

## President's Letter: It's Been A Great Journey!

By **Sylvana Bryan, SNS, President**



Hello and welcome to SY15-16! As I begin my year as President of SNA of Mass. I can't help but think about my journey here. Those of you who know me know that the school nutrition profession found me. Like so many women we employ (and being a foodie at heart) I came about this profession out of the need to blend food service with mom hours. I didn't know back in 1994 that by answering an ad for a cook/ manager position, I would begin a career that is both rewarding and challenging.

During my journey SNA of Mass. has helped me grow and learn. By attending area chapter meetings, regional educational sessions, and the state conferences I received the tools that made my job easier and helped prepare me for the many changes that our industry has seen.

So it is only fitting that the theme for the 64th Annual SNA of Mass. Fall Conference is "Growing Stronger Together".

This year we will continue to provide the best nutrition to our children while growing stronger as we collaborate, communicate and celebrate our successes and our challenges. We are stronger and better as we learn together through SNA of Mass.

This year our top priority for the association is to develop a solid volunteer base and the next generation of SNA of Mass. leaders. I encourage you to volunteer. It might just be a one-time task or project or if you're so inclined, providing support at the chapter level or volunteering for a position on the SNA of Mass. board. Take small steps or make a giant leap, I assure you won't regret it. It's a very rewarding experience.

We will continue to provide quality professional development opportunities to our members. SNA of Mass. is the answer to the newly mandated Professional Standards.

Check out the SNA of Mass. website and see the many opportunities for professional development through local area chapter meetings, directors meetings, regional trainings and educational sessions at our state conferences. The past 5 years have brought about many positive and some challenging changes to the NSLP & NSBP. We have and will continue to offer trainings and

educational sessions that reflect our ever changing world of Child Nutrition.

Our amazing board of directors is made up of food service professionals that are committed, dedicated, and forward thinking. I am fortunate and honored to be working with these school nutrition leaders. I want to acknowledge and thank our past leaders, for we continue to learn and build from their work.

In closing I invite you to join me and the rest of the SNA of Mass. members on October 27 & 28, 2015 for SNA of Mass. 64th Annual Conference "Growing Stronger Together" held at the DCU Center in Worcester.

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## Greetings from Membership!

By Matthew Lillibridge, BS, AS, Chapter 1 Delegate-elect

SNA of Mass. is growing and growing – keep up the good work! As of September 16th we have 91 renewing members and 9 new members. As a way to start getting to know each other in SNA, look for new biographies from directors around the state; here is the first Biography, my own.

We hope your days are calm and your lunches fun!

### Member Bio:

I started cooking in High school, mostly at diners and greasy spoon places, but eventually worked my way up to institutional-sized kitchens feeding a few thousand a day. I mainly worked in the front of the house but I cooked a fair share of years. Life was good, but restaurants are hard, they suck the life and time out of you and I was tired.

My life coach asked me “What do you do when you’re happy?”  
And I said, “I cook.”  
And when he asked me, “What do you do when you are sad or depressed?”  
I said, “I bake, cookies or bread.”  
“Go to Culinary school, get into schools.” He said to me.

So at 38 I decided to go back to school, get that degree I’d been meaning to finish for decades. My marriage had ended and I had unlimited free time and nothing to do with it.

I moved from North Carolina to Miami and attended the culinary program at Johnson & Wales University. As I got close to graduating with my associates I realized my options at that point were slaving away on a

cruise ship or in a hotel somewhere; beautiful locales to be sure, but still slaving. I was still too close to restaurants.

So I enrolled in a Nutrition program for my Bachelors; in the meantime I met the woman who became my wife and when I was unsure if I should go to Denver or Providence, she said, “I’m teaching at a school in New Hampshire,” so I moved to Providence, Rhode Island. After 2 more years studying food science, competing in food competitions and smoking the competition I prepared for my internship in Boston with a soup company; I was very excited to start, but a few months before I was to go, their new CEO decided they didn’t need interns and out I was.

Luckily I’d met Janice Watt at a school job fair and because her booth was tucked into the corner by the stairs I decided to talk to her. Did you know working in schools was a thing?! I didn’t, but there she’d been, talking about school nutrition and since I was near dire straits I looked her up. She told me about the SNA, “Why not join as a student when it’s cheap? Use them as a resource for jobs or whatever?”

meet+greet



Unfortunately Janice didn’t have an opening, but Kirsten Nelson in Acton-Boxborough did, so I happily did the 75 mile commute to work with her. She trained me as best she could, I helped with their nutritionals and to prepare for her review.

Long story short: I graduated cum laude; got a start in Connecticut with a management company, got married, had a baby boy, lost the job with the management company, interviewed all over the place in New England, working my contacts in the SNA; and got hired as the Interim Director for the Southwick Tolland Granville Regional District in fall of 2014.

Now a year later, I have a 3 year contract; a staff I love and who love me in return. Great kids to serve and my own 16 month old at home. My wife and I moved to Springfield and she is teaching in that district. And through it all the SNA was a resource, a touch-stone to point to the next point on my journey. And starting this year I am the Delegate Elect for Chapter 1! So much has changed since I started at Mark’s Texas Hots scrubbing pots & peeling potatoes... so much and so little.

## Chapter Happenings

By Janice Watt, President-Elect

The School Nutrition Association of Massachusetts has some interesting trainings planned for the 2015-16 chapter and director's meetings. Our board, along with partners from the Massachusetts Department of Education (DESE) and Framingham State University's John Stalker Institute (JSI), has worked very diligently together on the planning. These trainings will assist members in attaining the professional standards requirements and/or credits for certification. They have been designed to cover the needs of a variety of audiences; everyone will benefit from "refreshers", and some topics are just plain "refreshing"! Check our website for dates and locations; [www.schoolnutrition.info](http://www.schoolnutrition.info).

For Chapter Meetings, we have the following trainings planned; these trainings will be offered in all five chapters in the fall:

**"Meal Matters: The Importance of Offer vs. Serve, Identifying Reimbursable Meals and Following Recipes"**, presented by Linda Fischer, RD, of the Massachusetts Department of Elementary and Secondary Education. Meal programs are flooded with so many old and new regulations; this training will help school nutrition employees gain a better understanding of what we need to do to keep programs in compliance and operating successfully.

**"Essentials of Food Safety"** will be offered by JSI. While many of us are Servesafe certified, there are still others who are not. This 2-hour workshop will explore food safety basics and discuss how to create a culture of food safety in your school. Other topics that will be covered are effective strategies to avoid cross-contamination, proper hand washing,

and how to accurately check and record food temperatures. We are sure that everyone will come away from this training learning something new about food safety. Plan to attend this training in late fall/early winter 2015.

**"Infusing Flavor and Flair Into School Menus"** is a newly developed training, also from JSI. This training will explore the current flavor trends that kids are asking for, as well as discuss seasoning of food, taste preferences and food presentation ideas. Look out for this training to debut in the spring of 2016.

For directors, we have some interesting trainings planned to enhance their professional development. They will be offered regionally, dates to be announced.

**"Planning Successful Theme Days and Special Events"** will be presented by DESE. Theme days & special events are a great way to get your program noticed and raise the morale of the entire school. Learn some proven strategies of how to plan these events so that they are executed smoothly and are memorable for all!

**"Cash Handling and Tricks of Thieves"** will also be presented by DESE's Department of Financial Management. How many of us are naive and trust everyone? Not so fast! Directors have to be the watchdog of their program, especially when it comes to cash handling. Learn about what to be on the lookout for as well as best practices for financial management.



**"Using Google Docs for Efficiency"** will be offered at Framingham State University. This training will explain the basics of Google Docs, and will demonstrate some real-world examples of how directors are using this system to save time! Once you learn how to use it, you will love it!

Our chapter Delegates and Delegate-elects are dedicated to planning useful and enjoyable meetings for our fellow members. They are as follows – Chapter 1 Delegate: Melody Gustafson and Delegate-elect: Matt Lillibridge; Chapter 2 Delegate: Jill Lucius and Delegate-elect: Michelle Babin; Chapter 3 Delegate: Heather Torrey and Delegate-elect: Laura Sullivan; Chapter 4 Delegate: Janelle Madden and Delegate-elect: Alison Johnson; and Chapter 5 Delegate: Heather Brunette and Delegate-elect: Sara Greely.

Finally, please don't forget to thank and support our industry partners who sponsor our meetings. Their generosity, coupled with our education partners (DESE & JSI), is how we are able to offer our high quality trainings at such a low cost! We hope to see you at all our meetings this year!

# A Message from Your Industry Chair

By Karen Anderson, Industry Council Chair

Well the summer flew by and the tornado that comes along with returning to school is now settling into a steady and continuous breeze. With fall upon us, the Industry Council is preparing for several upcoming SNA of MA events. It is an exciting time for Industry to partner with our comrades in School Nutrition. The SNA of MA Annual Fall Conference, which will take place on October 27th and 28th at the DCU Center in Worcester is fast approaching. For our Industry representatives, this is an opportunity to share information about products, exchange ideas and resolve issues with School Nutrition Directors and staff.

By now, hopefully you have all registered for this grand event. In order for all of us to take full advantage of this time together, I thought I would list a few tips that I gathered from a power point "Set the Stage for Success" to insure a successful show.

## For Exhibitors:

- Bring excitement and Make It an All Out Event!
- It's not about us—it is about the School Nutrition Professionals
- Be prepared and make it fun
- Have plenty of Point of Sale and Nutritional Information on Products on hand
- Know the approximate price per serving
- Bring plenty of Hot or Cold Samples—serve food at the correct temperature
- Display Neat and Clean Booths—Food Safety is a must
- Be attentive—do not be on your cell phone or laptop—Make it inviting to stop by!
- Feature New Products, New Applications and New Reformulations
- Wear your name tag and be approachable
- This time is about the School Foodservice Professionals—Listen to what challenges they are facing and then offer solutions
- Treat the last person at your booth with the same enthusiasm as the first
- Thank All of the School Nutrition Professionals for their attention and their business
- Complete the evaluation forms at the end of the show

## For Attendees:

- Have Fun!
- Wear Name tags with the name of your school system
- Bring Name and Address labels
- Please do not eat before the Show
- Please take time to visit ALL the Booths
- Complete the Evaluation Forms at the end of the Conference
- Avoid roaming the floor in large groups—spread out
- You are the experts, you feed the children—share your experiences with Industry
- When you receive follow up from Industry after the show—acknowledge that you received the information
- Thank everyone for supporting your organization

**Hopefully, these tips will insure a fun filled and exciting show for all!  
We look forward to seeing all of you in October!**



## Legislative Update

By Judy White, Public Policy and Legislative Committee

Every five years Congress reviews and amends the National School Lunch Program (NSLP) and the School Breakfast Program and all Child Nutrition Programs. This reauthorization provides our funding and regulations.

The School Nutrition Association is asking for some flexibility in implementing these nutritious, cutting edge, expensive huge changes to our meal pattern.

Many schools have found that, despite good intentions, the new rules go too far too fast and are too expensive.

A recent survey conducted by the School Nutrition Association (SNA) shows program participation is down and the amount of food discarded by students is up. The study also showed that 80% of schools are struggling to pay for the mandates, with the new rules costing schools a \$1.2 billion collectively each year. That's money they have to find on their own, so schools are choosing to lay off kitchen staff and defer equipment repairs and purchases.

Your national association, School Nutrition Association is asking for some simple, compromising flexibility.

They want the ability to use non-whole grain products some of the time rather



than 100% of the time as required by current standards. That would reduce costs, minimize food rejection and enhance the ability to serve more exciting, palatable foods like wraps and tortillas.

They want to relax the sodium reduction schedule to make a wider variety of foods – especially vegetables – more appetizing. This request follows recent news from the Institute of Medicine and the U.S. Dietary Guidelines Advisory Committee that very aggressive daily sodium limits, like the ones USDA is recommending for the school lunch program, are not necessary for good health.

The mandate that each student must take a half-cup of fruit or vegetables with every meal is a budget busting

rule and the food is often rejected, so schools are asking for flexibility to reduce the fruit/vegetable mandate to reduce food waste and costs.

The changes School Nutrition Association is seeking are reasonable and will improve school lunch participation, keep schools financially solvent and most importantly, provide school students with tasty and nutritious meals.

As of this writing, the Reauthorization of School Meals is being written by a joint committee in Congress. The deadline for program is September 30th. If this date passes the Reauthorization will be postponed and the current standards will remain in place.

# What's for Lunch? 2015 School Nutrition Updates

Compiled by Maria Hall, MSRD, Nutrition Committee Chair

Regulation	Impact	School Nutrition Director (SND) Impact																														
Reimbursement Rate	<table border="1"> <thead> <tr> <th colspan="3" data-bbox="350 373 886 457">Breakfast</th> </tr> <tr> <th data-bbox="350 464 505 562">Payment Category</th> <th data-bbox="509 464 695 562">Non-Severe Need</th> <th data-bbox="699 464 886 562">Severe Need</th> </tr> </thead> <tbody> <tr> <td data-bbox="350 569 505 625">Paid</td> <td data-bbox="509 569 695 625">\$0.29</td> <td data-bbox="699 569 886 625">\$0.29</td> </tr> <tr> <td data-bbox="350 632 505 688">Reduced</td> <td data-bbox="509 632 695 688">\$1.36</td> <td data-bbox="699 632 886 688">\$1.69</td> </tr> <tr> <td data-bbox="350 695 505 751">Free</td> <td data-bbox="509 695 695 751">\$1.66</td> <td data-bbox="699 695 886 751">\$1.99</td> </tr> <tr> <th colspan="3" data-bbox="350 758 886 814">Lunch</th> </tr> <tr> <th data-bbox="350 821 505 919">Payment Category</th> <th data-bbox="509 821 695 919">Maximum Rate</th> <th data-bbox="699 821 886 919">Maximum Rate +6 cents</th> </tr> <tr> <td data-bbox="350 926 505 982">Paid</td> <td data-bbox="509 926 695 982">\$0.37</td> <td data-bbox="699 926 886 982">\$0.43</td> </tr> <tr> <td data-bbox="350 989 505 1045">Reduced</td> <td data-bbox="509 989 695 1045">\$2.84</td> <td data-bbox="699 989 886 1045">\$2.90</td> </tr> <tr> <td data-bbox="350 1052 505 1108">Free</td> <td data-bbox="509 1052 695 1108">\$3.24</td> <td data-bbox="699 1052 886 1108">\$3.30</td> </tr> </tbody> </table>	Breakfast			Payment Category	Non-Severe Need	Severe Need	Paid	\$0.29	\$0.29	Reduced	\$1.36	\$1.69	Free	\$1.66	\$1.99	Lunch			Payment Category	Maximum Rate	Maximum Rate +6 cents	Paid	\$0.37	\$0.43	Reduced	\$2.84	\$2.90	Free	\$3.24	\$3.30	<p>School Nutrition Director (SND) be sure your program maximizes participation to bring more federal and state dollars to your district. Check out SNA national's resource page for new ideas.</p> <p>Reimbursement + Meal Charge should be considered when menu planning to ensure a sustainable program.</p>
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Professional Standards	<p>SND's hired on or after July 1, 2015 are subject to the new education requirements. New requirements can be found at : <a href="http://professionalstandards.nal.usda.gov">http://professionalstandards.nal.usda.gov</a></p>	<p>Be sure to review new professional standards when considering annual continuing education opportunities. Sample job descriptions and other resources are available at <a href="http://professionalstandards.nal.usda.gov">http://professionalstandards.nal.usda.gov</a></p> <p>Another great resource for SND is the School Nutrition Association of Massachusetts.</p>																														

<p>Child Nutrition Reauthorization</p>	<p>The current law, the Healthy, Hunger-Free Kids Act of 2010 is due for reauthorization by September 30, 2015.</p> <p>The Child Nutrition Reauthorization Act authorizes all of the federal child nutrition programs, including the School Breakfast, and National School Lunch Program. During this process, Congress will debate new funding levels, ways to strengthen and improve the programs, and develop new policies to make sure children have access to healthy, nutritious food.</p>	<p>Make sure Congress passes a strong bill that ensures adequate funding and appropriate program policy, allowing you to serve the children within your district.</p> <p><b>Be Familiar with SNA’s Recommendations for CNR 2015:</b></p> <ol style="list-style-type: none"> <li>1. Increase the per meal reimbursement for school breakfast and lunch by 35 cents to ensure School Food Authorities (SFAs) can afford to meet federal requirements.</li> <li>2. Maintain the Target 1 sodium level reductions and suspend implementation of further targets.</li> <li>3. Grant individual SFAs the authority to decide whether students are required to take a fruit or vegetable as part of a reimbursable meal.</li> <li>4. Restore the initial requirement that at least half of grains offered through school lunch and breakfast programs be whole grain rich</li> <li>5. Allow all food items that are permitted to be served as part of a reimbursable meal to be sold at any time as an a la carte item.</li> <li>6. Modify Section 205, Paid Lunch Equity of the Healthy, Hunger-Free Kids Act, by exempting SFAs that had a positive fund balance at the end of the previous school year.</li> <li>7. Provide program simplification.</li> </ol>
<p>Bills in Congress</p>	<p>Child Nutrition Bills to watch:</p> <ul style="list-style-type: none"> <li>• H.R. 3316: School Food Modernization Act</li> <li>• H.R. 1504 Reducing Federal Mandates on School Lunch Act</li> </ul> <p>For a full list check out the School Nutrition Association’s website:</p> <p><a href="https://schoolnutrition.org/CNBillsIntroduced/">https://schoolnutrition.org/CNBillsIntroduced/</a></p>	<p>As a SND it important to be aware of bills that could both positively or negatively impact the school nutrition programs. Become familiar with current bills in congress and consider advocating for those important to your school community.</p> <p>There are many organizations that can act as a resource to you including but not limited to: School Nutrition Association, Food Research Action Committee, Share our Strength, Project Bread, Feeding America, etc.</p>

## Conference Update

By Lucinda Ward, RD, SNS, Professional Development Chair

*Mark your calendars for two very exciting conferences!*

**64th Annual Conference  
October 27-28, 2015  
DCU Center, Worcester, MA**

You don't have to beg, steal, or borrow – we're all about recycle and reuse...other people's ideas and successes that is. That's what SNA of MA is all about. Come learn from your peers who have tried, failed, and then succeeded on topics ranging from marketing, regulations, and even participation. Feeling hungry? Not a problem. Come sample some scrumptious food during Dr. Painter's and Chef Bruno's presentations. Looking for money? We've got you covered there too. Find out who's got it and how to get your hands on it!

This two-day conference is packed with inspiration about having fun in our school nutrition programs. Love food? Well there will be plenty of that at the food show. Come see what new and exciting products our vendors have in store for you to make your menus dazzle!

Featured Sessions:

- **Delicious Dialogs:** An interactive session where kitchen managers and staff will share and learn easy ideas for marketing, incorporating Farm-to-School produce, and utilizing the meal regulations to their advantage.
- **Thinking Outside the Box:** Learn about creative, fun, and exciting ways to increase awareness and ultimately, participation of your school nutrition program.
- **2 Fabulous Keynote Speakers:** Dr. Jim Painter and Dayle Hayes keeping us inspired with School Nutrition.
- **Cooking Demo:** Chef Bruno from Barilla will be "whipping up" some great recipes you won't want to miss...
- **Show Me the Money:** Hear from your peers who have successfully found alternative financial opportunities that can help your program – grants, scholarships, manufacturer incentives and more.

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**USDA Food Conference and Exhibits  
January 27, 2016  
Boxborough Holiday Inn**

It's never too early to be thinking about Spring! Come learn everything you need to know about agriculture, utilizing local framers, and farm-2-school initiatives. Mangers and kitchen staff – get excited about competing in a simulated game show session. And don't miss the exhibit show of the USDA Food Processors as you prepare for the 2016-17 surveys. Keep an eye out for the conference brochure to mail after Thanksgiving.

# Annual National Convention in Salt Lake City, Utah

By Kristin Morello, SNS, Past President

The 2015 school year culminated with a celebration in Salt Lake City, the SNA Annual National Convention (ANC). Each year, this convention begins with the House of Delegates which is a meeting of the SNA State Presidents, Past SNA National Presidents and a delegation of others selected by state. This group of people votes on by-laws and discusses other major issues at the national level. Your representatives this year were President, Kristin Morello and President-Elect, Sylvana Bryan.



My favorite part of ANC is the awards ceremony on Sunday morning. Each state has the opportunity to nominate SNA members from their state for Director of the Year, Manager of the Year and Employee of the year. Massachusetts was blessed and privileged to present a winner in each category. Each category winner also has their name forwarded to win for our "region" which is representative of Massachusetts, Maine, New Hampshire, Vermont, Connecticut, Rhode Island, New York, New Jersey and Pennsylvania. Further, any regional winners are forwarded to be considered for the National award. We had the distinct pleasure of honoring Bonnie DiPasquale (Uxbridge Schools) as the Northeast Regional and Massachusetts Employee of the year (Middle). Donna Landry (Fitchburg Public Schools) was named Massachusetts Manager of the Year (right) and Wendy McCaul (Gateway Regional Schools District) was named

Massachusetts Director of the Year (left).



As President, I had the honor of walking the "Red Carpet" with our awardees, from above, and accepting the President's Award of Achievement from our SNA National President, Julia Bauscher. This is an award which recognizes all of the achievements we attained and projects we completed as an association. This is something which every member and volunteer shares equally. Thank you for all of your efforts and allowing me both the opportunity to serve and represent you at this conference.



ANC is always full of amazing educational sessions and exhibits at the trade show. This year, I found myself engaged with many classes that focused on growing my business with new marketing opportunities. Further, those classes were enhanced with my opportunity to look at some of those resources at the

trade show. Michelle Babin, (SNA of MA Delegate-Elect) and Janice King (Past SNA President and SNA National Committee member) enjoyed their time at both as well (pictured left)!

ANC also offers each attendee the opportunity to attend sessions to help them navigate the show; especially those first-timers like our own scholarship winner, Nadine Doucette of Pembroke Public Schools. Janice Watt (SNA of MA President-Elect) was able to represent us as the Presidents/President-Elect meeting in an attempt to engage with other State leaders to share ideas and inform each other of what's happening around the nation.



Our networking certainly doesn't stop there as attendees always take the chance to look up old friends from Future Leaders or past Board members that they haven't seen in a while. I know that our own delegates Lucinda Ward (SNA of MA Professional Development Chair) and Joanne Lennon (Past SNA of MA President) were able to do just that. And many more of our members like Donna Miner (Past SNA Delegate), Ann Juliano (Chicopee School Nutrition Manager), and Mary Leslie (SNA of MA Exhibits Chair, pictured left) engaged as we networked with our manufacturers, vendors, and distributors at a lovely dinner a top the mountains at Log Haven. Hosted by own Karen Anderson, SNA of MA Industry Chair, all of our Massachusetts attendees were

welcome and we enjoyed this lovely dinner with our New England friends.

Something that we don't all get to do, but what makes traveling the country with SNA a true experience, is enjoying the local culture and sites. Some of our members extended their trip and did just that Catherine Donovan (SNA of MA Treasurer) and Heather Torrey (SNA of MA Delegate-Elect) were only a few who were smart enough to take advantage of places like this, Jackson Hole.



SNA is like a big family and we really look out for each other when we travel. It was nice to see Marguerite Gallo (Fitchburg Manager) come to support her colleague at the awards,

Anne Sperlonga, Bonnie Connors, and Pam Burton (all Pittsfield School Nutrition Managers) come as a team to experience ANC on the west coast, Eric Carlson and his Business Manager Kurtis Johnson (Blackstone Valley Vocational School) and Phil Frehill, come and learn from some of the best.

ANC 2016 is in San Antonio, Texas. Make sure you make your plans early so you can experience the professional development of a lifetime when you attend!



## Proposed Bylaw Change

For the 2015 Annual Meeting



The By-Laws of the School Nutrition Association of Massachusetts serves as the framework or system of management for our association. It covers the name of the association, its purpose, types of membership categories, rights/privileges of membership, defines chapters, outlines who the board is and their duties, and provides guidelines for nominations & elections.

Annually, it is the SNA Vice President's duty to review By-laws. If there are change recommendations, the proposed changes are read several times during the year at board meetings to allow individuals to have time to consider the changes. Final voting on changes takes place at the fall annual meeting by all active members. We must have quorum (5% of the most recently reported membership number, or forty (40) members in good standing, whichever is greater).

This year, we are only proposing one change:

**Item:** Remove language related to Treasurer's duties regarding scholarship monies.

**Location:** Article VI, Section D, "Treasurer"

**Current:** *"The Treasurer shall maintain moneys solicited for scholarships and awards in a separate account and shall expend the money only for these purposes from that separate account".*

**Proposed change:** Remove sentence in its entirety.

**Rationale:** There is not a separate account established for scholarships; all scholarship monies are budgeted for and payments are made through the general fund.

# Recipes

Contributed by Jeanne Sheridan, Membership/Public Relations Committee Chair

## Blackstone-Millville Meatloaf Recipe

Adapted from Let's Cook Healthy School Meal

Serving Size - 4 oz

2 loaves per steamtable pan – 50 Servings

1 Slice (3/4") provides 2 oz M/ME and

1/2 serving grain/bread

Ingredients:

Servings	50	100
Ground beef, raw	7 lb	14 lb
Ground turkey, raw	7 lb	14 lb
Rolled oats	7 cups	14 cups
Salt	1 tsp	2 tsp
Ketchup	1.75 cups	3.5 cups
Dijon Mustard	2 tbs	.25 cup
Eggs	14 (2 cups)	1 qt. + 1 cup
Oregano	.25 cups	.5 cups
Parsley, fresh chopped	.5 cups	1 cup
Onions, finely chopped	2 cups	4 cups
Carrots, grated	2 cups	4 cups
Ground pepper	dash	2 tbs

Preparation:

1. Preheat oven
  2. Prepare 2" Hotel pan- sprayed with Pan Spray
  3. Mix all ingredients on low speed until blended, using flat paddle.  
Do not over-mix.
  4. Place 12 lb 14 oz (1 gal 2 3/4 qt) into steamtable pan
  5. Press mixture into steamtable pan. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves
  6. Bake: Conventional Oven 350 for 1 1/2 hours or Convection Oven 275 for 1 1/4 hours to 155 degrees
  7. Drain fat from pans. Let meatloaf stand 20 minutes. Slice each loaf into 25 slices, approx 3/4" thick
- CCP: Heat to 155°F or higher

### Nutrients Per Serving

Calories	276
Protein	21 g
Carb	8 g
Total fat	10.29 g
Sat Fat	4.22 g
Chol	67 mg
VIT A	154 IU
VIT C	2.9 mg
IRON	2.23 mg
SODIUM	122 mg