

FOOD FOR THOUGHT



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Billerica Local Heroes

by April Laskey

Billerica Food Service Director

SNA Exhibit committee member

Members of the Billerica School Lunch Program volunteered to help make care packages for our Troops in Iraq. Generous donations were made by vendors at the School Nutrition Association Healthy Happenings Exhibit on March 14 towards this goal. Billerica has been periodically sending care packages to Peter Kourafas, nephew of Mary Marshall, Food Services secretary, throughout the school year and we were excited to share items for other heroes. Realizing there may be an abundance of snack and beverage items leftover from the show, the Exhibits Committee requested vendors donate these items to the Troops in Iraq. Through these generous donations, we collected over 18 boxes of snacks and beverages! Wanting to get the most out of these donations, we partnered with a local organization called "Local Heroes". Along with this organization we were able to reach several servicemen and servicewomen. Local Heroes, Inc. in Wilmington, MA is a 501 (c) 3 non-profit organization looking to support our local serviceman and servicewoman and their families. 100% of all donations go directly to



(Left to right) Rachel Marshall, Nancy Sawyer, Emilee Laskey, April Laskey, Mary Marshall

these local heroes. Local Heroes, Inc. goal is "to send a care package to each one of our Local Heroes during the next year demonstrate our appreciation for their service". Through generous donations, fund raisers, product sales and lots of help from friends and families, Local Heroes, Inc. has sent 3497 care packages as of April 11, 2007. On April 12, Local Heroes, Inc. was able to put together over 65 care packages with the help of SNA and Billerica School Lunch. School Nutrition Association also donated \$225 towards postage for the care packages. In the last month, Local Heroes, Inc. has spent over \$22,000 in postage alone. Without donations, these care packages would not be possible. Thank you to all of the vendors who donated their products, the Billerica Locke Middle School team who donated several items and the Food Services Office for their time putting together these care packages. For more information on Local Heroes, Inc., please visit their website:

www.mass-localheroes.org

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Public Relations Committee

by Janelle Madden, Chair

Fourth of a series focusing on SNA of Mass. committees.

One of the main goals of the Public Relations Committee is to form new relationships with administrators in other departments in our schools. We have recently been developing a relationship with a group called Partners in Prevention (PIP). This group is a program of the Massachusetts Interscholastic Athletic Association (MIAA) that serves member schools and their students by providing leadership and support for all participants. PIP involves committee members from many different programs that are committed to promoting activities that provide lifelong learning experiences to students. Their goals are reflected in their motto "Building the Future...One Student at a Time." They focus their attention on wellness, sportsmanship, coach's education, community service, and student leadership. Their work, particularly in the area of student wellness makes for a natural partnership with SNA of Mass.

Partners in Prevention planned their 11th annual Wellness Summit and SNA of Mass. was invited to be involved. The theme for the Summit was "Leading the Way to Wellness". The focus of the day was something we as food and nutrition experts certainly have experience with and was a great opportunity for us to become involved. This was a chance for us to become more visible and to form alliances with people in the school system we may not normally have the occasion to work with. The short list of the attendees of the Annual Wellness Summit was school administrators, athletic directors, health educators and student ambassadors.

Doreen Iovanna, PR Committee Member from the Massachusetts Department of Education, Nutrition, Health and Safety has been instrumental in getting SNA of Mass. involved with PIP. She was one of the presenters at the Summit and this year, SNA of Mass. had a resource table manned by PR Committee Member Bridget Ziniti, also from DOE, and myself with materials from SNA of Mass. and Project Bread. The new SNA of Mass. brochure was available just in time that week and was distributed to attendees at the Summit.

The day was filled with workshop sessions presented by MADD, SADD, the Council on Compulsive Gambling and the Massachusetts Youth Program just to name a few. Shonda

Schilling of the SHADE Foundation was presented with the "Making a Difference Award" by the Partners in Prevention along with several other "Wellness Awards" given to others for their contributions to wellness from the MIAA.

There were student panelists attending that were asked questions by representatives of various programs at the Summit about how they were able to make healthy choices in school and life. SNA of Mass. also submitted questions regarding students making healthy food choices. This was definitely a good day for SNA of Mass. and we are looking forward to next year and the possibility of having a representative speak at the Summit.

For more information on this program and other public relations activities contact Janelle Madden; maddenj@doversherborn or 508-785-0036 X 5

MARK YOUR CALENDARS

SNA Annual National Conference (ANC)
July 15-18, 2007
Chicago, IL

SNA Annual Meeting and DOE Update
Wednesday, August 22, 2007
Framingham State College

56th Annual Fall Conference and Food Show
October 17-18, 2007
Best Western Royal Plaza and Trade Center
Marlborough, MA

SNA of Mass. Mentoring Workshop
November 2007
time and place to be determined

Spring Conference 2008
Commodity Connection
March 11-12, 2008
The Cranwell Resort, Lenox, MA

Time Flies!

By Sandy Valeri, SNA of Mass. President

It has been a great year and it has been my privilege as president to represent SNA of MA for the 2006/2007 year. We have had a year of successful conferences, exhibits, and web site programs and services. Please be sure to visit our website www.schoolnutrition.info and see the many additions including links to resources, chapter meeting information, legislative updates, nutrition information and an online membership directory that is very useful and handy. There are many volunteer opportunities, a new mentoring program, professional development and leadership training, and ongoing networking opportunities.

The executive board has grown this year while accomplishing many major projects to help our members succeed. Our committees worked hard to bring us great conference speakers with educational and professional sessions geared to help us succeed in our day-to-day lives. Let's not forget the "conference entertainment." We try to keep our members' enjoyment in mind at all times! Congratulations to this year's winners. There are so many exciting programs planned for a very awe-inspiring year 2007-2008! Our incoming president, Joanne Morrissey, has been on the association's board for many years in a variety of positions, which has gained her a real understanding of the challenges and opportunities our board members face. Joanne will be a winner in my mind as I am sure she will continue to serve as a real asset to this association. Joanne, you go girl!

I was very excited when I took office in August 2006 and to be truthful "a little overwhelmed". Now that I am about to become past president, I would like to thank everyone who helped me with this great opportunity to serve you. Thank you all for being a member of SNA of Mass. I believe we could do an even better job for you if we just listen to our fellow members. We need your help and we want to hear from you.

- How are we doing as an organization?
- What could we do better?
- What can we do to better serve our members or help you in your job?
- What will encourage you to become a part of a great organization by volunteering to run for an office or to serve on one of our great committees? One of the many benefits of being involved in the organization of your association is that it can enhance your professionalism and keep you in the know as we hear it first!

These are questions that we would like you to answer, as it will make our job easier and yours also. Please email Joanne jmorrissey@quincy.k12.ma.us or myself, svaleri@leominster.mec.edu, if you would like to answer one or all of the above questions. You can find these email addresses on the Board of Directors page at SNA of Mass. by simply going to our website; www.schoolnutrition.info, click on SNA Board to the left of the page, click on to Board of Directors; and while you are there please check out the entire website. Be sure to log on to our Members Only page for even more resources.

Membership and volunteers are the foundation for our association and I encourage each of you to bring one new person to join our Association. From my own perspective, I can attest to the wonderful advantages gained by being a member for over 25 years and a volunteer board member. The association has provided me with countless opportunities to network with our knowledgeable peers throughout the state and country.

Please give it some thought. My years as a member of SNA have not only allowed meeting new co-workers and interacting with the DOE staff; along with SNA National we are kept informed from the USDA perspective in the School Foodservice programs. My commitment to serve the members and students of Massachusetts has helped me continue to grow professionally.

To give without any reward, or any notice, has a special quality of its own.

Anne Morrow Lindbergh (1906-2001) American pilot and writer

07–08 SNA of Mass. Slate

This year we did not send a ballot since we had a single slate, and we have some fantastic folks joining the executive board this year. Thank you and congratulations to each of you! Please go to our website www.schoolnutrition.info for a complete listing of the 07–08 executive board.

Vice President – Lynn Petrowski

Lynn Petrowski currently serves as Food Service Director for Middleborough Public Schools. She is a graduate of Framingham State College and also holds an Associate's degree in Culinary Arts from Johnson & Wales College. Lynn has held a variety of jobs over the past 25 years with experience in hospitals, prisons and now school food service. She is an active member of the School Nutrition Association; a former delegate for Chapter 5 and is serving on the nutrition committee for the 2006–2007 school year. Lynn is a presenter for the John Stalker Institute of Framingham State College and a ServeSafe Instructor. She is currently working with a farm to school project/cookbook. Lynn also enjoys a good bottle of wine!

Chapter 1 Delegate–elect – Susan Lacasse

Susan Lacasse is manager of Fairview Middle School, in Chicopee. Her career started 17 years ago. Being one of 12 children she enjoys and relates with what she calls “her 800 children” quite well. Susan also enjoys her after school NAC and community service clubs. Susan shares the art of food decoration with her coworkers and class members. Her forte is catering (she can make one of those bird apples.)

Chapter 2 Delegate–elect Karen Hannifin

Karen has just recently become the Food Service Director in West Boylston. She began to work in school food service six years ago. Karen first worked in retail management, with Toys R US and FAO Schwartz. She took time off when she had her three sons. She later went back to work at an apprenticeship with a caterer due to her love of cooking and desire to learn the trade. She cooked gourmet vegetarian meals for a weekend workshop for many years, and then took a second job running the residential food program for a group home for teenage girls where one of the first things she did was pull out the fry-lator which resulted in drastically cutting the 50–60 pound weight gain that used to be almost a given for any girl coming into the program. When her older sons were accepted at Parker

Charter School they did not have school lunch and Karen was hired to make that a reality. As a relatively new member of the SNA, she is having a great time meeting new people and learning new skills and comes away from each meeting feeling energized and ready to share with her staff all the exciting things she has learned.

Chapter 3 Delegate–elect– Gail Koutroubas

Gail is the school food service director for Andover, MA currently focusing on increasing participation and bringing in a new breakfast program to her district. She has been working in food service for 20 years. Fourteen of those years Gail worked in New Hampshire. She has been a chapter president, legislative assistant chair, vice president and president–elect for the New Hampshire association of SNA.

Chapter 4 Delegate–elect – Rich Mintzer

Rich is a relatively new Food Service Director in Medfield, with only three years in the position. Prior to working in schools Rich worked in several Boston area restaurants and Catering companies including Creative Gourmet and The Party Specialist. He has a Bachelors degree in Food Service Management from Johnson & Wales College. A happy member of SNA, Rich feels that the people he has met at the conferences and meetings have been pleasant and helpful and a huge asset in helping him assimilate to this new life style. He is always trying to generate more participation in the school lunch program in Medfield by serving more nutritious foods, more fresh locally grown produce, and to get students excited about the school lunch program

Chapter 5 Delegate–elect – Susan Murray

Susan Murray is the food service director for Barnstable Public Schools managed by Chartwells K–12. Susan has been a food service director for 5 years. She is a graduate of Johnson & Wales University in Providence, RI, has an Associates degree in Pastry Arts, Bachelors of Art degree in Food Service Management and is a certified Baking Instructor for the Department of Education in Massachusetts. She has completed the certificate program in Excellent in Child Nutrition at the John Stalker Institute and taught culinary arts to students. Sue has just completed a two year term as Membership Chair for SNA of Mass. During her free time Sue enjoys dabbling in real estate, exploring Cape Cod and has traveled many different places around the world.

Mentoring Program to Begin Fall 2007

by Susan Sacks, Executive Director

We are pleased to announce the SNA of Mass. Mentoring Program as a new benefit. This program has been created to lend support, guidance and networking opportunities for new and experienced food service professionals. We are now accepting applications from members wishing to become a mentor or to work with a mentor as a protégé. We will have applications available at the June 13 DOE meeting and you will soon be able to download an application from our website; www.schoolnutrition.info. SNA of Mass. provides the training and networking opportunities for members who wish to serve as a mentor and for those members new to the profession, protégés.

If you are a new Foodservice Director, a mentor can help you learn more about your new position and help you jump the hurdles! Learning curves are natural occurrences of any new job. We're here to help you achieve your goals, and share successful strategies. If you need help tackling an unfamiliar problem, a mentor can give you ideas and information to help you find a solution. If you'd like to expand your current skills, a mentor can direct you to information and resources to help you improve and expand those skills. Those of you that have been in the school food service profession, this is a great opportunity for you to give back.

Simply complete the application and tell us more about you and your school district. We will match you up with a food service director in your area. SNA of Mass. will hold a training workshop in November 2007 to give each mentor/protégé a chance to meet each other, learn more about how to work together over the upcoming year, and tips on how to make this a successful relationship for you both.

USDA and the Wellness Policy - Did You Know?

by Debra Korzec-Ramirez, MSRD Nutrition Education Coordinator, Legislative Action Chair, SNA of Mass.

- Children and adolescents above the 95% percentile for weight are four times as likely to report "impaired school functioning" and twice as likely to be placed in special education or a remedial class setting?
- Girls who become overweight between kindergarten and the end of the 3rd grade had lower test scores and lower teacher ratings on "social-behavioral outcomes and approaches to learning".
- Boys who become extremely overweight were found to have four times the amount of absences from school than those of normal weight.
- Eating breakfast increases academic test scores, daily attendance, concentration span and class participation?
- Physically fit kids perform better academically?
- Children learn through movement?
- Gross motor development is an important precursor for fine motor skills needed for writing, and eye coordination needed for smooth tracking during reading?

USDA has included a wealth of information and technical assistance for schools as they implement this policy. A very helpful website to peruse is: www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html

Did You Know?

- ❑ The SNA Annual National Conference (ANC) is coming to Boston July 12–16, 2014.
- ❑ September 24–28, 2007 is Mass. Harvest for Mass. Students Week. For more information go to www.mass.gov/agr/markets/Farm_to_school/index.htm
- ❑ Northeast Organic Farming Association (NOFA) Summer conference is August 10–12, 2007. For more info check their website www.nofamass.org
- ❑ We will be accepting applications from our members interested in attending the Future Leaders Conference 2008 (April 22–24 before NLC 4/24–26 in Colorado Springs). Watch your emails and our website for more information.
- ❑ The Northeast Regional Healthy Foods Marketplace, sponsored by Kids First RI, will be Thursday, August 23, 10–3, at the Crowne Plaza Hotel in Warwick, RI. Registration is free. www.kidsfirst.org
- ❑ SNA of Mass. now accepts credit cards for conference registration payments.
- ❑ There will be a Chapter Leadership Session before ANC on Saturday 7/14, 10–3, for only \$25. This is a great opportunity for delegates, delegates–elect, and other members interested in exploring leadership opportunities.
- ❑ SNA national is bringing back a new and improved Vote for School Lunch campaign for National School Lunch Week (NSLW) 2007 with all new candidates. This year they have added a local “Design Your Own Candidate” contest. Applications will be accepted August 1–October 31, 2007. Go to www.schoolnutrition.org/vote for the contest rules or call 800–877–8822.
- ❑ SNA of Mass. has a members–only page on our website filled with additional resources, handouts from conference sessions, and a membership directory. Simply go to our website www.schoolnutrition.info and click on the members page and log in (you will need your SNA member number.)



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Save the Date
SNA of Mass. Annual Meeting
August 22, 2007