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Feb - Mar 2023 Newsletter

# Healthy Bites

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## SAVE THE DATES:

- CSNA Summer Conf  
June 12-14, 2023  
Pueblo, CO
- CSNA Industry Seminar  
October 25-27, 2023  
Westin Riverfront

## CSNA SUMMER CONFERENCE 2023

**Registration is now open** and it's time to start training for this year's main event brought to you by the Colorado School Nutrition Association, the CDE Office of School Nutrition and the Colorado Department of Human Services.

Our annual conference "Blazing the Trail" through Colorado and stopping at a new location in Pueblo, Colorado. We are excited to bring you a locally focused agenda with engaging and informative breakout sessions, the perfect food, technology and equipment show to keep you on track, and exciting networking events to join your favorite teammates.

The opening events will start on Monday, June 12 with Pre-Con Warmups, SNS and Serv-Safe Exams, and a can't miss Welcome Reception, and that's just to get the conference started. Tuesday, June 13, and Wednesday June 14, events are packed back-to-back to get you on your feet to victory.

We can't wait to see you all in June! Conference details, sponsorship opportunities, registration links and information can be found on our [website](#).

Let's let the games begin. Register today!

Brandon Durio, CEC  
CSNA President Elect and Conference Chair 2022-23





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# SNS Exam Virtual Study Sessions

SNS Study Sessions are starting soon for 2023!

See below flyer for details/ dates and [RSVP](#) today if you plan to attend.

Please note: If you do plan to take the exam this summer you MUST [register](#) for the exam directly with SNA.



## 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.

[RSVP](#)

<p><b>March 28</b> SNS Introduction 2:00-3:30 PM</p> 	<p><b>April 06</b> Financial Management &amp; Resolving Financial Problems 2:00-3:30 PM</p>
<p><b>April 11</b> Procurement &amp; Inventory Control 2:00-3:30 PM</p>	<p><b>April 25</b> Food Service Management &amp; Wellness Policies 3:00-4:30 PM</p>
<p><b>May 04</b> Food Safety 2:30-3:30 PM</p> 	<p><b>May 09</b> Personnel &amp; Staffing 3:00-4:00 PM</p> 
<p><b>May 16</b> Technology &amp; Marketing 2:00-3:30 PM</p>	<p><b>May 23</b> Nutrition &amp; Menu Planning 3:00-4:30 PM</p>
<p><b>May 30</b> Managing, Ordering, Food Production &amp; Service 2:30-4:00 PM</p>	<p><b>June 08</b> Test Review 2:00-3:00 PM</p> 
<p><b>June 12</b> Test Day!</p> 	<p>For more information on SNS credentialing, and to apply for the exam, visit: <a href="http://schoolnutrition.org">schoolnutrition.org</a></p>



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# CSNA Election

## Voting Open Mar 1-22, 2023

The voting page is open through March 26th on CSNA's website for our 2023/24 Election. This year it is an uncontested election for both the Vice President and Treasurer positions.

We are thrilled to announce our 2 very qualified candidates,  
Anna Meza for VP and Katie Cossette for Treasurer!

Please take a moment to vote and select either, a vote for our proposed candidates, or select the Write In option to put another name forward.

**CLICK HERE TO VOTE**

Click on below images to enlarge

### CSNA ELECTION OF OFFICERS 2023

Candidate for Vice President: Anna Meza



**Current Position:** Operations Specialist,  
Greeley Evans District 6

**Education/Credentials:** Associate of Arts  
- Advanced Culinary Arts; Front Range  
Community College; Certificates: Event Planning, Culinary Arts Management,  
Hotel Operations Management ; SNS Credentialed

**Leadership Positions Held:** Current CSNA Director Supervisor Rep; CSNA  
Conference & Education Chair 2020-2022; WCSD6 Classified Council Repre-  
sentative; CSNA Conf & Ed Member 2018-2020; CSNA Employee Manager  
Rep 2016-2017; CSNA Membership & Marketing Committee Member 2016-  
2018

#### Leadership Experience and Skills that will enable me to make a strong contribution to the association

I am grateful for the opportunities presented by the school nutrition professionals in Greeley-Evans SD6 and CSNA. I have pursued a career in school nutrition, starting as a Roving Substitute and part-time employee ten years ago. Leaders in Greeley have encouraged me to continuously take on new challenges- from kitchen manager to trainer; and now, as the Operations Specialist, allowing me to hire and onboard all of our employees. This wouldn't have been possible if I had not been encouraged and guided by the School Nutrition Association.

I received my Associate of Applied Science in Advanced Culinary Arts through Front Range Community College- alongside many hospitality certificates; and followed that by receiving my School Nutrition Specialist a year later. Working for Nutrition Services and receiving my degree concurrently gave me a foundational belief that School Nutrition is an incredible career that provides boundless opportunities for personal growth and professional development. It's my mission in D6 to ensure that we provide incredible work opportunities to the adults in our community while providing nutritious and delicious meals to our students.

I want to ensure that CSNA is seen as the leading expert in school nutrition and utilized as a resource and partner for other hunger organizations. Whether it's through hosting SNS study sessions, embracing my tenure as the Conference and Education Committee Chair, or attending learning sessions at our conferences, it's been the time of my life to be encouraged to share my passion for feeding students (and employing their family members!), with School Nutrition Professionals everywhere.

I am proud to bring my passion to CSNA in any position and am so grateful to have your consideration for the position of Vice President. It would be an honor to serve every one of you by being the voice of the CSNA.

## GOALS

1. Encourage Committee membership and leadership opportunities to rural districts for a better understanding of how CSNA can support.
2. Increase opportunities to share best practices in our ever changing regulatory environment.
3. Encourage membership to increase involvement and voice in state and national policy and legislation to ensure that we are School Nutrition Professionals are heard as the leading experts in our field.

### CSNA ELECTION OF OFFICERS 2023

Candidate for Treasurer: Katie Cossette, MDA, RDN, SNS



**Current Position:** Director of  
Nutrition Services & Warehouse, St. Vrain  
Valley Schools

**Education/Credentials:** Masters in Dietetics Administration- Utah State Univ,  
BS in Culinary Nutrition- Johnson & Wales Univ.; SNS Credentialed; SNS Certi-  
fication

**Leadership Positions Held:** 2021-2023 CSNA Membership, Fundraising & Mar-  
keting Chair, 2016-2021 member of CSNA Conference and Education Com-  
mittee; Culinary Nutrition Advisory Committee- Johnson & Wales

#### Leadership Experience and Skills that will enable me to make a strong contribution to the association

I believe that I am uniquely qualified to understand and excel with respect to the business and financial responsibilities of the position. With me I bring 3 years of higher education in finance and leadership resulting in an MDA. During that time, I was the Director of Nutrition Services for Englewood Schools and was named as the 2021 Colorado SNA Director of the Year. As the Director, I was responsible for managing all aspects of the department, including the accounting and financial reporting. Currently, I work for St Vrain Valley School District (SVVSD) as the Director of Nutrition Services & Warehouse. Within that

role I manage 10 administrative employees and over 200 department employees, oversee the procurement and allocation of resources, budget and manage all revenue for our meal programs, and have leveraged technologies to find cost reducing solutions to our department. I believe my education and experience provides a solid base necessary to effectively and efficiently fulfill the responsibilities of CSNA Treasurer. As the CSNA Treasurer, I hope to be able to find ways to utilize funds and resources as efficiently as possible. The role of Treasurer would afford me the opportunities to not only use my expertise to fulfill the requirements of the position, but also to be more involved in an association I truly believe in.

## GOALS

1. Explore new or innovative revenue sources to expand membership benefits
2. Reinforce CSNA's Strategic Plan through aligning fiscal policies and adequate budget forecasting
3. Ensure sustainability and growth of CSNA benefits to members through transparency in financial reporting



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# PPL Update

Cherry blossoms were heavy on the trees lining our Nation's Capitol as the PP&L team and your CSNA Board members represented all your hard work in our schools by attending the national Legislative Action Conference in Washington, DC in March 2023. We had 27 Colorado attendees charge the Hill on March 7<sup>th</sup> to talk to our Colorado Senators and Representatives about the School Nutrition Association Position Paper. The position paper is created at the national level with input from school districts across our country. This is where your voice matters, when SNA asks you to complete surveys about "what are your challenges" and "what is important to you" in School Nutrition.

So make your voice heard when these surveys pop up in your mailbox! We spoke on your behalf on the following topics:

1. **Funding!** We asked for additional funding to assist in the extremely high inflation we are seeing in labor, food and supplies. Two important bills have been presented to assist us with funding. Please make your voice is heard by taking Action with SNA to support these bills. [Follow this link.](#)
2. **Healthy School Meals for All Students** – Even though Colorado has this covered starting next year, we need to ask our legislators to make this equitable across our nation. A federally funded Healthy School Meals for All program would significantly reduce administrative burdens on districts and make access to nutritious meals equitable.
3. **Maintain our current nutrition standards** – with the new USDA proposed rules for Child Nutrition, this was a hot topic in our meetings. Many School Nutrition Professionals made their voice clear that implementation of some of the new rules will be detrimental to our program and the vendors who provide food for our programs. To comment on these rules, [click here.](#)
4. **Reduce regulatory and administrative burdens** – this is just as it sounds. We ask for our programs to be just as robust in nutritional integrity, but with less regulatory burden on all levels from administration to service on the line. USDA had to issue over 100 waivers just for us to serve students during COVID. That is a great example of how highly regulated our program has become.

If you have questions regarding PP&L please contact Shannon Thompson at [sthompson2@cherrycreekschools.org](mailto:sthompson2@cherrycreekschools.org)





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# Sharing our Voices on the Hill





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## **ANC in DENVER!**

### **Volunteers Needed**

CSNA is so excited to help host the SNA Annual National Conference that will take place in Denver, July 9-11, 2023. It goes without saying that this event will be a large undertaking and that it will require a lot of passionate volunteers. CSNA will be helping to coordinate these volunteer opportunities and we hope you are one of the passionate individuals that is going to help make this event happen!

Volunteer duties are open to all CSNA District Members and could include welcoming and directing attendees; monitoring lounges; assisting in conference bag stuffing; supporting the registration booth; assisting with Culinary Demos and with the New Product Showcase; monitoring private meeting rooms; assisting with seating during general sessions; etc. Any volunteer that provides at least 8 hours of service will receive reimbursement for 50% of their registration fee! Volunteer service can be accumulated throughout the entirety of the event. Pre-event volunteers-starting on July 7-will also be needed.

The registration window for these volunteer opportunities is open now.

**[CLICK HERE TO SIGN UP/REGISTER AS A VOLUNTEER](#)**

In the meantime, if you have any questions about being an ANC volunteer, feel free to reach out to Amy Faricy ([Amy.Faricy@dcsdk12.org](mailto:Amy.Faricy@dcsdk12.org)) or Kara Sample ([ksample@greeleyschools.org](mailto:ksample@greeleyschools.org)).



# Luck of the IRISH

## COMMON SYMBOLS OF LUCK



### RAINBOWS

Whenever the rainbow appears to you, it brings an atmosphere that is conducive for good luck and prosperity.. Rainbows represent new beginnings

In mythology, rainbows are often associated with healing and peace. They are believed to be bridges between worlds and can be used to connect with our ancestors or spirit guides.

Not to mention the pot of gold waiting at its end!!!



### HORSESHOE

The horseshoe is also a popular symbol of good luck. In the Celtic tradition it's crescent shape is thought to represent certain phases of the moon and therefore bring luck.

Hanging a horseshoe over your entrance way heels up is said to hold good luck for your home, but hanging it heels down will bring bad luck as all your luck will run out.

### 4 Leaf Clover

one of the most common lucky charms...The 4 leaf clover started as a Celtic charm meant to ward off bad luck. Each individual leaf has a meaning. FAITH LOVE HOPE AND GOOD FORTUNE.

It is not impossible to find a 4 leaf clover however a study done of 5.7 million clovers over 6 countries shows the odds as being 1 in 5,000.

HAPPY HUNTING!!

# CSNA 2022-23 Industry Members

Thank you for Investing in CSNA

## Trustee Members





# CSNA 2022-23 Industry Members

Thank you for Investing in CSNA

## Patron Members



## Sustainer Members

