



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Nov/Dec 2018 Newsletter

Healthy Bites

Membership Drive

Our state association is participating in this year's Back to School Membership Drive, and we could win big!

This drive began on September 1, 2018 and will end on November 30, 2018. Our state association could win a free registration to SNA's 2018 National Leadership Conference in Sarasota, FL.

You could be a winner, too! Recruit ONE or more new members between June 1, 2018 and May 31, 2019 and you will be automatically entered into a drawing to win 1 of 5 VIP registrations to SNA's 2020 Annual National Conference (ANC) in Nashville, TN!

SNA has a goal to reach **60,000 members by December 31, 2018**. Thanks to the ongoing recruiting efforts of so many of you including our State Leaders, Membership Chairs and Membership Champions we now have **59,270 members** (the highest number in nearly 20 years!) and we are closing in on 60,000 members.



SAVE the DATE for CSNA's Summer Conference June 10-12, 2019
CSNA is excited to announce that we will be partnering with CDE and CDHS in 2019!

Details will be sent shortly regarding our new Chef's Challenge and sponsorships offered.

Registration will be open in mid February for Industry and early March for District Members.



2019 CSNA Summer Conference
June 10-12 | Embassy Suites, Loveland





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CSNA: Share Your Stories

Big and Small Campaign

Nutrition programs in school districts across Colorado have a tremendous opportunity to learn from one another and enhance their own programs based on the stories, practices and experiences of other districts. CSNA is launching the “CSNA: Share Your Stories” campaign to facilitate the sharing of stories across all Colorado school districts that inspire, inform, and elevate how we are feeding our children and operating our programs.

Over the course of the next year, CSNA is asking you for your exceptional stories that have positively impacted the lives of children, staff and the communities they live in. We are looking to collect stories as well as photos and videos to best communicate and share out these stories.

We are asking for your stories that surround the following topics:

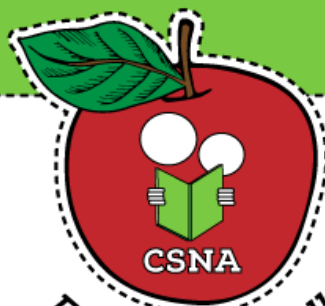
- Inspiring Students - how have some of your staff inspired students?
- Inspiring Staff - how has your staff member/kitchen manager/supervisor/director inspired you?
- Inspiring Innovations - what types of innovations are present in your kitchen (school gardens, farm to school programs, student engagement, grab and go programs, etc.)

We will publish these stories throughout the year 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 “CSNA: Share Your Story” award for sharing the most compelling and inspirational story.

Please submit your stories today. You never know how your story will inspire others.

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

**SHARE YOUR
STORIES**



BIG and small



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SNA NATIONAL NEWS

LAC Registration is now open!

Please let Jodi (jodi@colosna.com) know if you will be attending as part of the Colorado constituency

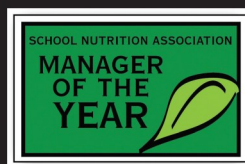


We Want Your Nominations! Recognize a Colleague for an SNA Award Every day SNA members are making an impact serving the students in their school districts. Recognize the hard work by nominating a colleague today for an SNA Award! Nominations for the Employee, Manager and Director of the Year awards are accepted online or directly to the State President by March 1, 2019. All state, regional and national winners will be recognized at the Red Carpet Awards Ceremony at SNA's 2019 Annual National Conference in St. Louis, Missouri. <https://schoolnutrition.org/awards/>

SNA Awards Program

Nominate a colleague you admire!

Awards for School Nutrition Professionals



Nominations are due by March 1, 2019*

For more information,
please visit www.schoolnutrition.org/awards

*Check SNA website for details



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Healthy Holidays

Eat regular meals- that keep you full and include fruits and vegetables. Then, you aren't ravenous when you come to a holiday party.

Bring a healthy dish to gatherings- See recipe below for an idea. Guests will appreciate having a healthy option and trying a new dish.

Reduce Food Waste and Practice Food Safety- Your freezer can be your new best friend! Freeze extra food from the holidays that will not be eaten in the next 3-4 days. You can help reduce food waste and ensure your food is safe to eat. It will be a welcome surprise to have ready to go meals when your company is gone!

Engage in Active Activities-Start new family/friend traditions of doing something active together around the holidays-whether that is a walk after a meal, raking the yard, a dance party, etc.

Make Someone Else's Day- Give a co-worker a compliment, buy a coffee for the person behind you in line, call a friend that you haven't chatted with in a while, clean the dishes after a meal without being asked, etc.

Take Charge to Reduce Stress- Learn to say "no" and intentionally plan self-care activities. Self-care can include taking a walk, reading a book or magazine, cooking your favorite meal, listening to music or a podcast you enjoy, or trying a new hobby

Practice Gratitude- Remember to think of what you are grateful for when holiday stress is high. You could be grateful for your health, social support, living in a beautiful state, work that you are passionate about- ensuring Colorado kids have healthy meals every school day, etc.

Practice Self-Compassion- It's okay to eat more at a holiday meal or gathering than you normally do. Enjoy the holiday food and lively conversation with loved ones. Tomorrow is a new day, and you can return to your normal eating routine.

Healthy Dish to Bring- Cauliflower (The Latest "IT" Vegetable) with Golden

Raisins and Almonds Courtesy of Martha Stewart

Ingredients

2 heads cauliflower, cores removed, cut into florets

½ cup golden raisins

¼ cup olive oil

1/3 cup roughly chopped raw almonds

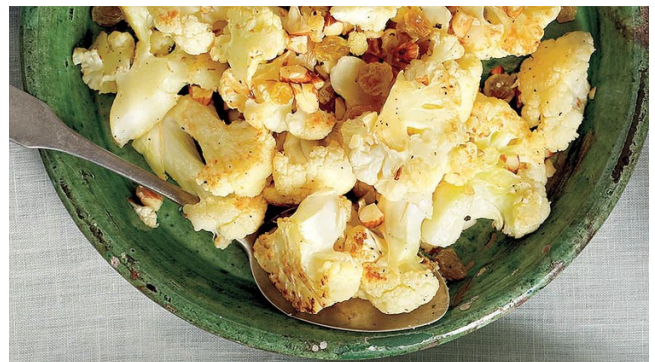
2 tablespoons sherry or cider vinegar

Directions

Preheat oven to 425 degrees, with racks in middle and lower third.

Place raisins in a measuring cup and cover with very hot water.

Arrange cauliflower on two rimmed baking sheets. Toss with oil and season with salt and pepper. Bake 10 minutes. Turn cauliflower and top with almonds. Bake until cauliflower is browned and tender and almonds are toasted, 10 minutes. Drain raisins. Transfer cauliflower to a serving dish; top with raisins and drizzle with sherry vinegar.





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CSNA FACEBOOK - FOLLOW US

Our Membership and Marketing committee alongside our Nutrition committee have some exciting things coming your way on our Facebook and Social Media pages.

Make sure that you start following us at Colorado School Nutrition Association (@colosna) and watch for exciting announcements.

If you have photos or articles you would like us to share please send to Jodi@colosna.com.

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Contact

Jodi@colosna.com

**if you are
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advertisements**

UPCOMING EVENTS

January 13-15, 2019

SNIC

Austin, TX

February 24-26, 2019

LAC

Washington, D.C.

June 10-12, 2019

CSNA Summer Conference

Loveland, CO

July 14-16, 2019

ANC

St. Louis, MO

September 25-27, 2019

CSNA Industry Seminar

Beaver Creek, CO

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



CSNA 2018-19 Industry Members

Thank you for Investing in CSNA

Patron Members (continued)



Sustainer Members



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