



COLORADO  
SCHOOL  
NUTRITION  
ASSOCIATION

Feeding Bodies. Fueling Minds.™

## October-November 2023 Newsletter

# Healthy Bites

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### SAVE THE DATES:

- CSNA Summer Conf  
June 11-13, 2024  
Loveland, CO

Can you believe that it is only a month until the first day of Winter? Where did Fall go y'all? Well in this wonderful time of year when we reflect on everything, we are grateful for, it is almost impossible to think of everything we have accomplished since the beginning of this school year, and we must thank each and every one of our members for the help and support through these

past months. School food operators have been doing everything to feed all the students in Colorado, our industry partners have been working hard to get the food and supplies for every meal and all the kitchen equipment needed to keep up with the demand, and local legislators are already reaching out to CSNA for the next steps to take. WOW... that where the time has gone, and we are all feeling the deepest gratitude right now with maybe a little exhaustion. We hope that you can take the time to relax and enjoy the holiday season.

Sincerely,  
Brandon Durio  
CSNA President 2023-2024



# BENEFITS of GRATITUDE



**GRATITUDE**  
Improves WELL-BEING  
by **10%**  
Which is the same impact  
as doubling your income



**GRATITUDE** improves  
**RELATIONSHIPS**  
Gratitude makes you **FRIENDLIER**, more  
**SOCIAL** and more **HELPFUL** to others



## **Improved Immune Function**

GRATITUDE increases optimism, which studies show  
enhances the **CELL-MEDIATED** immune system  
- the way our body fights viruses and bacteria.



GRATITUDE increases  
**Sleep QUALITY**  
**Sleep DURATION**  
GRATITUDE decreases  
**Time to fall ASLEEP**

Writing in a  
**Gratitude Journal**  
Can induce the  
**Relaxation Response**

Resulting in improved mood,  
relaxed muscles, lower blood  
pressure and heart rate.



People who practice GRATITUDE

**EXERCISE**

On average for



**40 MINUTES**  
More per week

**GRATITUDE**

Improves resiliency to

**STRESS**

And makes you  
more likely to offer  
support to others



**GRATITUDE IS**  
**HAPPINESS**

Recognized after-the fact  
to be caused by the

**KINDNESS of OTHERS**

Robert Emmons, gratitude researcher





# INDUSTRY SEMINAR

## 2023 RECAP



Speaking of Gratitude ... THANK YOU to everyone that was able to attend our Industry Seminar 2023! We had a wonderful time “Elevating our Game”.

The networking and learning were amazing! We hope you all took away some valuable knowledge and made some new connections as well.

Thank you to all that participated in our fundraising events as well. We are thrilled to report that we raised over \$3000 for our CSNA Scholarship fund, along with two new sponsored scholarships from Cool Tropics: one for SNA’s LAC and one for the CSNA Annual Industry Seminar. CSNA’s ability to offer scholarships for our membership is a perk that we are honored to offer and we greatly appreciate the contributions!





# **CSNA Summer Conference**

## **2024 Save the Date**

### **Call for Proposals Open Now**

Our conference planning committee is already busy planning for Summer Conference 2024. We will back in Loveland for another fantastic event!

**Save the Date: June 11-13, 2024**  
**Diverse Plates/Diverse Minds**

#### **Call for Proposals:**

CSNA is currently accepting proposals for education sessions to be presented at the conference.

### **Submit an Education Session Proposal**

Suggested Topics: As the theme suggests we will have a focus in 2024 on diversity and what this means in our cafeterias. We'll also have a strong focus on Farm to School. NEW for 2024, we hope to offer some operational sessions taught in Spanish.

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](#)

#### **Submission Timeline:**

- Nov 20, 2023 - Call for Proposals Open
- December 15, 2023 - Call for Proposals Closes
- February 16, 2024 -Proposal submitters notified of program status; accepted, pending or declined. *Accepted proposal submitters will receive an additional timeline*





# **Get to Know Your CSNA Board**

## **CSNA Vice President**

### **Anna Meza**

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

We are excited to get to know our current CSNA Vice President, Anna Meza!

#### **Job Title/Position, Board Position, Member since, Education, Family**

- I'm the Operations Specialist for Greeley-Evans District 6, and the current Vice President for CSNA. I've been a member since 2014. I'm grateful to have started my School Nutrition journey while getting my AA in Culinary Arts from Front Range Community College. It allowed me to work at what would become my lifetime career while getting a great experience at a small school. I'm loving raising my tiny family- two amazing humans, one freshman in high school and one who started kindergarten this year; alongside my partner Steven who is a Rehabilitation Therapist with North Range Behavioral Health.



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

- My first CSNA Summer Conference was so long ago! It was at the Hotel Elegante in Colorado Springs (if you know, you know!). I will never forget that conference because I was SO AMAZED at how many people were there, and all of them were in school nutrition! That's when I knew that I'd found my people and would be looking forward to many more Summer Conferences to come.

#### **What skill would you most like to learn?**

- Fixing Cars! If I didn't go to Culinary School, I definitely would have loved to be able to fix my own car, and work on classic cars as a hobby (maybe someday still!).

#### **If you could have any career outside school nutrition and income was not an issue, what would it be?**

- I would LOVE to be the green room person at Red Rocks. Getting to see so much live music and enjoy the beautiful view of Denver every day would make my soul sing

#### **What are the songs on the soundtrack to your life?**

- This calls for a top 3! Three Little Birds by Bob Marley and the Wailers; Hand Me Downs by Mac Miller, and Bejeweled by Taylor Swift

#### **What is on your bucket list?**

- Seeing live music in every state in the US, and then on every continent! I'll rarely turn down an amazing concert adventure.



# **Call for Nominations: 2024-2025 CSNA Leadership Opportunities**



The Colorado School Nutrition Association (CSNA) is excited to announce a number of leadership opportunities for the 2024-2025 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.

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## **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.

**Eligibility Requirements:** To be eligible for Vice President, 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.

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## **Appointed Positions**

**Committee Chair** (Two Year Appointments)

Resource and Development Chair (2024-2026)

Conference and Education Chair (2024-2026)

PPL Vice Chair (2024-2026)

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## **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 Molly Brandt: [Molly.R.Brandt@adams12.org](mailto:Molly.R.Brandt@adams12.org)  
by January 4<sup>th</sup> for next steps.**



# PPL

## Updates

With Healthy School Meals for All in full swing for the 2023-24 school year, many districts are seeing incredible increases in participation. This is very exciting for students in Colorado! Many are also experiencing longer lines and not quite enough time to eat. With this, the topic of Time to Eat has bubbled to the surface. There are a couple of happenings related to Time to Eat occurring at this moment. First, Colorado State Board of Education policy states explicitly that the lunch period cannot be included in the Instructional Time calculation – this is different from many states. As conversations about Instructional Time occur at the State Board level, many (including CSNA) support this language being removed allowing for additional flexibility for districts and schools to ensure lunch periods allow for enough time for students. CSNA has submitted a public comment in support of this and urging the board to add this topic to a future agenda. Second, we anticipate that a bill may be introduced to address Time to Eat in the coming legislative session. We hope to help inform this bill and ensure that any bill is feasible for operators within our sites while addressing students time to eat. As both of these move forward, we will keep you up to date.

Additionally, Governor Polis called a Special Legislative Session, it began Friday, November 17<sup>th</sup>. The Summer EBT bill ([SB 23B-002](#)) passed during the Special Legislative Session allowing for CO to participate in the Summer EBT program beginning in Summer 2024. CO Department of Human Services (CDHS) and CO Department of Education School Nutrition (CDE OSN) will partner in the implementation of this program and more details will be communicated to districts this Spring. Below is a passage from the press release announcing this session.

*A recently passed federal law provides Colorado with an opportunity to provide food and nutrition benefits to over 300,000 Colorado children during the summer months beginning as soon as the summer of 2024. Passing legislation as soon as possible will enable us to stand up this critical program in time for this summer and access approximately \$35 million in federal benefits. Working together in partnership with the legislature, over 300,000 Colorado children could gain access to summer meals if action is taken during this special session'*

As we learn more, we will ensure that our membership is well-informed. As always, if you have questions, please don't hesitate to reach out.

Erika Edwards, [Erika.edwards@jeffco.k12.co.us](mailto:Erika.edwards@jeffco.k12.co.us)



## **District Highlights:**

# **National School Lunch Week**

**Check out this video from Cherry Creek's Fall Showcase:** [CLICK HERE TO VIEW VIDEO](#)

On October 12th, 2023 the Cherry Creek School District Food and Nutrition Services (FNS) Department hosted a Fall Showcase at their Student Nutrition Center to celebrate National School Lunch Week. The event was an opportunity for the Cherry Creek community to connect with the Food and Nutrition Services department and learn about the National School Lunch Program and get an inside look at what goes into making school lunch.

The Fall Showcase started with a program overview presentation from Assistant Director Shannon Thompson. The presentation covered reimbursable meals, special diets, how “free meals” are funded, making menus and working with local suppliers. While parents watched the presentation, children had the chance to color in My Plate coloring sheets and read children’s books about food. There was also a Smart Snack display and information about employment opportunities with FNS.

After the presentation attendees were given a tour of the production kitchen, bakery and warehouse. In the production kitchen, guests were able to try samples of the district’s scratch cooked entrees including frito pie, penne with meatless sauce, smoothies, roasted chickpeas and street corn. In the bakery there was a demo of dinner rolls being made and samples of their homemade blueberry bread and granola. Guests were able to see the different equipment the bakery uses and learn about their baked from scratch products. Students enjoyed the opportunity to get hands on and play with the bread dough!

In the warehouse, guided tours were taken to show where our food is stored. Families had the opportunity to walk through and see the cases of food that they are served daily! Guests were able to go into the freezer, if they wanted to, to see how large an industrial freezer is. Guests were also able to go into the cooler to get an idea of how pallets are staged before going out to the schools. Students were able to find their school on the route schedule and see what day their school gets a delivery.

Fifty-four parents, children, school staff, and community members attended the event. The Food and Nutrition Services Department was thrilled to be able to share their hard work and innovative ideas with the school community and is looking forward to their next showcase which will be during National School Breakfast Week.







## District Highlights:

### Colorado Proud Day

Students and educators at St Vrain Valley SD, Timberline PK-8 celebrated “Colorado Proud School Meal Day” with a school lunch made entirely from locally-sourced ingredients and featured activities that emphasized the school’s partnership with Colorado farmers, ranchers, and industry experts.

During the event, students had the opportunity to interact with various community partners who highlighted their roles in Colorado’s agricultural landscape and how it benefits students in St. Vrain Valley Schools. Several animals were on site including goats, sheep, chickens, and a horse. Each group of students spent a few minutes at each presentation and were able to explore the interactive activities and ask questions.

“I loved learning about different seeds and which animals eat them. But my favorite part was learning about cows and their teeth. I learned they only have teeth on the bottom,” said third grade student Leonardo Corchado. Ximena Mendoza de la Cruz, a first grade student, added, “I enjoyed everything. My favorite part was seeing the horse because it was so big.”

After the event, students were given worksheets to complete as a follow-up to their learning.





# **Colorado Ski Slopes are now open!**

## **A-Basin Sustainability**

*A-Basin: WINNER OF THE 2022 [CLIMATE CHANGE IMPACT AWARD](#)*

*(NATIONAL SKI AREAS ASSOCIATION)*

More than 20 years ago, A-Basin co-founded and adopted the [National Ski Area Association's \(NSAA\) Sustainable Slopes Environmental Charter](#). The charter pledged the ski industry and member ski areas to be leaders among providers of outdoor recreation in committing to environmental stewardship and improving environmental performance in all aspects of their operations.

In 2011, we joined with seven other ski areas and the NSAA to launch the [Climate Challenge](#), a voluntary agreement that requires participants to track and publicly report their resource usage and emissions data, engage in climate change advocacy, and implement on-site emissions reductions projects each year. Now including more than 40 participants, Climate Challengers have reduced and offset greenhouse gas emissions at their ski areas by 247,852 metric tons of carbon dioxide equivalent over 9 seasons – just shy of 20% of their total emissions over that time.

In 2018, we took a significant step by developing a strategic sustainability plan meant to work alongside the ski area's overall master development plan. This plan, and its six, aggressive sustainability goals, are having sweeping effects on the way the ski area operates and driving us toward our goal of being carbon neutral by 2025. Here's how we will get there:


- 100% renewable electricity
- 75% waste diversion
- Increase carpool and public transportation participation
- Ecosystem stewardship and wildlife management
- No net increase in water use
- Centralize purchasing

Credit: <https://www.arapahoebasin.com/about/sustainability/>


**Increase Your District's ADP ASAP**

Sneak a peek at a couple of our free recipes to increase your district's ADP:

- Spicy Smashed Chickpea Salad
- PB&J Overnight Oats



**Discover More »**







## YOUR BRAIN AND FOOD

Think about it. Your brain is always "on." It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat — and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood. It makes sense. If your brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain's enclosed space, further contributing to brain tissue injury, consequences are to be expected. What's interesting is that for many years, the medical field did not fully acknowledge the connection between mood and food. -

*Harvard Health: Nutritional Psychology 2022*

## BRAIN HEALTHY FOODS

©Harvard Health Publications



### Fish Oils

contain omega-3 fatty acids, which may enhance learning and memory



### Black & Green Tea

provide hydration while jump-starting metabolic activity



### Spinach, Kale & Avocados

contain lutein, which may help with eye health and have a positive effect on the brain



### Dark Chocolates

contain flavonoids that may enhance memory and slow down mental decline



### Eggs

contain choline, which may help improve memory and regulate mood



### Virgin Olive Oil

is rich in hydroxytyrosol, which may help improve learning and memory



## Boost BRAIN Function!



# CSNA 2023-24 Industry Members

Thank you for Investing in CSNA

Trustee Members



*integrated*  
FOOD SERVICE

J.T.M.<sup>®</sup>  
FOOD GROUP





# CSNA 2023-24 Industry Members

Thank you for Investing in CSNA

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WAYPOINT



## Sustainer Members



Heartland

