image to reserve your spot



CSNA

Chair Massages

Take a well deserved break during CSNA Summer Conference 2022 and treat yourself to a 10 minute chair massage. Located next to our relaxing Wellness Lounge. **Massages provided by the Academy of Natural Therapy*

Location: Embassy Suites



SNA Award Winners

Congrats to our CSNA State Manager of the Year, Crystal Jo Bruns from Re-1 Valley Schools and CSNA State Director of the Year, Danielle Bock from Greeley Weld D6

BOTH of these amazing School Nutrition Superstars were also awarded the **SNA Regional Award** in their respective categories!!

GO COLORADO!!!



Crystal Jo Bruns—RE-1 Valley Schools



Danielle Bock—Greeley Evans Weld 6



Member Survey

One of the associations initiatives for 2022 is to explore the upcoming trend of micro volunteer opportunities.

We are excited to venture down this path and we want to hear from YOU!

- What secret talents, or special skills do you have?
- What hobbies fill your bucket during your down time?
- Who might be in your circle that would be interested in donating some time to the association?

Please take a moment to fill out the linked survey below and share with us all of your wonderful skills!

**Click here to
take our survey**

talents
are meant
to be
shared.





NLC 2022 and Future Leaders

The SNA Future Leaders Program was held in conjunction with the National Leadership Conference on April 28-30, 2022 in West Palm Beach Florida. SNA provided hands on training to emerging leaders of SNA. Participants networked with SNA members and leaders from across the country and honed their leadership and communication skills. Congratulations to Shannon LaLone from Cherry Creek School District who represented our state and successfully completed the Future Leaders Program! We are lucky to have Shannon as an up-and-coming association leader!



Jessica Gould, SNA PPL Chair: Shannon LaLone, CSNA Future Leader: Molly Brandt, CSNA President Elect: Brandon Durio, CSNA Vice President — NLC 2022



Get to Know Your CSNA Board

Second Edition : CSNA President

Amy Faricy

Welcome to our latest newsletter feature: ***Get to Know Your CSNA Gov Board***

We are excited to get to know our current CSNA President Amy Faricy!



Q&A with Amy

What is your role within your district? Manager of Menu Services with Douglas County School District.

What is your educational background? Graduated from Oregon State University with a BS in Food Systems Management and double minor in business and philosophy. Completed dietetics coursework through UNC and my Dietetic Internship through Sodexo.

Family? Married to my husband Mark and mom to two active (and very much pre-teen and teenage) girls, Marlow (13) and Sloan (11).

How long have you been a member of CSNA and what roles have you held?

I have been a member of CSNA since 2012. I started by sitting in on some PPL meetings and then as a member of the Industry committee. I became industry chair before stepping into the Executive Committee track.

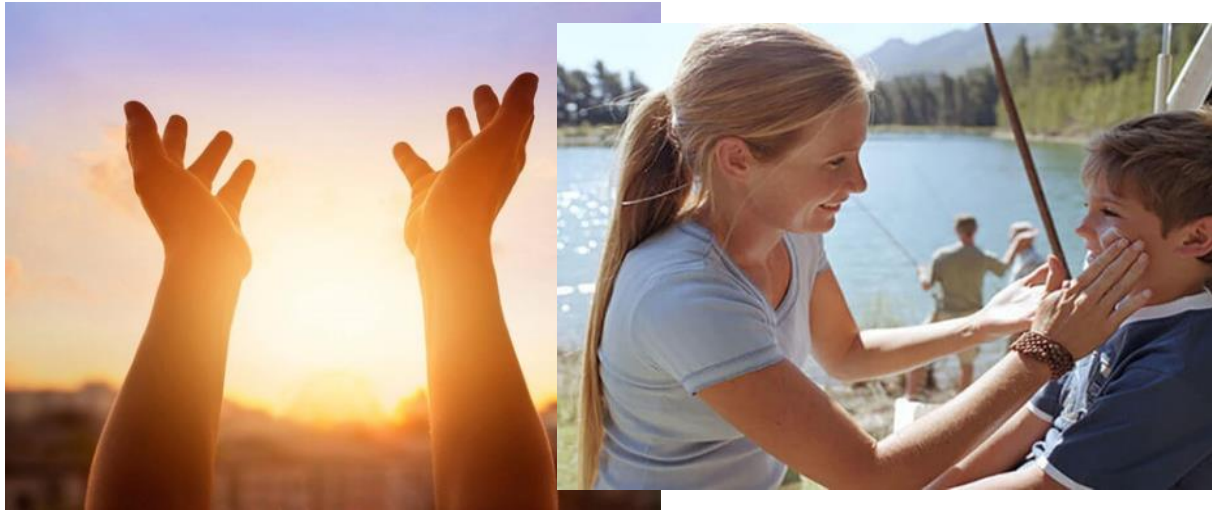
What is your most memorable SNA or CSNA conference? (Or most memorable speaker or entertainer) What was memorable about it? The most memorable CSNA event I went to was my first SNIC in Phoenix, AZ in 2015. It started off my love for this conference, but I also was with 3 amazing colleagues (Jen Peifer, Kasja Larson and Theresa Novak). Three of us took the SNS exam (and passed), but I remember us all going back to our room and going through all the questions and our answers we could remember. There were a lot of laughs to accompany the relief we felt after finishing. I also made a bunch of great connections with industry partners that I still work with today. Plus, the FAME awards were amazing especially seeing Josephine Martin.

What is the food whose appeal is lost on you? I know this may get some gasps, but ranch, ketchup, mayonnaise and sour cream are all things I cannot do.

What advice would you give your younger self? I would say stretch everyday and get in the habit of a regular exercise routine separate from sports practices. It's a lot harder to start something consistent as an adult than as a kid.

What skill would you most like to learn? I have two skills I would like to learn. First, I want to learn beekeeping. I would love to have my own hive and watch those bees work their magic. I also would like to learn woodworking/carpentry.

Who is your hero? I would have to say my grandparents. Together they were an amazing couple who loved each other deeply and challenged each other to be their best. Individually, my grandfather was a fire fighter who cared so much about the people he worked with and the community he served. He taught me the value of a hard day's work both professionally and at home. He always reminded me to have fun. My grandmother was a school secretary who was on the front line of aiding students and staff during a school shooting back in 1989. While this didn't define her, it strengthened the love she had for her work and the students she served. (She worked as a school secretary into her 80's.) She was kind and compassionate and taught me the value of taking time for yourself so you can be better for the ones around you. (Sometimes I forgot to practice this one!) She also was an amazing cook and started my love of food and being in the kitchen.



Sunny Days are Here Again!

By: Tara Gonzales, MDA, RDN, SNS

School is almost out, and the days are getting warmer. This is the perfect time to start weaning those children off their electronics and get outside and enjoy the sunshine.

Sunlight not only improves the mood, but it also helps the body process Vitamin D. Vitamin D benefits include supporting healthy bones and supporting the immune system.

Although the sun has its benefits, it is very important to protect your skin from the harmful rays. The American Academy of Dermatology recommends wearing a broad spectrum sunscreen protection of SPF 30 or higher, wear hats to protect the face and neck, and limit the time spent in the sun while the rays are the strongest, between 10am and 4pm.

FUN GAMES TO GET THEM MOVING!

-Nature Themed Treasure Hunt- Have kids find treasures in the yard or on a nature walk!

-Outdoor (or indoor) Obstacle Course- Have kids crawl under, over, around and through different obstacles. Make it more challenging by timing them!

-Bean Bag Toss- Line up paper plates with numbers on them for scoring. Have kids try to toss bean bags (or zip lock baggies with beans) onto the plates!

Do you have a larger yard? Make your own slip-n-slide with a sprinkler, plastic painters wrap and dish soap! Fun for the whole family!



Celebrations and Congratulations

With all the struggles that 2020/21 brought to our daily lives CSNA would like to take some time to focus on the positive!

Each newsletter we will have this space dedicated to celebrate our personal and professional accomplishments.

Please send your celebrations to jodi@colosna.com.

We are looking for all types of congratulatory events ...

- Promotions!
- Graduations!
- Weddings, babies, grandbabies!
- US Citizenships!
- Mountains climbed, marathons ran!
- Happy customer compliments!
- Bucket list items!
- Daily Highlights!
- No event is too big or too small ... send it over and we'll add to the list



CONGRATS TO THE GRADUATE!!!!

We would like to celebrate our Membership, Marketing and Fundraising Chair, Katie Cossette, MBA, RDN, SNS.

This December Katie received her Masters in Dietetic Administration from Utah State University and walked in her Graduation Ceremony this month!!!

Congratulations Katie, what an amazing accomplishment!

CSNA 2021-22 Industry Members

Thank you for Investing in CSNA

Trustee Members



CSNA 2021-22 Industry Members

Thank you for Investing in CSNA

Patron Members



Sustainer Members

