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April/May 2021 Newsletter

Healthy Bites

In this issue:

- CSNA Virtual Summer Conf 2021
- CSNA Director of the Year
- No Gym, No Problem
- PP&L Update
- Lunch Hero Day
- ANC Registration and SNF Golden Ticket
- Facebook/Share your Story

Upcoming Events:

- CSNA Virtual Conf June 2021
- ANC Virtual Conf July 12-15 2021
- CSNA Industry Beaver Creek CO Oct 20-22, 2021

Don't miss out, REGISTER TODAY!

Our planning committee has been hard at work and has some fantastic sessions lined up for our virtual conference. While the bulk of the live conference will be June 15-17, we will have all sessions recorded and available for viewing through the end of July. So if you are busy Summer Feeding, no worries! You may log into the website and view the sessions at any time that is convenient for you!



Here are some things to expect: Our virtual exhibit hall will consist of one on one district and industry interaction that will span through the course of the week. **Industry Partners: please register by June 1 to sign up for Round Robin booths.** Additionally, virtual booth landing pages will allow nutrition operators to discover more about what industry partners have to offer at any time from June 15 thru July 31.

We are excited to partner with the CDE School Nutrition Unit and CDHS to provide education sessions that will continue to offer relevant content for attendees to put into practice. Sessions will consist of live and pre-recorded classes. These classes will not only span the course of two full days (with an additional day of pre-con's), but will also be available throughout the month of June. And speaking of PreCons, we are excited to announce that our Key Note speaker Joe Pettit will offer a special Pre Con geared specifically for Manager/Employee level on Tuesday. As a school nutrition professional and motivational speaker, Joe will certainly inspire you from the inside out! Evening events will allow us to come together to view the One Plate Challenge debut, play virtual games and celebrate the awe-inspiring things we do as school nutrition professionals.

For those that have registered already, be on the lookout for details to log into the conference website. We will send to each registered members email address by June 7th. Full Schedule Details on [CSNA website](#)

**Click Here
To Register**



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CONGRATULATIONS



We are very proud to report that **Katie Cossette** from Englewood Schools is Colorado's School Nutrition Director of the Year!

During a year that challenged us all, Katie was able to rise to the top and earn this amazing recognition. On behalf of CSNA, we wanted to share just a few examples of Katie's extraordinary leadership with you

It is abundantly clear that Katie embraces extreme knowledge related to child nutrition programs. This has been evidenced by successful control of her food service budget and increase in meal participation--despite the year of constant unforeseen circumstances and changes. Her efforts to offer new and bold foods that kids love upheld her accomplishments in these areas.

Katie is a person that always has a 'CAN DO' attitude. She works hard to create a friendly work environment and relies on staff involvement for the overall success of the department. Additionally, Katie makes her voice heard with her participation at the State (CSNA) and National (SNA) levels.

Katie is a valued member of CSNA and has been a key part of the Conference and Education committee. Katie is an integral player in setting up the SNS exam for our state along with developing and presenting content during our Annual Summer Conferences.

Please join us in congratulating Katie for the very, well-deserved award!

Congrats to the STEPS New Year, New You Challenge Winners!

COLORADO REPRESENTED!

More than 800 steppers took part in the first quarter STEPS Strive to Thrive Challenge! The prize random drawing was conducted from the pool of STEPS Challenge participants. Winners were:

- Grand Prize: **Gloria Stoverink** (Nutrition Coordinator with Jackson R2 SD in Jackson, MO)- wellness themed prize to include a \$150 Amazon gift card
- Level 1: Jessica Wielinski (pictured) (SN Manager with Adams 12 Five Star District in North Glenn, CO) - \$50 Amazon gift card
- Level 2: **Margaret Smith** (SN Manager with Jefferson County SD in Lakewood, CO) - \$75 Amazon gift card
- Level 3: **Marci Lexa** (Director of School Nutrition Programs with Henry County SD in Martinsville, VA): \$100 Amazon gift card



Thanks for staying active with us and engaging in some healthy, friendly competition. We hope that more of you will join us as we continue to strive for better physical and mental health.



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No Gym, No Problem!

10 YouTube Fitness Channels that you can follow at home

Written by: Brianda Esquivel

By now, we've all heard the benefits of exercising regularly; improved mental and physical health, better sleep, etc. But with the current pandemic, how do you get your workout in without going to the gym? Yes, some gyms are reopening their doors across the country, but space is still limited which can make going to the gym a hassle.

Luckily, there are some great resources online that offer full-on workouts so that you don't have to leave your home- you just need access to the internet! Now, online workouts have been around for some time, but with the pandemic there has been a huge increase in content. YouTube is an online platform that allows *anyone* to upload video content and there are a plethora of workout videos available. Since it is so widely accessible across the world, I decided to create a list of some amazing channels that offer workouts of different levels and variety. Hopefully, you get the chance to check out some of these channels and enjoy these workouts!

Yoga:

- [Yoga with Adriene](#) ◦ Vinyasa Flow Yoga, Foundations of Yoga
- [SarahBethYoga](#) ◦ Yoga for Beginners; Prenatal Yoga, Power Yoga
- [Arianna Elizabeth](#) ◦ Vinyasa Yoga, Yin Yoga, Meditation



Strength and Conditioning:

- [Sydney Cummings](#) (NASM Certified Personal Trainer and Fitness & Nutrition Specialist) HIIT (High-Intensity Interval Training), No Equipment Workouts
- [Growingannanas](#) (Certified Personal Trainer, Crossfit Coach) Full-body workouts, advanced HIIT, low-impact, no equipment
- [Koboko Fitness](#) (Certified Personal Trainer) Bodyweight exercises, no equipment home workouts



Variety:

- [POPSUGAR Fitness](#) ◦ Dance workouts, HIIT classes, kickboxing
- [Blogilates](#) ◦ Pilates based workouts
- [The Fitness Marshall](#) ◦ Dance cardio workouts
- [And8 Fitness](#) ◦ Hip Hop Dance Cardio workouts





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PP&L Updates

The PP&L team has had their ears and eyes open waiting to hear more about Child Nutrition Reauthorization (CNR). Erika Edwards, Director of Operations in Jeffco, and Danielle Bock, Director of Nutrition in Greeley have participated in School Nutrition Association's task force on CNR. With SNA members from across the country, we provided feedback and input on how to improve the Healthy Hungry Free Kids Act (HHKFA) in the next reauthorization. In the meantime, a new piece of legislation has come out that would provide universal meals to all. The *Summer Meals Act of 2021 (S. 1170 / H.R. 783)*, would go a long way to achieving many of the goals of our position paper. We will be calling on you to reach out to your legislator as votes on legislation begin.

Call to Action—Advocate for Universal Meals

[CLICK HERE TO SEND YOUR COMMENT](#)

HB21-1162 Management Of Plastic Products

The plastics bill is still moving forward in this session. We were able to work with the bill sponsors on extending the date for implementation in the schools by one year. The bill sponsors have also agreed to remove the excessive fine structure for K-12.

You may follow the bills progress [here](#)



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School Lunch Hero Day Colorado Celebrations

Our Colorado School Districts had such fun celebrating School Lunch Hero Day



Aurora had an extra special surprise in their district when they hosted U.S. Department of Agriculture Secretary Tom Vilsack, U.S. Rep. Jason Crow and Colorado Governor Jared Polis! They joined together to promote the American Families Plan and to recognize the incredible work of Aurora Public Schools Nutrition Services Department.





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SNA Registration for ANC and the GOLDEN TICKET

ANC—Early Bird Deadline Extended!

This just in—the ANC early registration discount has been extended until **Friday, June 18!** You now have **three more weeks** to save **\$50** on each registration. Remember, members receive a **\$30** savings when more than one person in the same membership category registers from their school district. [Register Now!](#)

Virtual ANC will feature some [innovative new education programming](#) designed for the virtual learning environment. This includes Learning Bursts—short 25-minute sessions, Show & Tell video tours behind the scenes, and 50-minute education sessions instead of the traditional one-hour sessions,, allowing more choices to design an itinerary that works for you. But don't worry, we'll still have traditional favorites too, including the member section meetings and the culinary demos.



SEE THE POSSIBILITIES
EMBRACE THE FUTURE

JULY 12-15 • 2021 • #ANC21 #VIRTUAL

What's on your bucket list? Travel to Paris? Skydive? Learn to ski? Finish your degree? Pay bills? Save for a child's tuition? Support the School Nutrition Foundation?

If you've dreamed of winning \$10,000 and crossing items off your bucket list...now's your chance. The School Nutrition Foundation is holding its ever-popular \$10,000 Golden Ticket Raffle at ANC 2021. Be sure to purchase 1, 2, or 3 tickets now before they are gone! The drawing will take place once the raffle ends on July 14, 2021 at 5:00 pm EDT. The winner will be announced during SNA's Annual National Conference (ANC) on July 15, 2021.





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Don't miss out... **Share your Story and Contest**

Now more than ever, please SHARE YOUR STORY! We know you are all doing great things and we would love to hear about them!

In 2021, CSNA is continuing the "CSNA: Share Your Stories" campaign to facilitate the sharing of stories across all Colorado school districts that inspire, inform, and elevate how we are feeding our students and operating our programs. Nutrition programs in school districts across Colorado have a tremendous opportunity to learn from one another and enhance their own programs based on the stories, practices and experiences of other districts. CSNA would like to continue to provide this opportunity in 2021.

Over the course of the next several months, CSNA is asking again for you to submit your exceptional stories that have positively impacted the lives of children, staff and the communities they live in. We are looking to collect stories as well as photos and videos to best communicate and share out these stories.

We are asking for your stories that surround the following topics:

- Inspiring Students - how have some of your staff inspired students?
- Inspiring Staff - how has your staff member/kitchen manager/supervisor/director inspired you?
- Inspiring Innovations - what types of innovations are present in your kitchen (school gardens, farm to school programs, student engagement, grab and go programs, etc.)

[Click here to share your story with CSNA today!](#)

Don't miss out, submit your story and like our page today!

Find us on Facebook [@colosna](#)

**SHARE YOUR
STORIES**



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Let's Create Great Dishes Together!®



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