



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

March/April 2017 Newsletter

Healthy Bites

Congratulations!

We look forward to Molly and Shannon joining the CNSA Executive Committee on Aug. 1, 2017.



Molly Brandt, RD
Adams 12 Five Star Schools



Shannon Solomon, MS
Aurora Public Schools

Message from the President:



When I hear the words “investment opportunities” my mind often turns to financial transactions, like retirement accounts, real estate deals or savings accounts. However, investment opportunities are all around us in our personal and professional lives. This got me thinking about other ways I, as a member of the Colorado School Nutrition Association, can invest my time and talents into our association and the member we serve. Here are some investment opportunities for you to consider:

Become a Volunteer- I’ve had the privilege of being a volunteer leader in CSNA and SNA for nearly a decade and it has been the best investment for me personally and professionally. Your time and talents are needed in our state association. Aside from serving as an officer, there are dozens of other volunteer opportunities, big and small, that will help you enrich others and provide growth in your leadership abilities.

- Kudos to Kim Kilgore, Shannon Solomon, Danielle Bock and Molly Brandt, who agreed to have their names on the ballot for the VP and Treasurer positions, demonstrating their willingness to serve.

Advocacy- SNA recently released their 2017 Position Paper just ahead of the Legislative Action Conference. Take time to read this, and the supporting materials, to familiarize yourself with the issues facing our industry, so you can invest your knowledge in keeping our industry strong. Become an advocate for your students!

- The CSNA salary survey is available for districts to purchase on our website. This is a great investment that will help your district remain competitive when recruiting and retaining top talent. What better way to advocate for your employees than having solid data!

Professional Development & Networking- With the CSNA Summer Conference and SNA’s Annual National Conference (ANC) just around the corner, now is the time to make an investment in your future career opportunities. The return on investment from attending educational conferences is immense, including increased program knowledge, expanded leadership abilities, and valuable connections to industry leaders. Check out the education sessions at-a-glance for the CSNA summer conference under the conference tab on our website and get registered today! Scholarships are available.

President Jeremy West recently accepted a position as the Director of Operations with Jeffco Food & Nutrition Services. His new email is Jeremy.West@jeffco.k12.co.us.

Invest in yourself so you can invest in others!

*CSNA thanks its Trustee Industry Members
for their generous support of our association!*





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Congratulations!

The CSNA Executive Committee recently announced that Anna Meza and Amy Faricy are the 2017 Future Leaders.

Congratulations Anna and Amy!



Anna Meza
Greeley SD 6



Amy Faricy
Douglas County Schools

Design Your ANC Education Schedule

Will it be "Take Charge of Your Charging Policy" or "Unscrambling Offer vs. Serve" or, perhaps, "Creating a Culture of Food Safety" or something else enticing? Will you focus on training your team, innovative menu planning, customer service, teamwork or another critical area of school nutrition operations? With more than 100 sessions on the agenda at SNA's Annual National Conference (ANC), how will you decide which ones to prioritize? Head online to www.schoolnutrition.org/anc to access a filter tool that will allow you to identify your options based on date, topic, target audience and Professional Standards key area and then customize your schedule accordingly. At ANC, you have the opportunity to earn more than 12 CEUs across all four key areas! You'll need to register to attend, of course--so start making your plans to take advantage of all the hot topics and cool connections that await in Atlanta in July. SchoolNutrition.org/ANC is your first stop.

Attend ANC 2017 with a First-Timer Scholarship!

The ANC First-Timer Scholarship provides recipients with \$500 to cover registration and travel expenses associated with attending SNA's Annual National Conference (ANC) in Atlanta, Georgia, July 9-12, 2017.

District directors, who are active SNA members and are registered to attend ANC 2017, may nominate one member of their staff for this scholarship. The staff member must be an active SNA member in the employee or manager category who has never attended ANC. To learn more, visit our ANC First-Timer Scholarship page. Scholarships are awarded on a first-come, first-served basis, so encourage your director to nominate you today!

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The Core Group

Amanda Martin

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Congratulations!

Congratulations to our LAC Scholarship winners: Dan Lukasavitz of Greeley SD 6 and Lori Burris of Jeffco Public Schools!

Each winner will receive \$1,000 to offset their expenses to Washington, D.C. to help advocate for our child nutrition programs! The scholarships were provided through a generous donation made by Gil Romero of Capitol Success and through the Silent Auction Fundraiser at the Industry Seminar held this past October in Vail.



Dan Lukasavitz



Lori Burris

SNA Announces 2017 Election Results

Members of the School Nutrition Association (SNA) have spoken, casting their ballots in the annual election for the Association's top leadership positions. The winning candidates for the Board of Directors will be installed this summer during SNA's Annual National Conference (ANC) in Atlanta, Georgia. The elected Leadership Development Committee members will serve a two-year term, which began on March 1, 2017. The Industry Advisory Council Chair will serve a two-year term beginning Aug. 1, 2017.

SNA congratulates the following candidates for their election to the SNA Board of Directors, Leadership Development Committee and Industry Advisory Council, and thanks all the candidates for their enthusiasm and commitment to serve the national Association.

SNA Board of Directors

- Mideast Regional Director: Tamara Earl, SNS, Mason City Schools, Ohio
- Midwest Regional Director: Sandi Kramer, Yankton School District, South Dakota
- Southwest Regional Director: Monica Deines-Henderson, SNS, Falcon School District, Colorado
- At Large Director: Stephanie Dillard, SNS, Geneva County Schools, Alabama



Monica Deines-Henderson

SNA Leadership Development Committee

- Northeast Region Representative: Judy White, Wrentham Public Schools, Massachusetts
- Northwest Region Representative: Ariane Shanley, South Kitsap Schools, Washington
- Southwest Region Representative: Kevin Ponce, SNS, Oklahoma City Public Schools, Oklahoma

SNA Industry Advisory Council

- Industry Advisory Council Chair: Michael Miller, SMART Temps, Indiana

SNA Releases 2017 Position Paper

The School Nutrition Association (SNA) has released its 2017 Position Paper, which outlines legislative priorities that urge Congress to protect and strengthen school meal programs. SNA forcefully opposed last year's House-proposed school meal block grant pilot and is again taking a firm stand in opposition to any effort to dismantle federal school meal programs. SNA also calls for greater support to preserve the financial stability of school meal programs in the next Farm Bill by providing 6 cents in USDA Foods for every school breakfast served.

To help ease menu planning challenges and appeal to diverse student tastes, SNA requests maintaining Target 1 sodium levels and restoring the initial requirement that at least half of grains offered through school meals be whole grain rich. SNA also calls for an independent study of the federal child nutrition programs to identify steps to reduce regulatory and administrative complexities. SNA's 2017 Position Paper was the focus of SNA's 45th annual Legislative Action Conference (LAC), which was held April 2-4, 2017 in Washington, D.C.

Thank You for Representing CSNA at this Year's Successful LAC!

Beth Wallace—Jeffco

Dan Lukasavitz—Greeley

Danielle Bock—Greeley

Erika Edwards—Cherry Creek

Hannah Phillips—Pueblo 60

Ina Olson—Falcon

Jeremy West—Jeffco

Jessica Gould—Littleton

Jill Kidd—Pueblo 60

Katie Lopez—Aurora

Lori Burris—Jeffco

Mona Martinez-Brosh—Aurora

Monica Deines-Henderson—Falcon

Ruth Kedzior—CSNA

Shannon Solomon—Aurora

Don Trouba—Arden Mills

Nanci Byrne—Acosta

Nancy Dankert—Key Impact

Nick Dolan—Desert Peak

Rachel Martin Lafond—JTM

Shellie Robles—Ling's

Teresa Rogers—Advance Pierre

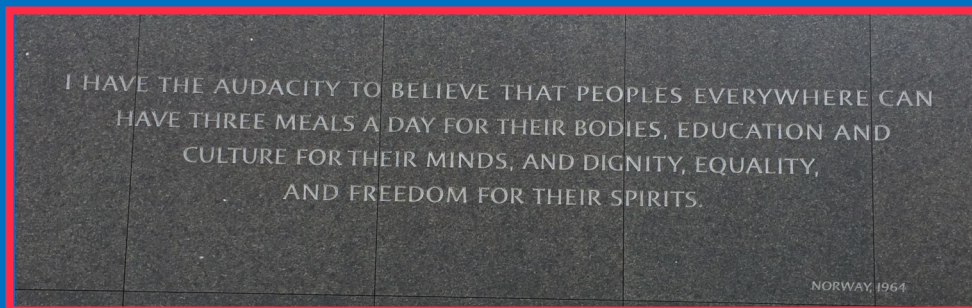
Jim Rowan—Advance Pierre

Bre Riley—CDE-OSN

Lena Wilson—CDHS

Lyza Shaw—CDE-OSN

Nichelle Harris—CDHS



Colorado School Nutrition Association 2017 Summer Conference June 12 & 13 - Denver Convention Center



This year's Colorado School Nutrition Association Summer Conference is sure to impress you! Attending will be an extremely beneficial investment for yourself and your fellow school nutrition professionals. Here are a few of the exciting highlights of what the conference has in store for you-

- **Are you looking to gain your required continuing education units (CEUs) for the year?** More than 30 engaging educational sessions will be offered. These sessions are all focused on the key areas required within the USDA Professional Standards. You will have the opportunity to earn up to 13 CEUs! Topic areas of focus include- Operations, Administration, Communications/ Marketing and Nutrition.
- **Are you interested in networking with your fellow peers and industry members?** Be prepared to meet up with hundreds of your best friends and school nutrition colleagues at this epic event! The food and equipment hall is sure to dazzle you with all the most creative and innovative products in the school nutrition industry.
- **Are you ready to have some fun?** Downtown Denver is the ideal location for an event. Filled with great restaurants and shopping outlets, you certainly won't get bored on your own time! In addition, the Chef's Challenge and Reception that will take place on the first evening of the event will provide more entertainment than you will ever expect!

This is a professional, educational fun event that you don't want to miss. Register now, you won't regret it!

Keynote Speaker

Kenyon Salo is one of the top trainers, facilitators and keynote speakers in his field of adventure, leadership, team building, sales, inspiration and motivation. One of only six members on the Denver Broncos Thunderstorm Skydive Team he is seen each week flying into Sports Authority Field at 60+mph, ending with a soft tip-toe landing on the ten yard line. He brings to the stage over 20+ years of successful audience engagement through humor, awe-inspiring moments, prolific storytelling and edge-of-the seat content. His goal is to deliver high caliber, powerful and heart touching content to each person in the room.



Register online at colosna.com

Planning a Garden

Are you interested in having your own garden this year? You can start now by planting your own container garden, or transplants, for your outdoor garden! First, you need to decide what type of plant(s) you want to grow; this will dictate what size pot you need to get started. Herbs will need 4-inch containers. Peppers, chilies, and eggplants will need 8 to 12-inch containers while tomatoes, broccoli and cauliflower will need 12 to 24-inch containers.

Next, you will need a mixture of compost and potting soil, mix these together well. Select your seeds and make sure to read the back of the package to see how deep the seeds need to be planted, how far apart the seeds need to be and how long it will take the seeds to grow. Water for the first time until the soil is damp, place in a sunny spot and water every other day.

If you want to transition your newly grown plants to your outdoor garden you will need to get them acclimated to the outside temps a little at a time for about one week prior to planting outside. You can do this by setting them outside in a semi-shaded area for one hour at a time and increase by one to two hours each day until they can withstand outdoor conditions. Make sure it is not too cold, rainy or windy. And voila, the transplants will be ready for your outdoor garden!



Friend or Foe?

The first time you plant your garden you will want to pay attention to what crops you plant together. Some crops can be a friend or a foe. For example, garlic, onions, peppers and sunflowers are a foe of beans. You want to make sure and plant these items at least four feet away from each other or on opposite sides of the garden. Make a plan before you start planting to make sure your crops complement each other and not harm each other.

Avocado Feta Salsa

*Courtesy of Allrecipes

Ingredients:

2 plum tomatoes, chopped
1 ripe avocado—peeled, pitted and chopped
1/4 cup finely chopped red onion
1 clove garlic, minced
1 tablespoon snipped fresh parsley
1 tablespoon chopped fresh oregano
1 tablespoon olive oil
1 tablespoon red or white wine vinegar
4 ounces crumbled feta cheese

Directions:

In a bowl, gently stir together first six ingredients. Gently stir in olive oil and vinegar. Then stir in feta. Cover and chill for a few hours.

