



COLORADO
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Feeding Bodies. Fueling Minds.™

November/December 2016 Newsletter

Healthy Bites

2016-2017 CSNA/ SNA Events

SNIC—Orlando Florida

Jan. 22-24, 2017

LAC—Washington, DC

April 2-4, 2017

NLC—Baltimore, MD

May 4-6, 2017

**CSNA Summer
Conference**—Denver
Convention Center

June 12 & 13, 2017

ANC—Atlanta, GA

July 9-12, 2017

**ANC returns to
Denver in 2023!**

Governing Board Meeting

**Thursday,
January 26th
3-5 PM**

MEETING LOCATION
The Hilton Garden Inn
Denver Downtown
1400 Welton Street
Denver CO 80202

Message from the President

grat·i·tude ['gradə,t(y)ood] NOUN- the quality of being thankful; readiness to show appreciation for and to return kindness.

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Gratitude. It's a simple word that packs a big punch!

However, gratitude seems to be in short supply these days. Studies have shown that folks who take time to feel and show gratitude have more joy, vitality, self-esteem and compassion. Here are a few things I am thankful for this holiday season (in no particular order):



- **Our Association-** CSNA and SNA have brought richness to my career and given me valuable opportunities to serve.
- **CSNA Members/Industry Members-** It is an honor to serve as your President and represent the caring, but challenging work each of you does on a daily basis.
- **My Family-** Who else would put up with me!? So thankful for my wife Colette and our 5 children- Colista, Mason, Jonah, Joy and Shirley.
- **My Work Family-** From my office team, who keeps me on track, to the Central Kitchen who keeps us all fed and the amazing staff in our school kitchens who do the real work of feeding hungry students each day. I am humbled and grateful to be working with my team here in Greeley!
- **My Friends-** I know I can be a bit high maintenance- thank you for laughing and crying with me through all of life's ups and downs.
- **CSNA Board-** Your CSNA Executive Committee and Governing Board are my heroes! They gladly volunteer their time to serve our membership and help others achieve their educational goals.
- **My Community-** By this I mean my larger school community, the cities of Greeley and Evans in which I serve and the small town of LaSalle where I reside. Each of these diverse communities is dear to my heart and I love being a NOCO resident!

I could go on and on! Now, I challenge you to go make your own list! Gratitude-it's not just for Thanksgiving. It's for a lifelong feeling of being appreciative for all we have in life.



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COLORADOPOTATO.ORG

To sign up for a Salad Bar:

SALADBAR2SCHOOLS.ORG

Once you sign up we can
select your school to
receive a donation!

Make the most of your holidays – and enjoy them, too!

While the holiday season can be the happiest time of the year, it can also be the most stressful. By finding simple ways to reduce holiday stress, you can give yourself the best present of all: a peaceful mind that will allow you to experience joy during the holidays.

Here are a few tips:

- **Set Realistic Expectations.** For the overachievers, holidays can be stressful when everything needs to be perfect. Take an inventory of what needs to be done and eliminate the unrealistic or burdensome expectations. Traditions are wonderful but making new ones that are simpler can generate happy memories for years to come. Get family involved by delegating what others can accomplish. You don't have to do this alone! Know your limitations and empower yourself by saying "no" when necessary.
- **Stick to a Spending Budget.** The holidays go fast, so don't let unnecessary stress linger with credit card debt. Be clear about your budget. Plan ahead, review your finances and be realistic on what you can spend for gifts and entertaining. Be creative! So many gift and entertaining ideas can be heartfelt – and inexpensive.
- **Take Care of You.** The busier the schedule the more important it is to find a quiet place for a few minutes each day. Listen to soothing music, meditate or focus on gratitude. This practice will help get you through your most stressful day with increased clarity and purpose. Exercise can elevate your mood and help you cope with stress. Make a point to spend 30 minutes on physical activity at least three times every week. Find something that fits your lifestyle and get moving!
- **Let go!** Let's face it - being with certain family members can trigger negative emotions and stress. Set aside differences and agree to disagree. The more you can let go, the less anxiety you'll have, and the more room you'll create for joy.

May you enjoy every magical moment the holiday season can offer!



Colorado School Nutrition Association

2017 SUMMER CONFERENCE

JUNE 12 & 13 | DENVER CONVENTION CENTER



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Donations for Local Partners

As we in school nutrition pack up and head into winter break, your local food pantries and meal programs are still hard at work to feed our communities. We can continue to help, even while we enjoy our well-deserved holiday break.

Here's how:

- Do you have the phone number of a local partner?
- Do you have perishable food in your coolers, freezers and pantries?
- All it takes is a few minutes to connect the two!
- Pick up the phone and call. Food Pantries and meal programs are always obliged to come pick up.
- Don't throw it away. Please donate today.

Public Policy & Legislation Committee CNR Update

The National School Lunch Program (NSLP) was established by the Richard B. Russell National School Lunch Act, while other federal child nutrition programs, including the School Breakfast Program (SBP), were created by the Child Nutrition Act of 1966. Every five years, Congress reviews and amends these programs through Child Nutrition Reauthorization. The most recent reauthorization law, The Healthy, Hunger-Free Kids Act, P.L. 111-296, was signed into law on December 13, 2010. While we have not seen a reauthorization, the programs have been funded since 2015 through Continuing Resolutions.

The "Lame Duck" Session is underway, and there is little hope that we will see a Child Nutrition Reauthorization this term. Based on various contacts with Committee staff and other reports, it now appears most likely that Congress will take up a Continuing Resolution to fund the federal government through March 31, 2017. This means that the next Congress and the new Trump Administration will be able to provide their revised priorities for the balance of the current fiscal year, along with a new budget request for FY 2018 sometime between mid-February and mid-March.

Should this Continuing Resolution move ahead, the feeling is that Congress is likely to adjourn for the year earlier than the December 15 date previously announced. While there is still some hope of getting child nutrition reauthorization completed, the practical view is that it will be unlikely that the bill will be completed this year, again in part because some believe the next Congress and the new Administration may be amenable to more reforms in these programs, e.g. limitations and perhaps block grants.

The new administration will likely have a say and with Republicans holding majority control in both houses of the United States Congress, we will just have to wait and see.

In the meantime, SNA has been busy working to form a committee to nominate individuals for the new Administration to consider for the positions of Under Secretary, Deputy Under Secretary, FNS Administrator and FNS Associate Administrator.

Nominate a colleague you admire!



Nominations are due online by March 1, 2017.

www.schoolnutrition.org/awards

The SNA Awards Program recognizes school nutrition professionals who work every day to ensure well-nourished students are prepared for success.





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National Member Dues Increased Effective October 1, 2016

Recently, the SNA Board of Directors approved a national member dues increase, which will go into effect on October 1, 2016. As part of the governance changes passed by the SNA Delegate Assembly in 2015, national member dues increases are now approved by the SNA Board of Directors and may occur if needed every other year (only in even years), with a maximum of a 10% increase.

This dues increase will allow SNA to provide and sustain enhanced member benefits, support important advocacy efforts such as #StoptheBlock, and help cover the general increased costs of doing business. In the coming months, SNA members can look forward to additional professional development opportunities including more FREE webinars to help earn CEUS and meet USDA Professional Standards training requirements. Dues will increase as follows:

- Affiliate Employee/Affiliate Retired: From \$16 to \$17
- Employee/Student/ Retired: From \$30 to \$33
- Manager: From \$32 to \$35
- Director/Major City Director/Educator/State Agency/Other: From \$110 to \$120

Thank you for your membership and we urge you to take advantage of the many benefits and services it provides. If you have questions, please email membership@schoolnutrition.org.

SNA Election Slate Candidates Announced

The Leadership Development Committee met at Committee Days in mid-October in Arlington, Virginia to select the 2017 election slate of candidates for the SNA Board of Directors, Leadership Development Committee and Industry Advisory Council Chair. The committee has selected candidates for each open position who were the best match in experience, skills and leadership competencies.

Biographies of these candidates will be available to view online in early January 2017. The election will take place in February 2017, using a secure online voting website. Voting will be open for two weeks, February 15-28, 2017. Stay tuned for further updates. Congratulations and good luck to all the candidates!

Vote for One of Colorado's Own!

Monica Deines-Henderson, NS Director and CSNA past president from Falcon School District 49 is on the ballot for Southwest Regional Director.



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Straw Hat

Serves 39

Ingredients

3 cups Chopped Onion
2 cups Chopped Green Peppers
3/4 cup Tomato Paste
3 cups (8 fl oz) Water
5 pounds Beef Crumbles
1 Tbsp and 1 tsp Garlic Powder
1/4 cup and 1/4 tsp Cumin
1/4 cup and 1 Tbsp Chili Powder
2 1/2 cups Catsup
2 Tbsp Hot Sauce
12 ounces Cheddar Cheese
32 ounces Corn Chips

Instructions

PRE-PREP INSTRUCTIONS: Defrost beef crumbles and cheese. Medium dice onions and green peppers. Mix together catsup and hot sauce in one container, and in another container mix together chili powder, garlic powder, cumin. Boil up 3# boats with .8 oz corn chips (each bag contains 16 oz chips = 20 portions per bag) and put on sheet pan. Cover and keep in dry storage until serving.

COOKING INSTRUCTIONS: Heat pot or skillet on medium high heat, add peppers and onions to cook for 3 minutes, and then add beef crumbles to cook until fully defrosted. Add seasoning mixture and continue to cook for 3 minutes. Stir tomato paste in and continue to stir and cook for another 3 minutes. Incorporate water into tomato paste. Pour in remaining ingredients, stir occasionally, add water if needed until the internal temperature of 155 degrees is reached (30-45 minutes). Put into 4" deep well pans for meal service. Hold at 140 degrees or above.

SERVICE: Put boat of chips (.8 oz) on lunch trays and a 3 oz scoop (#10 disher) of chili mixture onto corn chips. Garnish with 1 Tablespoon of shredded cheddar cheese.

****Note:** These cannot be done too far ahead because the chips will be soggy and it will result in a poor product.

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together in the same place



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The Core Group

Amanda Martin

(303) 283-0000

amartin@coregroupsales.com





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