

Nutrition Conference

By Jackie Brown, Nutrition Chair

Our Nutrition Conference, “Super Food Super Power” was a great success this year. The conference had a later start time so that an early morning hands on Skills Camp could be included, and had a variety of topics. Shakopee High School hosted this year’s conference at their beautifully remodeled cafeteria and culinary kitchen. Over 200 people registered for this year’s conference and received 4-6 CEU’s for attending.

The day started with a two hour skills camp lead by Julia Cohen and Jenny Breen from The Good Acre. Twenty-nine participants signed up to learn more about scratch cooking as well as prepare two delicious salads that were incorporated into the lunch. Attendees received instruction on knife skills and got to practice with the chef’s assistance, as well as how to use a Robot Coupe for making a pesto out of spinach and fresh herbs. Participants followed a recipe by taste, and learned how to roast vegetables adding a unique flavor complexity.

Skills Camp attendees enjoyed being able to start the day off with hands on training in a fun kitchen atmosphere, and everyone else enjoyed being able to sample the recipes during lunch.

MSNA is hoping to continue this partnership between Skills Camp and Nutrition Conference in the future.

Four speakers spoke about different areas of nutrition. Each speaker gave a fabulous presentation and there was a lot of positive feedback regarding how engaging the speakers were. One attendee even commented, “I have been in the industry for 40 plus years and I learned a lot at this conference.”

The Nutrition Conference has always been a great opportunity to earn Nutrition CEUS for those that are trying to move up in SNA Certificate levels. Historically, speakers are chosen to provide nutrition education that is applicable to work and life.

The Nutrition Conference Committee will be starting their planning for the 2019 conference and hopes to make this one better than ever.

For any additional feedback or suggestions for 2019 please contact:

Jackie Brown, Nutrition Chair

jackiebrown@orono.k12.mn.us

Emily Malone, Education Chair

emalone@priorlake-savage.k12.mn.us

You can find the recipes used for Skills Camp on page 15

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President's Message



Amy Thering
MSNA President

Happy New Year!

Where did the last year go and how did it go by so fast?? I hope you all had merry holidays and happy family gatherings together.

When you look ahead to 2019 – what are your goals?

Do you set goals for yourself or not? If you do, make them reasonable and doable! That is what we have done at MSNA to get the actions of our Strategic Plans' goals accomplished and move the association in the right direction (or in the words of an unnamed coach we want to "row the boat" in the right direction!). We planned the actions to be reasonable so that we can get lots of work done this year!

So far, here is what MSNA has accomplished since October 2018:

1. Held the first Board meeting October 24, 2018, hosted at General Mills HQ. If you would like to join us at a Board meeting please let me know! There would be an open session at the Board meeting for non-Board members so you could see what the Board accomplishes. Our 2018 Future Leaders Andrea Schaak from Jordan and Lauren Spoke from Orono have attended and learned a lot!
2. Defined the Plan of Action for 2018-19 by assigning Board members and committees to the action items
3. Reviewed and renewed contracts with:
 - CJ Public Relations to specify the scope of work, including a conference call with the Marketing Committee to refine our social media goals and content
 - Capitol Hill Associates, MSNA's longtime lobbyist.
 - Executive Director Sharon Maus
4. I attended the SNA Midwest Regional Leadership Conference in Green Bay, Wisconsin.
5. Approved the budget for 2019 based on reviews of actual 2018 finances and proposed programs and activities for 2019.

6. President Elect Vickie Speltz and I will be presenting at the Minnesota School Board Association Leadership Conference, January 11, 2019 on "School Nutrition Programs and Their Value".
7. Held the first Annual Conference meeting in St. Cloud to begin planning for the 2019 conference, August 4-7, 2019. There will be many fun activities and great education sessions. Note the hotel room block will not be available until May 1st.
8. The PPL Committee is planning the 2019 MSNA Legislative Conference to be held on Monday, March 25, 2019 at the state capitol. Watch for more details and registration information.
9. Approved a strategic partnership with Second Harvest Heartland for legislative activities.
10. The School Nutrition Industry Partnership (SNIP) conference committee is busy planning the 2019 conference to be held at Madden's Resort in Brainerd May 1-3, 2019. Note the change of venue to Madden's!
11. Welcomed Mary Ann Dammann from KeyImpact Sales & Service as the new Industry Chair, replacing Wendy Wotijisiak-Erickson who resigned her position.

PHEW!

A lot has been accomplished already but there is lots more to do...cheers and here's to working on your goals too!

Consider signing up for a committee, we need your talents!

Have a wonderful new year!

Amy Thering



Feeding Bodies. Fueling Minds.™



SNA Headquarters Has Moved!!

SNA has moved their offices!
New address: School Nutrition Association
2900 South Quincy Street, Suite 700
Arlington, VA 22206

SNA Headquarters Has Moved!!

Payment Remittance:
School Nutrition Association
PO Box 759297
Baltimore, MD 21275-9297

Secretary/Treasurer

By Penny Hoops, Secretary/Treasurer

Greetings from your Secretary Treasurer!

I hope you all enjoyed the holidays and are refreshed and ready for the second half of the school year.

This year has been another great one for MSNA and you, the members. I have been busy learning the ropes of the office of secretary treasurer, and am diligently monitoring the financial assets of the association.

Early this fall, after the Annual Conference in Rochester, I met with Executive Director Sharon Maus and the outgoing Secretary Treasurer, Jo Lange, to learn the accounting practices of the association, and to begin overseeing the financial management of MSNA.

In October, the three of us drafted the budget for 2019, which takes effect on 1/1/19. When drafting a budget, careful consideration is given to the current budget that is in place. When looking at the largest budget items, such as Annual Conference, things to be mindful of are the location of the conference, the number of attendees, the cost of meals and speakers, etc. Luckily, the association has over a decade of past conference budgets on file, so it is very helpful to go back to look at prior conferences at each location to see what comparable costs are. This is done for each conference that MSNA sponsors.

We also look at each line item for both income and expense and the goal is to reasonably forecast what each item should be, based on past budgets and taking into account current market costs. The proposed budget was submitted to the Executive Committee for review and revision, and was submitted to the full Executive Board for review and comments, at the first board meeting in October. In late November, after a few revisions, the final draft was submitted to the Executive Committee for final approval. That draft was approved and is now in place.

In addition to serving as the Secretary Treasurer, I am also the Annual Conference Chair for the 2019 Annual Conference in St. Cloud. It is an advantage, I think, to have firsthand knowledge of the budget while planning this conference. I am mindful in all thoughts and plans that the budget must be met.

The 2019 Annual Conference committee and President Elect Vickie Speltz are already busy with the theme, meal planning, procuring awesome general session speakers, and putting together a lineup of outstanding education sessions, all in order to guarantee that you will have the best Annual Conference experience that you have ever had!

The Executive Committee has secured the River's Edge Convention Center in St. Cloud for the years 2022, 2023 and 2024. This location is historically the best-attended when hosting the Annual Conference. River's Edge Convention Center staff goes above and beyond to ensure that MSNA and its membership has the best conference experience every time the conference is held there. So, for the years 2019-2024, we will have our gathering in the best-attended, most centrally located, and most affordable location in Minnesota.

As of December 31, 2018, the MSNA account balances are:

| | |
|---------------------|---------------------|
| Checking: | \$18,849.30 |
| Savings : | \$101,033.07 |
| <u>Investments:</u> | <u>\$347,200.74</u> |
| Total Assets: | \$467,083.11 |

The accounting firm of BerganKDV will be doing an audit/review and the 2018 taxes in February.

Thank you for placing your trust in me, and know that I will do my best for you and the association. If you ever have questions, please do not hesitate to contact me.

Leadership Development Committee

The MSNA Leadership Development Committee (LDC) will be starting the election nominations process for 2019. The Leadership Development committee is chaired by Wendy Knight, immediate past MSNA president, along with committee members Ali Diley, Owatonna ISD, Sheri Knutson, Rochester, ISD, Jessica Pena, Mounds View ISD and Jennifer Walters, Winona ISD.

This committee shall identify and recruit eligible candidates based on leadership competencies and diversity. The eligible members who meet the requirements for nomination must have held membership in the association for a minimum of two years immediately preceding nomination, and must have demonstrated leadership ability by serving on the

MSNA executive board, a local chapter board, or a standing committee.

The committee will prepare a slate of officers and member elected directors for the office of Vice President, Nutrition Chair and Leadership Development Committee.

MSNA is looking for members with strong leadership skills and a record of active participation in the association. If you receive a call from the committee, please think about serving on the executive board and/or on the Leadership Development Committee!

Once the election slate is completed, it will be shared with the members along with all the voting procedures in April.



By Deb Lukkonen

Procurement, Procurement, Procurement! It's as easy as buying a couch! Part 2

The buzz word from MDE is Procurement! Not a likeable topic, but one of the most important topics in our business!

In the last issue the MSNA “Thymes” we introduced you to general purchasing practices. Purchasing procedures for school food service are nearly the same as purchasing for any other major item. You need to conduct some initial research, compare prices, and then be sure you fairly get the best price for the items you really want.

As we last left off, we were shopping for a new, pink sofa. Now, you're a smart shopper and you've worked hard for your money, I know you will not spend it foolishly! Just as for the new pink couch, we want to get the best deal for our money for our food service purchases. When we use federal and state dollars, we need to follow additional procurement guidelines to be sure that we are using tax payer's money wisely. Here's a re-cap of what we covered in the last issue of the MSNA “Thymes”.

Step 1: USDA Regulations – Setting up the Procurement Foundation

Get to know the rules and take a close look at the federal regulations. The procurement regs, which are called 2 CFR 200, the Uniform Grant Guidance. The General Procurement Standards regs can be found [here](#). To understand how to use fair and open competition, read the Competition regs [here](#). The Methods of Procurement are located [here](#). These three sections are about four pages of reading and form the basis of good procurement procedures.

Step 2: Specifications, Solicitation & Purchase Methods

As we continue shopping for a new couch, the sales people ask many questions that we don't have the answers to. Such as, “What is the height and depth requirements? Foam cushion or springs? Do you need delivery? Do you want a Chesterfield? A sectional? A camelback? The next step in the procurement process is to clearly identify exactly the product that I want. To do this I need to develop some specifications before I ask (or solicit) any more sales people for a price on a sofa!

I wrote a “description of the goods and services” and detailed measurements needed. I looked at fabric samples and decided that a sectional was the best option. I wanted a fabric that could resist popcorn butter and oil stains. I knew that fabric protector was a must have. And for sure I needed a warranty that would cover, free of charge, broken

couch legs! I knew the fabric just had to something that had the color pink in it, but was flexible if the fabric had stripes, flowers, plaids or solid. I also wanted the couch to be delivered and my broken sofa hauled away! I now had my specs written!

The students at your school can tell you that there are many different kinds of chicken nuggets, and they will let you know which brands they like and which they don't. To make sure that you are getting the best chicken nugget for the best price, you will need to be sure the vendors clearly know what is important to you. Because the color pink is important to me for a couch, I will make sure that the color is specified in my bid specs. If there is something important about a chicken nugget or any other food item on your menu, you have an obligation to be sure your vendors know about it through your written specifications. You don't always have to create your own food specifications. Here are a few helpful links to write food specifications.

[Food Specification – Common Items](#)
[Tips for Writing Equipment Specifications](#)
[Solicitation and Purchase Methods](#)

Next step was to research stores who might carry a sofa with my requirements. I called (solicited) local stores and I checked the internet. I made a grid to record my comparison shopping results. I included the quote I got for the prices, and if the vendor could provide all of the specifications that I wanted.

When you purchase food and other items for your school nutrition program, there are a few more steps to take in determining which vendor to purchase from. Based on the cost of the goods you are purchasing, you will need to follow one of three purchasing methods: micro-purchasing, small purchase (informal), or sealed bid (formal). The micro-purchasing method is used for purchases under \$10,000.

Using the micro-purchasing method, sponsors do not need to solicit competitive quotes. The cost of my new sofa was in the \$1,000 range (I did see many couches that were over \$10,000!!), so I really didn't have to competitively solicit prices, but – it's my hard earned money, so I wanted to do some comparison shopping. I opted for the small purchase option. [Read more about micro-purchasing procedures here.](#)

When I decided who to award my bid to, and was sure that this firm was a responsive and responsible bidder, I went in to set up the transaction – or contract for purchase. The store was called “Plaid Sofas R Us”. I wasn't expecting to get a pink plaid sofa, but why not step out of my comfort zone!

I think I am going to buy some new kitchen appliances next! I think that means I need to learn more about the small purchase and formal method of procurement!

See you next time!

Public Policy Update

By Noah Atlas, PPL Chair

What you want to say to me. Leave me alone. I just watched one-bazillion political commercials, I voted, I do not want to think about politics for at least another two years.

What the reality is. Our job is just starting.

You all know how important our programs are to our guests, our families, our schools, our communities, and our state, and the importance of a robust school food service program should be obvious to everyone right?

While it may seem obvious to us, the importance of our program can get lost in debates over healthcare, education, roads, taxes, trains, building projects, and one million other special interests. What makes our voice more difficult to hear, is the number of non-school nutrition special interest groups interested in sharing their plans on how they think school nutrition programs should be made better.

The problem with this strategy, is these other groups do not know how our programs work, and therefore do not understand how their 'changes for the better' will affect our programs.

So how do we make sure school nutrition voices are heard?

Well I am glad you asked. Mark your calendars for Monday, March 25th and join us at the State Capitol for our annual MN Legislative Action Committee mixer.

2019 Legislative Session Begins

By Sam Walseth, MSNA Lobbyist

Minnesota's legislative cycle runs on a biennial or two-year process and that process begins again on January 8, 2019. Due to the results of last November's election, many personnel and legislative leadership changes are now taking effect. Tim Walz and Peggy Flanagan are sworn into the offices of Governor and Lt. Governor, respectfully, and will hold those for the next four years. They are heavily focused on building their new administration, naming dozens of agency commissioners and other personnel as they aim to build a two-year state budget proposal due to the legislature in February.

Walz and Flanagan have named several commissioners to date, including the MN Department of Education. Mary Cathryn Ricker, most recently a Vice President at the American Federation of Teacher (AFT), will take over MDE. Walz, a former teacher, and Education Minnesota, wanted a teacher leader at the helm of MDE and that's what they'll have with Ms. Ricker.

House Transitions to DFL control

The Governor's office isn't the only place for transitions this season. November's election gave the House DFL

You can help two ways.

1. You can join us in person. This is the best way to get our message out to our legislators. You, as a child nutrition expert, get to tell your legislator in person exactly how important school meals are, and what is best for our programs.

2. If you cannot attend, you can still help MSNA by inviting your legislator to our event to speak with a school nutrition expert. I know that meeting with a legislator can seem intimidating, but we are making meeting your legislator easier than ever. If you did not hear, last year's event was a mixer, held after school hours, where we invited our legislators to meet with us in a social setting. We took away the stuffiness of meeting in an office, offered our legislators real school food, and engaged them in good conversations about what really matters, feeding children so that they can learn. Hearing from you is the best way for your legislator to learn what is best for our nutrition programs and our guests.

If you are thinking about attending the MN Legislative Action Committee mixer for the first time, the Public Policy and Legislative Committee will be offering five first timer scholarships. Information will be coming out soon letting you know how you can apply. If you are nervous or uncomfortable about meeting with your legislator, any of our PP&L members would be happy to meet them with you.

We look forward to seeing you on March 25th.

the majority and Melissa Hortman (Brooklyn Park) takes over as Speaker. Ryan Winkler (Golden Valley) takes over as House Majority Leader. They've made a few changes to the committee structure in the House, including adding a Early Childhood Education committee. The mainstay Education Policy and Education Finance committees still remain, but with new Chairs.

Of most interest to MSNA: Jim Davnie (Minneapolis) will chair the Education Finance committee; Cheryl Youakim (Hopkins) will chair the Education Policy committee; and Dave Pinto (St. Paul) will chair the Early Childhood committee. .



PPL Chair Noah Atlas, Kim Franta, PPL Committee & State Rep. Jim Davnie, District 63A

Senate Committee Changes

The Senate GOP retained control of the chamber by one vote (34-33) with a win in the Senate District 13 special election last

month. Due to the retirement of Michelle Fischbach and the ascension of Jeremy Miller to the position of Senate President, there will be a slight rearrangement of the

Public Policy Update cont'd

Senate committee chairs. Most important for education is that Carla Nelson (Rochester) will chair a combined E-12 Finance & Policy committee. Combining this committee has been done by both the GOP and DFL in recent history.

Eric Pratt (Prior Lake) had chaired the Senate's E-12 Policy committee, but will now take over Chair of the Jobs & Economic Development committee that Jeremy Miller had, but is leaving to become President of the Senate. Paul Anderson (Minnetonka) will take over the Higher Education committee.

Interest Group influence on School Nutrition Programs

Interest in school nutrition programs by various advocacy groups continues. We can expect to see a variety of legislation emerge in 2019 that would impact your programs locally. The coalition called Partners to End Hunger held a day long forum to hear about anti-poverty proposals earlier this fall.

Many of the ideas presented at Partners to End Hunger issues we've heard about over the years.

Hunger Solutions would like to advance universal school lunch and breakfast programs in more schools and may pursue legislation to require schools eligible for the Community Eligibility Provision (CEP) to participate in it. Legal Aid may want to revisit the lunch shaming legislation that was debated during the 2018 session.

The Institute for Agriculture and Trade Policy (IATP) wants to push legislation to advance Farm2School efforts. They want to fund several positions at the University of

Minnesota's Extension program in order to help small agriculture producers bring their products to institutional markets like schools, nursing homes and child care centers. They also want to incentivize school nutrition programs to buy more locally grown products with a 5 cents/meal reimbursement plan.

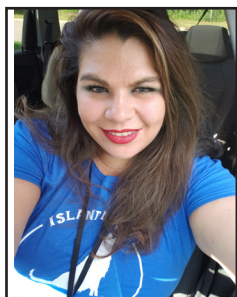
Second Harvest Heartland and MSNA have had significant discussions about pursuing legislation to fund a breakfast after the bell initiative. MSNA is also interested in seeing the Kindergarten breakfast reimbursement rate increased to cover costs. Last, but not least, there's always the possibility of pursuing legislation to increase the state's reimbursement for school lunch.

The 2019 legislative session must end by Monday, May 20th. A lot of debate will transpire between now and then about large and small budget items at the State Capitol. Know that school nutrition programs will be discussed and your voice is needed to help educate dozens of new legislators about how school nutrition programs work. Help the legislature be helpful and steer away from problematic policies.

You can help us by getting to know your legislators and informing them of the work you do and seeing what interests they have in terms of supporting various school nutrition initiatives.

Scholarship Opportunities

Congratulations to Jessica Pena, Mounds View ISD on receiving a LAC scholarship from the School Nutrition Foundation. She will receive a \$1500.00 scholarship to help offset the costs for attending the Legislative Action Conference in Washington DC, February 24-26, 2019.



Jessica will attend the conference with other delegates from Minnesota and will meet and tell her story to our Congressional Representatives and Senators when she visits the Hill!

Jessica is on the Public Policy Committee. She has previously received the Josephine Martin award to attend the LAC as a first timer!

Check out the many [SNA scholarships](#) that are available to all SNA/MSNA members.

Education Scholarships

Scholarships are available to SNA members who are enrolled or will be enrolled in a degree program at a vocational/technical, undergraduate, graduate or post graduate level in the United States.

The program of study should fall into one or more of the SNA Keys to Excellence subject areas: Operations; Nutrition, Administration; or Marketing and Communications.

This application form will automatically act as an application for each of the following scholarships:
SNA Professional Development Scholarship
Schwan's Food Service Scholarship
SNF Professional Growth Scholarship
Sandi Brooker Scholarship
Nancy Curry Scholarship

We encourage you to review the [application worksheet](#) before you begin. Applications are open and will close on January 31. Winners will be notified in May. [Apply now!!](#)

Minnesota School Nutrition Association

Get
highlighted
on MSNA's
FACEBOOK
page!



Photo/ News Ideas:

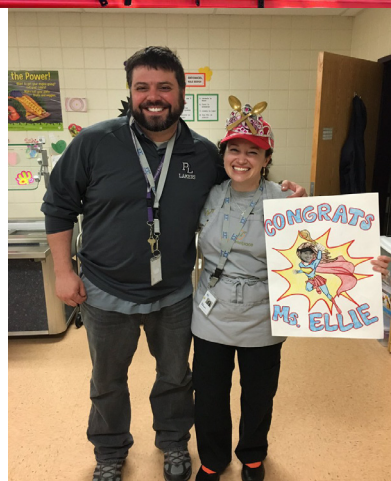
- Lunch Tray Photos
- Holiday Events
- Cafeteria Decorations
- New Recipes/Menu Options
- Student Taste Tests
- School Gardens
- Breakfast Options
- Farm To School Events
- Chapter Meeting and News
- Food Service Awards
- Staff Training Photos
- Food Service Staff Retirements
- New Food Service Staff Hires
- Conference Photos
- New Kitchen Equipment
- National School Breakfast Week
- National School Lunch Week
- Harvest of the Month
- New Serving Styles
- School Food Industry
- News
- Cafeteria Guests

Send News & Photos to:

Robby Piazzaroli
rpiazzaroli@cjpr.com
860-426-9991 ext. 17



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Conference Corner

Mark your calendars for the 63rd MSNA Annual State Conference to be held at the River's Edge Convention Center in St. Cloud MN on August 4-7th, 2019!

Conference Theme is "***Dare to be Amazing***"!

Conference chairs, Penny Hoops and Deanna Cooley and the annual conference committee are busy getting everything ready!

Our opening keynote speaker is Eric Kulikowski.



Since his days studying Mechanical and Aerospace Engineering at the University of Dayton, Eric has dedicated himself to the pursuit of individual and organizational excellence. As a professional leader development coach, speaker and consultant, Eric started his private practice, Dare to be Amazing, to help leaders make

change possible. Businesses and individuals engage with Eric because they want to discover proven ways to thrive in the chaos that surrounds them everyday. They do this because they recognize they can't control their exact circumstances, but they do have complete control over the way they react to these circumstances. And, that's where Eric comes in. Give yourself five minutes with Eric and you will walk away with a whole new outlook. His positive attitude is absolutely contagious.

Our closing Keynote speaker is Dr. Tami West, PhD.



Dr. West cannot diagnose or treat your skin rash. She's not that kind of doctor. What kind of doctor is she? The kind who became a PhD solely to help others live happier, more fulfilled lives. Her passion stems from her battle with anxiety disorder that initiated her dedication to helping others. Her clients come from all walks of life, from Danbury Federal

Prison inmates (the setting of the Netflix Emmy-winning series Orange is the New Black) to Social Security Administration senior management. Tami is always real, completely transparent, totally sincere, and consistently surprising. She will make you laugh, cry, and shine a refreshingly new light on life's challenges.

Registration

Conference registration will open April 15th. Registration forms will be mailed out and will also be available on the [Events page](#) on the MSNA website. The MSNA hotel block will open on May 1st. The hotels will not take reservations until then. A full listing will be in the April Thymes and on the website.

Please do not call the hotels until the block opens.

Service Project

Our service project this year will be to the Child Advocacy Center (CentraCare Health Foundation). This center cares for children who have been physically, sexually or emotionally abused. This facility brings law enforcement, child protection, county attorneys, advocates, mental health and medical professionals together to listen as a child tells their traumatic story one time to a trusted professional.

How can you help?

We are asking members to donate new children's clothing, pajamas, blankets and books that can be utilized in the facility or sent with the children to help them feel more comfortable during their experience.

www.centracare.com

Education Scholarship Fund

Dig deep and get creative for the Education Scholarship Fund! Use your imagination and put together a basket, purse, box, etc to help raise money for MSNA's Education Scholarship fund.

Volunteering

Please consider volunteering some time to make this the best MSNA Conference ever. A link to sign up to volunteer will be available online. More details will be in the April Thymes.

Activities

We are working with the St. Cloud Visitor's Bureau to set up some fun activities to do after the education day is complete on Monday and Tuesday night.

You may be a Ringer! Golf Scramble

Pick your players and head out to Territory Golf Course for a quick, fun and friendly 9-hole golf scramble the afternoon of August 5th.

MMG Workshop

Looking for a lot of fun with a great custom takeaway? Look no further than Me, My Girls and Our Guy Workshop! You will build and decorate your very own sign, box, or one of the many other wood projects this unique little shop offers. Classes will be offered at 6pm on August 5th and 6th.

Welcome to the Beaver Island Trail!

Using the Visit St. Cloud App, hitch up your wagon and head out downtown to participating restaurants and bars, checking in along the way. Choose your path wisely, enjoying good food and drinks along the way. Choose to complete the trail in one night or both, August 5th and 6th.

Nobody's Watchn' 5k

Whether you're an avid runner or casual stroller, you can take in some of the city's best sites at your own pace. No registration-simply use the map & App to access directions for the route, or just brag to your friends that you did it. After all, nobody's watchn'!

Conference Corner

2019 SNIP Conference

Join us at the 2019 SNIP Conference to be held at the beautiful Madden's Resort in Brainerd May 1-3, 2019! SNIP theme is Marketing: How to tell our stories!

We have a great line up of speakers. Dayle Hayes, MS, RD, President of School Meals That Rock and Dr. Katie Wilson, PhD! Great education sessions will provide a great time and lead us to learn and experience "hands on" marketing opportunities, learn skills in social media to help promote our schools and business and how to appeal to our stakeholders!



Dayle Hayes, MS, RD



Dr. Katie Wilson, PhD

The hotel registration link will open in late January to reserve your rooms directly with Madden's. All room types will be found on the Madden's website. Note: Madden's requires full room payment when reserving your room. Conference registration will open in late January. Watch for more details on the MSNA website.

The SNIP committee has lined up some fun activities on Thursday after the education sessions. You can sign up to participate in a Canvas & Cocktail painting party. You will be painting a tree landscape and will receive one beverage for the cost of \$45.00. Golf will be at the Pine Beach East Golf Course. Sign up and payment will be on site. After dinner there will be a Trivia Party and a bean bag tournament!

Save the Date!

Industry Chair, Mary Ann Dammann invites all Industry to come up early on Wednesday night to participate in the Industry Forum hosted by the Industry Advisory Board. Speaker Dayle Hayes will speak to the group and have a Q&A. Afterwards, there will be an Industry sponsored pizza party for all attendees-Directors and Industry.

Service Project

We are asking SNIP attendees to bring food items for the Second Harvest Heartland Food Shelf to help out the community.

To help raise funds for the School Nutrition Foundation we will have tickets for purchase on some great baskets! Help us meet our goal of \$500.00! All funds help provide education opportunities for our members.

We look forward to seeing everyone at Madden's!!



Madden's Resort

11266 Pine Beach Peninsula,

Brainerd, MN

www.maddens.com

Member Services

By Amy Richardson, Member Services Chair

It's Award Season again, and while the rest of the world awaits dazzling dresses on red carpets, we are most excited to honor those in aprons on tiled kitchen floors. And it has never been easier to nominate a colleague for an award! For Employee, Manager or Director of the Year, fill out the simple questionnaire on the SNA website. All nominations are due by March 1st.

For the Minnesota E-Team or Innovation Award, visit the [MSNA website](http://www.msna.org) for more details.

We are also offering scholarships to the MSNA Annual Conference in St. Cloud from August 5-7. The scholarship is for **FIRST TIME ATTENDEES ONLY** and includes conference registration and up to \$300 in hotel reimbursement. Application deadline is March 15. Watch your inbox for more details or check out the MSNA website!

It is also a great time of year to start thinking about volunteering for chapter leadership. Most chapters will have their installations in the spring, so if you've ever thought about getting more involved, now is that chance! All chapters need more help, either in the form of committees or officers, plus you'll meet new people, share your fresh ideas and help your chapter succeed.

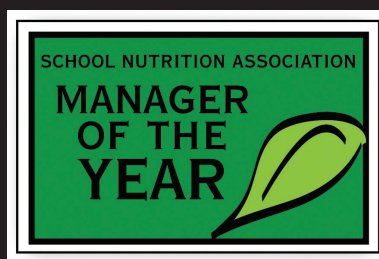
Chapter officers mark your calendars now to attend the Chapter Leadership seminar August 4, 2019. It will be held at the River's Edge Convention Center. We invite all chapter officers and any member that would like to learn more about being a leader for their chapter to attend! More details will be sent to all chapter officers in April!



SNA Awards Program

Nominate a colleague you admire!

Awards for School Nutrition Professionals



Nominations are due by March 1, 2019*

**For more information,
please visit www.schoolnutrition.org/awards**

*Check SNA website for details

National Nibbles

Celebrate School Nutrition Professionals: Watch and Share the Video

Every day, school nutrition professionals prepare and serve healthy school meals to 30 million students across the country. But they do more than serve food, they help ensure student success. This holiday season, join with SNA in celebrating those who feed America's children. Watch and share the [video](#), spread the celebration, and encourage others to the SNA community that is 59,000+ strong by visiting www.schoolnutrition.org/join. #SNAs-strong

Registration for 2019 Legislative Action Conference Now Open!

Registration is now open for SNA's [47th Annual Legislative Action Conference \(LAC\)](#): "Keeping Our Promise to America's Children." Join us February 24-26, 2019, at the stylish Marriott Marquis in downtown Washington, D.C.—[register early](#) (by January 4) and save!

At this year's conference, we hope to facilitate critical discussions about the national trends that are shaping school meal programs, as well as offer you opportunities to learn how to be the best advocates for your programs.

[General sessions](#) feature acclaimed presidential and political historian Doris Kearns Goodwin, as well as a bipartisan discussion with former Senators Trent Lott (R-MS) and Tom Daschle (D-SD). Plan to come a day early for a stellar [pre-conference session](#) on how to build a first-class advocacy operation.

LAC 2019 will also feature breakout sessions designed to address pressing policy issues, a regulatory update from U.S. Department of Agriculture (USDA) officials, in addition to [networking opportunities](#) for industry members and state agency staff. As the conference concludes, we'll present the SNA 2019 Position Paper and prepare to "Charge to the Hill!"

Hotel rooms fill up quickly, and you must be registered to reserve your room at the special LAC rate, so don't delay! Register now to take advantage

of early bird discounts and secure your spot to join us.

Save the Date for the 3rd Annual Virtual Expo—Registration Opens January 3, 2019

Experience the future of sourcing new products—registration for SNA's [FREE Virtual Expo](#) opens January 3. The Expo runs from February 5-March 22 and features two virtual exhibit halls—Food and Beverage and Equipment/Technology, a Learning Center with 15 new pre-recorded education sessions from #ANC18 to earn CEUs, a networking lounge, and a chance to win prizes by signing up for the Leaderboard. Network and make connections with exhibitors and peers across the country and discover new products and services for your program—no travel required! [Learn more.](#)

Nominate a Colleague/Member You Admire for an SNA Award

Are you inspired by your school nutrition colleagues, friends and mentors? Nominate someone you admire for an SNA Award for the 2018-19 school year. [Nominations](#) for the Employee, Manager and Director of the Year awards 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 2019 Annual National Conference in St Louis, Missouri.

SNA's Expanded Certificate Program—Watch the [Video](#) to Find Out More!

SNA's Certificate in School Nutrition Program has expanded to 4 Levels! With the aim of creating a more realistic professional growth path, the new Level 2 Certificate bridges the large jump in training requirements between Level 1 and the old Level 2. To help you learn more about the new Level 2 and the overall benefits of the Certificate Program, SNA has created a short informational video. More resources are also available at www.schoolnutrition.org/newlevel.



SNA has redesigned the Professional Development area of its website to make it easier for you, our valued members, to find the training and resources that you need.

Tackle the Challenges of Adult Training

[In the Training Techniques](#) for Adult Learners section of SNA's new Learning Center, we share the recently updated, more robust version of the Training Content Development Guidelines, which SNA uses to approve Continuing Education unit (CEU) Programming. The new version includes additional resources and complete instructions on writing concrete learning objectives for your training.

Webinar Wednesdays Return

We're coming back from our holiday hiatus with a purpose in mind—to bring you a new year of webinars that will strengthen your professional competencies. Our Financial Management Task Force has been hard at work creating a 5-part Financial Management Train-the-Trainer Series that will be introduced as a pre-con at the School

Nutrition Industry Conference (SNIC), then condensed in to a 75-minute webinar targeting managers and directors. The 5-part Financial Management Training Series will also be available on our website in February 2019.

After SNIC, we will kick it in to high gear with the Best of #SNIC19 webinar series, starting in January. SNA will review evaluations to discover which sessions were the most well received by our members and reformat the content to present it as a webinar. Check back to the [Webinars](#) webpage often for updates and registration information.

What's Happening?

Calendar of Events

January 13-15, 2019

SNIC
Austin TX

January 9, 2019

Executive Committee Meeting

January 16, 2019

Executive Board Meeting
General Mills

January 17-18, 2019

MSBA Conference
Minneapolis MN

February 24-26, 2019

LAC
Washington DC

March 4-8, 2019

National School Breakfast Week

March 13, 2019

Executive Board Meeting
General Mills

March 25, 2019

MN Legislative Conference
St. Paul MN

May 1-3, 2019

SNIP Conference
Madden's Resort
Brainerd MN

May 3, 2019

School Lunch Hero Day

May 9-11, 2019

National Leadership Conference
Sarasota, FL

May 15, 2019

Executive Board Meeting
General Mills

July 14-16, 2019

ANC
St. Louis MO

August 4-7, 2019

MSNA Annual Conference
St. Cloud MN

October 14-18, 2019

National School Lunch Week

Industry Partners

You can find their information on the Industry Directory on the [MSNA website](#).

New Industry Partners

Cambro Manufacturing
Integrated Food Service



facebook.com/mnsna

Don't forget to **Like** us
on Facebook!

National Nibbles

FNS Announces \$2 Million School Nutrition Training Grant

Recently [FNS released a Request for Applications](#) for a \$2 million grant to develop a training program for school nutrition personnel with a focus on workforce development and school food service meal preparation. The grant is available to allied professional organizations and is designed to support the development and implementation of a skills-based training program that addresses key areas in school nutrition.

SNA has convened a working group to develop a grant application, as well as to begin planning the proposed training program. Applications are due by January 28, 2019, and FNS anticipates awarding the grant by May 2019.

Take the Guesswork Out of [Ethical Decisions](#)

This introductory course will provide you with the framework for working through any ethical dilemma. Sometimes all it takes to help someone make the right choice is to show them how. With so much misinformation out there these days, it's hard to know what's right. We have taken the latest ethical behavioral research and have weaved it into this module to take the guesswork out of difficult work situations. It will also help some districts realize there are ways they can improve their policies, so their staff can know how to respond to different scenarios. Take this hour-long [Ethics Module](#) (that provides 1 CEU credit) and find out what over 550 members have already discovered.

SNA Annual Election

This year, SNA members will be asked to vote for *both* positions of President Elect and Vice President. The date for

the elections will be February 15-28, 2019. More information about the candidates and the voting process will be featured in the January/February Magazine and on the SNA website.

Make sure you have a current/updated email address on file with SNA. ***Part of the secure voting system you will be required to have an email.***

SNA Candidates

President Elect

Sara Gasioroski, SNS-Indiana
Reginald Ross, SNS, North Carolina

Vice President

Lori Adkins, SNS, Michigan
Beth Wallace, SNS, Colorado

[More election details can be found on the SNA website.](#)

Chapter Chatter

Submitted by Jess Pena, Chapter President

Members of North Ramsey, Chapter 8 are continuing their mission to keep children properly fed outside of school. Members recently participated in the "Cooks for Kids" service project at the Ronald McDonald House Charities, Upper Midwest in Minneapolis. The chapter members provided the meal ingredients and prepared a meal for the families who are dealing with a child's serious illness, injury or disability.



Left to Right Amy Richardson, Julie Graham, Annette Haugen, Cari Weber, Jess Pena & Julie Starr

Submitted by Delora Burdick, Chapter Historian

River Valley Chapter 35 headed to St. Louis Park, Minnesota, for a tour and learning opportunity at JonnyPops. Members learned JonnyPops was started by cousins who grew up in a family with food and nut allergies. The cousins desired to make a treat everyone could enjoy. After learning about the companies history, members were given a guided tour of the production areas by Connor

(cofounder) or Paige (head of R&D). Each group was encouraged to participate in the JonnyPops stick sayings which are meant to promote in sharing kindness. Everyone was able to taste of all 10 flavors of JonnyPops. Members even received a JonnyPops swag bag at the end. It was an incredible event filled with information, fun, and delicious treats!



Submitted by Jackie Brown

Orono high school nutrition staff paid for brick in the school's new plaza area. The food service staff are proud to serve their students in their district, and the brick shows their pride to be part of the Orono community.

From left to right: Heidi Rohkola, LeDell Dickinson, Theresa Dunser, Betty Stang, Anne Beal and Stephanie Maas.



Elite Industry Members



To find out more on how to become an MSNA Industry Member visit our [Industry page](#) on the MSNA website!

Happy Retirement Wendy



Congratulations to Wendy Knight, SNS, Immediate Past MSNA president on her retirement from District 196 Rosemount-Apple Valley-Eagan Schools

Help us Help You!!

If you have changed email addresses, mailing addresses and or schools make sure you contact SNA. This is our way of making sure 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.

Remember: You must have an updated email with SNA. Part of the secure SNA voting system you will be required to have an email.

~If you can't change a situation, change your perception of it. Remember, most of your stress comes from the way you respond, not the way life is!~

Minnesota Attendees at the SNA 2018 ANC



Skills Camp Recipes

Wild Rice Salad with Roasted Delicata Squash, Apple & Maple Mustard Vinaigrette

Yield: 6-8 Servings

Ingredients

For the Salad:

- 2 ½ cups vegetable stock
- 1 ½ cups wild rice
- 5 cups delicata squash, cut in ½ length-wise, seeded, & cut into ½ moons
- 1 1/2 tablespoons olive oil
- 2 large honey crisp apple, cut into 1/2-inch cubes
- ¾ cup toasted pumpkin seeds
- ½ cup dried cranberries
- ¼ cup finely chopped shallot or red onion
- ½ cup celery, small dice

For the Dressing:

- 1/3 cup apple cider vinegar
- 2 tbsp. pure maple syrup
- 1 tbsp. Dijon mustard
- 1-2 garlic cloves, minced
- ½ tsp salt
- ½ tsp ground black pepper
- 2/3 cup olive oil

Directions

For the Salad:

- Place water and rice in a medium saucepan and bring to a boil.
- Cover, reduce heat to a low simmer, and cook for 40 to 45 minutes until water is absorbed.
- Remove from heat and let stand for 10 minutes with the lid still on. Fluff with a fork.
- Meanwhile, preheat oven to 425 degrees F.
- Toss delicata squash with 1 ½ tbsp. of olive oil and place on a parchment lined sheet tray, in one nice even layer. Use multiple sheet trays if needed to prevent from crowding
- Roast for about 18-20 minutes, until fork tender
- Remove the squash from oven and set aside
- Toast the pumpkin seeds by placing them in a medium saute pan over medium heat, and heating them until they begin to turn a golden brownish color. Watch them closely as they can go from toasted to burnt quickly.
- In a large bowl, combine the cooked rice, roasted squash, toasted pumpkin seeds, cut apple, dried cranberries, shallot, and celery.

For the Dressing:

- In a small bowl, combine all the dressing ingredients except for the olive oil.
- Pour the olive oil into the dressing in a slow stream, whisking the entire time. Dressing should begin to thicken and come together
- Adjust seasoning as desired
- Pour dressing over the salad, adding just enough to coat the salad ingredients, and toss gently to combine.

Kale Pesto Pasta with Roasted Broccoli, Tomatoes, & Onion

Yield: 4-6 Servings

Ingredients

For the Pesto:

- 1 bunch kale, removed from the stem
- ¼ cup basil leaves
- ¼ cup parsley leaves
- 2 cloves garlic
- 1 lemon, juiced
- ¼ cup sunflower seeds
- ¼ grated parmesan cheese
- ½ tsp. ground black pepper
- 1 ½ tsp. salt, to taste
- ⅓ cup olive oil or more if needed

2 cups uncooked rotini or penne pasta + 1 tbsp. olive oil

For the Roasted Veg:

- 2 heads/stalks broccoli, cut into 2 ½ inch florets
- ¼ cup red onion
- 2 cups cherry tomatoes, whole
- ½ teaspoon red pepper flakes
- 2 tbsp. olive oil
- 1 tsp. salt
- ¼ tsp. fresh ground black pepper
- 1 tsp. dried Italian herbs of your choosing (rosemary, oregano, basil, parsley, etc.)

Directions

For the Pasta:

- Bring a large pot of salted water to a boil. The water should taste like the ocean because if enough salt is added to the pasta water, less salt will need to be added to the overall dish later on.
- Once boiling, add the pasta noodles and cook until al dente.
- Strain noodles and transfer to a large mixing bowl. Drizzle with a small amount of olive oil to prevent from sticking

For the Roasted Vegetables.

- Next prepare your roasted vegetables. Preheat oven to 425 degrees F - convection mode
- Add broccoli, red onion, tomatoes, red pepper flakes, and oil into a large bowl.
- Sprinkle with salt and pepper, and desired Italian herbs.
- Toss to coat and spread onto a large baking sheet.
- Roast until the stems are tender-crisp and lightly golden brown, about 12-15 min.
- While the veg is in the oven, make the kale pesto.

For the Pesto:

- Add the kale, basil, parsley, garlic, lemon juice, sunflower seeds, parmesan, pepper and salt to the bowl of a robot coupe food processor or blender.
- Pulse/blend until mixture starts to come together. Keep the robot coupe on a low speed and slowly pour in your olive oil until the pesto begins to smooth out.
- Taste and adjust for flavor, adding more lemon juice or salt as desired.

Assembly:

- Scrape the pesto onto the prepared pasta and use a stirring spoon to coat the noodles evenly with the pesto mixture
- Sprinkle with extra parmesan cheese, as desired

Looking to Advance Your School Nutrition Career? Join SNA!



HERE'S HOW SNA MEMBERSHIP SUPPORTS YOUR CAREER:

- Supportive community of colleagues to share best practices
- Free live & on-demand webinars
- Educational and conference scholarships
- Certificate and credentialing programs to enhance your career
- Meetings and conferences tailored to your needs
- Advocacy and legislative efforts

More information at
www.schoolnutrition.org/join

Feeding Bodies.
Fueling Minds.®

