



Healthy Bites

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Save the Dates:

SNA Industry Conf

Jan 12-14, 2021

Virtual Event

CSNA Summer Conf

June 15-17, 2021

Pueblo, CO

gratitude

November is always a good time to reset, slow down, and take some time to reflect on what we are grateful for. Are you looking for a way to jump-start some healthy habits? Build up your baseline of positivity with the #21daysofGratitude from the American Heart Association.

CSNA is extremely grateful for each and everyone of our members and hope you all have a wonderful Thanksgiving holiday.

Day 1: Write down 1 thing you're really good at.

Day 2: Find 3 positive ways to describe yourself, write them down and put them somewhere you will see them.

Day 3: Take a photo of something you find beautiful. (Bonus points for posting it to social media!)

Day 4: If something frustrates you today, take a moment to reframe and find something that IS going your way.

Day 5: Take 2 minutes to list the awesome things your body can do, and remember them when you're feeling down.

Day 6: Rename your alarm to a nice message, like "The universe has your back," to help you start the day in a positive frame of mind.

Day 7: Think of something about your body that you consider less than perfect. Then, write a little note of appreciation about it.

Day 8: Look for someone to help today without expecting anything in return.

Day 9: Reach out to someone who could use some extra appreciation.

Day 10: Think of someone who makes your day better and invite them to lunch.

Day 11: Write a note of appreciation to someone you really care about.

Day 12: Offer a hug to someone you're grateful for. Make it a genuine two-armed!

Day 13: Text someone and tell them why you're grateful for them.

Day 14: Schedule some time to volunteer in your community. Don't know where to start? Look for opportunities at heart.org/volunteer

Day 15: Write down what you've eaten today and be grateful for every item without judging any of it as "good" or "bad."

Day 16: Next time life doesn't go your way, try to think of something about the situation that you can be grateful for.

Day 17: Take a moment to invite someone you're thankful for to dinner.

Day 18: Pause before your next meal to sit in gratitude. Notice how yummy it looks and smells, and feel grateful to the person who prepared it (especially if it was you).

Day 19: Think of someone whose cooking warms your soul and tell them how much their nourishment has meant to you.

Day 20: During your next meal, try to put your fork down between each bite and really enjoy the flavors, rather than wolfing it down.

Day 21: Take 2 minutes to reflect and write about how you feel after participating in this challenge. Then, keep the 'tude going all year long!



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CSNA Leadership Opportunity & SNA Ballot Released



CSNA Leadership Opportunities

The 2021 election nomination process is now open! CSNA is collecting names of those interested in running for our CSNA VP Position. This is a fantastic opportunity to support your association! Please contact Jodi or Shannon Solomon if you are interested.

SNA Ballot Announcement

We are thrilled to have another Colorado candidate on the SNA Ballot! **Monica Deines-Henderson** is on the ballot for SNA Vice President. The election will take place in Feb 2021, please spread the good word and encourage your staff to vote! Click here to read all candidates bio's : <https://schoolnutrition.org/about-sna/leadership-opportunities/sna-election/2021/>

There are two types of blueberries.
PICK WILD!

WILD BLUEBERRIES Give Schools More!

- More flavor that students love
- More value – 25% more servings per pound*
- More variety with recipes beyond breakfast

Serve as:

sweet sauce → savory dip → pizza

* Source: 2016 USDA Food Buying Guide Additional Yield Information for School Meals.

Order the USDA frozen blueberry that gives you MORE!
 USDA Foods Product Numbers:
 30 lbs.—Item #100243 | [8] 3 lbs.—Item #100242
 Recipes, Resources and More at Wildblueberries.com/schoolfoodservice

Wild Blueberries



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Macaroni and 4 Cheeses

As the weather gets colder and comfort food becomes more desirable, here is a healthier version of Macaroni and Cheese to try with your families. My kids love it and can't taste the secret ingredient!



Ingredients:

- Nonstick cooking spray
- 1 pound elbow macaroni
- 2 (10-ounce) packages frozen pureed winter squash
- 2 cups 1 percent low fat milk
- 4 ounces extra-sharp Cheddar, grated (about 1 1/3 cups)
- 2 ounces Monterey jack cheese, grated (about 2/3 cup)
- 1/2 cup part-skim ricotta cheese
- 1 teaspoon salt
- 1 teaspoon powdered mustard
- 1/8 teaspoon cayenne pepper
- 2 tablespoons unseasoned bread crumbs
- 2 tablespoons grated Parmesan
- 1 teaspoon olive oil

Directions:

1. Preheat the oven to 375 degrees F. Coat a 9 by 13-inch baking pan with cooking spray.
2. Bring a large pot of water to a boil. Add the macaroni and cook until tender but firm, about 5 to 8 minutes. Drain and transfer to a large bowl.
3. Meanwhile, place the frozen squash and milk into a large saucepan and cook over a low heat, stirring occasionally and breaking up the squash with a spoon until it is defrosted. Turn the heat up to medium and cook until the mixture is almost simmering, stirring occasionally. Remove the pan from heat and stir in the Cheddar, jack cheese, ricotta cheese, salt, mustard and cayenne pepper. Pour cheese mixture over the macaroni and stir to combine. Transfer the macaroni and cheese to the baking dish.
4. Combine bread crumbs, Parmesan cheese and oil in a small bowl. Sprinkle over the top of the macaroni and cheese. Bake for 20 minutes, then broil for 3 minutes so the top is crisp and nicely browned.



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Legislative Updates



PEBT BENEFIT PETITION

Congress has authorized the extension of the PEBT benefits for families who were unable to register before September 30th. Allied partners are working with state agencies to ensure the process of benefit issuance goes smoother for the second round. Please sign the [petition](#) to show your support for direct benefit issuance.

USDA Extends SFSP/SSO Waivers through SY 2020-21

U.S. Secretary of Agriculture Sonny Perdue announced the extension of all Summer Food Service Program (SFSP) and Seamless Summer Option (SSO) waivers, allowing schools to offer meals to all children at no charge through the end of the 2020-2021 school year. SNA will post any USDA guidance once it becomes available on [SNA's homepage](#).





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Announcing the All-New STEPS Strive to Thrive App from SNA!



Strive to Thrive
steps
challenge

We're taking SNA's personal wellness program for school nutrition professionals to a whole new level! Announcing the all-new STEPS Strive to Thrive mobile app—a super easy way to track your steps and keep you and keep you emotionally and physically healthy and motivated in today's world! PLUS, you'll have a chance to win prizes by participating in quarterly challenges!

How it Works

To get started, simply download the SNA Strive to Thrive app can track your STEPS using your device of choice—a FitBit, Apple Watch, Garmin or the step tracker in your smartphone via Apple Health or Google Fit. Your steps will automatically be uploaded into the Strive to Thrive Leaderboard, which will continuously display the current STEPS challenge leaders.

Step Up to the Challenge

The App will also offer new bonus activities that you can use to boost your STEPS—such as mediation and gratitude journaling. Each challenge will feature an official STEPS goal set by SNA. Beginning on January 15, 2021 we will begin hosting new Quarterly STEPS Challenges throughout the year featuring special Strive-to-Thrive virtual activities and more health and wellness themed prizes.

Community Holiday Challenge Kick-Off

The inaugural SNA Community Holiday Challenge will run from Monday, November 16, 2020 through January 3, 2021. Those reaching 50,000 steps or more will be eligible to win a special themed prize pack that will include a gift card! We'll be announcing more details about this "mystery" prize in the coming weeks—so stay tuned! Post your activities and progress on social media to help spread the word and use the hashtag #SNAStrive2Thrive—we may share your content!

Are you ready? Let's go!

[CLICK HERE TO GET STARTED!](#)

The SNA STEPS Strive to Thrive personal wellness program is made possible by exclusive sponsor Jennie-O Turkey Store.





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Don't miss out... Share your Story and Contest

Now more than ever, please SHARE YOUR STORY! We know you are all doing great things and we would love to hear about them!

In 2020, CSNA is continuing 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 students and operating our programs. 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 would like to continue to provide this opportunity in 2020.

Over the course of the next several months, CSNA is asking again for you to submit 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.)

ALSO ... Dairy Max is currently running a contest to help spread joy and reward school nutrition heroes! Dairy MAX wants to reward school nutrition heroes through their Tell Me Something Good Contest! Any School Nutrition Staff member within Colorado is eligible to enter and could win a Hubert purchase credit valued at \$2,300 for their team. [Enter here](#) before *December 18th* and share a photo of you and your nutrition team in action, along with a caption. Winners will be chosen at random and will be notified by their Dairy MAX Wellness Consultant by January 15th.

See their [Official Rules](#) or [Frequently Asked Questions](#) for more details.

[Click here to share your story with CSNA today!](#)

Don't miss out, submit your story and like our page today!

Find us on Facebook [@colosna](#)



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Let's Create Great Dishes Together!®

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FOOD SERVICE



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