



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Jan-Feb 2019 Newsletter

Healthy Bites

In this issue:

- Summer Conference
- Vice President Voting
- CACFP Letter
- Legislative Update
- LAC
- Congratulations
- Wellness Recipe
- Facebook/Share your Story

Save the Dates:

CSNA Summer Conf
June 10-12, 2019
Loveland, CO

ANC
July 14-16, 2019
St. Louis, MO

CSNA Industry Conf
Sept 25-27, 2019
Beaver Creek, CO



Join the Colorado School Nutrition Association, the CDE Office of School Nutrition **and** the Colorado Department of Human Services for the Colorado premier energizing and educational event of the year! The CSNA Summer Conference will return to the Embassy Suites in Loveland, Colorado for one day of pre-con session and two days of educational sessions, keynote speakers, a brand new revamped Chef's Challenge video production, and networking events. Food Show will be on Wednesday June 12, 2019.

Below are some breakout sessions planned for Summer Conference 2019:

Passionate Customer Service

Positivity is a Choice not a circumstance

Training-The ROCK your kitchens are built on

Managing your time to be Productive

Sustainability-how to financially run a successful Operation/Kitchen

PLUS a full day of PreCon's on Monday June 10, 2019:

CDE's Mini SNP Academy for both Managers and Directors

Dairy Farm Tour and chef demo

Equipment Training

ServSafe

SNS Exam

Exhibitor Registration OPEN NOW!

Attendee Registration open early March

Spread the word and encourage your colleagues to attend!

Scholarships will be available as well – stay tuned!

Full details on our website www.colosna.com



2019 Vice President Election

VOTING OPEN ON OUR WEBSITE

MARCH 1-22 2019

WWW.COLOSNA.COM

CSNA ELECTION OF OFFICERS 2019

Candidate for Vice President: Katie Cossette, RDN, SNS



Current Position: Director of Nutrition Services, Englewood

Education/Credentials: BS in Culinary Nutrition— Johnson & Wales Univ.; SNS Credentialed; SNS Certification

Leadership Positions Held: Current member of Conference and Education Committee; Culinary Nutrition Advisory Committee— Johnson & Wales; Greater Denver Chefs-member.

Leadership Experience and Skills That Will Enable me to make a strong contribution to the Association

I have been the Director of Nutrition Services at Englewood School District I for two years. Before getting into School Nutrition in 2014, I held several leadership roles in restaurants and bakeries. In 2009 at age 22, I became an Executive Chef at a local restaurant in Dahlonega, GA. I've always strived for growth and new challenges which has led me to the exciting world of school nutrition.

My undergraduate education has a strong focus on food, nutrition and leadership. During my Dietetic Internship, my focus was on Food Service Management which required more hours of managerial exposure and projects related to running a food service program and leadership.

My personal mission is to provide healthy meals that students love and that my staff have pride in serving. I strive to change the way people envision school food and defeat the stereotypical norm of the lunch lady. I believe in providing the opportunity for professional development, growth, and exposure to new systems and other professionals to my team. Team work is essential for progression of the industry; I greatly value the ideas, experience and creativity of others. Employee buy-in is important to my style of leadership, therefore I include the team in decision making and work through challenges with input from all.



GOALS

1. Encourage others to participate in CSNA committees and leadership. Empower current committees to expand on their responsibilities to grow their skillset and generate progression for CSNA.
2. Work with local officials to ensure School Food Authorities have a voice in upcoming legislature and policy decisions.
3. Grow membership by marketing district-owned membership and marketing the educational and networking benefits of the CSNA.



2019 Vice President Election

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CSNA ELECTION OF OFFICERS 2019

Candidate for Vice President: Amy Faricy, RD, SNS



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Current Position: Manager of Menu Services, Douglas County Schools

Education/Credentials: BS in Food Systems Management, Oregon State University. SNS Credentialed

Leadership Positions Held: Current Chair of Industry Committee; Past Chair of Industry Committee; FDAC Committee Member, District Health advisory, Wellness committee and Sustainability Committee Member

Leadership Experience and Skills That Will Enable me to make a strong contribution to the Association:

I have proudly worked in the School Nutrition field for the past seven years, all at Douglas County School District. In this time, my role has changed from Area Manager, where I oversaw day to day operations at school sites, to my current role as Manager of Menu Services, where I am responsible for menu development and regulatory compliance, commodities, special diets, vendor relations, HACCP and a variety of special projects.

I have taken on various committee appointments and leadership roles within my district, personal life, and CSNA that I feel have prepared me to be your next Vice President. I have been successful in building cohesive and collaborative teams where all members can contribute, are valued and make optimal use of their talents. I consider all members of CSNA to be part of a team. One of my goals is to continue to expand outreach and access to all of our members so their voices can be heard and we can meet the needs of districts across the state.

We, as School Foodservice Professionals, are faced with unique challenges each day; yet we all have the same objective of feeding children nutritious meals and operating successful programs. I often feel we are the unsung heroes of the education world and we are constantly trying to affirm the amazing work we do. If elected, I would like to highlight the work we do in all of our programs, and continue to improve our public perception by partnering with community, school, and legislative partners.

I am excited to bring my creativity, resourcefulness and enthusiasm to the next level of leadership within CSNA. It would be my honor to serve our association by building on our successes and find new opportunities for growth.

GOALS

1. Continue to expand access, participation and engagement in CSNA activities to all Colorado districts.
2. Establish a central hub/database for districts to share and access projects and initiatives with results, best practices, materials and tools.
3. Improve the public perception of school nutrition programs and professionals through education, outreach, collaboration and public policy initiatives.



A note from our friends at CACFP

Nourishing Children to Give Them a Healthy Start

As a school nutrition director, you have an amazing opportunity to contribute to helping children learn and grow. Many children are in care for eight or more hours a day. Just like any other part of their day, meal time allows for continued learning and exploring. Meal time also allows children to be introduced to a variety of healthy foods.

The Child and Adult Care Food Program (CACFP) is a federal child nutrition program that reimburses participating centers and family day care homes for serving nutritious meals and snacks to children enrolled in care. The goals of CACFP are:

- Ensure service of well-balanced, nutritious meals and snacks for children in care.
- Help children learn to eat a wide variety of foods as part of a balanced diet.
- Provide reimbursement for meals and snacks served.
- Promote breastfeeding.

The USDA recognizes the similarities in operating both NSLP and the CACFP. As such, certain parts of the application and review process have been streamlined.

The CACFP works with a variety of care providers, including child care centers, Head Start and Early Head Start programs, preschools and family day care homes. To learn more about our program or to apply, please visit our [website](#) or call 303-692-2330.



COLORADO
Department of Public
Health & Environment



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Local Legislative Update HB19-1171



Thank you to everyone who has been following the progress of HB19-1171

We have hit the ground running in an exciting legislative session for CSNA and school meals! We are thrilled to have another bill introduced this year supporting school nutrition! Rep Michaelson Jenet introduced HB19-1171 on Feb 5th and it was heard on Feb 21st in the House Education Committee. The bill passed by a 9-3 vote and was moved to appropriations. We expect that hearing to take place the end of March or early April. The bill will cover the reduced copay for reduced students through 12th grade.

You may follow the bills status here [HB19-1171](#)



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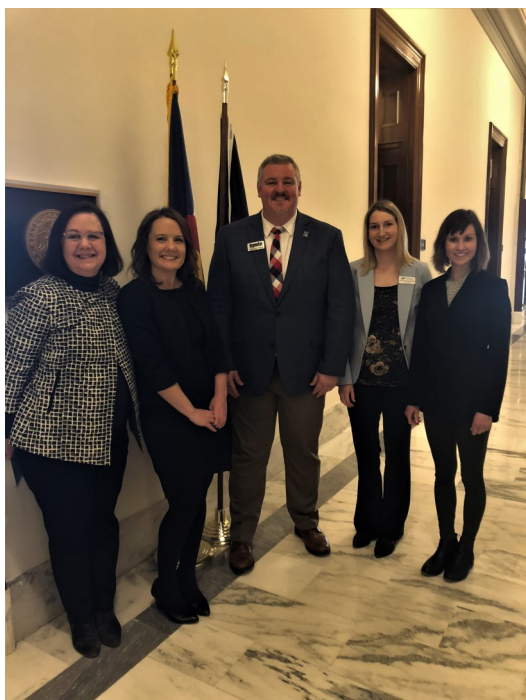
LAC Washington DC - Feb 24-26, 2019

CSNA was excited and proud to bring a delegation of over 25 members to Washington D.C. for the Legislative Conference. The team saw incredible speakers and were able to Charge the Hill to advocate for the school meal programs that means so much to each of us. We were thrilled to be able to send 4 scholarship winners to LAC this year! Please keep an eye out on CSNA's Facebook for posts featuring each of them. Thank you again to the very generous donors during our Industry Seminar in Beaver Creek that made this possible! [@colosna](#)





LAC Hill Visits ...



Sen Michael Bennet Visit



Rep Jason Crow Visit



Rep Diana DeGette Visit



Sen Cory Gardner Visit



CONGRATULATIONS BRANDON!



Congratulations to CSNA member Brandon Durio whose Curry Turkey Stew recipe was a finalist in a recipe contest sponsored by the Chef Ann Foundation and Danone North America! School districts across the country were challenged to find creative new ways to use bulk yogurt, thinking outside of smoothies and parfaits. Together, CAF and Danone selected 12 final winning recipes, ranging from breakfast pizza and cheddar soup to chicken salad. Way to represent Colorado School Nutrition, Brandon!

Congratulations!



Do I need another pot?

The school year is whizzing by and we have arrived in Spring. As everyone ramps up for the summer, time has become a hot commodity. It can be challenging to get everything done in a day. One challenge I face, with work and two kids under two is getting a hot home-cooked meal on the table every night. So this article is about a new tool I found that helps that might help you out.

I have to admit that I was a bit of a pessimist when the Instant Pot craze started, who needs another appliance? I don't know if your kitchen is littered with coffee machines, toasters, microwaves, mixers, etc., but they take up so much space and not all of them get used regularly! I have a wonderful crock-pot that I use, why in the world would I need another large piece of kitchen equipment? Isn't it just a glorified crock pot?

Well I received one of these Instant Pots for Christmas and for the first 6 weeks it sat in its box on the floor in the garage. I saw a recipe recommended by a friend for this fancy gadget and I thought; well let's see if this thing is any good. So I broke it out of the package, read the directions (yes, I am one of those people), collected my ingredients and went to town. There was definitely a learning curve, with the little steam valve and the settings. I followed the recipe, took maybe 20 minutes total (some of that was me figuring out what to do) and I had a meal made and... it was delicious! I served it to my family and it was a hit, zero leftovers! Can you make this recipe without the fancy pot (of course), however it is super convenient to use and came out great using it. If you have an Instant Pot and are looking for an easy and tested recipe that you can serve almost anyone and then try this one out. Please enjoy

Creamy Vegan Pasta Servings 4

INGREDIENTS:

3 cups Vegetable Broth
1 15oz can Full Fat Coconut Milk
1.5 tsp Salt
1/2 tsp Black Pepper
1 tsp Parsley
1 tsp Minced/Chopped Onion
1/2 tsp Garlic Powder
1/2 tsp Oregano
1/2 tsp Basil
1/4 tsp Red Pepper Flakes (if you don't like a little spice you can leave this out)
16oz Pasta_shells (can use a gluten free pasta)
2 cups Frozen Mixed Vegetables (Peas, Corn, Green Beans)
2 cups Spinach (optional)

INSTRUCTIONS:

1. Add all of the ingredients to your Instant Pot Pressure cooker.
2. Put the lid on and make sure the vent valve is in the SEALING position.
3. Using the display panel select the MANUAL/PRESSURE COOK button, use the +/- buttons to set the pot for 4 minutes.
4. When the time is up open the vent valve and quickly release the pressure
5. Leave the lid sealed for another ~10 minutes. The noodles will absorb more water and it will become thicker, like a gravy.
6. Enjoy!





Don't miss out... Start Following CSNA on Facebook!! & Share your Story

As we prepare for an exciting summer conference we will be posting conference details, innovative ideas from your peers and highlighting our Industry Members on our CSNA Facebook page.

We are also asking for your stories that surround the following topics for our Share your Story campaign:

- 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.)

We will publish these stories so that nutrition programs in ALL school districts in Colorado may benefit, learn and inspire one another. Leading up to the 2019 Annual Conference in June, CSNA will nominate the most inspiring stories in each of the three categories listed above and ultimately award one district a free registration to our summer conference for sharing the most compelling and inspirational story. Please submit your stories today. You never know how your story will inspire others.

[Click here to share your story today!](#)

Don't miss out, submit your story and like our page today!

Find us on Facebook [@colosna](#)



CSNA 2018-19 Industry Members

Thank you for Investing in CSNA

Trustee Members



FOOD GROUP

Let's Create Great Dishes Together!®



All kinds of better™



Patron Members



DESERT PEAK MARKETING

