



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Oct/Nov 2017 Newsletter

Healthy Bites

Membership Drive

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

You could be a winner, too! Recruit five or more new members between June 1, 2017 and May 31, 2018 and you will be automatically entered into a drawing to win 1 of 5 VIP registrations to SNA's 2019 Annual National Conference (ANC) in St. Louis, MO. Let's recruit and win together! Visit

www.schoolnutrition.org/membership/recruitment/2017-18-annual-membership-campaign for more information and complete rules.

We currently have 883 members and would love to build the number even higher in 2018!!!

Message From the President

A Year to Be Thankful For

The Colorado School Nutrition Association has had a busy start to the 2017-2018 school year. From our second annual Industry Conference to a new Executive Director there are many things I am thankful for.

Here are a few:

Our New Board – September marked the first board meeting for the 2017-18 CSNA Board. All new board members were present and we began defining roles, responsibilities and innovation for our board moving forward. The energy and enthusiasm during our conversations excited me!

There is much more to come this year from the Board.

Our New Executive Director – September also marked the start of our new Executive Director, Jodi McKinney. Jodi has brought organization, thoughtfulness and a critical eye to our team. She is always one step ahead and a true value to the organization.

Our New Lobbyist's – With things heating up at the Capitol, we are very lucky to have Ed Bowditch, Jennifer Cassell, and Alaina McWhorter. They are keeping us abreast of the happenings at the Capitol as well as helping our association move forward some much needed legislation.

A Successful Second Annual Industry Conference – We just keep getting better! During our annual collaboration with our industry partners we learned, laughed and partnered to make our work stronger. Our silent auction also raised over \$3,000 which will go towards scholarships to our members for the national Legislative Action Conference in March.

Our Members and Industry Partners – I humbly thank each and every member that helps our association and the students of Colorado enjoy nourishing meals. The work we do is not easy and we cannot do it alone.

My LPS Family – Through the support of my incredible team at Littleton Public Schools, I am able to serve as your CSNA President. My team is organized, focused and always on top of it. Their dedication to our goals, mission and students is more than top notch. Every day I am blessed to be their leader.

My School Nutrition Family – How many people have the opportunity to work in an industry that shares, collaborates and works towards the common mission of feeding bodies and fueling minds? My SN Family has become my Colorado family and without them, I would be lost.

My thankful list can go on and on. It is something I practice celebrating every day, not only in November. As we embark on the holiday season remember to be present to those in your life; give them love, thanks and praise and give yourself a huge pat on the back for the work you do is essential to our students!



Jessica Gould, RD, SNS





SNF Annual Fund

In 2017, the School Nutrition Foundation is encouraging each State Association to participate in the Annual Fund by providing the following incentives for participation. For states that achieve a percentage participation of 3% or higher, SNF will provide 20% of the total raised for the State Association to use for scholarships. If the state achieves percentage participation of 5% or higher, SNF will provide 25% of the total raised for the State Association to use for scholarships. The contributions that will be counted are:

- \$10 or more
- Made by an individual
- Made by the state affiliate (included in total, not in % participation)
- Made between January 1 and December 31, 2017
- Not restricted for a Special Fund

Colorado surpassed the 3% participation mark in the 2016 Annual Fund with 4.35% participation. In recognition of that achievement, the School Nutrition Foundation will make available 20% of the total raised in Colorado (\$2,544.73) for scholarships in Colorado. That amount is \$508.95. CSNA encourages you to visit the School Nutrition Foundation table near the Conference Registration area to make your contribution for 2017. Our goal this year is for at least 30 people to donate \$20. Donations may also be made at the CSNA SNF web page.

Thank you for your support!

INDUSTRY SEMINAR RECAP 2017

Thank you to everyone that was able to attend the Industry Seminar in Beaver Creek last month. We enjoyed two days of idea sharing, networking and collaboration with 40 directors and 65 Industry Members. We received positive feedback about the venue and the agenda line up. Attendees especially enjoyed the Industry Speed Dating that was introduced this year. The silent auction was also very successful and we raised over \$3000 to put toward LAC scholarships for 2 lucky members! Thank you again for all of the generous donations. We have set the date for next year. Please mark your calendars for **Oct 3-5, 2018** Westin Riverfront, Beaver Creek. We would love to boost our director attendance for next year!



how many kids are counting on you?

30 million school meals are served every day.

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Meet our New Lobbyists



Ed Bowditch - Partner

Ed's background includes 3 years on staff at Legislative Council, 7 years as senior staff to the Joint Budget Committee (JBC), and 1 year as Deputy Director of the Governor's Office of State Planning and Budgeting (OSPb). Ed also served as Vice Chancellor for the Colorado State University System for seven years, and was responsible for working with the System lobbyists on all legislative affairs. Ed also served as Secretary to the CSU Board and has detailed understanding of the State's open meetings and open records laws. With this background, Ed possesses an unparalleled experience with the state legislative and budget processes. Since leaving the CSU System in 2007, Ed has been a lobbyist at the Capitol, representing local governments, agriculture, education, and human services clients. Ed has a Master's Degree from Harvard University in Public Policy and an undergraduate degree from Colorado College.



Jennifer M. Cassell - Partner

Jennifer is a partner with the government relations firm Bowditch & Cassell Public Affairs (BCPA) where she advocates on behalf of economic development, insurance, education, local government, and agriculture interests to the Colorado General Assembly. Jennifer co-founded BCPA after working as a lobbyist for Tomlinson & Associates, and as the legislative liaison for Governor Hickenlooper's Office of Economic Development and International Trade. She was also part of the Governor's Legislative Policy staff. Jennifer has worked as a legislative aide, campaign manager, and research associate in Washington D.C., Colorado, and Kansas. In addition, Jennifer is an adjunct faculty member at Colorado Mountain College and teaches courses in political science, American government, and international relations. Jennifer was born and raised in Wichita, Kansas, and holds Bachelor of Arts degrees in Political Science and International Studies from the University of Kansas, and a Master of Arts degree in International Studies from the University of Denver. Jennifer is an avid golfer, skier, and KU and IU basketball fan.



Alaina McWhorter - Associate

Alaina joined Bowditch & Cassell Public Affairs as an associate lobbyist in the Fall of 2017 after 5 years experience in housing and human services. During the 2017 legislative session, Alaina worked with Housing Colorado on a bill to establish a dedicated, statewide funding source for affordable housing. Alaina is eager to continue advocating at the Capitol to serve Coloradans' greatest needs and is excited to expand her advocacy efforts to include education, human services, economic development, and local government. Alaina holds a Master of Arts degree in Public Administration with a Certificate in Nonprofit Management from the University of Colorado Denver. She is also a Wichita State Shocker with a Bachelor of Arts degree in Political Science. You'll find Alaina spending her free time hiking, biking, gardening, or cooking with her two rescue dogs.



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.

Giving Tuesday - November 28, 2017 is #GivingTuesday

We have a day for giving thanks (Thanksgiving). We have two days for making purchases (Black Friday & Cyber Monday). Now, we have #GivingTuesday, a day dedicated to giving back. On Tuesday, November 28, 2017, non-profits, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

Save the Date:

SNA's Virtual Expo Launches on February 6, 2018

Get ready...SNA's Virtual Expo launches on February 6, 2018. This free, virtual trade show will be accessible to attendees from February 6 –March 16, 2018.

This unique experience is open to all SNA members, and it will provide access to content twenty-four hours a day, seven days a week. Going virtual allows you to visit as often as you'd like from the comfort of your own computer. A few conference highlights include:

- Virtual Exhibit Hall: Explore products and services from up to 60 exhibitors
- Learning Center: Access education sessions you may have missed from SNA's Annual National Conference in 2017
- Networking Lounge: Meet and chat with other attendees and easily exchange contact information
- Free registration opens January 2018.

UPCOMING STATE AND NATIONAL EVENTS

JANUARY 21-23, 2018
SNIC
New Orleans, LA

FEBRUARY 8, 2018
CSNA Day at the Capitol

MARCH 4-6, 2018
LAC
Washington, D.C.

JUNE 13-14, 2018
CSNA Summer Conference
Embassy Suites, Loveland

JULY 9-12, 2018
ANC
Las Vegas, NV



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Plantain Quesadillas

(Use of BIG BANANA® Ripe Plantain Slices)

Makes 4 - 7" quesadillas



INGREDIENTS

12 slices **BIG BANANA®** Ripe Plantain Slices
1/3 cup vegetable oil
(to cook the skinny way, substitute 2 tablespoons of oil)
8 small flour tortillas
6-oz grated Mexican 4-cheese
Butter, for cooking quesadillas

PROCEDURE

Cut Ripe plantain slices into 1/4" dices and set aside.
Pre-Heat oil to 350 degrees
Carefully add the plantain and cook for about 3 minutes, until golden brown, flipping half way through.
Set cooked plantains aside.
Line up 4 tortillas in an assembly line. Add about 1/8 of the cheese to each of the 4 tortillas and top with the equivalent of 3 slices of plantain.
Cover the plantains with remaining cheese, dividing equally among the 4 quesadillas and top with remaining tortillas.
Heat butter in a pan set over medium-high heat.
The amount will vary on the size of your pan; you shouldn't need more than 1 tablespoon per quesadilla.
Place a quesadilla in the pan, turning once, until tortilla browns slightly, 3 to 4 minutes per side.
Repeat until all quesadillas are cooked.
Once cooked quesadillas have cooled for 2 minutes or so, use a sharp knife to cut it into quarters for serving.

*Recipes created by Arthur Artiles exclusively for MIC Food® © 2016 MIC Food.
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Make your Thanksgiving Plate a Healthier Plate!

The average Thanksgiving meal can be as much as 4,500 calories! This is twice the amount of calories an average person needs per day. To avoid packing away excessive calories this holiday season consider making your plate a healthier plate and balance your activity with your calorie intake



Start with eating a healthy breakfast. You might think it would be best to save your breakfast calories for the big dinner but it is more important to eat breakfast so you won't be famished and overeat later.

Get active! Take a walk first thing in the morning and then again with your family after dinner. This is a great way to have some family bonding time and get some health while benefits doing it!

Start your meal with a bowl of healthy soup to fill you up, this will help you avoid eating higher calorie foods later. (Try the recipe for Butternut Squash Soup provided.)

To make your plate a healthier plate, start by filling up 1/2 of your plate with vegetables. Then fill up 1/4 with turkey or other protein item and the remaining 1/4 of your plate with starchy foods. Don't waste your calories on foods you can have anytime of the year- save them for your favorite holiday dishes.

Watch your portion sizes and avoid the temptation to go back for seconds! Don't forget the extra calories from alcohol and other beverages, as these add up too.

Then enjoy the holiday season with family and friends!

Butternut Squash Soup

Courtesy of Food Network Kitchen

Ingredients

One 2- to 3-pound butternut squash, peeled and seeded
2 tablespoons unsalted butter
1 medium onion, chopped
6 cups chicken stock
Nutmeg
Salt and freshly ground black pepper

Directions

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.



CSNA 2017-18 Industry Members

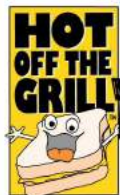
Thank you for Investing in CSNA

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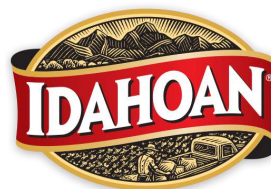
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CSNA 2017-18 Industry Members

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Patron Members (continued)



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