

FOOD FOR THOUGHT

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Let's Move...38th Annual Legislative Action ...Washington!

by Anne Marie Stronach, Legislative Chair

As you are aware, 2010 is the year for the Reauthorization of the Child Nutrition Act! So as you can imagine this was a very critical year for LAC!

To make the conference more exciting, we were graced by the presence of First Lady Michelle Obama. She presented her Let's Move initiative. Her commitment to end childhood obesity and support school meal program was inspiring. She recognizes that schools meals are a vehicle to support her initiative! Detailing, at great length, how our programming and attention to increasing fresh fruits and vegetables, whole grains, and low fat milk, coupled with physical activities can positively impact our nation's health care She mentioned President Obama's proposal to provide the Act with an additional \$1 billion, Yes, I said BILLION!! Please visit the SNA Web Site to view the Let's Move program and work to incorporate this into our programming.

The list of impressive speakers continued throughout the conference. Speaker Dr.Keith-Thomas Ayoob reminded as that we are seeing record numbers of kindergarteners arriving at our school doors already overweight and at significant risk to obesity and diabetes.



Senator Amy Klobuchar, of Minn. (she really gets what we do!) acknowledged the removal of physical education & exercise which must be a part of the solution as well if we are going to be successful in preventing childhood obesity. She advocated for stronger school wellness policies to combat the problem! Many USDA officials, including Secretary Vlsack, discussed all the new initiatives which are scheduled to promote and support school nutrition programs. They include;

- Funding for Web Based Data Sharing improvements including direct verification (Hopefully coming to Massachusetts soon!)
- Expanding Farm to School programs
- Expanding Breakfast
- Continuing to Reduce Sodium in Canned Vegetables
- Increasing Whole Grains in Pancakes, Pasta, Tortilla, and other products.
- Introducing new products like baby carrots.
- Working on streamlining food allergy information
- Improvements in Communicating to School information on Food Safety Information and Recalls.
- Utilizing the IOM (Institute of Medicine) Standards in programming initiatives.

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Credentialed SNA of Mass. Members

Congratulations to the newly credential members of SNA of Mass. (see the asterisked names below.)

Michael Bernat

*Sylvana Bryan

Lisa Burnett

Nancy Cary

Chrissy Carroll

Karen Chanaki

John Donohue

Catherine Donovan

Julie Dougal

*Kenneth Dube

Jackie Fiorentino

Martha Jo Fritz

Melissa Giamanco

Susan Hilton Cowmeadow

Jeanne Johnson

Jack Jones

Janice King

April Laskey

*Wendy McCaul

Jane McLucas

Kristin Morello

Joanne Morrissey

Susan Murray

Bernie Novak

Gail Olivera

*Ruth Olney

John Overcash

Mary Palen

Sheila Parisien

*Lynn Petrowsky

Ann Pitzen

Jeanne Sheridan

Andrew Stratton

Diane Sylvia

Carla Tuttle

Lucinda Ward

Janice Watt

Marilyn Wiley

*Nancy Wiseman

*Diane Zak

MARK YOUR CALENDARS

SNA Annual National Conference 2010 (ANC)

July 11 - 14, 2010

Dallas, TX

SNA of Mass. Annual Meeting

August 18, 2010

The Conference Center at Marlborough

SNA of Mass. Fall Conference and Food Show 2010

October 26-27, 2010

Best Western Royal Plaza and Trade Center

Marlborough, MA

SNA Legislative Action Conference LAC

March 6-9, 2011

JW Marriott

Washington DC

SNA of Mass. Commodity Connection 2011

January 6, 2011

Location TBD

How to Become Certified at Level 1 in 3 Easy Steps

1. Complete Serve Safe and Healthy Edge Courses
2. Fill out Certification Application completely
3. Mail completed application along with \$10.00 fee and certificates from Serve Safe and Healthy Edge to: SNA, P.O. Box 791004, Baltimore, MD 21279-1004

How to Maintain your Certification in 3 Easy Steps

1. Certification is valid for one year. During that year you must earn 6 CEUs.
2. You will receive a renewal application three months prior to your expiration date. Send your completed renewal form with a maintenance fee of \$5.00 to the address on the application.
3. Do not send proof of your CEUs with the application. Keep them in a file. If you are chosen for a random audit, you will be required to show proof that you earned your CEUs

For more information on becoming certified at level 2 or 3, contact:

Julie Dougal at 413-596-9011 ext.286 or jdougal@hwrsd.org

TTYL

by Lynn Petrowski, President, SNA of Mass.

Well folks, believe it or not I have mastered the art of text messaging. This became a necessity if I wanted to maintain a line of communication with my own kids. As I prepared my final correspondence for the membership I looked back to see not only what we have accomplished as an organization but also where we are headed. We are certainly in the midst of a technological age. Whether you are comfortable with technology or not the world and our organization are moving forward rapidly.

As a student at Framingham State College in the early 1980's I recall electing not to take a computer course thinking that I would not be using a computer in my chosen field. How quickly things have changed! We now communicate primarily through e-mails, cellular phones, conference calls, and utilize digital photography. Our claims for reimbursement are on-line, as are our commodity orders, direct diversion surveys, and other necessary reports for compliance within our programs. We search and apply for jobs on line, take on-line courses and have most of our questions answered with the push of a button. Keeping up with advances in technology is crucial to our success. At times, unknowingly we have adapted as requirements have changed. We can all remember the change over to submitting our claims for reimbursement on line. Why, we can't imagine doing it any differently now. Menu and recipe analysis, on line payments and direct certification lists have all helped to make our jobs easier.

As I look back on what has been almost a full year of my presidency I ask what can this organization do to continue to support its members? We have had two successful conferences. Fall 2009 in Marlboro and our commodity connection held most recently in January. Still to come are two scheduled "speed dating" regional meetings—one in Stoughton on March 18th and the other in Auburn on March 24th. All chapters have sponsored exciting and well-attended director and general meetings. Once again we have led the Northeast in our retention and membership numbers. Thank you to Sheila Parisien and the membership committee. Our emphasis moving forward is to continue to provide meaningful educational opportunities for our members and to support SNA certification for all members. Our successful programming is a result of many dedicated members both on the board as well as volunteers throughout the state. Thank you for making this year a success.

Our legislative committee has been busy planning for the Legislative Action Conference in Washington DC and event attended by over 15 child nutrition representatives from Massachusetts. Anne Marie Stronach and other SNA members have also collaborated with groups throughout the state as the Nutrition Bill has passed through the House of Representatives to the Senate.

We have joined forces with DESE and the John Stalker Institute identifying and providing training at the state and chapter levels. SNA national currently has a face book account, a twitter account and many opportunities for on line learning through webinars and the Child Nutrition University.

We are also in the developmental stages of a returning "summer institute" combining our annual meeting with DESE sponsored training opportunities. We hope to welcome staffs and members who have previously been unable to attend training due to conflicting work schedules.

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Chapter Delegates and Delegates–elect

by Sue Lacasse, Chicopee Schools

Why should you volunteer to be a Delegate or Delegate Elect for your area? Well, to start... it's fun! But, it's a lot more than that. You get to learn a lot about your field through meeting new people thus in turn making new friends who are dealing with the same issues you are. This allows you to have access to valuable information and you can add important input also. You are able to learn a lot from your fellow food service workers earning respect from your peers along the way. You are able to take pride in your work and see the children you serve happy everyday while providing them healthy nutritious meals. If you volunteer to be a Delegate or Delegate–elect you will be asked to:

- Be an important part of a decision making group.
- Plan and attend meetings in your area thus allowing you to see other kitchens in the schools you are visiting.
- Travel to different areas of your state to meet with other Board Members (4x per year)
- Plan and attend meetings for the Food Service Directors in your area.
- You will be a facilitator at all meetings.
- Have the opportunity to go to the Legislative Action Conference or the Annual National Conference.

Our industry is a constantly changing field and this is a great chance to be a part of the change!

Legislative Action Conference cont. from page 1

So after getting all charged up off to the Capital Hill we went. Armed with information and facts, we presented our delegation our priorities

- Expand the “free” meal category from 130% to 185% (eliminating reduced priced meals).
- Increase the per meal reimbursement for all meals in order to keep pace with rising cost and the implementation of the Dietary Guidelines.
- Require that the Secretary of the USDA establish a consistent national standard based on OIM and SNA recommendations.
- Grant the USDA Secretary the statutory authority to regulate the sales of ALL foods and beverages on the school campus during the school day.
- Require the USDA Secretary to determine indirect cost which can be paid for with food service funds.

Our Delegation was able to meet with Representative Neal, Representative McGovern, and Senator Brown in person in addition we were able to talk to the legislative aides representing all of Massachusetts District. We were greeted with support and of course funding concerns. A financial plan must be developed to enhance the Let's Move initiative and increased Funding for the Child Nutrition Act. Now is the time to get this done. Our window of opportunity is open wide. Take advantage of it and reach out to your legislative delegation. Get them to commit and support these initiatives at a local and national level. It is imperative we all take ownership of this opportunity. LET'S MOVE!!!!



Have Your Schools Met the *HealthierUS* Challenge?

by Mary Jo Cutler, Cutler Associates

Schools across the country are meeting the challenge of providing a healthy, supportive environment for students. The *HealthierUS* Challenge provides a mechanism for ensuring that your school has such an environment.

Why Should Your Schools join the *HealthierUS* Challenge effort?

The *HealthierUS* Challenge is a comprehensive approach to improving student health, well being and wellness. The Challenge is an opportunity for you to partner with the principal, school nurse and physical education director to improve the school health environment.

How can you meet the *HealthierUS* Challenge?

Here are some helpful steps to meeting the challenge:

1. Go to the HealthierUS Challenge page on the USDA website:
<http://www.fns.usda.gov/tn/healthierus/index.html>
2. Check out the requirements for your school to be certified as a HealthierUS Challenge School (HUSCC).
3. Review the criteria for HUSCC Awards for schools at different grade levels. Note that the program offers Bronze, Silver and Gold level rewards. If you aren't quite at the gold standard, you can set that as a future goal and apply for bronze or silver. Over the next year, make the modifications necessary to achieve gold level.
4. Work with the school community to meet the goals of the Challenge. In addition to menu and competitive food requirements, there are specific standards for nutrition education, physical education and school polices for supporting a wellness environment.
5. Have the committee review the requirements and make a list of the areas which require change.
6. Establish specific goals for making these changes. Outline the steps needed to accomplish each goal and set deadlines for completing each step.
7. Talk with other school foodservice professionals who have met the challenge. Learn how they succeeded.
8. If you find you aren't quite meeting the standards in any area of your menu, read the fact sheets which can be found at:
http://www.fns.usda.gov/tn/Resources/dgfactsheet_hsm.html. These fact sheets provide helpful hints for menu modification.
9. When you've made all the changes necessary, complete and submit the online application.

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HealthierUS cont. from page 5

10. After receiving your *HealthierUS* Challenge award, publicize your achievements. Be sure the school board and the community are aware of your efforts. Invite reporters from the local newspaper to visit the schools and have them showcase your accomplishments.

The Specific Challenge of Beans & Legumes

One of the HUSSC requirements is “cooked dry beans or peas (legumes) must be offered each week (includes dry beans and peas).” For some schools this is a challenge. But it may not be as difficult as you think. Beans and legumes are becoming more a part of the US diet. Using more beans and legumes will help your bottom line as these are generally lower in cost than many other foods on the menu.

- One of the easiest ways to add beans to your menu is by including them in soups. You may already offer a popular soup to students. Just add some beans and you’ll increase the nutritive value of the soup and meet the bean/legume requirement for that week!
- Add new soups to the menu. Split pea soup is very hearty and delicious. Bean and barley soup is another tasty option.
- Serve bean alternatives to popular foods. Everyone loves a burrito, replace the usual filling with refried-beans (low-fat or fat-free) or combine beans with the usual meat filling. Serve with salsa and the students will love it. The same can be with tacos.
- Sources of bean and legume recipes:
 - [Centers for Disease Control Recipe Database:](http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx)
http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx
 - [USDA Recipes for Schools;](http://www.fns.usda.gov/tn/Resources/usda_recipes.html) http://www.fns.usda.gov/tn/Resources/usda_recipes.html
 - [5-A-Day Quantity Cookbook:](http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTEwMiZpc01ncj10cnVI)
http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTEwMiZpc01ncj10cnVI
 - [Legume Recipes](http://recipes.lovetoknow.com/wiki/Category:Legume_Recipes) from “Love to Know”
http://recipes.lovetoknow.com/wiki/Category:Legume_Recipes

Good luck with your challenge. Once you’ve met it, be sure to help your fellow school foodservice professionals.

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We are planning to revamp our own SNA of Massachusetts website to keep it user friendly and up to date for all of our members needs. Be sure to check it out at: www.schoolnutrition.info.

Enclosed in this final issue is the election ballot for incoming board members. Be sure to vote and return your ballot by the deadline. Remember your vote counts!

And so as I wind down on what’s been an incredible learning experience for me I encourage you to take advantage of all that SNA has to offer. Continue to attend conferences, chapter meetings, or perhaps take an on line course. Your commitment to providing students with nutritious meals will only be enhanced through networking and professional development. Thanks for a great year, I’ll TTYL (talk to you later).

Lynn Petrowski, President, SNA of Mass.

What's In It for Me?

By joining the School Nutrition Association of Massachusetts you experience a multitude of benefits. As you face the challenges of working in the ever changing world of school nutrition, SNA is beside you to provide the education and support needed for success. On the national and state level SNA keeps you up to date and prepared to; *"advance good nutrition for all children"*.

- SNA is recognized as the authority on school nutrition and has been advancing the availability, quality, and acceptance of school nutrition programs since 1946.
- SNA brings you an up to date, first hand perspective of all issues in school nutrition. You will receive information on regulatory, legislative, industry related, nutritional, and all other types of information related to school nutrition issues and concerns.
- SNA offers training and educational opportunities that will assist you in achieving professional status in your educational community through their certification and credentialing programs.
- SNA provides support and resources to help you develop healthy lifestyles for yourself and the customers you serve.
- SNA provides tools to assist you in the areas of food safety, food borne illness prevention and food allergies.
- SNA offers you the opportunity to meet and network with school nutrition professionals not only in your immediate area, but also across the state and the country. Through these contacts you are able to exchange ideas on purchasing, problem solving and sharing of resources in general. This networking will help you discover solutions and see different perspectives in all aspects of school nutrition departments.
- SNA is a career site with links to employment opportunities, not only in your immediate area, but all across the country.
- SNA offers you many levels of volunteer opportunities that can increase your knowledge, your confidence in your abilities and afford you the opportunity for travel and further networking opportunities.
- Our current Executive Board Members say:
 - Serving on the SNA Board, we all enjoy an enormous amount of respect by our district administration and faculty, parents, school committees, DESE, and our peers. It also lends a good deal of credibility to our resumes! – Janice Watt, Food Service Director, Uxbridge Public Schools, Chapter 2 delegate-elect
 - What's in it for Kristin...An immeasurable amount of access and networking to knowledgeable Directors, Industry personnel, DESE staff, and National Association members. The "bubble" I live in is expanded whenever I collaborate with SNA and it makes me a better Manager, Director and Kristin! – Kristin Morello, SNS, Reading Public Schools Director of Food Services, Professional Development Chair
 - As the LAC Delegate, you have the opportunity attend the LAC conference in Washington, DC to represent Massachusetts and your district at no cost to your program. This invaluable experience allows you to impact child nutrition program encompassing the entire spectrum of our collective body of work. The trip to Capital Hill leave an indelible mark which will undoubtedly change the way you approach state officials, local official including your school committee as well as your superintendent, other school administrators, staff, and most importantly your work! Additionally, it opens you to all the legislative activities and communications which ultimately shape the future of our work as child nutrition leaders. If you are interested in working to stay above the curve, this is the place for you!!" – Anne Marie Stronach, Food Service Director, Lawrence Public Schools, Legislative Chair
 - Today – networking and comic relief! – April Laskey, SNS, Food Service Director, Billerica Public Schools, Exhibits Chair
 - What's in it for me? SNA has truly made all the difference for me to develop my professional skills and to build our school nutrition program. At every opportunity, I seek to network with my peers and to participate in education, training and leadership opportunities. I can't say enough, to recommend that each member stretch and give of your time as a volunteer! Utilize your talents and interests and get involved with SNA. Our business is changing rapidly, you will need all that SNA has to offer in order to prepare for the next wave of change. Get inspired and come grow with SNA! – Janice King, Food Service Director, Quaboag Regional Schools, President-elect
 - SNA has provided me with countless opportunities to expand my knowledge and enhance my career. Serving on the board has helped me to improve my leadership skills and increased my confidence in public speaking. Meeting and working with so many talented members is always rewarding. SNA has been and will continue to be a source for personal and career development for me. Come join us! – Lynn Petrowski, Food Service Director, Hingham & Cohasset Public Schools, President

Did You Know?

- The ballot for the 2010–2011 SNA of Mass. board of directors is enclosed. Please vote and send back your postcard by April 16, 2010.
- Congratulations to our newly credentialed SNA of Mass. members; Sylvana Bryan, Kenneth Dube, Wendy McCaul, Ruth Olney, Lynn Petrowski, Nancy Wiseman, and Diane Zak.
- April Laskey and Janice Watt will be attending the SNA national leadership conference in April as participants in the SNA future leaders program. Congratulations!
- Jackie Fiorentino is the new SNA Northeast Regional Director and will be installed at ANC in Dallas! Way to go Jackie!
- Our executive director, Susan Sacks, is being honored by the Mass. Association for School Business Officials (MASBO) with the “Friends of MASBO” award to be presented at their Annual Institute in May. This award is in recognition of “individuals who, by their words or deeds, have provided special and noteworthy support.”
- Chicopee was chosen as one of three school districts to participate in a Tufts University study as a model of creating healthy school food environments.
- The SNA annual meeting will be held in conjunction with the John Stalker Summer Institute at the Conference Center of Marlborough August 18. We will have our first Committee meetings that afternoon to kick off the new school year followed by a reception and dinner to include our annual meeting, the installation of 2010–2011 board of directors, and more! Save the Date!



258 Harvard St., PMB 283
Brookline, MA 02446

Save the Date!
SNA of Mass. Annual Meeting
Wednesday, August 18, 2010