

Dec 2020-Jan 2021 Newsletter

Healthy Bites

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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



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 <u>Goals as Vice President:</u>

- 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



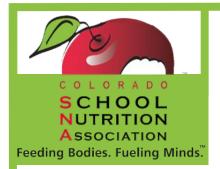


Vice President James Lesley

Dietitian, Jefferson County School District Goals as Vice President:

- 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
- Maintain available scholarship opportunities to allow our members to continue their professional development and attend national events





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/











PP&L Updates

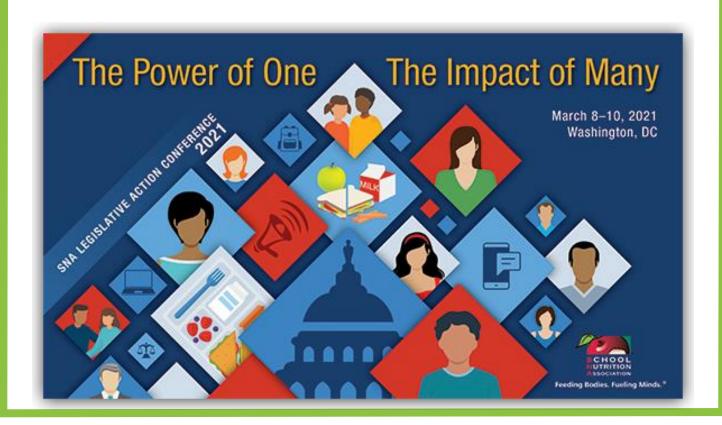
This year, SNA's <u>Legislative Action Conference</u> (LAC) will be held virtually Mar 8-10, 2021. Keynote speakers include Leon Panetta and Andrew Card. Trust us, you do not want to miss this conference! If you have always wanted to attend LAC and learn how to advocate for school nutrition with your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

Please RSVP to Jodi; <u>Jodi@colosna.com</u> 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. <u>Register today!</u>

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









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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 ROUNDTRIP

Moderate

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

HARD....but worth it!!

CHASM LAKE- 8.5 MILES ROUNDTRIP *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 <u>Colorado Avalanche Information Center</u> 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.



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 allexpenses paid trip to ANC, worth up to \$1,000.



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





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

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