

Midwest Leadership Seminar

SNA Iowa hosted the 3rd annual Midwest Leadership seminar on November 11 & 12th in Des Moines. Attendees came from the 8 Midwest states. The theme was Committing Yourself to Excellence! Liz McLaughlin from Arrowhead Chapter 15 and Kathryn Hanson, River Valley Chapter 35, along with the MSNA Executive Director attended this seminar. Liz and Kathy were awarded full scholarships to attend this seminar through the scholarship fund from the Education Raffle. They along with 25 other state leaders gathered valuable information on association leadership skills, how to promote and recruit members and valuable networking!

Kathryn Hansen stated "I am very thankful to MSNA for providing me with the scholarship opportunity to attend the SNA Midwest Leadership Retreat. I thoroughly enjoyed myself and believe that everyone left the retreat with recharged energy and enthusiasm towards our positions as school nutrition professionals". Liz McLaughlin was eager to gather new ideas, network with other leaders to bring back ideas for her chapter which is being reactivated after being inactive for many years.

General Speaker Candy Whirley, shared her knowledge of gender differences and how to work on building bridges with communication! Other sessions were on Communicating, Spice & Flavor Stations and a leadership & ethics skills presentation.

The seminar ended with a visit from Congressman David Young from Iowa's Third Congressional District. He talked to the group to help them understand the process of starting a bill and what it takes to get voted on. He told the group that we all need to talk to our Legislators and it is our 1st amendment right to petition our government.

2018 Midwest Leadership seminar will be hosted by the state of Missouri.



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President's Message



Julie Powers, RD, SNS
MSNA President

Welcome to 2017!

As members of MSNA, we have so much to look forward to this year.

First and foremost is the new format for the Thymes. After the resounding results of the "text message" poll at our Annual Conference, we heard you and here it is...the electronic version. I hope you enjoy the easy navigating and useful updates.

Another fantastic state conference is

being planned in one of my favorite places: Duluth! We have new, fresh ideas for the conference schedule as well as the educational sessions. The theme this year is Pride, Passion and Perseverance!

Skills Camp is back this year with more new ideas! We are listening to your input and trying very hard to accommodate your suggestions so we can continue to offer relevant and fun classes. One more new thing added this year is our Leadership Development Committee. We now have a larger and more diverse group on the committee to help find our future leaders in MSNA. Be ready to say "YES" if you are asked to run for office or sit on a committee.

And last but not least is the new MSNA logo and tag line. Sharon has been quietly updating our logo over the last year and it should be fully incorporated by the end of 2017.



Feeding Bodies. Fueling Minds.™

MSNA had many accomplishments in the past year: our 60th anniversary, MSNA award winners, an SNA National award winner, and a redesigned logo.

After the wild, crazy ride that was 2016, I'm looking forward to a fresh beginning in this New Year!

Board Briefs

Approved items from the January 4, 2017 Executive Board meeting

Actions Items and Board Approvals:

- To approve the 2017-2018 contracts for Capitol Hills Associates & Maus Crossings, Inc
- To allow Julie Powers, RD, SNS to continue as MSNA President until the end of her term per the bylaws.
- To equalize the Industry Conference Registration fee to \$250.00 for all members/attendee and \$350.00 for non-members.
- To approve Industry Conference Committee Chair, Heather Yanta for a second 2-year term renewal for Industry Conference Committee.
- To approve the infographics created by the Public Policy Committee for use in educating our legislators.
- Committee terms: Recommendation to keep the two-year term limit for all committees with the option for another two-year term with board approval.
- To approve the new structure set up for Skills Camp.

- Action: Remove the Food Access Summit budget line of \$1000.00.
- Recommendation to use the conference calling for meetings to reduce mileage costs and to have shorter meetings to eliminate meal costs.
- Decline sending a member to SNA Future Leaders Program for 2017 due to budget and relook at 2018 and work with Leadership Development Committee to find potential candidates.
- To approve the appointed positions to Leadership Development Committee: Mary Lee and Vicki Speltz, Chapter Presidents and Hannah Knickerbocker and Ali Diley to be placed on the ballot for elected positions.
- To remove Hannah Knickerbocker from Leadership Development Committee ballot due to being on another committee and to approve Roxi Knops, White Bear Lake ISD and Amy Richardson, Mahtomedi ISD to be placed on the Leadership Development Committee ballot.
- Add the Minnesota School Nutrition Association as a signer on the FRAC

(Food Research & Action Center) letter of support.

- Approve Jackie Brown, Bridget Lehn and Rebekah DeJarlais for a one year extended term for the Nutrition Conference Committee to achieve a transition period with incoming new committee members.
- Recommendation to have the PPL committee review the IATP (Institute for Agriculture & Trade Policy) letter of support.
- Open 2017-18 Elected board positions for Leadership Development Committee to fill:
 - o Vice President
 - o Nutrition Chair
- Financial Banking Statements as of 12/31/16
 - o Checking: \$89,967.21
 - o Savings: \$100,167.67
 - o Investments: \$245,635.37
 - o Total Assets: \$435,770.25

The Public Policy Committee (PPL) has been working on some new informational materials to help our legislators understand what we do in child nutrition. We hope that this kind of information will help our legislators be better informed when voting on child nutrition topics. This information will also be made available to directors, supervisors, and MSNA members to better communicate with school administrators, school boards and community members about what we do.

SNA has been pushing for “a robust Child Nutrition Reauthorization bill, including the Senate agreement on school meal standards, so school nutrition programs can responsibly plan for the upcoming school year,” per the [SNA 2016 position paper](#).

There were some hopeful moments that child nutrition reauthorization could pass this year, but it’s officially been put on hold until the next session of Congress begins. [While it’s a move that shouldn’t shock many](#), it’s still frustrating for child nutrition professionals who are awaiting guidance on areas like further sodium reductions. A compromise could not be found between the two houses of Congress and the two po-

litical parties. Some of the issues stopping the compromise include the proposed increase in CEP participation, block grants and so-called flexibilities surrounding sodium and whole grains. Remember to mark your calendars for February 28, 2017 for the MSNA Legislative Action Conference (LAC). Your legislators would like to meet you and hear about all the good things child nutrition is doing in their districts.

MSNA Legislative Registration [forms](#) can be found on the [MSNA website](#) under events tab and the registration deadline is February 3rd. We encourage you to start making your appointments with your legislators right away as their calendars fill quickly.

Do you know who represents you? Here is how to find your legislators! Go to <http://www.gis.leg.mn/OpenLayers/districts/> and enter in your home and/or school address. The results will show both your state and national legislators. For the purpose of the MSNA Legislative Conference, schedule your appointments with names that list “MN House” or “MN Senate” by their names as these are the legislators that work on state issues.

Once you have scheduled your appointments, please enter your information via this [Survey Monkey link](#).

A hotel block has been set up at the Hampton Inn & Suites Minneapolis University Area.

[Guide to online booking](#)

Hampton Inn & Suites Minneapolis University Area
2812 University Ave SE
Minneapolis, MN 55114
612-259-8797
Room Block code MNS
\$114.00 + tax
Room block deadline is February 6, 2017

Come See Your Capital

The State Capitol Building now has been restored to its 1905 appearance. When you come to Hill to visit with your legislators on February 28th you can see the buildings historic furniture, artwork and interior decorations!

2016 Award Winners

Congratulations again to all the award winners from 2016!

Manager of the Year (In Honor of Louise Sublette)

State, Midwest Regional and National
Bonnie Schmidt, Morris Area Schools

“E” Team Award

Juli Anderson, Filestia Humes, Susan Kosin, Barb Lageros
Green Elementary School, Wayzata ISD

Innovation Award

Gail Offerman
Rosemount/Apple Valley/Eagan ISD 196

Industry Partner Award

Steve Martel
General Mills

MSNA President’s Chapter Award of Excellence

- Bonnie Schmidt
Mid Minnesota Chapter 00
- Adreinne Gooley
Crosstown Suburban Chapter 13
- Kim Quesenberry
Dan Patch chapter 19
- Elaine Woolery
Little Crow Chapter 21
- Donna Hughes
Crow River Chapter 22
- Irene Kozlowski & Regina Bohmer
St. Paul Chapter 32
- Jo Lange
Paul Buynan Chapter 34
- Gail Offerman & Deborah McMenomy
River Valley Chapter 35



Legislative Action Conference 2017 Registration is Open!

Now is the time to make plans to attend SNA's 2017 [Legislative Action Conference](#) (LAC)! Following an unprecedented election year, the conference will provide you with tools to steer your program and advocacy efforts in the new Congress and Administration. The program opens with the can't-miss Pre-Conference, [Advocacy in the New Congress](#), scheduled for Saturday, April 1. Presidential historian, Pulitzer Prize-winner and contributing editor at TIME, [Jon Meacham](#), will join attendees on Sunday, April 2 as keynote speaker! Be sure to visit the conference webpage for more details and to register for the conference.

SNA's First Virtual Expo

Have you heard the news? Registration is now open for SNA's first virtual expo! This FREE expo will be accessible from January 31 through April 30, 2017. Not only will attendees have the chance to visit 36 virtual exhibitors from the comfort of their own computer 24/7, they can also access education sessions to earn CEU's and network with colleagues and industry reps. Visiting the Expo also gives you a chance to win an ANC 2017 registration (full details and sweeps rules will be posted online). Learn more and register for the expo at: www.schoolnutrition.org/virtual-expo

It's a New Year to Earn New CEUs – Mark Your Calendar!

This New Year, hit the ground running on your education goals with SNA's Webinar Wednesdays! We have new webinars coming in February and March, including the "Best of #SNIC17" Webinar Series from three highly anticipated SNIC sessions. If you can't make it to SNIC this year, register for the upcoming webinar series to gain valuable information, CEUs, and much more!

- 2/8 – Best of #SNIC17 1 of 3: Fats in Vogue, Wheat Woes, Uh-oh GMOs (Registration Opens 1/11)
- 2/22 – Blueberry Council Webinar (Registration Opens 1/25)
- 3/8 – Best of #SNIC17 3 of 3 (Registration Opens 2/8)

All webinars are held at 2pm Eastern Time (1pmCT/Noon MT/11am PT). [Visit SNA Webinars](#) for more information. Missed a recent webinar? Check out the [Webinars On-Demand library](#) and catch up on the hottest topics in school nutrition; available to SNA members 24/7.

Your Vote Counts! Meet the Candidates in the 2017 SNA Election

It's time to vote and elect the new members of the SNA Board of Directors and the Leadership Development Committee. Elect the leadership talent the Association needs to advance school nutrition programs in the future!

The SNA Election will take place over a two-week period in February 2017 (February 15-28) through a secure online voting website. In order to vote, you must have your SNA username and password available. You are eligible to vote if you are currently an active member and were a member in good standing on November 30, 2016. To meet the candidates and learn how to cast your vote, visit www.schoolnutrition.org/snaelection. The site will be updated with biographies and voting instructions in mid-January.

Mark Your Calendar: ANC 2017 Registration Opens February 8th!

Mark your calendar! Registration and housing for [SNA's Annual National Conference](#) (ANC) in Atlanta, Georgia on July 9-12 will open on February 8th. Just like last year, all attendees will be required to register for the conference before they are provided access to book their hotel room. This requirement was designed to help SNA better control the number of available rooms, ensuring more attendees will be able to have access to their first-choice hotels and preferred travel dates.

This year's General Session speakers include Captains Mark and Scott Kelly, twin brothers and NASA astronauts, and Derreck Kayongo, founder of the Global Soap Project and CEO of the National Center for Civil and Human Rights. [Click here](#) to learn more about the General Session speakers.

In addition to hot topics offered in education sessions and an exciting Exhibit Hall, the Barenaked Ladies (BNL) will be the entertainment at our Closing Event. BNL has been performing for nearly three decades, producing 14 studio albums which have collectively sold more than 14 million copies and earned multiple Grammy nominations, a U.S. chart-topping single ("One Week") and the theme song to one of TV's most popular shows, The Big Bang Theory. You'll be front and center for one of the most amazing – and FUN – concerts on the current rock circuit.

Achieve Your Educational Dreams with an SNF Scholarship!

The School Nutrition Foundation (SNF) is now accepting applications for the professional development scholarships! Professional Development scholarships help you achieve your educational dreams by offsetting the costs of books and tuition for SNA members pursuing a degree in a school nutrition-related program of study. To learn more and apply today, please visit: <https://schoolnutrition.org/EducationScholarships/>.

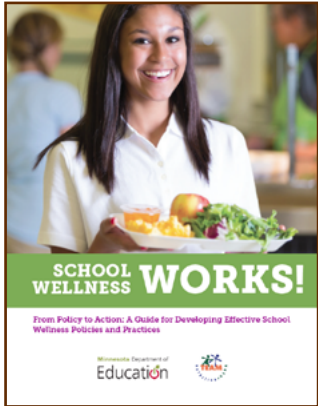
Take the School Breakfast Challenge

It's time to get ready for National School Breakfast Week (NSBW) 2017, taking place March 6-10. This year's theme, "Take the School Breakfast Challenge," challenges students, staff and school officials to start each morning with a healthy, well-balanced breakfast. New [resources](#) have been added to the website including punch cards and fruit origami.

While planning for NSBW, don't forget to secure your official NSBW merchandise from the [Emporium](#). T-shirts and buttons for your staff to wear, balloons to decorate the cafeteria, pencils for students and much more! To learn more about National School

Minnesota Department of Education

Local School Wellness Policies –Are you ready for June 2017?



In July 2016, the U.S. Department of Agriculture (USDA) released updated requirements for local school wellness policies as part of the Healthy, Hunger-Free Kids Act of 2010. The final rule requires

Local Education Authorities (LEAs) to begin developing a revised local school wellness policy during School Year 2016-2017, with a final policy ready by July 1, 2017. Wellness policy information is available on the USDA webpage.

The Minnesota Department of Education (MDE) has updated resources and templates that may help districts navigate the new federal rule and meet the requirements. For example, the new toolkit titled **School Wellness Works! From Policy to Action: A Guide for Developing Effective School Wellness Policies and Practices** is available on the MDE Wellness webpage. A print copy of the toolkit was mailed to all Superintendents in late 2016. Other electronic resources available on the MDE webpage include an action plan, checklist, triennial assessment report template, and a resource page.

Improved Health and Academic Success

The new provisions are expected to result in local school wellness policies that strengthen the ability of a school to create a school nutrition environment that promotes students' health, well-being, and ability to learn. In addition, these regulations will increase transparency for the public with regard to school wellness policies and contrib-

ute to integrity in the school nutrition program.

Recent research studies show a correlation between healthy nutrition and physical activity and improved academic performance and improved classroom behavior. There is also increasing evidence supporting the idea that schools' policies on foods, beverages, and physical activity are correlated with calories consumed and expended by school age children. Consequently, strengthening local wellness policies can have real positive effects on the health outcomes for students.

Updated Requirements Policy content

LEAs must now include specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals. Schools are encouraged to identify specific, measurable objectives with attention to both long- and short-term goals.

Wellness Leadership

LEAs must identify one or more school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy. Foods and beverages sold to students. Nutrition guidelines for all foods and beverages sold to students on the school campus during the school day must be consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.

School-time Party and Snack Policies

Policies for other foods and beverages available on the school campus during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives) must be enacted by LEAs. Public involvement and awareness. LEAs are required to permit parents, students, foodservice staff, teachers of physical education, school health pro-

fessionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local wellness policy. LEAs are required to inform and update the public about the content and implementation of the local wellness policy on an annual basis.

Evaluation and triennial assessments. LEAs must identify a way to measure the implementation of the local school wellness policy, and must assess their wellness policy at least once every three years. LEAs must make this assessment available to the public in an accessible and easily understood manner.

With greater transparency on the effectiveness of these policies, parents and other community stakeholders will be better informed and positioned to improve the school nutrition and wellness environment.

Food and Beverage Marketing

Marketing on the school campus during the school day must be for only those foods and beverages that meet the nutrition standards under the Smart Snacks in Schools regulations. The new marketing requirement will mean that children are presented with images and signs that promote healthier foods and beverages and that the products that are marketed will match the snack foods and beverages available in schools.

Meal Pattern Emphasis

LEAs are required to give increased attention to their implementation of the new school meal pattern requirements and the Smart Snacks in Schools requirements. The benefits of the new school meal pattern requirements include improved nutrition and diets to students and likely improved health outcomes. Furthermore, the benefits of the Smart Snacks in Schools rule likely include decreased consumption of solid fats and added sugars and decreased obesity rates.

National Nibbles, con't

Breakfast Week and how you can celebrate, visit www.schoolnutrition.org/NSBW.

“Fun Pun” Posters Now in the SNA Emporium

Since the launch of SNA's PR campaign, there has been a high demand to turn the fun puns into posters. Four of the designs have been converted to posters and are available for sale in the SNA Emporium! Perfect to spruce up the cafeteria for the new year.

In addition to these posters, there is also a new set of winter-themed shareable content items which can be downloaded and shared through this webpage. To learn more about the PR campaign or to browse and download other pieces of content, [click here](#).

Win a FREE Trip to 2017 LAC

SNA's annual Legislative Action Conference Sweepstakes is back! The winner will enjoy FREE registration for LAC 2017, flights, and accommodations for themselves and a guest, as well as be

recognized during the Opening General Session. SNA will also reserve a VIP table for the winner and guest at the conference.

This year's contest is all about getting creative – something we know school nutrition professionals do every day. Send us a patriotic picture of yourself in a fun costume such as Rosie the Riveter or Uncle Sam! Send in your Federal Election, or Veterans Day themed photos, your USA themed menu items, and of course pictures of your elected officials touring a school cafeteria are always encouraged and welcomed. We want to show the world that school nutrition professionals make a difference by speaking up and participating in our Democracy.

Email your pictures to advocacy@schoolnutrition.org by February 15th, 2017. Read more details about the 2017 LAC Sweepstakes [here](#).

Join the Fight to Reduce Food Waste

Would you be interested in participating in a waste measurement study, if the work involved is minimal? Check out [this tool](#) on reporting food waste! Developed by the Environmental Research & Education Foundation (EREF), and in collaboration with the [School Nutrition Foundation](#) (SNF), the School Cafeteria Discards Assessment Project (SCrAP), aims to gather information regarding the quantity of waste generated in school cafeterias and obtain an understanding of how this waste is managed both at the school and after it is hauled away. Learn more about how to sign up schools in [SCrAP](#).

MDE Update, con't

Documentation

Each local educational agency must retain records to document compliance with the requirements of this section. These records will be reviewed during an administrative review by the state agency, and include but are not limited to:

- The written local school wellness policy;
- Documentation of efforts to review and update the Local School Wellness Policy, including an indication of who is involved in the update;
- Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction;
- Documentation demonstrating the Local School Wellness Policy has been made available to the public;
- Documentation demonstrating compliance with community involvement requirements.

USDA Releases Memo Outlining Flexibility for Target 2 Sodium Requirements for 2017-18

On January 6, 2017, USDA released a memo, [SP 15-2017](#), to regional and state directors regarding flexibility for the Target 2 sodium requirements for School Year 2017-18. As you may know, Target 2 sodium requirements are scheduled to take effect on July 1, 2017. To help address some challenges with meeting Target 2 reduction, USDA is offering some flexibility. School Food Authorities (SFAs) are expected to comply, however if SFAs that are working toward compliance, but not fully in compliance, they will NOT incur fiscal action during administrative reviews.

During the period of flexibility, USDA's Food and Nutrition Service (FNS) plans to continue to gather ongoing challeng-

es in order to develop technical assistance. Review the memo [SP 15-2017](#) for further guidance.

THERE ARE MANY GREAT BENEFITS OF BELONGING TO SNA

TAKE ADVANTAGE OF THE TOP 10...



- 1** Free webinars on pertinent topics like food safety, food allergies and procurement
- 2** Tools to help you meet and track USDA's Professional Standards requirements for yourself and your staff
- 3** Educational conferences tailored to *your* needs and professional standards
- 4** Marketing tools to promote your programs to parents, students and the school community
- 5** Legislative and advocacy efforts
- 6** Certificate and credentialing programs for you and your team to grow professionally
- 7** Relationship building with key stakeholders and industry representatives
- 8** Professional development scholarships for you and your team
- 9** A subscription to SNA's award winning magazine, *School Nutrition*
- 10** Access to the latest news and issues from the SNA website and daily e-newsletter, *SNA SmartBrief*

Belonging to the School Nutrition Association is a smart investment in your program *and* your career.

www.schoolnutrition.org

Conference Corner

2017 MSNA Industry Conference

The 2017 MSNA Industry Conference plans are well under way! Mark your calendars for May 11th & 12th for two days of learning and collaboration within the beautiful setting of [Breezy Point](#) on the shores of Pelican Lake.

The Industry Conference is dedicated to the cooperation between school nutrition professionals and industry partners. The committee is diligently working to plan an event that is packed with informative, beneficial, and engaging sessions for both school nutrition and industry members. The focus for the education sessions will be on Human Resources.

On Wednesday evening, May 10th there will be “meet & greet” reception hosted by the MSNA Industry Advisory Board. This is a great opportunity to meet new friends and connect with old friends!

There are many options to relax and recharge between sessions including golf, tennis, walking, biking, shopping, having a latte in the coffee shop or a trip to the on-site spa. You won't want to miss the great opportunities to network and connect with colleagues. Watch for some exciting new activities to be introduced for this conference! There will be a service project this year. To help in the local communities, we are asking attendees to donate diapers (any size) and wipes. There will be drop off location at registration.

We encourage you to make your hotel reservations to secure the room site of choice. Hotel lodging reservations and room selection can be made by going to <http://breezypointresort.com/lodging/>, select online reservations and enter group #171947.

All conference registration forms and information will be on the MSNA website under the events tab. No registration forms will be mailed. Registration fees will be \$250 for all Food service and Industry members and \$350.00 for nonmembers.

Conference information will be sent once registration is open. Continue to check the [MSNA website](#) for the most updated information on speakers and scheduling. If you have any questions, email Heather Yanta, Industry Conference Chair at hyanta@callifd.com.

Skills Camp

Watch for new education opportunities in 2017! MSNA will be hosting mini Skills camps throughout the state. The Skills Camp Committee is working on making hands-on training more accessible to all members to enhance their culinary skills!

The committee is working on half-day trainings in a variety of locations, times and working with smaller groups.

This committee is made up of Industry Partners, MSNA Members and Chefs to teach on topics such as knife skills, scratch cooking, time management, and food safety. All sessions will meet the USDA Professional Guidelines.

If you have any questions or comments, please contact MSNA Education Chair, Emily Malone at emalone@priorlake-savage.k12.mn.us

61st Annual State Conference

Mark your calendars for the great MSNA Get Together! The theme for the 61st Annual conference is Pride, Passion and Perseverance! The conference will be held at the DECC in Duluth, July 30th-August 2, 2017. The AC committee is working on getting ready for another great conference. If you are looking for reasons for attending this conference, know that you will gain knowledge, make great contacts and see the latest products and services

in action at the vendor show. The general session speakers are Mike McKinley and Sarah White. Mike McKinley will start our conference off to help us think



fresh thoughts and seek new perspectives on a customer's journey. Sarah White, will send us off with humor, common sense and creativity to tell our “life stories with a lesson”!

Level One Core Courses

MSNA will again be offering the “Instant Certificate” program for members to earn their initial SNA level one certificate. The sessions will be Nutrition 101 and ServSafe. These sessions will be held Saturday, July 29th and Sunday, July 30th. More detailed information will be coming out in April. Watch the [MSNA website](#) for updates.

Service Project

Each year our association does a service project to help in the local communities we are at. This year we are looking at CHUM and Life House Duluth. We are asking attendees to donate basic items such as diapers, wipes, personal hygiene items for men & women, socks, underwear. There will be drop off location at registration desk. A full listing will be put on the website.

Volunteer!

To make the conference flow, volunteers are needed to assist in all areas. Please consider volunteering some time to make this the best MSNA Conference ever. To volunteer, contact Hospitality Chair Liz McLaughlin at 218-628-4926 ext. 1043 or email: lmclaugh@proctor.k12.mn.us

Education Raffle

We invite all to participate in the Education Raffle by donating items. Items can be donated by chapters, individuals, industry or even schools. You can decide what you would like to donate-themed boxes, cooking items, libations, back-to-school items, gardening items, scrapbooking items, purses-the possibilities are endless! Funds raised from the Education raffle will be used for scholarships and education opportunities.



Conference Corner, con't

Registration

Registration forms will be mailed out in early April. Check the Events page on the MSNA website for continual updates. Online registrations will also be available.

The MSNA hotel block **will open on March 15th**. The hotels *will not* take reservations until then.

2017 Hotels

Canal Park Lodge
250 Canal Park Drive
Duluth, MN 55802
800-777-8560
Room Rates-\$179.00-\$199.00 + tax
Room block deadline is June 29, 2017

Comfort Suites
408 Canal Park Drive
Duluth, MN 55802
218-727-1378
Room Rates-\$179.00-\$199.00 + tax

Hampton Inn
310 Canal Park Drive
Duluth, MN 55802
218-720-3000
Room Rates-\$159.00-\$179.00 + tax
Room block deadline is July 5, 2017

Holiday Inn & Suites
200 West First Street
Duluth, MN 55802
218-727-7492
Room Rate-\$139.00 + tax and includes a \$10.00 breakfast coupon

The Inn on Lake Superior
350 Canal Park Drive
Duluth, MN 55802

218-726-1111
Room Rate-\$189.00 + tax
Room block deadline is June 29, 2017

The Suites at Waterfront Plaza
325 Lake Ave S
Duluth, MN 55802
800-727-4663
Room Rates-\$130.00-\$180.00 + tax

The Pier B
800 West Railroad Street
Duluth, MN 55812
Room Rate \$209.00 + tax & resort fee
Room block deadline is July 7, 2017

It's Awards Time!

Are you inspired by your school nutrition colleagues, friends, and mentors? Nominate someone you admire for an SNA Award for the 2016-17 school year. Nominations for the [Employee of the Year](#), [Manager of the Year](#) (in honor of Louise Sublette) and [Director of the Year](#) are now being accepted online by SNA.

Being nominated for an SNA Award is a great honor. All state, regional and national winners will be recognized at the

Red Carpet Awards Ceremony at SNA's Annual National Conference 2017 in Atlanta, Georgia. To learn more and to submit your nomination online today for the SNA Awards, please visit www.schoolnutrition.org/SNAawards. Nomination deadline for all SNA awards are due by March 1st, 2017.

MSNA awards forms for the Innovation Award and the E-Team award are due to the MSNA office by March 1st, 2017. The forms are found on the [MSNA](#)

[website](#). Note that MSNA has aligned the MSNA award due dates to the National Award due dates of March 1st for consistency and ease. Any questions, please contact the MSNA office at 877-251-2344 or minnsna@gmail.com

Who do you know who should be honored with an award?

Help Us, Help You - Update Your SNA Contact Info!

To ensure that you receive your membership and/or certificate renewals, School Nutrition magazine, MSNA Thymes and the latest news and updates you must make sure we have your correct contact information. If you have changed email addresses, mailing addresses and or schools make sure you contact SNA. This will help you get the most out of your membership!

To make any changes or to correct contact information go to www.schoolnutrition.org and click on the red Login to My Account button in the upper right-hand corner. Enter your user name and password to login or click Member Registration to create an account. Once logged in, click on the Member Record tab and select Member Contact Information. Update any needed information and click Save Changes. Need

help? Contact the SNA Service Center at (800) 877-8822 or servicecenter@schoolnutrition.org for assistance.

Chapter Chatter

Crow River Chapter 22



Crow River Chapter 22 held a Christmas potluck meeting at the Dassel Elementary School. The 28 members in attendance each brought their favorite Christmas dish to share and also brought an item or two for the silent auction. The auction raised \$227.00 for the United Community Action to be used for area families in need. Door prizes were given to anyone who brought food for the local food shelf. A great time was shared by all.



Mid Minnesota Chapter 00

Mid Minnesota Chapter 00 held their meeting November 15th at the Lac Qui Parle High School hosted by Camey Maland and her staff. A brief business meeting and then a presentation on standard recipes. The chapter donated \$50.00 to the Lac Qui Parle Community Food Shelf as part of their service project. They received a warm thank you note from the food shelf.

Their next meeting will be held February 21st at BOLD and will be hosted by Margaret Flemming and her staff.

Dan Patch Chapter 19

Dan Patch Chapter 19 held their meeting December 6th at Prior Lake High School. A presentation on Self Defense by Asfolk Viking Martial Arts and a bean demo by Dave Andres, Bush Brothers Beans. For their service project, members brought denotations for Toys for Tots.

Next meeting will be January 31st at the Lakeville Area Public Schools. A Registered Dietitian will present on how food affects our moods and energy levels. For more information contact Chapter 19.

Free Training

Are you looking for CEU's and Training Hours? Here are a few options for you to find education sessions.

The Institute of Child Nutrition

You can find many education courses offered online at ICN support the professional development and training of child nutrition program personnel at all levels of responsibility. The ICN's online course system supports the research-based competencies, knowledge, and skills needed for excellence in child nutrition program management. All classes are noted with a USDA Code/Key Area so you can determine the session designation. Visit www.theicn.org for more details.

ICN online training provides self-paced online courses that may be completed over multiple sessions. Once a course has been completed, a certificate of completion is provided and may be used to satisfy certain certification and credentialing requirements. Additionally, ICN online courses are offered free of charge.

You are able to achieve the SNA Level One Initial Certificate by taking the core courses of Serving it Safe & Nutrition 101! Once you have completed these two core courses you can fill out the Certificate Application and send in with your documentation and application fee! You can find more SNA certificate information on the SNA website www.schoolnutrition.org and click on the Education & Development tab.

SNA Webinars

Another option for free training is the SNA Webinars. We understand that your time is valuable and that sometimes SNA's webinar schedule does not fit yours. So, check out [Webinars OnDemand](#) that has over 35 webinars in all Key Areas. [Webinars OnDemand](#) provides the training/CEUs that you need, when you need them. You will need to log in to your account to access these webinars.

Chop! Chop! Culinary Skills

Welcome to the home of the [Chop! Chop!](#) culinary skills training video series. These free training videos will help you and your school food service staff use more fresh, local-grown fruits and vegetables—and whole grains—in your school meal program by introducing new foods, recipes and culinary skills. View all six videos, along with support resources and recipes for your school lunch programs.

These training videos are a joint project of [CESA Nutrition Purchasing](#), the [Center for Integrated Agricultural Systems](#) and [Team Nutrition](#) of the Wisconsin Department of Public Instruction.

USDA Professional Standards for School Nutrition Professionals

This [USDA Professional Standards](#) site allows school nutrition staff to search for training that meets their learning needs. Each listing contains information about the training, including how to access, developer, date, learning objectives covered, and more.

What's Happening?

Calendar of Events

January 22-24, 2017

SNA Industry Conference (SNIC)
Orlando, Florida

February, 14, 2017

SNDM Commodity Food Expo
River's Edge Convention Center
St. Cloud, MN

February 28, 2017

MSNA Legislative Conference
St. Paul, MN

March 6-10, 2017

National School Breakfast Week

April 2-4, 2017

LAC
Washington DC

May 4-6, 2017

SNA National Leadership
Conference
Baltimore, MN

May 11-12, 2017

MSNA Industry Conference
Breezy Point Resort

May 17, 2017

MSNA Executive Board Meeting
Notables

July 30-August 2, 2017

MSNA Annual Conference
Duluth MN

New Industry Partners

Check out our new Industry Partners! You can find their information on the Industry Directory on the [MSNA website](#).

Post Foodservice (dba Post Consumer Brands)

Heartland School Solutions

G.A Systems, Inc

Life's Pure Balance

South-Town Refrigeration & Mechanical



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Presenting the Fully Cooked Savory White Turkey Patty.

It uses the same juicy, white turkey meat found in our top-selling turkey burger with fully cooked convenience. Plus, it's larger (2.9 oz.) and contains mushrooms to enhance moisture retention. For more, visit JennieOFoodservice.com/K12.

Food Marketing Services Minnesota

Dawn Urban
(952) 854-1545

durban@fmserv.com

Marybeth Sachs
(952) 854-1545

msachs@fmserv.com



Take Your Career to the **NEXT LEVEL** with SNA's Certificate in School Nutrition



- Increase your knowledge and skills in food safety and sanitation
- Understand the basics of good nutrition
- Enhance your professional image
- Demonstrate commitment to your profession
- Advance your career

“ There are so many benefits that I have gained by earning my SNA Certificate. I gained the confidence and knowledge to inform anyone about school nutrition. It has enabled me to become a kitchen manager and to be Washington School Nutrition Association President next year. ”

Paula Gualtieri
Northshore School District, WA

Earn an SNA Certificate today!

Download the Certificate Program Guide at
www.schoolnutrition.org/certificate



Feeding Bodies. Fueling Minds.™