



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Mar/April 2019 Newsletter

Healthy Bites

In this issue:

- Election Results
- Summer Conference
- Legislative Update
- 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

Sunshine, Congratulations, Summer Conference and Summer Meals!

As we enter the Spring months, we all have sunshine and warmer weather on our minds. Summer is an exciting time for CSNA as well with much to celebrate and much to look forward to. Congratulations to Beth Wallace and Amy Faricy! Beth Wallace will be our next National SNA President and Amy Faricy will serve as our next CSNA Vice President. We could not be more proud as an organization!

We hope to see each of you at our Annual Summer Conference in Loveland at the Embassy Suites June 10-12th and I'm sure each of you are gearing up for your Summer Food Service Programs to ensure that students are kept nourished throughout the Summer months.

House Bill 19-1171 Update

We need your voice! House Bill 19-1171 to eliminate the reduced-price copay for students through 12th grade is in it's final stages. The budget is being finalized this week and we want to ensure that school meals are prioritized and specifically that HB 19-1171 is prioritized. Be sure to contact your legislators to let them know that this funding is important to our programs! An action alert will come to each of our members with instructions to contact your legislators.

Summer Foodservice Resources

As each of us works in our own districts and communities to provide access to healthy meals for our kids, we hope to see the Summer Foodservice program continue to grow. 58.5% of SFA's in Colorado see this as a high level of opportunity for our programs noting that few students participate in this program.

Let's continue to grow this program in our state. And, lastly a reminder new sponsor applications are due April 15th and returning sponsor applications are due May 1st.

[Summer Foodservice Outreach Toolkit](#)

kidsfoodfinder.org



Find a summer-meal site serving kids and teens!
Text "FOOD" to 877-877 or visit kidsfoodfinder.org



¡Encuentre un sitio de comida de verano que sirve a niños y adolescentes!
Envíe el texto "COMIDA" al 877-877 o visite kidsfoodfinder.org





2019 CSNA and SNA's Vice President Election Announcement

Join CSNA in congratulating two extraordinary
CSNA members Amy Faricy and Beth Wallace!



CSNA is thrilled to announce Amy Faricy as Vice President of CSNA 2019/2020! In addition, thank you to Katie Cossette for running in this important election. She been an especially strong supporter and committee member of CSNA. We are so very appreciative of both Amy and Katie's contributions to our association.

Message from Amy: "It is such an honor to be elected as your next CSNA Vice President. I am so proud to be part of an organization that supports the well-being of students across Colorado and to work with such an amazing group of school food service professionals. Thank you for your confidence in me and for the opportunity to serve you."

Congratulations to Beth Wallace from Jeffco Public Schools for being elected as the next SNA National Vice President! We are beyond excited to have Beth represent Colorado and lead SNA in the upcoming years.

I am so incredibly excited and honored to have been elected as SNA's next Vice President. I look forward to the opportunity to learn and to serve this organization that has given so much to me. I am looking forward to hearing from my Colorado colleagues regarding topics that can be shared at the National level and I view this as a wonderful opportunity for the great state of Colorado.

Beth Wallace





REGISTRATION IS NOW OPEN!!

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.

We are almost sold out of commercial spots for the new ONE PLATE CHALLENGE! Contact Jodi via email, Jodi@colosna.com if you would like to secure a spot. Click picture below to view promo of the film



Our PreCon day is also filling up quickly, please take a look at the [online registration](#) for attendees and see if any of the offerings are of interest to you or your team.

- CDHS new Director Training from 1-5pm.
- CDE morning session Mini SNP Academy for Directors and afternoon session for Manager/Employee.
- Dairy Max local farm tour followed by lunch and Chef Demo 8-12pm
- SNS exam will be offered from 1-5pm
- Serv Safe class with certification from 8-5pm

SCHOLARSHIPS are AVAILABLE: [CLICK HERE TO APPLY](#) Forms due to CSNA April 26th

Spread the word and encourage your colleagues to attend!

Full details on our website www.colosna.com



Call for Presenters

CSNA is currently accepting proposals for presentations related to its 2019 Annual Conference in Loveland, CO June 10 – 12, 2019. Theme for 2019 is Serving with Passion and Positivity

Presentations must meet one of the professional standard areas listed below.

Key Area 1: Nutrition

Key Area 2: Operations

Key Area 3: Administration

Key Area 4: Communications and Marketing

The Program Chairs are specifically interested in receiving session proposals on the following topics:

For Kitchen Managers and Staff

- Self-Care & Wellness: Striving for a Positive Work Life Balance
- Is Your Refrigerator Running - The Basics of Equipment Maintenance
- Spreading the Passion and Positivity to Many – Increasing your Participation
- Sustaining our Programs – Financials you can Effect
- Sharing your heart – Effective Training for kitchen staff
- Time Management Tips to Increase Efficiency
- Teambuilding Tips to Increase the Passion in your Team
- What Are You Talking About – Effective Communication Strategies
- The Passion and Positivity Behind Different Personalities
- How Can the Computer Help to Manage Your Program

Session Types

The education sessions can be presented in a variety of forms. The CSNA breakout sessions will be 60-minute sessions. It is recommended that a blend of lecture-based instruction, case studies, peer learning, and interaction is included.

Pop Up Sessions: Burst sharing of ideas on a specific topic for 5 – 10 minutes between sessions. These are fast-pace interactions, focused on singular innovations. They should intend to inspire others through peer-to-peer learning and engagement, offer resources, and make connections. Possible Topics include:

- Summer Feeding
- Food Hubs
- Snack Programs
- Fresh Fruit and Vegetable Program
- Unpaid Meal Charges
- Teambuilding Activities

Presentations must be educational. We understand that our speakers wish to network with attendees and showcase their services, but we require that your presentation not be a sales pitch. Networking time will be made available to speakers, sponsors, and attendees for this purpose. We appreciate your cooperation.

1. Speakers agree to be available on any day in which CSNA assigns the session.
2. Speakers do not need to be SNA members; however, if a proposal is accepted ALL speakers must register as conference attendees.
3. CSNA does not provide speaker fees or travel expense reimbursement for education session speakers.

Please submit your proposals for education sessions or pop-up sessions via email to

Kim Kilgore RD, SNS CSNA Conference and Education Chair at kkilgore@cherrycreekschools.org

In the proposal, please include a brief description, an outline of your presentation, and how it will tie into the conference theme. Deadline for submission is **April 12, 2019**.

For any questions please feel to contact Kim Kilgore RD, SNS at 720-886-7176.



SCHOOL LUNCH HERO DAY™

Celebrate Friday, May 3, 2019

Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes.

On Friday, May 3, 2019, we will celebrate the 7th Annual School Lunch Hero Day! School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria.

School Lunch Hero Day provides you with the perfect opportunity to recognize the hard-working professionals in your school cafeterias.

SNA has partnered with author Jarrett J. Krosoczka, of the "Lunch Lady" book series, to remind everyone—directors, managers, parents, students, and school staff—that school nutrition employees are superheroes that deserve some recognition.

Want to learn more about the inspiration behind School Lunch Hero Day? Watching the video here: [CLICK HERE TO PLAY VIDEO](#)



SNA has provided a sample proclamation that you simply can complete and send to the appropriate individual. It's that easy! Once your request is fulfilled, send the proclamation to your local newspaper for publication and to your local radio stations for the on-air personalities to read. You can even create souvenir copies for your staff.

[Sample Proclamation](#) (doc)



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Local Legislative Update and Call to Action HB19-1171



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

We have moved into the budgeting phase of the process. Please contact your legislators to let them know that school meals should be prioritized. Below is a list of legislators to contact to let them know you support the passage of HB 19-1171. You may follow the bills status here [HB19-1171](#)

House Appropriations Members

Rep. Chris Hansen Chris.Hansen.house@state.co.us 303-866-2967 (@HansenForCO)
Rep. Daneya Esgar dlesgar@gmail.com 303-866-2968 (@DIEsgar)
Rep. James Coleman colemanforcolorado@gmail.com 303-866-2909 (@RepJamesColeman)
Rep. Julie McCluskie repmccluskie@gmail.com 303-866-2952 (@McCluskieforCO)
Rep. Tracy Kraft Tharp reptracy29@gmail.com 303-866-2950 (@tkth)
Rep. Chris Kennedy chris@kennedy4co.com 303-866-2951 (@Kennedy4CO)
Rep. Shannon Bird shannon.bird.house@state.co.us 303-866-2843 (@skbird77)

House Education Members

Rep. Barbara McLachlan rep.mclachlan@gmail.com 303-866-2914 (@BarbaraforCO)
Rep. Bri Buentello rep.bri.buentello@gmail.com 303-866-2905 (@Bri4CO)
Rep. Lisa Cutter lisa.cutter.colorado@gmail.com 303-866-2582 (@Cutter4Colorado)
Rep. Janet Buckner repjanetbuckner@gmail.com 303-866-2944 (@RepJanetBuckner)
Rep. Tony Exum exum3672@comcast.net 303-866-3069 (@RepTonyExum)
Rep. James Coleman colemanforcolorado@gmail.com 303-866-2909 (@RepJamesColeman)
Rep. Julie McCluskie repmccluskie@gmail.com 303-866-2952 (@McCluskieforCO)

House Leadership

Speaker KC Becker repkcbecker@gmail.com 303-866-2578 (@kcbecker)
Majority Leader Alec Garnett alec.garnett@gmail.com 303-866-2911 (@AlecGarnett)
Rep. Chris Kennedy chris@kennedy4co.com 303-866-2951 (@Kennedy4CO)
Rep. Edie Hooton edie@ediehooton.com 303-866-2915 (@ediehooton)

Sample message:

Support HB19-1171 Expanding Access to Affordable School Lunches! Students who eat healthy meals at school are better able to learn. The state currently covers copays for students receiving reduced price lunches in preschool through eighth grade, but not higher grades. Adolescence is a period of nutritional vulnerability, and children in high school require sufficient calories and a well-balanced diet for developmental growth. This policy will improve access to nutritious school lunches for thousands of students statewide and help ensure they are ready to learn.



When Innovating Your K-12 Recipes, Look to Science

A few years ago, I discovered a website called “Serious Eats” with an offshoot publication (and book) named “The Food Lab” written by J. Kenji Lopez-Alt. Their claim to fame is “unraveling the mysteries of home cooking through science”. I have come to utilize that website as my go-to when it comes to needing an idea, or taking an idea to fruition on our K-12 menus at our district. It has brought us national acclaim in the school nutrition community for a number of different recipes, including our house-made cheese sauce, and our wings (that are HUGELY popular, as you might imagine). While I cannot truly take all the credit for the recipes, since my sous chef Kris Simmons and I relied heavily on Kenji’s articles when developing our own recipes, we can certainly enjoy being on the forefront of innovating K-12 food at the district level, and bringing science along with it.

Even if you’re just starting out with scratch or speed-scratch cooking, it’s always a good idea to keep science in your back pocket when developing your recipes. Science is everywhere in our kitchens. There’s a reason we hold food at certain temperatures, and cook to particular temperatures, and those temperatures will vary from product to product. Yes indeed, there is a dial on that piece of equipment, and it can be set to whatever your heart desires! Ovens do not have to stay at 350 as if it was some “unspoken lunch lady law”. The trick is knowing the *why*, so we can appropriately train our employees on how to best handle food, and write those specifics in to our recipes. *Why* does a pot roast have to reach 190°F to be tender and pull apart? *Why* do eggs turn green on the steamtable? There’s a reason for all of that, and knowing those reasons can make us better cooks, and make our recipes more successful amongst our student customers.

Another important factor is pH, or the measure of acidity/alkalinity in our food. I won’t get too technical, so stick with me here. The effect of pH is also everywhere in our cooking, we just may not always think

about it. Without vinegar or lemon juice, how flat and bland would a salad dressing be? Without the reaction of baking soda and milk, those biscuits (whether homemade or from a manufacturer) would not do much for our kids taste buds, as they’d be flat hockey pucks of sadness (cue the sad trombone). In fact, pH is what makes our district’s wings a smash hit, because we sprinkle them with baking powder before cooking, which increases the *Maillard* reaction, and helps crisp up that yummy skin without being deep-fried! Science to the rescue!

The takeaway here is not going back to high school and paying more attention in chemistry class, I think it’s probably a little too late for all of us in that regard. However, as you sit down to write recipes for your K-12 menu; take an extra moment to look in to the world of gastronomy. What is that famous chef doing that just opened up a restaurant in town with their famous mashed potatoes? What was the secret to Grandma’s pot roast? Was there underlying science to that recipe, of which even she might not have been aware? (hint: there was, and it’s simple) How long do I really need to simmer that marinara sauce to be yummy? Do a little Google research, and you’ll probably find there’s a *best* way to make something, with a little help from 11th grade chemistry, or sometimes it goes all the way back to 3rd grade science class (just omit the mealworms, those aren’t considered M/MA yet). **Matthew Poling, Executive Chef—Greeley SD**





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

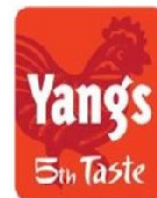


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