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April-May 2023 Newsletter

Healthy Bites

In this issue:

- CSNA Summer Conference Edition
- SNA Awards
- ANC 2023 Volunteers needed
- PD Survey
- Staying Productive
- Line efficiency tips
- Thank You

SAVE THE DATES:

- CSNA Summer Conf
June 12-14, 2023
Pueblo, CO
- CSNA Industry Seminar
October 11-13, 2023
Westin Riverfront

CSNA SUMMER CONFERENCE 2023 CONFERENCE EDITION

CSNA Summer Conference is just around the corner and our committees have been busy putting together an amazing event!

Please click through the newsletter pages to learn about the exciting events we have in store.

Some highlights you won't want to miss ...

- Full Day of Pre-Cons on Monday June 12th.
- 3 Different Education Tracks including one for Small/Rural Districts
- Wellness Room including FREE 20 minute chair massages (sign up sheet linked)
- Hall of Fame to celebrate all of your fantastic staff
- Free Fitness on the Riverwalk classes
- Fun Fundraising to support our scholarship fund
- Keynote Speaker: Frank Kitchen
- One Plate Challenge Premier during dinner
- After Party following dinner with DJ, dancing and games

There is still time to [register!](#) Don't miss out on this fantastic event!

Let's let the games begin.

Brandon Durio, CEC
CSNA President Elect and Conference Chair 2022-23





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Conference: Education Sessions

The Conference and Education Committee has put together an amazing line up of sessions.

If you are interested in attending a PreCon and did not add to your registration, it is not too late! Send Jodi an email: jodi@colosna.com and we will get you added to the list today

Pre Con Sessions: Monday June 12th

- The Power of Positive Leadership by Jon Gordon (\$)
- Bringing Value to Your Workplace
- The Personal Development
- CDE: Fundamentals of Menu Planning
- Servsafe Consolidated Course and Exam (\$)
- SNS Exam (\$)
- Millberger Farms (offsite tour)

[CLICK HERE TO VIEW FULL
SCHEDULE](#)





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Conference: WELLNESS / RECOGNITION

The Resource Development Committee has been busy putting together the Wellness Room and Recognition Events.

Sign Up early to treat yourself to FREE 20 min Massage!

Hall of Fame submit your colleague and staff names for the (click gold star to link to Hall of Fame Submission form– accepted through May 24th)



Click Gold Star to submit names for Hall of Fame

[Click here to sign up for massage](#)

JOIN US IN OUR
Wellness Lounge
Available during the CSNA's Summer Conference

Sponsored by:
Elevation Foodservice Reps

The CSNA Wellness Lounge will include:

- Aroma Therapy
- Calming Music
- Meditation Corner
- Yoga/Stretching
- Tea Station
- Hot/Cold Towel Station
- FREE Chair Massages
- Click here to reserve massage time

Lounge Hours & Location

Meeting Room #3
Tues, June 13, 9:00-4:00
Wed, June 14, 9:45-1:45

CSNA Wellness Walk
Sponsored by:
WAYPOINT

Tuesday: 3:15-3:45pm
Meet outside in front of
"Medal of Honor Plaza"

You may also take advantage of the below, courtesy of Pueblo Water...

Free Fitness on the Riverwalk

At the Lake Elizabeth Gazebo

Zumba
Tuesday, June 13, 6 am

HIIT Bootcamp
Wednesday, June 14, 6am

Sign up online at: studiosharepueblo.com
*Select Classes and then date

Click images to enlarge



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Conference: Exhibit Hall/One Plate

The Industry Committee has been busy organizing our 2023 Exhibit Hall where we can explore our valued Industry Partners latest products.

Another big task for the Industry Committee was producing and directing our annual One Plate Challenge video where 4 student team from across the state competed for the top spot! You can click below to view the trailer of the 2023 episode, it is a good one!





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Conference: Fundraising

The Membership Marketing and Fundraising committee has been busy at work brainstorming “fun” fundraising ideas for 2023.

We are thrilled to announce that CSNA was able to award 13 scholarships for our Summer 2023 conference!

Please take a minute to stop by and support one of these fun activities!





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SNA Awards

Thank you to everyone that took the time to nominate your colleagues for the SNA Award season

Congrats to our State Awards Winners ...

CSNA Employee of the Year, Paula Dailey from D49

CSNA Manager of the Year, Barbara Coffey from D49

CSNA Director of the Year, Craig Schneider from Poudre. Craig was also named the Regional Director of the Year for the Mountain Plains Region.

GO COLORADO!!!



Barbara Coffey



Paula Dailey



Craig Schneider



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ANC in DENVER!

Volunteers Needed

We are still in need of approximately 26 volunteers for ANC. Please sign up today if you are able! If you are interested in assisting, but not able to commit to the full 8 hours, please reach out to Amy or Kara directly.

CSNA is so excited to help host the SNA Annual National Conference that will take place in Denver, July 9-11, 2023. It goes without saying that this event will be a large undertaking and that it will require a lot of passionate volunteers. CSNA will be helping to coordinate these volunteer opportunities and we hope you are one of the passionate individuals that is going to help make this event happen!

Volunteer duties are open to all CSNA District Members and could include welcoming and directing attendees; monitoring lounges; assisting in conference bag stuffing; supporting the registration booth; assisting with Culinary Demos and with the New Product Showcase; monitoring private meeting rooms; assisting with seating during general sessions; etc. Any volunteer that provides at least 8 hours of service will receive reimbursement for 50% of their registration fee! Volunteer service can be accumulated throughout the entirety of the event. Pre-event volunteers-starting on July 7-will also be needed.

The registration window for these volunteer opportunities is open now.

[CLICK HERE TO SIGN UP/REGISTER AS A VOLUNTEER](#)

In the meantime, if you have any questions about being an ANC volunteer, feel free to reach out to Amy Faricy (Amy.Faricy@dcsdk12.org) or Kara Sample (ksample@greeleyschools.org).





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Future Professional Development SURVEY

CSNA is interested in your opinion regarding your school district's typical professional development methods. What resources do you use to train your nutrition services staff members, and what would you like to see available? We are interested in as much information as you are willing to provide within this survey. It will take approximately 10 minutes to complete.

With this information, CSNA plans to target the professional development opportunities it creates to better meet the needs of members and provide additional value to members.

[CLICK HERE TO TAKE SURVEY](#)





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How to Stay Productive at Work When You're Tired

How to Stay Productive at Work When You're Tired

It's the end of the school year and with that comes some let's just say "sleepy" kitchen staff. This time of year is BUSY with field trips and field days and state testing and so many other energy depleting tasks. You may be noticing the energy level along with productivity isn't where it was at the beginning of the school year almost nine months ago. So, how can we put some "spring" in our steps to finish out the year stronger than ever? Here's just a few ways.

1. **Eat Healthy-** Are we surprised that this is the number one way to boost energy? Your body needs healthy foods to function.
2. **Prioritize Your Tasks Based on Effort Required-** The stress of putting off difficult tasks can negatively affect productivity. Make a list of everything you need to do. Pick the most important task and do it first.
3. **Listen to Music in the Workplace-** Play that radio while working. Classical music and nature sounds are an excellent option because there are no lyrics to distract from work.
4. **Move Your Body-** Continue to exercise, even when you don't feel like it. Even changing your position from sitting to standing or vice versa during the work day, increases your energy level. Stretching also boosts oxygen to your brain giving you more energy!
5. **Work By a Window-** Research shows that working in natural light is associated with increased job performance. What if there are no windows in your workplace? Set a timer and take a Vitamin D break (find somewhere with natural light whether it's inside or outside) every so often.
6. **Drink Lots of Water-** Dehydration causes fatigue. Stay hydrated.
7. **Accept That You are Human-** Reward yourself when you finish a task that was daunting. Give yourself a pat on the back when you need it.





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Tips and Tricks for speedy service lines

Healthy School Meals for All next year is going to allow many more children the opportunity to receive nutrient rich school meals for free. This is going to be a game changer for many schools and students. We all know that students concentrate better, learn better, and have higher energy when they have full bellies. However, this will also mean more students going through the breakfast and lunch lines each day. Here are a few “Tips and Tricks” to help make the days go smoother!

- Not individually wrapping each burger or sandwich, instead put on tray with cover.
- Prepping as much as possible, several days in advance, if applicable
- Making sure you have extra equipment, warmers, coolers, tray etc.
- Have every child have a lunch card or ID out and available, if not they can go to the end of the line.
- Use pre-wrapped utensils with napkins.
- Have classes come into cafeteria 15 mins apart.
- All à la carte and snacks sold at time of lunch purchase (one trip, on number one transaction)
- If possible, self-serve whole fruits with tongs (apples, bananas, pears, oranges)
- Any cash to be put into account be done at a specific time of day.
- If kids want to purchase an à la carte meal or second meal they go through the line, get rung up and are given a second meal sign or object to turn in with the Chef/Manager.
- Meals all to be boated, counted for easy serving, for example tacos, Nachos, pizza, pastas, chicken items.
- Keeping a good count on each grade for first month of school so you are better able to forecast and deduct for field trips.

Melodee Bibeau-Clark
Kitchen Training Manager
Cherry Creek School District



CSNA 2022-23 Industry Members

Thank you for Investing in CSNA

Trustee Members



CSNA 2022-23 Industry Members

Thank you for Investing in CSNA

Patron Members



Sustainer Members

