

# Dare To Be

# AMAZING

**Minnesota School Nutrition Association  
63rd Annual Conference  
August 4-7, 2019  
River's Edge Convention Center, St. Cloud MN**

## Featured Speakers



### **Monday, August 5 Eric Kulikowski**

Since his days studying Mechanical and Aerospace Engineering at the University of Dayton, Eric Kulikowski has dedicated himself to the pursuit of individual and organizational excellence. Eric's vision of being "better than most" motivates him to continuously build on earlier successes in his life. His success has been built on a platform of employee engagement, cultural significance and change leadership.

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, entrepreneurs 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.



### **Wednesday, August 7 Dr. Tami West, PhD**

Dr. Tami West cannot diagnose or treat your skin rash. She's not that kind of doctor. What kind of doctor is she? The kind who got her PhD JUST so she could understand why we're all so stressed out! The kind who wants to help you live happier, more fulfilled lives. Tami's experiences working in healthcare, public schools, corporate sales, and the school nutrition industry provide her insights that she uses to help others improve personal and professional lives. Her publications include *The Stress Club*, *A Woman's Guide to Personal Achievement and Professional Success*, and *Life Without the Monsters*. She has spoken for groups in 48 states across the US, the United Kingdom, Australia, and New Zealand. When she's not speaking or writing, you might find her traveling with family, reading historical fiction, or watching *Big Bang Theory*. 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.

# 63rd Annual State Conference

Join us for the School Nutrition Event of the Year—MSNA's Annual State Conference, August 4-7, 2019 at the River's Edge Convention Center in St. Cloud, MN! The conference theme is **Dare To Be Amazing**.

Our members will unite to share bright ideas, learn best practices and visit the exhibit hall that showcases new products. Whether you're a seasoned school nutrition professional, new to K-12 foodservice, a director, an employee, a manager, or an industry representative, there is something for you at the biggest event in school nutrition!

Network with your colleagues and be inspired by great speakers, workshops, learn current best practices and earn your training hours—all in one place!

Volunteers will be there to help you find your way around and an Event App will allow you to have all conference materials in the palm of your hand!

See you there!

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## Pre-Conference Education Sessions

Pre-conference continuing education sessions are available Sunday August 4th only. Pre-registration and payment is required (except where noted). Once the class limit has been reached you will be placed on a waiting list.

### **MN Certified Food Protection Manager Renewal Course**

**USDA 2620**

**11:00am-3:00pm**

This four hour *ServSafe* based course has been approved by the MN Department of Health to **renew your existing Minnesota Certified Food Manager Certificate**. All participants will receive the documents to renew their certificate at the end of the course. Must attend all four hours.

**NOTE: This session does NOT renew your ServSafe Certificate.**

**Pre-registration and payment of \$45.00 is required.**

### **ServSafe Class and Certification Exam**

**USDA 2620**

**8:00am-4:00pm**

#### **SNA Initial Core Course for Sanitation**

This is the full *ServSafe* training and certification exam that meets the requirements for the Minnesota Certified Food Protection Manager program. This course also meets the Core Course for the SNA Certificate Program: Food Safety and Sanitation. Each participant will be mailed a *ServSafe* Book to review before the class. You must bring the book with you to the class.

**Pre-Registration and Payment of \$100.00 is required**

### **CPR/AED (American Heart Association)**

**USDA 3450**

**11:00am-1:00pm-Limit 12 attendees**

**1:30pm - 3:30pm-Limit 12 attendees**

This class will be a hands on session covering the proper use of an AED (Automated external defibrillator) in a variety of emergency situations. Learn CPR life-saving knowledge and skills designed to keep you prepared in the event of an emergency, with all the latest health and safety training techniques to be used in school and your personal life. Attendees will receive a CPR Certificate after finishing the class.

**Pre-registration and payment of \$30.00 is required.**



# Class Descriptions

Education sessions are centered on the four key areas of the SNA Certificate & Credentialing programs, and are aligned with USDA's Professional Standards. Each session provides development and training critical to the school nutrition program. *\*\*Please note that MSNA reserves the right to make changes to the workshop sessions as needed.*

**Key Area 1-Nutrition Key Area 2- Operations Key Area 3-Administration Key Area 4-Communications/Marketing**

## Key Area 1- Nutrition

### Taking F2S to the Next Level

Schools are looking for new ways to expand their Farm to School programs beyond locally sourced produce. Find new MN foods to enhance your program; take away the "secret sauce" to working with local producers; find ways to fit new items into menus in a cost-effective way; and then market your efforts.

### Our Health Is All Connected

This presentation features how human, animal and environmental health go hand-in-hand, and how farmers focus on animal health to ensure food safety, animal well-being and environmental sustainability. Dr. Nelson will address antibiotic use by demonstrating how pig farmers work to protect these medicines for human and animal health and shows how science-based farming practices have made pork one of the leanest, nutrient-rich protein food choices available today.

### Managing Food Allergies in School Nutrition Programs

Learn about food allergies and the impact on school nutrition programs. Identify ways to reduce the risk of food allergen exposure and avoid cross contact. Start to develop and action plan for accommodating students with food allergies.

### Creative Vegetarian and Vegan Menu Options

Most often vegetarian and vegan menus tend to feature the usual salads, pastas, pizzas, or meat alternatives. This session will present easy to create flavorful, exciting vegetarian and vegan cuisine from India. These dishes are freshly prepared, lip-smacking delicious and nutritious with a well-balanced combination of proteins, carbohydrates and fiber. They can be made with locally sourced fresh produce and "clean" ingredients.

### Farm to School Resource Roundup

This session will feature a summary of farm to school resources both developed right here in Minnesota and those created across the country. There will be resources for all-both new to farm to school and those more experienced. Also, meet others from around the state working to improve their farm to school programs.

### USDA Foods Process

Panel Discussion highlighting the USDA channels (i.e. USDA regular foods, H. Brooks and Company, Jennie O, etc.) featuring industry personnel. To provide a comprehensive look at the USDA foods process.

### Plant Based Eating: Vegan/Vegetarian in Schools

This session will break down the basics and components of a vegan and vegetarian diet. Discover ways to implement a plant-based diet in school cafeterias as well as learn how to create menus for your vegan and vegetarian students.

## Key Area 2-Operations

### MN Food Code Update

The MN Food Code has been updated for the first time in nearly 20 years. Find out what has changed and how it affects you. This session will include an overview of the top changes to the code and give attendees time to ask questions.

### Food Production Records: A Very Helpful Tool

This presentation will cover the what, why, and how of food production records to turn them into tools for successful meal preparation and service. Participants will gain the knowledge they need to use food production records to their advantage, while still meeting program requirements, of course!

### Offer vs Serve for Breakfast and Lunch

Whether you are new to school nutrition or have been working in it for years, there is no such thing as too much Offer vs Serve training. This presentation is geared toward line and point of service staff, providing an overview of Offer vs Serve requirements and multiple chances to practice your skills with interactive Meal or No Meal games.

### What's Procurement Got to do With Me?

Just because you may not purchase anything for your school nutrition program doesn't mean you don't have anything to do with procurement. In this session we will discuss how kitchen professionals provide foundational support for the procurement process through forecasting, quality control, receiving and contract management.

### Introducing Global Flavors to Your Students

Global and ethnic flavors in food is a growing trend. Learn about the unique flavors that go into Indian cuisine and the best approaches to adding these to your school lunch menus. Hear how schools introduced new flavors with locally sourced foods to their students, what worked and what didn't and how they plan to adapt and expand the use of seasonings and spices to their menus.

### Building a Procurement Foundation

A good procurement program requires a solid foundation. In this session we will discuss general program requirements outlined in Federal regulations in 2 CFR200. Standards of Conduct and local procurement procedures will be the focus of the content. These two areas will be included in the Procurement Reviews for school nutrition programs.

### A Measuring Guide for Weight vs Volume Measurements

How does rice measure up? Brown rice vs white rice vs blended rice? Rice weight vs rice volume-pre and post cook? Fluid ounces? An eggs and egg...right? we can quickly become stymied by measurements! Let's clear the muck and create confidence using today's kitchen tools and a little finesse!

### Going Global with Craveable Cheese Recipes

A partnership between North St. Paul Schools and Land O Lakes demonstrates how natural and processed cheeses work in recipe application and how to expose students to global flavors. This session will cover product, heating, holding, nutrition requirements and how to introduce flavorful recipes into your menus.

# Class Descriptions

## Key Area 3-Administration

### **The State is Coming!**

#### **Surviving and Thriving During an Administrative Review**

Perhaps you've just found out that you are up for an administrative review next school year or maybe you aren't sure what the "state audit" even is. Or you've been through the school nutrition review many times and simply want to see what is new. Come learn review tips and best practices to help you thrive during a review.

#### **Navigate the SNA Certificate Program**

Earning your Certificate in School Nutrition increases your knowledge of food safety and nutrition and demonstrates your commitment to your profession. This session will navigate you through SNA's Certificate Program and how it aligns with USDA Professional Standards.

#### **ICN's MPLH Tool & Case Studies**

Learn how to calculate Meals Per Labor Hour (MPLH) using industry recognized methodologies including the Institute of Child Nutrition's (ICN) new KPI tools. Understand how tracking MPLH in your school(s) aid in managing labor costs; how to set work schedules; how to monitor; and when to adjust. Take away ideas from districts that had studies conducted for very different reasons.

#### **Creating a Positive and Safe Learning Environment Starts with You**

Creating a positive and safe learning environment in schools is the responsibility of all staff...bus drivers, administrators, food service personnel, teachers, support staff, library media specialists, custodians, everyone! This session will help reinforce the need to embrace and promote positive attitudes in the workplace and how supervisors can both set and model the behavior of their staff to help in fostering a positive place for students and others to learn and work.

#### **Wasted Food = Wasted Money: Reducing Food Waste**

This session will cover ways to reduce the amount of food that is wasted both in the back and front of the house, including maximizing the shelf life of fresh produce, best practices for fresh-made and scratch cooking, implementing share tables for student to deposit uneaten items, and using software to better plan and track meals. Learn about ways to partner with your community and local organizations to distribute excess foods and educate students and staff on waste reduction initiatives.

#### **Let's Put the FUN Back in DysFUNction: Reducing Conflict & Working with Difficult Employees.**

Conflict and dealing with difficult people and employees takes up too much valuable leadership time and resources. This session will demonstrate strategies and resources that are currently used to reduce organizational conflict and make working with difficult and resistant people easier. Participants will benefit from a greater understanding of current applied research, macro-and micro-techniques that are quick, effective and easy to use. Actual cases will be presented with an emphasis on the reduction of conflict with difficult and resistant employees. Examples of all research results, assessment tools and management strategies will be handed out to participants.

#### **Writing to Win: Formulating and Writing Bid Specifications for Food Service Equipment**

Procurement guidelines for foodservice equipment is governed by state and federal law so it's important to spell out what you require so that you get what you expect and need. This presentation will help you write a fair and clear specification to allow a level playing field to all involved as well as allow for robust competition.

#### **Supporting School Breakfast: Strategies for Directors**

Looking for innovative ways to grow your school breakfast program? Hear recent examples from Minnesota schools that have successfully implemented alternative breakfast models. Expand your knowledge of alternative breakfast logistics, including garnering support from administrators and evaluating fiscal implementations. Also learn how you can tie your school breakfast programs to broader school wellness initiatives.

#### **Self Defense and Personal Protection**

This session is an introduction to self-awareness for simple, easy and effective techniques against grabs, strikes and holds. Discussion and actual demonstrations will be provided.

#### **Strategies for Reducing Food Waste**

During this session we will dive into the causes of food waste, the impact of food waste and learn strategies for reducing food wastes in the school kitchen and cafeteria.

#### **Managing Emojis**

You might remember the early days of texting when you could let someone know you were :) or :( and that was about it. Today, you can express any nuance of emotion you're feeling including (new in 2018) woozy face! The world of School Nutrition certainly elicits a range of emotions every single day, some good some not so good. Most of us would prefer to experience more of the former. In what has been called the most inspirational, life changing anger story you'll ever hear, Tami shares the story of her mother's crippling battle with mental illness and the shocking transformation (mother and Tami) that will leave you forever challenged to be the amazing person only you can dare to be!

#### **Be an Empowering Manager**

Engage! Empower! Enable! The three "E's" of being an amazing leader. You have heard it many times before – engagement matters. The elusive answer for most leaders lies in how to make it possible. The truth is that employees want to be engaged and empowered - they want their best ideas and creative suggestions to be acted upon. Employees want to bring their brains to work! The solution doesn't so much lie with the employees as it does with their leaders. Come learn how the leader sets the tone in the workplace. You must invite engagement and be courageous enough to empower and let go!

#### **Changes in Thinking Enables Changes in Doing**

Changes in Thinking Happen Before Changes in Doing. WOW! What an amazing way to look at how we can make change possible. One of your primary goals as a leader is to help your team make change possible, each and every day. How can you be better today than you were yesterday? The discriminating difference between success and failure with process, technology or culture change comes down to the level

# Class Descriptions

and quality of leadership engagement. To be better today than you were yesterday may require some shifts in thinking. Communication is a critical enabler to enabling your team members to think differently. Maybe they don't resist change- perhaps they just don't understand the answers to these three questions:

**What is it that we do? Why do we do it? How do I fit in?**

This group discussion will explore best practices in communication and team member engagement that will encourage changes in thinking and understanding. And maybe - just maybe -you will walk away excited to get back to work in the new year like never before

## Key Area 4-Communications/Marketing

### Points-Based Programs: How to Best Utilize to Enhance Your Program

This session will provide an overview of how to use points-based programs to benefit your meal program while complying with procurement regulations. Identify ways to add value to school meal programs through points-based programs and additional marketing support. Learn real examples of how to leverage points to best meet your needs. Take away record keeping examples and appropriate bid language to meet procurement regulations.

### What's Your Line?

When you arrive at work, do you hear a "Good Morning"? Or "Ish...I don't like that! Different perspectives bring different challenges. Let's help each other problem solve different scenerios from different perspectives by together looking at different outcomes!

### Café Makeovers: Little, Medium & Very Big Ones!

See what you can do in your own school(s) to make a big impact without spending a bundle. Find low cost or free marketing materials, signage, equipment and other marketing products through use of grants, reward points and your colleagues. Enjoy seeing examples of cafeteria makeovers that have worked and some that flopped! Gain solid information as to how to go about procuring design services, signage, and materials to make your cafeteria look smashing.

### It's All About Breakfast: Models for Success

Looking for innovative ways to grow your school breakfast program? Hear recent examples from Minnesota schools that have successfully implemented alternative breakfast models. Expand your knowledge of alternative breakfast logistics, smarter lunchroom techniques, and student involvement. Learn what you can do to get students excited about breakfast and how to reach as many students as possible.

### Be Confident! Strategies for Successful Public Speaking

While public speaking is not necessarily everyone's favorite role, it is very important for leaders to develop presentation skills. Learn how to embrace what makes you nervous and effectively prepare to deliver your message to audiences large or small. Discover techniques and tips to tell your story and make a positive impression on your audience.

### P.E.R.A in 90 (Not eligible for CEU)

This 90-minute session will cover recent legislative changes, how P.E.R.A is funded, executive vision, benefit calculations and options and how to log into the MY PERA online account.

## Schedule At A Glance

### Sunday, August 4

10:00am – 4:00 pm	Registration Open
8:00am - 4:00 pm	ServSafe w/Test(Pre-registration required)
10:30 am – 3:30 pm	Chapter Leadership Seminar – <i>by invitation only</i>
11:00 am – 3:00 pm	MN Certified Food Manager Renewal (Pre-registration required)
11:00 pm – 1:00 pm	CPR/AED Training(Pre-registration required)
1:30 pm – 3:30 pm	CPR/AED Training(Pre-registration required)

### Monday, August 5

7:30 am – 4:00 pm	Registration Open
7:45 am – 8:45 am	Continental Breakfast
12:30 pm – 4:00 pm	Education Scholarship Fund Sales/Viewing
9:00 am – 11:30 am	Opening General Session
11:30 pm – 12:15 pm	Lunch
12:30 pm – 1:30 pm	Education Sessions
1:45 pm – 2:45 pm	Education Sessions
3:00 pm – 4:00pm	Education Sessions
Dinner	Meal Vouchers-Restaurants in St. Cloud

### Tuesday, August 6

7:00 am – 4:00 pm	Registration Open
7:00 am – 7:45 am	Continental Breakfast
9:00 am – 3:15pm	Education Scholarship Fund Sales/Viewing
7:45 am – 9:15 am	PERA in 90
9:30 am – 10:30 am	Education Sessions
10:45 am - 11:45 am	Education Sessions
12:00 pm – 1:30 pm	Education Session Team Blue
1:45 pm – 3:15 pm	Education Session Team Green

### Vendor Show Exhibit

11:00am – 3:15 pm	Exhibit Floor
11:00 am – 12:00 pm	Directors/Food Buyers ONLY
12:00 pm – 1:30 pm	Team Green
1:45 pm – 3:15 pm	Team Blue
10:30 am – 3:00 pm	<b>Directors/Food Buyers are allowed in for entirety of food show- with Pre-purchased badge</b>
Dinner	Meal Vouchers- Restaurants in St. Cloud

### Wednesday, August 7

7:30 am – 10:00 am	Registration Open
7:00 am – 7:45 am	Coffee/Breakfast Snack
8:00 am – 10:00 am	Education Fund Sales/Viewing
8:00 am – 9:00 am	Education Sessions
9:15 am – 10:15 am	Education Sessions
10:30 am – 11:15 am	Brunch Buffet
11:30 am – 1:00 pm	Closing General Session
1:00 pm – 1:30 pm	Closing Remarks
	Education Fund Winners Announced

**\*\*All times and sessions are subject to change\*\***

# General Information

## Conference Theme

### Dare To Be Amazing!

Join us to experience great education sessions to assist in meeting the annual training hours for USDA Professional Standards & SNA Certificate. Visit the Exhibit Hall to see the great array of products and services for your programs. Come reminisce, meet new people and have fun! The color scheme is Blue and Silver.

## Chapter Leadership Seminar (by invitation only)

This session is for MSNA Incoming Chapter Officers featuring topics and opportunities to build strong leadership skills, networking, plan effective meetings, innovative fundraising efforts and building membership.

## Conference Etiquette

Although the conference is fun and exciting, it is also a professional meeting. Business casual attire is appropriate during the conference. Please arrive promptly at all sessions and events and stay until they conclude. Please show respect for everyone by keeping conversations to a minimum during all sessions. Members are asked to demonstrate good judgment and courtesy to fellow members and staff. For security purposes you must wear your name badge at all times. Attendees will **NOT** be allowed to pick up other attendees badges/materials. You will not be allowed in the sessions without name badge. Your cooperation is appreciated!

## Exhibit Viewing

The Vendor Exhibits show is scheduled on Tuesday, August 6th.

### **Pre-registered directors/purchasers (You must purchase this type badge)**

will be allowed in the vendor show throughout the day and during the director/purchaser only time from 11:00am-12:00pm. Please note: For safety reasons, rolling carts and children under age 16 will not be allowed on the Exhibit Hall floor at any time for any reason. Just as the MSNA Members are, Exhibit Hall Vendors are professionals, treat them as you wish to be treated, be courteous and attentive. Keep in mind, samples and printed promotional materials cost money.

## Exhibit Hall Registration for Vendors

All exhibitors for the vendor show must purchase a booth and fill out the Exhibitor Prospectus. These forms will be found on the [MSNA website](#). If wanting to attend the full annual conference experience, you must fill out a separate conference registration form.

## Education Scholarship Fund

We are now hosting our 10th annual Education Scholarship Fund!! We are very grateful for all your donations in the past. Your donations have helped us to give out education scholarships to 1st timers to attend conference and has helped in securing great education session speakers!

We are asking you to again Be Creative and donate to the Education Scholarship Fund. You can put goodies in a purse, bag, box, baskets or anything you choose. Be creative in what you put in your donated item(s), such as baby items, cooking items, grilling items, back-to-school items, gardening items, quilting items, scrapbooking items, etc. Use your creativity. We ask that you use new items for men or women and let your imagination run wild as you "Be Creative!" The container can be sealed or open.

All proceeds from the Education Scholarship Fund will go to the MSNA Education Scholarship Fund, to help extend the education of our members. Tickets are six for \$5.00 or a baker's dozen (13) for \$10.00.

## Volunteering

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. You can sign up to volunteer in two ways! Online sign up can be found on the MSNA website or you can contact Hospitality Chair Deborah Rydberg at [drydberg@isd12.org](mailto:drydberg@isd12.org)

## Meals

Each registered attendee will receive two \$15.00 meal vouchers for the evening meals on Monday, August 5th and Tuesday, August 6th. These vouchers are good at listed restaurants, cannot be redeemed for cash, and are redeemable for food items on the dates listed on the certificates. Please mark the registration form for meal selections to allow for accurate meal counts.

## Service Project -Child Advocacy Center

The Child Advocacy Center cares for children who have been physically or emotionally abused. This facility brings many professionals together to listen as a child tells their traumatic story one time to a trusted friend.

### How can we help?

As members we can donate items that can be utilized in the facility or sent home with children to help them feel more comfortable during their experience.

Much needed Items are:

- Gas Gift Cards for families needing to travel for appointments
- Kid toys for the waiting area (toys easily cleaned and not wood)
- Fidget items (Stress balls, fidget gadgets, etc)
- Children & young adult clothing Sizes kid to 18 years. **MUST BE NEW**
- Hygiene items
- Socks/Underwear – sizes youth to 18 years **MUST BE NEW**

A listing of items can be found on the MSNA website under the Event tab and in the July Thymes. Bring your donations to the registration desk located on the first floor of the RECC.

## Conference Photos

Attendance or participation in MSNA meetings and other activities constitutes an agreement by the attendee for MSNA's use and distribution of the attendee's image or voice in photographs, videotapes, electronic reproductions and audiotapes taken during the conference.

## Hotel Accommodations/Reservations

An adequate number of rooms have been blocked for members, vendors, and speakers. You can access the hotel list on the back page of registration form or see [MNSA website](#) for full listing [www.mnsna.org](http://www.mnsna.org). Hotel Blocks open May 1st!

## Event App

MSNA is partnering with Visit St. Cloud on an event app for the annual conference. You will be able to download the free mobile App on your mobile device and have all the conference materials in the palm of your hand. You will be able to see all the conference details such as the schedule check out speakers, receive updates and access maps of the RECC and of St. Cloud. This App will help maximize your conference experience. More information on how to download the app will be on the MSNA [website](#) and in your confirmation email.

## Website Registration

You may register online and use a credit card (Visa, Master Card, Discover, American Express). If you REGISTER ONLINE, your order confirmation will be generated immediately upon submission of payment. For online registration and for the most current information about the 2019 Annual Conference please visit the [MSNA events page](#) You may register online or mail your registration form. Please **DO NOT** use more than one method or you will be charged for multiple registrations.

## Full annual conference registration fee includes all general and education sessions, exhibit hall and meals as follows:

Monday-continental breakfast, lunch and dinner voucher  
Tuesday-continental breakfast and dinner voucher  
Wednesday-breakfast snack and Brunch

**Event Policy:** Full conference registration is required for admittance. MSNA reserves the right to exclude any unauthorized persons from the conference facilities, meeting rooms and exhibit hall. See full policy on [MSNA website](#). [www.mnsna.org](http://www.mnsna.org)

## MSNA Non-Endorsement Policy

MSNA does not permit its name, logo or written materials to be copied, republished, excerpted, hypertext-linked to a website, or otherwise used for any commercial purpose, including advertising, or to suggest any endorsement, affiliation or sponsorship of any third-party product or service, without the prior written permission of MSNA.

# Registration Form

Membership #: \_\_\_\_\_ Preferred Name on Badge: \_\_\_\_\_

Name: \_\_\_\_\_ First State Conference? \_\_\_\_\_

Address: \_\_\_\_\_

School District/Company/Organization: \_\_\_\_\_

Telephone: \_\_\_\_\_ \*Email: \_\_\_\_\_

\*\*Please provide the email address to send your conference information to.

Section A	
Registration Type	Cost
<b>Early Bird MSNA Member (before 6/30/19)</b>	<b>\$200</b>
**MSNA Member (after 6/30/19)	\$240
<b>Director/Purchaser (before 6/30/19)</b>	<b>\$210</b>
**Director/Purchaser (after 6/30/19)	\$255
Non-member	\$350
Onsite Registration	\$275
Section A Subtotal:	

Meal Attendance			
Please check the box for the meals you will be participating in. If you do not plan on eating write "NO" in the box. MSNA determines the amount of food to order based on registration and will allow us to reduce food waste. If you require a special diet of gluten free or vegetarian, please note this below.			
	Monday Lunch		Wednesday Brunch
	Gluten Free		Vegetarian

Ways to Register:

**1. Online at [www.mnsna.org](http://www.mnsna.org) (events page)**

**2. Email - CREDIT CARDS ONLY!**

Email registration form with credit card information to:

info@mnsna.org

VISA, MasterCard, Discover & AMEX accepted by MSNA

**3. Mail**

Send registration form and payment to:

**MSNA AC Registration**

21997 County Road 141

Kimball, MN 55353

Refunds minus a \$50 administrative fee will be made if you notify MSNA by emailing your request before June 30, 2019. No refunds will be made on cancellations received after June 30, 2019 or for no shows. Refunds will be issued 30 days after the conference.

Transfers: Registrants who are unable to attend the conference may transfer their registration to another person within the same school district provided advance written notice is forwarded to MSNA at [minnsna@gmail.com](mailto:minnsna@gmail.com). Please provide your name and the individual's name to whom you are transferring your registration. All transfers must be received by July 1, 2019 and **WILL NOT** be accepted on site. \*Please make a copy of this registration form for your records.



MSNA is committed to ensuring all meeting activities are accessible. To discuss any needs, email the MSNA office at [minnsna@gmail.com](mailto:minnsna@gmail.com) by June 1, 2019.

Section B	
Pre-registration is required. Please check sessions you plan to attend.	
Pre-Conference Sessions for Sunday, August 4	Cost
ServSafe w/Test (8:00am-4:00pm)	\$100
CPR/AED Training (11:00-1:00) Limit 12	\$30
CPR/AED Training (1:30-3:30) Limit 12	\$30
MN Certified Food Protection Manager Renewal (11:00am - 3:00pm)	\$45
Section B Subtotal:	
<b>TOTAL (For A &amp; B)</b>	

**Registration Payment**

Check Enclosed, Payable to MSNA

Credit Card\*

MasterCard    Visa    Discover    AMEX

Total: \$ \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

\*Print Name on Card: \_\_\_\_\_

\*Signature: \_\_\_\_\_

\*Full Billing Address: \_\_\_\_\_

\_\_\_\_\_

\* Credit card orders cannot be processed unless this information is entirely filled out. Billing Address **MUST** match the name on the card. Need address, city, state/zipcode.

**Questions? Contact:**

Sharon Maus - MSNA Executive Director  
(320) 251-2344  
[minnsna@gmail.com](mailto:minnsna@gmail.com)

**Please note that this form is NOT for Exhibitors!**

# Early Bird Registration ends June 30!

## MSNA Hotel Block opens May 1st

### **Courtyard by Marriott**

404 St. Germain W  
St. Cloud, MN 56301  
Room Rate \$159.00-\$179.00 + tax  
320-654-1661

### **Best Western Kelly Inn**

100 4th Avenue South  
St. Cloud MN 56301  
Room Rate \$89.00 + tax  
320-253-0606

### **GrandStay Hotel**

213 6th Avenue S  
St. Cloud, MN 56301  
Room Rate \$109.00 + tax  
320-251-5400

### **Holiday Inn**

75 S 37th Avenue  
St. Cloud, MN 56301  
Room Rate \$94.00 + tax  
320-253-9000

### **Country Inn & Suites East**

120 7th Avenue SE  
St. Cloud, MN 56304  
Room Rate: \$99.00 + tax  
320-252-8282

**\*\*Area Hotels not in the block (call for room rate)**

### **Hampton Inn & Suites**

145 37th Avenue N  
St. Cloud, MN 56303  
320-252-4448

### **Homewood Suites**

115 37th Avenue N  
St. Cloud, MN 56303  
320-252-5900

### **Fairfield Inn & Suites by Marriott**

4120 2nd St. S  
St. Cloud MN 56301  
320-654-1881