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Feeding Bodies. Fueling Minds.™

Feb-March 2022 Newsletter

# Healthy Bites

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## CSNA Summer Conference 2022

We are happy to announce that the CSNA Summer Conference will return to the Embassy Suites in Loveland, CO for two days of educational sessions, keynote speakers and networking events on June 15 and 16, 2022.

This year's theme **Illuminate The Possibilities** will focus on lighting our way forward and discovering that anything is possible. We will also take time to honor the difficult path that has brought us here, share stories and innovations that our colleagues are making to provide the next generation with the nourishment they need to succeed.

We are excited to bring you an agenda with engaging and informative breakout sessions, a food and equipment show with the latest products to help us reach for what is possible and exciting networking events including our annual viewing of this year's One Plate Challenge. Our keynote this year, Craig Zablocki, will leave you energized and ready to tackle the upcoming year!

To kick off the Summer Conference, we will offer a variety of Pre-Conference sessions and the School Nutrition Specialist (SNS) Credentialing Exam on Tuesday June 14th. \*Registration for SNS must take place directly through SNA.

Conference details and sponsorship opportunities can be found on our website [www.colosna.com](http://www.colosna.com). Registration will open week of March 21 for our Industry Partners and the week of April 4th for our District attendees.

Let's *Illuminate The Possibilities* together.

Molly Brandt, RD, SNS  
CSNA President Elect and Conference Chair 2021-22





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# SNS Exam and Virtual Study Sessions

NEW for 2022 - CSNA is offering **free** SNS Exam Virtual Study Sessions! Exam will be held in person, June 14th from 1-5pm at the Embassy Suites in Loveland CO. Click [HERE](#) to register for SNS Exam with SNA.

Click below flyer for active links to RSVP for study sessions.



## SNS Study Guide Sessions

Are you interested in joining a virtual study group with content experts to lead the discussion? See the below calendar for upcoming study sessions.

March  
29

SNS Introduction  
3:00-4:30 PM

[Class Link](#) [RSVP](#)



April  
07

Financial Management &  
Resolving Financial Problems  
2:00-3:30 PM

[Class Link](#) [RSVP](#)

April  
19

Nutrition & Menu Planning  
2:30-4:00 PM

[Class Link](#) [RSVP](#)

April  
26

Managing, Ordering, Food  
Production & Service  
2:30-4:00 PM

[Class Link](#) [RSVP](#)

May  
03

Procurement &  
Inventory Control  
2:30-4:00 PM

[Class Link](#) [RSVP](#)



May  
10

Food Safety  
2:30-4:00 PM

[Class Link](#) [RSVP](#)



May  
17

Personnel & Staffing  
3:00-4:30 PM

[Class Link](#) [RSVP](#)

May  
24

Technology & Marketing  
2:30-4:00 PM

[Class Link](#) [RSVP](#)

May  
31

Food Service Mgmt. &  
Wellness Policy  
2:30-4:00 PM

[Class Link](#) [RSVP](#)

June  
07

Test Review  
3:00-4:30 PM

[Class Link](#) [RSVP](#)

June  
14

Test Day!



For more information on SNS credentialing, and to apply for the exam, visit: [schoolnutrition.org](http://schoolnutrition.org)



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# CSNA VP Election 2022

CSNA is thrilled to announce Sarah Blaida as our candidate for the 2022/2023 Vice President position! Voting is now open on the CSNA Website March 1-22, 2022. (*Election is uncontested, but you may still vote online to show your support*)

**Candidate for Vice President: Sarah Blaida, RDN, SNS**



**Current Position:** Nutrition Manager of Operations, Adams 12 Five Star Schools

**Education/Credentials:** Registered Dietitian. Bachelor of Arts and Graduate Certificate in Dietetics, School Nutrition Specialist

## **Leadership experience and skills that will enable me to make a strong contribution to the Association:**

As a young professional, I have worked within School Nutrition for 6 years, starting in Minnesota and relocating to Colorado four years ago. In my role of Operations Manager for Adams 12 Five Star Schools, I oversee menu development, regulatory compliance, and procurement with a variety of special projects.

In my years of experience in Colorado, I have been involved with CSNA in multiple capacities, starting on the Membership and Marketing Committee and now serving as a member of the Public Policy and Legislative Committee. Having attended and spoken at different conferences, both within Colorado and nationally as well, I feel I am ready to be your next Vice President.

I would bring my experiences within operations, communication, and leadership to lead CSNA forward. In recent months our organization has experienced unprecedented change and challenges; I hope to provide leadership and guidance via public policy, increasing resources, and expanding our membership network to ensure we can tackle the months and years ahead.



## GOALS

1. Ensure CSNA maintains and grows involvement within state and national policy and legislation to remain a forefront resource for members.
2. Increase comprehensive online resources for members to provide professional development and best practice sharing.
3. Grow membership and committee participation, especially within under-represented regions and small districts.



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# LAC Colorado Hill Visits

Making an Impact



Boebert Meeting



Hickenlooper Meeting



DeGette Meeting



Colorado delegation LAC 2022



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# **Get to Know Your CSNA Board**

## **First Edition : CSNA Past Pres**

### **Kara Sample**

Welcome to our latest newsletter feature: ***Get to Know Your CSNA Gov Board***

Each edition we will spend a little time getting to know one of Governing Board Members

We are excited to kick things off with Kara Sample, CSNA Past President 2022-2023



#### **Q&A with Kara**

**What is your role within your district?** Assistant Director of Nutrition Services for Greeley-Evans Weld County School District 6

**What is your educational background?** Graduated from Colorado State University with a Bachelor's degree in Food Science and Human Nutrition with a concentration in Dietetics. Completed a Dietetic Internship at the VA Healthcare System in La Jolla, CA. Earned a School Nutrition Specialist credential in 2008.

**Family?** Married to husband Cory and proud mom of Kadence, 8 years old.

**How long have you been a member of CSNA and what roles have you held?** CSNA/SNA Member since 2005, Headed up the Nutrition Committee on its first year, moved to Conference and Education Chair, then ran and was elected for Vice President in 2018!

**What is your most memorable SNA or CSNA conference? (Or most memorable speaker or entertainer)** My most memorable SNA event was the Future Leaders track that was part of the Leadership Conference that took place in Savannah, GA in 2013. It was at that time that I realized how compelled I was to become a part of our state association. Upon returning from that event, I became the first ever Nutrition & Resource Development Committee Chair. Since then, I have enjoyed every CSNA role that I have filled and every adventure and learning experience that I have had the opportunity to engage in!

**What are the songs on the soundtrack to your life?** (1) Michael Jackson, Thriller - (2) Survivor, Eye of the Tiger - (3) Jonny Lang, Breakin' Me - (4) Jewel, Faces of Love - (5) Alicia Keys, Girl on Fire - (6) Coldplay, I Want Something Just Like This, (7) Walker Hayes, Fancy Like

**Who is your hero?** Hands down...my mom, Maggie. She is the most selfless and caring person I have ever known. She is the best listener EVER. She is funny as heck. And, she is my best friend.

**What makes you unique?** I am an only child, I am left handed and I eat a peanut butter and jelly sandwich every day!

**What is the greatest accomplishment of your life?** Creating a family with Cory and Kadence.

***Thank you Kara! Looking forward to our next Edition featuring Amy Faricy, our current CSNA President!***

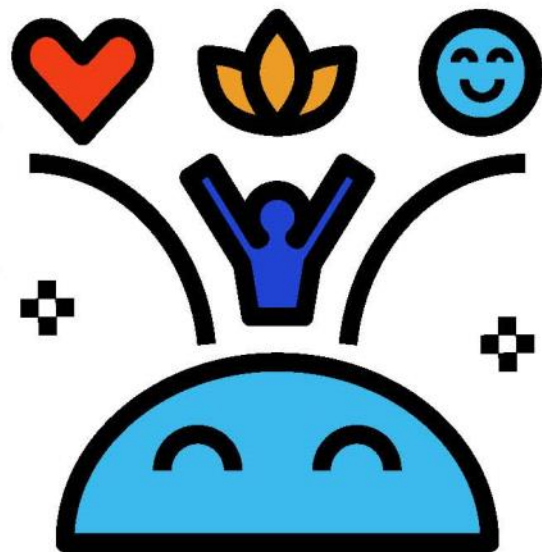
"The bliss, the wisdom, the creativity, the laughter, the friendships, the joy, the serenity, and the peace that have been, for the most part, seen as an impossible dream will become your most ordinary state of being."

- Pam Grout

## Bliss Happens!

It's amazing what we can accomplish when we think in terms of what's possible rather than what's impossible. There's nothing we cannot do when we eliminate our perceived limitations.

There's a good quote by Whoopi Goldberg that perfectly describes what it means to have high hopes and to open ourselves up to the best of possibilities.



***"If something hasn't happened, it's not because it can't happen, or it won't. It just hasn't happened yet."***

Working in the school nutrition field provides us with so many opportunities to experience absolute bliss on a daily basis. To name a few:

- **#1 Doing Work That Matters:** Fueling young minds with nutritious food and making hundreds of kids smile each day.
- **#2 Building Positive Relationships:** Working with a team of inspiring people who we care personally about, and growing as a team.
- **#3 Achieving Great Results:** Everyone stepping up in their role, teaching and learning from one another, making mistakes and fixing them, all while feeding a record amount of kids!

***The more we focus our attention on all of the goodness that surrounds us, the more it shows up in our day-to-day; thus, adding more value to our own lives and to those around us!***



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## Celebrations and Congratulations

With all the struggles that 2020/21 brought to our daily lives CSNA would like to take some time to focus on the positive!

Each newsletter we will have this space dedicated to celebrate our personal and professional accomplishments.

Please send your celebrations to [jodi@colosna.com](mailto:jodi@colosna.com).

We are looking for all types of congratulatory events ...

- Promotions!
- Graduations!
- Weddings, babies, grandbabies!
- US Citizenships!
- Mountains climbed, marathons ran!
- Happy customer compliments!
- Bucket list items!
- Daily Highlights!
- No event is to big or too small ... send it over and we'll add to the list



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### **Note from Integrated Foodservice**

*It has been our pleasure to have been able to work with the school food service professionals in Colorado over the years. You all have become more than customers, you have become friends, and we truly value that friendship.*

*It was a very emotionally difficult decision that we have to take a step back from the State of Colorado at this time, hopefully not forever. We hope that sometime in the future we will be able to come back into your truly amazing state and work with you all again.*

*Sincerely,*

*Linda Williams & Richard Wood  
Integrated Food Service*

# CSNA 2021-22 Industry Members

Thank you for Investing in CSNA

Trustee Members





# CSNA 2021-22 Industry Members

Thank you for Investing in CSNA

## Patron Members



## Sustainer Members

