



**COLORADO
SCHOOL
NUTRITION
ASSOCIATION**

Making the right food choices, together.

September/October 2016 Newsletter

PROVIDING LEADERSHIP TO SCHOOL NUTRITION PROFESSIONALS

Healthy Bites

Message from the President



Welcome Back to School! This is a phrase you've heard and spoken in August and September as students headed back to school and into our cafeterias. For many of you, the summer was likely a busy time with Summer Foodservice Program operations, planning for the new school year and/or attending conferences/workshops such as the CSNA/CDE Summer Conference in Copper Mountain, the Annual National Conference in San Antonio or one of CDE's Procurement trainings.

CSNA has been hard at work over the summer months as well, planning for our first-ever Colorado School Nutrition Industry Seminar, meeting with allied partners and engaging with federal legislators about the importance of Child Nutrition Reauthorization and stopping the efforts to block grant our programs. We also welcomed our newest members to the Executive Committee- Ruth Kedzior, Executive Director and Erika Edwards as our Vice President.

I am so proud of the work we do as school nutrition professionals! As the school year unfolds, I challenge you to invest in yourself and to invest in others by serving as a mentor.

Don't be afraid to take on new challenges or take risks. Our students and programs deserve the best of us. Thank you for making this happen!

Summer Conference ROCKED in the Colorado Rockies!

Nearly 350 school nutrition professionals gathered on June 13-15 at Copper Mountain Conference Center for the annual CSNA Summer Conference. For the second year in a row, exhibit booths were sold out with nearly 140 vendors showcasing their products and services.

Some of this year's most popular sessions included: Team Nutrition and Integrating Nutrition Education, Dietary Guidelines for Americans; Financial Benchmarking. In addition to educational opportunities, CSNA members enjoyed a little district competition during the popular Vendor Reception & Chef Challenge!



This year's challenge included participants using at least three of the five secret ingredients which included: artichoke hearts, vanilla flavored coffee creamer, fresh peaches, fresh avocado and Heath Bars. Cherry Creek's two-year reign was over with Greeley-Evans SD6 taking first place! Congratulations to the "D6 Diabolical Duo" Dan Lukasavitz and Anna Meza!!!



The fun wasn't over as attendees left the challenge for the Entertainment Night & Dinner. Members enjoyed a wild west BBQ featuring ribs, baked beans and raspberry bread pudding while listening to live music from The Jakarta Band! The dance floor was full late into the night!

Special thanks to our Summer Conference Sponsors!

JTM Food Group • General Mills • AdvancePierre • National IPA



**Be sure to SAVE THE DATE for the 2017 Summer Conference
June 12 & 13, 2017 • Colorado Convention Center**



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The 2016-2017 CSNA Governing Board was duly installed at the Summer Conference in June.

Their terms started August 1st.



Pictured (above) are: Seated (L-R): Tony Jorstad, Jessica Gould, Jeremy West, Erika Edwards; Middle Row (L-R): Beth Wallace, Mona Martinez-Brosh, Anna Meza, Nanci Byrne, Jen Conlon, Kara Sample; Back Row (L-R): Jill Kidd, Bre Riley, DeeAnna Johnson, Monica Deines-Henderson, Lori Burris, Sara Silvermail, Ina Olson, Shannon Solomon and Ruth Kedzior.

School Nutrition Foundation

As the philanthropic sister organization of the School Nutrition Association, the School Nutrition Foundation is dedicated to securing financial resources for education, professional development, scholarships and research in school nutrition. The School Nutrition Foundation focuses on providing the resources that educate and empower SNA members to provide high-quality, low-cost meals to students across the nation to foster an environment where children achieve overall wellness and lifelong success.

The School Nutrition Foundation was established in 1964 to provide SNA members with financial support for education and professional development, as well as to support research and offer scholarships. For more than 50 years, the Foundation has been educating and empowering the men and women who provide healthy nourishment to school children.

Your support of the Foundation is an investment in the school nutrition profession. Contributions are used to assist professionals in school nutrition by providing the skills, the knowledge, and the insight needed to meet the challenge involved in providing nutrition and in developing healthy habits so that students are well-nourished and are prepared for success in school.

Please join with your friends and colleagues in supporting the Annual Fund with a tax-deductible contribution before December 31.

When states meet percentage participation goals and specific dollar goals in 2016, the Foundation will make a portion of the funds donated by its members available to the state for scholarships for professional development and first-time conference attendance. Please go to the CSNA website, www.colosna.com, to make an online donation today. Together, we can show strong support for Colorado!



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Visit the New Professional Standards Hub

**Looking for information
about Professional
Standards? In need of
training hours, or looking
for resources for your
staff? Then look no further!**

**The new [https://
schoolnutrition.org/Cert/
USDAProfessionalStandards](https://schoolnutrition.org/Cert/USDAProfessionalStandards)
has the relevant
information that you are
looking for conveniently
located in one place,
including:**

- All the requirements in one place**
- Training tracking tools**
- New learning plans for school nutrition staff**
- Guidelines for coding training**

CSNA Questions?

**Questions about items high-
lighted in the CSNA newslet-
ter or for advertising inquir-
ies? Contact Ruth Kedzior
at 720-645-2838 or
ruth@colosna.com.**

Healthy Beverage Policy

**Co-written By: Danielle Bock, Committee Member (Left)
& Mona A. Martinez-Brosh, PP&L Chair (Right)**

According to the American Heart Association, “one in three American kids and teens is overweight or obese.” The prevalence of obesity in children has more than tripled since 1971, when the advertising genius at Coca-Cola wanted to “Buy the World a Coke and Keep It Company.” That idealistic, multi-cultural, singing-in-harmony-world of the advertising-man’s making seems a far cry from the one we live in today. In 1971, drugs and alcohol capped the list of parental concerns. Now childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking.



One of the leading causes of the rise in obesity is certainly the pervasiveness of sweet carbonated beverages. Pop, soda, Coke- whatever it was called in your household, those marketing geniuses never stopped inventing new ways to get their message across. They are good at what they do; and that is the heart of the debate that concluded last Wednesday with a 4-3 vote by the Colorado Board of Education to align the CO Healthy Beverage Policy with the federal regulations laid out in the Healthy Hunger Free Kids Act of 2010.

Parents, Dentists and Allied Organizations showed up in numbers to protest the alignment; but in the end the CSNA and OSN supported policy removal was approved by the board. After the vote, when angry parents were interviewed by the media, their claims that schools are the harbinger of their kids health did not fall on deaf ears. The fact is, the vote will allow for the sale of diet soda in CO high schools. For some districts, that might be an option they choose. For CSNA, the real issue is not whether or not we are permitted to serve diet soda, but how we engage with one another across party and organizational lines to create an environment that is the most successful for Colorado students.

CSNA and members of the Office of School Nutrition will set up peer to peer connections with any school district that would like to develop a strong local wellness policy that offers students choice and healthy options. Our goal is to provide access to nutrition education that informs parents and students about healthy choices and healthy lifestyles. Kara Sample, CSNA Chair of Conference and Education says, “This is our opportunity to provide nutrition education and foster the development of healthy decision making skills among our youth and future generations.”

Heather Hauswirth, OSN Training Supervisor sits on the CSNA Conference and Education Committee. She recently provided an overview of the USDA’s Final Rule on Local Wellness Policy implementation at the Team Up for Nutrition Training in Pueblo, Colorado. The review included insight into Local Wellness Policy content, leadership, public involvement and school district best practices. School districts, community groups and allied organizations from across the state participated. Partnerships like these make our message stronger.

CSNA will continue to work with the Office of School Nutrition and Allied Partners to provide resources and technical assistance needed for our membership’s success.



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**National School
Lunch Week
OCT 10-14, 2016**

The theme **"Show Your Spirit"** reminds parents, students and school officials that a healthy school lunch helps students power through the day. Resources to help your school promote this important event can be found at: www.schoolnutrition.org. Be sure to check them out!



**NATIONAL MEMBER DUES INCREASE
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 advocacy efforts, and help cover the general increased cost of doing business. In the coming months, SNA members can look forward to additional professional development opportunities, including more FREE webinars.

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
- If you have any questions, please email membership@schoolnutrition.org



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The Core Group

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Encourage Your Staff to Apply to Attend SNA's

Legislative Action Conference!

Do you know a manager or employee in your school district who is passionate about child nutrition policy and could benefit from attending SNA's Legislative Action Conference (LAC) in Washington, D.C. on April 2-4, 2017?

Encourage your staff to apply to be the Josephine Martin National Policy Fellow! The Fellow will attend LAC with expenses paid (up to \$3,000) and be recognized at the event. To apply, the individual must:

- Be an active SNA employee or manager section member, who has been a SNA member for at least three years, as of LAC 2017 (since no later than April 1, 2014)
- Have never previously attended LAC
- Be interested in child nutrition policy
- Submit an online application by Tuesday, November 15

School nutrition directors are not eligible to receive this scholarship. For questions, please contact scholarships@schoolnutrition.org or (800) 877-8822.



SNA's Certificate Program in 3 Easy Steps

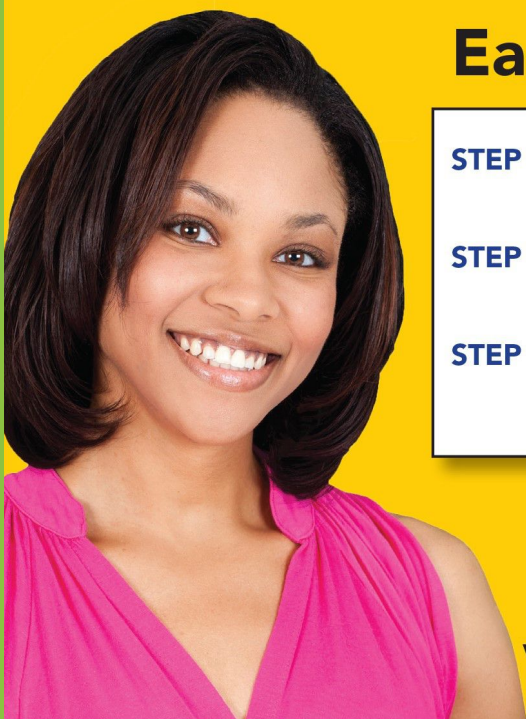
Earn your Level 1 Certificate

- STEP 1:** Complete 8-hour Nutrition Core Course and 8-hour Food Safety Core Course
- STEP 2:** Send SNA your Completed Application, Payment and Certificates of Completion
- STEP 3:** Celebrate! SNA will send you a letter confirming you have earned your Level 1 Certificate in School Nutrition!

Aligned with USDA Professional Standards

Take the first step today!

www.schoolnutrition.org/Certificate





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a healthier lifestyle with the STEPS Challenge.
Sign up today!

www.schoolnutrition.org/STEPS

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