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## January/February 2017 Newsletter

# Healthy Bites

### Message from the President

New Year = New Opportunities



As you read this newsletter, we have settled into the new calendar year and reached the mid-year point of operations for CSNA. As is tradition, many of us have vowed to make some changes to celebrate the arrival of the New Year. I have signed up to take a CrossFit class at my local community college (this may be the death of me) and am working through a book addressing how to obtain an organized work

life (my staff hopes I nail this one!). Likewise, each operating year at CSNA, we set goals for the work of the association through our Plan of Action.

While I would like to think I will stick to both of these personal commitments, the reality is that my likelihood for sustained success is slim. So too, the work of the association can be easily derailed as we rely on a volunteer workforce and are at the mercy of the demands from USDA, legislators and district administrators who can easily disrupt our work.

This year holds lots of opportunity for our association to tell the story of child nutrition. How can we achieve sustained success when making strides to improve ourselves and our association? I think there are three keys:

**Accountability-** Write your goals out clearly. Make them visible and easily accessible to yourself and others who may be involved in meeting the goal. Set realistic milestones and timelines. Give someone permission in your life to ask you about your progress.

**Belief-** When trying to achieve a goal in the association or change a personal habit, half of the battle is allowing ourselves to believe we can accomplish it. Our minds are powerful! Visualize what success will look like by placing pictures of it in your workspace, journaling or creating a word picture to keep you encouraged.

**Contingency-** Plan to fail on the journey to accomplishing your goal and allow yourself some grace for those times you feel like you've failed. It's ok to lose a battle or two, if you are still winning the war. Be willing to abandon one goal for another if circumstances in our association or in your life change.

There you have it- the ABC's of accomplishing your goals this year. Go be awesome!!

### CSNA Day at the Capitol

**WHEN:** Monday, Feb. 13, 2017 - 9 a.m.

(On Mondays, the Legislature convenes at 10 a.m.)

**WHERE:** Colorado State Capitol

The CSNA Reception will be on the second floor in front of the Old Supreme Court Chambers.

Corner Bakery will cater the event and will provide coffee, orange juice, bagels, and pastries.

**WHY:** This is a very important time to meet with our state legislators and talk to them about issues important to us.

**HOW:** Please RSVP to let us know if you can attend! Email Ruth Kedzior at CSNA to RSVP at [ruth@colosna.com](mailto:ruth@colosna.com)

Also, please contact your legislators to invite them - even if you cannot make it! Contacting them now and then again as a reminder a couple days before our event will help increase attendance.



### SNA Elections - Vote for Monica Deines-Henderson!



The SNA Election will take place over a two-week period in February 2017 (February 15-28) through a secure online voting website. In order to vote, you must have your SNA username and password available. You are eligible to vote if you are currently an active member and were a member in good standing on NOV. 30, 2016. To meet the candidates and learn how to cast your vote,

visit [www.schoolnutrition.org/snaelection](http://www.schoolnutrition.org/snaelection). The site will be updated with biographies and voting instructions in mid-January.

One of our very own, Monica Deines-Henderson, CSNA Past President and Director of District 49 is on the ballot for the Southwest Regional Representative. Please vote for Monica so Colorado has a strong voice on the SNA board.





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## National School Breakfast Week

March 6-10, 2017

It's a weeklong celebration of the school breakfast program. Members celebrate with decorations, events and special menu items. Increasing breakfast participation is a goal for many SNA members. National School Breakfast Week (NSBW) is the perfect time to bring attention to your breakfast program.

### Why should I participate?

- According to a 2015 survey of SNA members, 96% said that their student participation increases during NSBW. Recognizing NSBW in your district or in your cafeteria helps you:
- Increase student participation for your program
- Spread the message to parents that you're serving healthy and tasty breakfast at school
- Earn media coverage from local papers, blogs, and TV stations
- Connect with teachers and administrators at your school or in your district to spread the word that school meals are healthy

## New! SNA's First Virtual Expo

Have you heard the news? Registration is now open for SNA's first virtual expo! This FREE expo will be accessible from January 31 through April 30, 2017. Not only will attendees have the chance to visit 36 virtual exhibitors from the comfort of their own computer 24/7, they can also access education sessions to earn CEU's and network with colleagues and industry reps. Visiting the Expo also gives you a chance to win an ANC 2017 registration (full details and sweeps rules will be posted online). Learn more and register for the expo at [www.schoolnutrition.org/virtualexpo](http://www.schoolnutrition.org/virtualexpo).

## Nominate Someone You Admire for an SNA Award

Are you inspired by your school nutrition colleagues, friends, and mentors? Nominate someone you admire for an SNA Award for the 2016-17 school year. Nominations for the Employee of the Year, Manager of the Year and Director of the Year awards are now being accepted online by SNA. Being nominated for an SNA Award is a great honor. All state, regional and national winners will be recognized at the Red Carpet Awards Ceremony at SNA's Annual National Conference 2017 in Atlanta, Georgia.

Who do you know who should be honored with a SNA award? To learn more and to submit your nomination online today, please visit [www.schoolnutrition.org/SNAawards](http://www.schoolnutrition.org/SNAawards).

## LAC Scholarship Winners Announced!

Congratulations to Dan Lukasavitz, Area Supervisor with Greeley D6 and Lori Burris, Supervisor with Jeffco on being named the 2017 CSNA Scholarship winners for the Legislative Action Conference (LAC) being held in Washington, DC April 1-4. Lori and Dan each received a \$1,000 toward their conference expenses.

Scholarship funds were raised from a silent auction held at the Industry Seminar and through a generous donation by Gil Romero with Capitol Success Group.

juicy & turkey  
together in the same place



### Presenting the Fully Cooked Savory White Turkey Patty.

It uses the same juicy, white turkey meat found in our top-selling turkey burger with fully cooked convenience. Plus, it's larger (2.9 oz.) and contains mushrooms to enhance moisture retention. For more, visit [JennieOFoodservice.com/K12](http://JennieOFoodservice.com/K12).

### The Core Group

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## Local School Wellness Policies: What Do I Need to Know?

By: Kristi Rolfsen, Colorado Department of Education

The local school wellness policy (LWP) requirement was established in 2004 under the Child Nutrition and WIC Reauthorization Act and further reinforced by the Healthy Hunger-Free Kids Act of 2010. The final rule, released in July 2016, increased the compliance and transparency requirements of LWPs. Local education agencies (LEAs) should begin to revise the local wellness policy this school year and must fully comply with the final rule by June 30, 2017.

### What's new?

**Nutrition Guidelines for All Foods.** In addition to nutrition guidelines for all foods and beverages sold to students on the school campus during the school day, the LWP must include standards for all foods and beverages *provided to students*. This includes classroom parties and classroom snacks provided by parents and as food rewards.

**Rules for Food and Beverage Marketing.** Any foods and beverages marketed to students must meet Smart Snacks in Schools standards. If you can't sell it, you can't market it.

**Increased Stakeholder Involvement.** In addition to allowing parents, students, food service representatives, PE teachers, school board, school health professionals, administrators, and members of the general community to participate in the development, update, implementation and assessment of the policy, LEAs are also encouraged to invite SNAP-Ed coordinators to participate in these processes. Documentation must be kept of how these stakeholders were informed of their ability to participate.

**Clarification in Monitoring and Evaluation.** LEAs are required to conduct an assessment of their LWP, at a minimum, every three years. This assessment must include how the policy complies with the final rule requirements, compares to model wellness policies, and the LEA's progress in attaining the established goals. LEAs are also required to assess implementation of their policy every three years.

**Changes Progress Reporting to the Public.** The policy must be made available to the public on an annual basis. The assessments must be reported to the public, at a minimum, every three years. The LEA should document how the policy and assessments are shared with the public.

## SAVE THE DATE

Industry  
Registration  
Opens Mid  
February!



Attendee  
Registration  
Opens Mid  
March!

Colorado School Nutrition Association

2017 SUMMER CONFERENCE

June 12 & 13 - DENVER CONVENTION CENTER





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**WANTS YOUR SCHOOL  
TO RECEIVE A  
FREE SALAD BAR!**

Last year, we donated  
20 salad bars! This year, we  
want to exceed that number!  
Plus, Potatoes USA will match  
EVERY. SINGLE. DONATION.  
That's double the salad bars!  
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Bars To Schools!**



For more information:

**COLORADOPOTATO.ORG**

To sign up for a Salad Bar:

**SALADBARS2SCHOOLS.ORG**

Once you sign up we can  
select your school to  
receive a donation!

## **Attend SNA National Leadership Conference as a Future Leader**

Our state association has the opportunity to send up to two individuals to the National Leadership Conference on May 4-6, 2017 in Baltimore, Maryland as part of the SNA Future Leaders Program. We are looking for SNA members who hold the SNA Certificate in School Nutrition or the SNS credential and who want to network with other emerging SNA stars from across the country, hone their leadership and communication skills, and learn from seasoned SNA leaders in a fun, refreshed, and interactive environment. Contact State President Jeremy West at [Jwest@greeleyschools.org](mailto:Jwest@greeleyschools.org) for more information and to be considered for this opportunity.

## **Mark Your Calendar: ANC 2017 Registration Opens February 8th!**

Mark your calendar! Registration and housing for SNA's Annual National Conference (ANC) in Atlanta, Georgia on July 9-12 will open on February 8th. Just like last year, all attendees will be required to register for the conference before they are provided access to book their hotel room. This requirement was designed to help SNA better control the number of available rooms, ensuring more attendees will be able to have access to their first-choice hotels and preferred travel dates.



This year's General Session speakers include Captains Mark and Scott Kelly, twin brothers and NASA astronauts, and Derreck Kayongo, founder of the Global Soap Project and CEO of the National Center for Civil and Human Rights.

In addition to hot topics offered in education sessions and an exciting Exhibit Hall, the Barenaked Ladies (BNL) will be the entertainment at our Closing Event. BNL has been performing for nearly three decades, producing 14 studio albums which have collectively sold more than 14 million copies and earned multiple Grammy nominations, a U.S. chart-topping single ("One Week") and the theme song to one of TV's most popular shows, The Big Bang Theory. You'll be front and center for one of the most amazing – and FUN – concerts on the current rock circuit.



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## School Nutrition Specialist Exam

The School Nutrition Specialist (SNS) Exam will be offered at the CSNA Summer Conference!

Take advantage of this great opportunity to expand your school nutrition horizons by taking this exam to earn your SNS credential. The exam will be offered on Sunday, June 11th from 1 – 5 p.m.

The registration deadline for the exam is Tuesday, May 23rd. For the SNS Exam Handbook and to register for the exam, go to [https://schoolnutrition.org/uploadedFiles/Certification%2c\\_Education\\_and\\_Professional\\_development/SNS\\_Credentialing\\_-\\_SNS\\_Exam\\_Prep/SNSCredentialingExamHandbook.pdf](https://schoolnutrition.org/uploadedFiles/Certification%2c_Education_and_Professional_development/SNS_Credentialing_-_SNS_Exam_Prep/SNSCredentialingExamHandbook.pdf)

To learn more about the SNS Credentialing Program and details related to the exam process, go to <https://schoolnutrition.org/sns/>.

## CSNA Board Meeting Recap

1-26-17

The CSNA Executive Committee, Governing Board and five standing committees met for the second time this year on Thursday, Jan. 26, 2017. Much progress was made in all meetings! The Industry Committee is planning for the biggest food show yet which will be held in conjunction with CSNA's annual summer conference June 12-13, 2107 at the Colorado Convention Center. The Conference and Education Committees is in full conference-planning mode to ensure the content and speakers will provide an experience that no one will want to miss! The Nutrition Committee is planning for a new way to deliver information that we all need for continuous improvement. The PP&L Committee is working with CSNA's lobbyist on the execution of its legislative priorities and planning for CSNA's Day at the Capitol on Tuesday, Feb 13th. Strong presence at the Capitol will help make our voice stronger so please plan to attend, and be sure to invite your legislators. The Marketing, Fundraising and Membership Committee awarded two \$1,000 scholarships to offset expenses to LAC. Congratulations to Lori Burris and Dan Lukasavitz!

It's an exciting time to be a part of CSNA as strong momentum is building to be adaptive and progressive in meeting the needs of its members – and Colorado's students who depend on school meals for the nutrition that helps them be successful each day. The Governing Board spent significant time identifying ways the organization can be more responsive and efficient with its dollars. These ideas will roll into CSNA's new strategic plan which will serve as a blueprint for the association leaders for the next three years. As the voice for school nutrition in Colorado, CSNA will be making investments in its technology and communications. This will include the development of a social media presence and tools that will help us form stronger alliances as we advocate against block grant funding and other threatening measure that would diminish uniform nutritional standards and our ability to deliver healthy and nutritious meals to our students.

The Governing Board approved its slate of candidates for Treasurer and Vice President. Election winners will take office on August 1st. Please be sure to vote in this online election from March 1st to March 22nd. Voting will be on the CSNA website.



**Candidates for Treasurer:** Danielle Bock, Greeley-Evans District 6 & Molly Brandt, Adams 12 Five Star Schools.

**Candidates for Vice President:** Kim Kilgore, Cherry Creek School District & Shannon Solomon, Aurora Public Schools.

**CSNA would like to thank our four candidates for their willingness to serve our association in these leadership capacities.**

## Recipe of the Month:

### Everyday Vegetable Soup

This basic vegetable soup can be made with any combination of fresh or frozen vegetables!

#### Ingredients

- 2 tablespoons olive oil
- 2 cups chopped onions
- 1 cup thinly sliced celery
- 2 teaspoons Italian seasoning
- Coarse salt and ground pepper—to taste
- 3 cans (14 1/2 ounces each) reduced-sodium vegetable or chicken broth
- 1 can (28 ounces) diced tomatoes, with juice
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)

#### Directions

1. Heat oil in a large stockpot over medium heat. Add onions, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8



### Fresh Vs. Frozen: What's Better?

Eating more fruits and vegetables might be your New Year's resolution, but how do you eat more produce during the cold winter months? Fresh produce that is in-season may be the gold-standard for taste and quality, but frozen produce is a great option during the winter months where fresh produce is limited. Frozen produce is picked at peak ripeness and then flash-frozen, which helps to preserve some of the vitamins and minerals that can be lost during transportation of fresh produce. Frozen produce is also often less expensive than fresh and can be stored for long periods of time. The bottom line is that we may prefer fresh produce, but frozen is also a nutritious choice!

#### Tips:

- ◇ Look for unsweetened frozen fruits and vegetables that don't contain heavy sauces
- ◇ Steam or microwave frozen vegetables rather than boil them to prevent vitamin loss
- ◇ Add frozen fruits like pomegranate seeds, peaches, or berries to your morning oat-

