



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Dec 2020-Jan 2021 Newsletter

Healthy Bites

In this issue:

- **President's Report**
- **CSNA VP Ballot**
- **SNA Ballot**
- **PP&L Update/LAC**
- **Colo Winter Hikes**
- **SNA Awards**
- **Facebook/Share your Story**

President's Report

I truly cannot believe that I am nearly halfway through my year as CSNA President! Without a doubt, this has been (and continues to be) an extremely crazy time.

It goes without saying that we have been met with so much this year. It's easy to focus on the difficult, scary, hard and negative things at a time like this. However, let's take a moment to focus on the innovative, creative, positive and amazing things that we have had the opportunity to experience over the last ten months.



A few things that come to my mind~

Distance really does make the heart grow fonder. I have found a greater appreciation for my friends, family and colleagues whom I have not been able to interact with as frequently.

There are a lot of good people in this world. I have seen so many people come together to support and heal each other during these seemingly tough times.

Adversity forces you to do the impossible. As a school nutrition professional, I have accomplished more in the last year than I have in my entire career.

Furthermore, as an association, we have continued to progress and chart new courses. I wanted to mention just a few things that CSNA should be very proud of

- The first ever CSNA Industry Seminar was conducted in October in a fully virtual format.
- CSNA has taken 'Greater Denver' under its wing to successfully host remote meetings and bring together school nutrition directors across the state of Colorado.
- Plans for the 2021 Summer Conference are in full swing and are sure to produce a great event regardless of whether it is held in-person and/or via a virtual format.

All in all, I am excited about what we have accomplished, and I am excited about what the future has to hold for us. With adversity comes growth. I believe that this quote says it best, *"All the adversity I've had in my life, all my troubles and obstacles, have strengthened me.... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you."* – **Walt Disney**

Thank you for your continued passion and dedication even after getting 'kicked in the teeth'. I appreciate the opportunity to serve as the CSNA President.

Sincerely,

Kara Sample, RDN, SNS
2020-2021 CSNA President



**COLORADO
SCHOOL
NUTRITION
ASSOCIATION**

Feeding Bodies. Fueling Minds.™

CSNA 2021 Ballot Announcement

CSNA is thrilled to announce the below three very qualified candidates for our 2021/2022 Vice President position! Voting will be open on the CSNA Website from March 1-19, 2021



Vice President
Brandon Durio

Executive Chef, Cherry Creek School District
Goals as Vice President:

1. Develop a strategic plan to create more inclusive and meaningful engagement with CSNA for districts of all sizes throughout Colorado
2. Build and maintain engagement with sponsors
3. Create a taskforce to connect local farmers, ranchers, and agricultural councils to CSNA



Vice President
Kathy Frank

Director of Nutrition Services, Cheyenne Mountain School District
Goals as Vice President:

1. Learn more about initiatives which impact school nutrition
2. Be a resource for useful information to share with other employees.
3. Figure out what the future of school nutrition is, given the impact of COVID



Vice President
James Lesley

Dietitian, Jefferson County School District
Goals as Vice President:

1. Increase access of professional development resources and member engagement opportunities to non-English speaking nutrition professionals
2. Ensure CSNA maintains a presence in the Colorado legislature to provide a voice to our membership when public policy decisions are made
3. Maintain available scholarship opportunities to allow our members to continue their professional development and attend national events





COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

SNA Ballot Released



SNA Ballot Announcement

We are thrilled to have another Colorado candidate on the SNA Ballot! **Monica Deines-Henderson** is on the ballot for SNA Vice President. The election will take place in Feb 2021, please spread the good word and encourage your staff to vote! Click here to read all candidates bio's : <https://schoolnutrition.org/about-sna/leadership-opportunities/sna-election/201/>



There are two types of blueberries.

PICK WILD!

WILD BLUEBERRIES Give Schools More!

- More flavor that students love
- More value – 25% more servings per pound*
- More variety with recipes beyond breakfast

Serve a:

sweet sauce → savory dip → pizza

* Source: 2016 USDA Food Buying Guide Additional Yield Information for School Meals.

Order the USDA frozen blueberry that gives you MORE!

USDA Foods Product Numbers:
30 lbs.—Item #100243 | [8] 3 lbs.—Item #100242

Recipes, Resources and More at Wildblueberries.com/schoolfoodservice



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

PP&L Updates

This year, SNA's [Legislative Action Conference](#) (LAC) will be held virtually Mar 8-10, 2021. Keynote speakers include Leon Panetta and Andrew Card. Trust us, you do not want to miss this conference! If you have always wanted to attend LAC and learn how to advocate for school nutrition with your local legislators, but were deterred by the extra cost and time associated with travel, this is your opportunity!

Please RSVP to Jodi; Jodi@colosna.com so we can be sure to get everyone assigned for the Zoom Hill Visits taking place on Wed March 10th. Early Bird pricing extended thru Feb 5th. [Register today!](#)

SNA 2021 POSITION PAPER: Please take a moment to review SNA's 2021 Position Paper and talking points document. This is a key resource to reference when advocating for your School Nutrition programs.

2021 Position Paper

TALKING POINTS





COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™



GOLD STAR FOODS

Colorado School Nutrition Programs deserve dedicated School Nutrition Solutions.



GOLD STAR FOODS

Colorado School Nutrition Programs deserve dedicated School Nutrition Solutions.

You require a supply-system that understands your needs like a true partner.

As the largest K12 School Nutrition Supply Chain Solution, dedicated solely to K12 services, Gold Star Foods understands your programs and what's required for your success during these changing times: Dedicated, School Nutrition support exceeding your unique and critical expectations.



GOLDSTAR BY THE NUMBERS



7700+
K-12 Specific SKUs



1000+
School Districts
Supported



4500+
Schools Supplied
Every Week



6.5M+
Meals Per Day



1.5M+
Fruit & Veggie
Meals Per Day



Reach out to experience the "Gold Star Difference" today:

Tom Schweder, SNS, Regional Sales Manager:

(720) 990-4337 | tomschweder@goldstarfoods.com

(800) 540-0215

www.goldstarfoods.com



@goldstarfoods

1020014c

Paid advertisement.



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Colorado Winter Hiking in Rocky Mountain National Park

Who said hiking was only for the warm summer months? Living in Colorado, we are lucky to have some great weather all year round. Perks of winter hiking...stunning snowcapped views, great outdoor workout, less crowds, which also means more parking spots! Here are a couple of my favorite hikes to do in Rocky Mountain National Park.

Easy

NYMPH LAKE, DREAM LAKE, AND EMERALD LAKE – 3.5 MILES
ROUNDRIP

Moderate

LOCH LAKE - 5.7 MILES ROUNDRIP
CALYPSO CASCADES – 5 MILES ROUNDRIP
OUZEL FALLS – 5.9 MILES ROUNDRIP

HARD....but worth it!!

CHASM LAKE – 8.5 MILES ROUNDRIP

*Rating based on Alltrails.com



WINTER HIKING SAFETY TIPS

Before you head out, make sure you're geared up and prepared for what you might find when you get there.

WEATHER

- Check the weather before heading to the trail. Weather.gov is a great source for mountain forecasts.
- Be avalanche aware [Colorado Avalanche Information Center](http://ColoradoAvalancheInformationCenter.com) is an excellent resource for forecasts and safety info.
- Colorado has no shortage of sunshine during the winter months, be sure to wear sunscreen and protect your eyes with sunglasses.
- Colorado's wind chills can get pretty cold at times. Choose the right clothes, breathable materials, and layer them properly.

DRIVING

Check road conditions before you head out.

GEAR

- Many winter hikes near Denver require snowshoes or microspikes.
- A GPS or phone app can be extremely helpful when the trail is under snow.



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

SNA AWARDS

Nominations Due March 1

NOMINATE A COLLEAGUE YOU ADMIRE!

SNA celebrates members who work every day to ensure well-nourished students across the country are prepared for success. Nominate an employee, manager, and/or director you know to be recognized for all of their great contributions!

Individuals may be nominated by peers, staff, colleagues, or supervisors for these awards. All nominees must be SNA members who hold a SNA Certificate in School Nutrition or the SNS credential throughout the entire awards nomination and judging process.



There are SNA awards to recognize every member type:

[Employee of the Year Award](#)

[Manager of the Year Award](#), in honor of Louise Sublette

[Director of the Year Award](#)

[National Industry Member of the Year Award](#)

All state, regional and national SNA award winners are recognized at the State Awards Ceremony at SNA's Annual National Conference (ANC) each year. Award winners will receive the following:

- State winners will receive a certificate and ribbon.
- Regional winners will receive a pin, certificate, and \$50.
- National winners will receive a plaque and an all-expenses paid trip to ANC, worth up to \$1,000.

CELEBRATING
75 YEARS
OF LEADERSHIP

SNA AWARDS PROGRAM

**NOMINATE A
COLLEAGUE
TODAY!**

Awards for School Nutrition Professionals

NOMINATIONS ARE DUE MARCH 1, 2021

For more information, please visit www.schoolnutrition.org/awards



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

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 2020, 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 2020.

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**



CSNA 2020-21 Industry Members

Thank you for Investing in CSNA

Trustee Members



Let's Create Great Dishes Together!®



CSNA 2020-21 Industry Members

Thank you for Investing in CSNA

Patron Members



Sustainer Members

