



# Healthy Bites

## In this issue:

- Healthy School Meals for All
- Industry Thank You
- CSNA Summer 2023 CFP's accepted now
- Get to Know Your Gov Board
- CDE-Local Coop Grant
- CSNA Leadership Opportunities
- Healthy Holiday Tips
- Thank You

## SAVE THE DATES:

- CSNA Summer Conf  
June 12-14, 2023  
Pueblo, CO
- CSNA Industry Seminar 2023  
October 25-27  
Westin

# WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

### CHARITY



**GRATEFUL PEOPLE ON AVERAGE GIVE 20% MORE**



### PSYCHOLOGICAL

**GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES**



**BY 5%**

### COMMUNITY



**GRATEFUL PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY**

### HEALTH



**GRATEFUL PEOPLE WILL: HAVE 10% FEWER STRESS RELATED ILLNESSES BE MORE PHYSICALLY FIT HAVE BLOOD PRESSURE THAT IS LOWER BY 12%**

### WORK

**HAPPY PEOPLE'S INCOME IS ROUGHLY 7% HIGHER**



### FRIENDS

**MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED**



### YOUTH

**13% FEWER FIGHTS  
20% MORE LIKELY TO GET A GRADES**



### WHERE?



### LIFE



**GRATEFUL TEENS ARE 10X LESS LIKELY TO START SMOKING**



**THE MOST GRATEFUL COUNTRIES ARE: S. AFRICA, UAE, PHILIPPINES & INDIA**

**LEAST: NETHERLANDS, DENMARK, HUNGARY, CZECH REPUBLIC & UK**

**OVERALL POSITIVE EMOTIONS CAN ADD UP TO 7 YEARS TO YOUR LIFE**

SOURCES:  
1. FREDERICK, L. & SANDS, J. (2013). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
2. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
3. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
4. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
5. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
6. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
7. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
8. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
9. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.  
10. FREDERICK, L., SANDS, J., & ANTONIO, R. (2015). GRATITUDE AND POSITIVE PSYCHOLOGY: A REVIEW OF THE LITERATURE. In M. T. H. Chi, R. Glaser, & J. J. Farr (Eds.), The handbook of creativity (2nd ed., pp. 137-152). New York, NY: Springer.



COLORADO  
SCHOOL  
NUTRITION  
ASSOCIATION

Feeding Bodies. Fueling Minds.™

# Prop FF, Healthy School Meals for All

## **Proposition FF - Healthy Schools Meal for All (HSMA) Updates**

CSNA is committed to being a resource to help connect and support members with up to date information throughout this transition! One way we plan to keep members up to date is by adding this Prop FF section to our newsletter. Be on the lookout for more resources and updates to be added here and to our website as we head into 2023!"

As a reminder, nothing changes immediately for our students and our programs. We all have time to learn and make informed decisions.

What we do know for next school year:

- Districts must opt-in to the HSMA program in order to participate.
- If you opt in:

HSMFA will begin in the 2023-24 school year.

Districts will be required to maximize federal revenue. Which may include implementing Community Eligibility Program (CEP) for your district. [Click Here for CDE webpage on CEP](#)

The State of Colorado will fund the gap between reimbursement and the federal free reimbursement rate for all eligible meals served for that district.

For more information and resources, please visit CDE toolkit: <https://www.cde.state.co.us/nutrition/healthymealsforallguide> and CSNA talking points: <https://www.colosna.com/Legislation.aspx> . CDE and CSNA are working to update these documents with more detailed information now that the bill has passed.

Sincerely,

*Molly Brandt*

Molly Brandt  
2022-2023 CSNA President



COLORADO  
SCHOOL  
NUTRITION  
ASSOCIATION

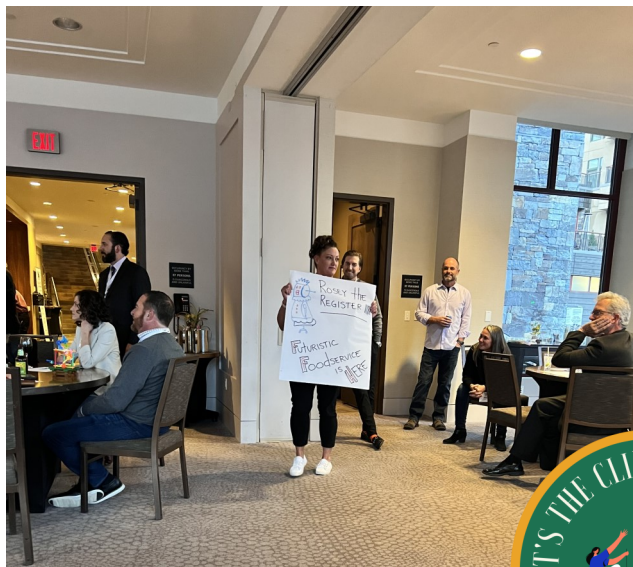
Feeding Bodies. Fueling Minds.™

**CSNA**

# **INDUSTRY SEMINAR 2022**

**THANK YOU to everyone that was able to attend!**

Our conference Co-Chairs, Brandon Durio and Kara Sample, had the vision of learning, networking and a whole lot of laughing when planning this seminar. I think we can all agree that they accomplished this goal! We appreciate each and everyone of you that took part and shared your knowledge and we can not wait to see everyone again at the Westin in October 2023!







COLORADO  
SCHOOL  
NUTRITION  
ASSOCIATION

Feeding Bodies. Fueling Minds.™

# SAVE THE DATE

## CSNA SUMMER 2023

### Call for Proposals Open Now!



## Call For Proposals

**Conference Dates:** Monday, June 12 - Wednesday, June 14, 2023

[Click here to Submit an Education Session Proposal](#)

### **Call for Proposals:**

CSNA is currently accepting proposals for education sessions to be presented at the 2023 Annual Conference held at the Pueblo Convention Center in Pueblo, Colorado.

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

**Suggested Topics:** The Education and Conference Committee is specifically interested in receiving session proposals that will enable participants to grow in their roles as child nutrition professionals in all sizes of districts, both urban and rural. Classes can be geared either towards Food Service Employees and Onsite Managers, or District Directors and Supervisors. Suggested [Education Session Topics](#) are available for review as CSNA will be seeking out sessions within each Key Area.

### **Submission Timeline:**

- October 26, 2022 - Call for Proposals Open
- December 16, 2022 - Call for Proposals Closes
- February 10, 2023 - Proposal submitters notified of program status; accepted, pending or declined. *Accepted proposal submitters will receive an additional timeline*



COLORADO  
SCHOOL  
NUTRITION  
ASSOCIATION

Feeding Bodies. Fueling Minds.™

# Get to Know Your CSNA Board

## CSNA Treasurer

## Jennifer Peifer

Welcome to our latest newsletter feature: *Get to Know Your CSNA Gov Board*

We are excited to get to know our current CSNA Treasurer, Jen Peifer!

### Q&A with Jen



#### **What is your role within your district?**

Director of Nutrition Services for Douglas County School District.

#### **What is your educational background?**

Bachelors and Masters degrees in Nutrition from CSU.

**Family?** I have been married to my husband Josh for 8.5 years and we have two beautiful daughters (Evelyn. 6 and Delilah 1)

#### **How long have you been a member of CSNA and what roles have you held?**

I am current Secretary/Treasurer for CSNA. I have been a CSNA member since 2013 and became more active with the Association around 2016.

#### **Where was your first CSNA Conference/Event? What was memorable about it?**

My first conference was CSNA 2013 at the Hotel Elegante in Colorado Springs (which I think was memorable for many of us...). I had only worked in the profession for less than 3 months so I didn't know anyone. It was memorable because I didn't know what to do or where to go and was too shy to talk to anyone, so I'm not sure how much I got out of it!

**What is the food whose appeal is lost on you?** Olives, in any color or form. Gross...

**Career outside of School Nutrition, money no object?** I would be a baker. I love to bake and test out new recipes and techniques. Or an ice cream taste tester... Basically anything that allows me to eat sugar and be paid for it.

**What is on your bucket list?** A safari in Africa. I would love to get to see those animals in their natural habitat. But not too close.

**What do you find most rewarding about serving the board?** I have loved getting to see the inner workings of everything CSNA does from conferences, to trainings and legislative activities. I get to see first hand the passion that is everywhere in this profession and learn from other others. I am happy I can be a part of the Board to support the organization any way I can.



COLORADO  
SCHOOL  
NUTRITION  
ASSOCIATION

Feeding Bodies. Fueling Minds.™

## News from CDE

# Local Food for School Cooperative Grant

The CDE School Nutrition Unit received funding through the USDA Agricultural Marketing Service Local Food for Schools Cooperative Grant. These funds will be sub-awarded to districts participating in the National School Lunch Program, in the form of reimbursement for local food purchases of unprocessed or minimally processed food that is grown, raised, produced, aggregated, stored, or distributed within Colorado or 400 miles from production to destination. This funding will allow school food authorities to increase the quality and nutrition of school meals, and support local and regional food systems, further befitting student health and educational outcomes.

To participate in this program and fund local purchases starting October 1, 2022, follow these steps:

[Complete this opt-in form](#)

[Watch this recorded webinar for details about the grant](#)

When a district opts-in to participate in the program, they receive the required-tracker. Complete the tracker for all purchases throughout the lifecycle of the grant, purchasing from socially disadvantaged farmers, ranchers, and small business whenever possible. At the end of each quarter, CDE will submit for reimbursement on your behalf.

For this Local Food for School Cooperative grant and other CDE grant information, see the [CDE Grants and Awards Webpage](#).



**COLORADO**  
Department of Education

## **Call for Nominations: 2023-2024 CSNA Leadership Opportunities**



The Colorado School Nutrition Association (CSNA) is excited to announce a number of leadership opportunities for the 2023-2024 school year. These opportunities are open to all members of the association. If you are interested in being considered for one of these leadership positions, please contact Amy Faricy Immediate Past President and Nominating Committee Chair for CSNA at the contact information located at the bottom of this page.

---

### **Elected Positions**

**Vice President:** When elected, the Vice President serves a four-year term as the individual serves one year in each of the positions of Vice President, President-Elect, President, and Immediate Past President.

**Treasurer:** When elected, the Treasurer serves a three-year term as Treasurer.

**Eligibility Requirements:** *To be eligible for Vice President or Treasurer, a member shall have held membership in CSNA for at least three years immediately preceding the nomination for Vice-president, be a member of SNA, be SNA certified or credentialed and have demonstrated leadership and ability. Candidates must be regularly employed in an eligible field.*

---

### **Appointed Positions**

**Committee Chair** (Two Year Appointments)

Industry Committee (2023-2025)  
Marketing, Membership and Fundraising  
(2023-2025)

**Section Chair** (One Year Appointments)

Employee/Manager Representative  
Industry Representative  
Director/Supervisor Representative

---

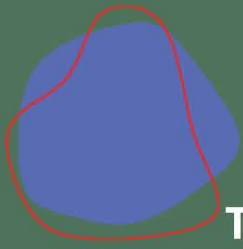
### **Committee Members** (Assigned based on request/space)

- Conference and Education Committee
- Marketing, Membership & Fundraising Committee
- Resource Development and Nutrition Committee
- Public Policy & Legislation Committee
- Industry Committee

**Interested in Serving?**

**Please contact Amy Faricy: [Amy.Faricy@dcsdk12.org](mailto:Amy.Faricy@dcsdk12.org)  
by January 4<sup>th</sup> for next steps.**





# HEALTHY TIPS

*For You*

The holidays are upon us! Overindulging is going to be evident, but here are some helpful and healthy tips. Don't worry, your body will thank you!

## Eat More Vegetables

Start your meals with vegetables. By increasing your veggie intake, you increase gut healthy fiber and may reduce calorie intake from other foods.



## Routine Workout

The days are shorter, but don't skimp out on that workout! Working out reduces stress, & increases energy. Try something new like Yoga or Pilates! Even a walk after dinner is beneficial!



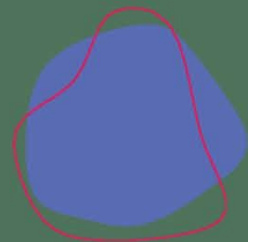
## Sleep Well

Turn off that TV, put down that phone and get some Z's! Your body needs time to recharge and sleep helps to support healthy brain function and maintains physical health.



## Take Time for YOU

Don't forget to take time for yourself. Go for a solo walk, read a book, take a bath, meditate, write in a journal. You deserve some quite time!





# CSNA 2022-23 Industry Members

Thank you for Investing in CSNA

## Trustee Members



# CSNA 2022-23 Industry Members

Thank you for Investing in CSNA

## Patron Members



## Sustainer Members

