



CSNA, CHAPTER 45, MOTHER LODE

Meeting Announcement
Friday, March 21, 2014

NATOMAS UNIFIED SCHOOL DISTRICT

Board Room
1931 Arena Boulevard
Sacramento, CA 95834

I-5 N/CA-99N towards Redding, Take Arena Blvd exit 524, Turn right onto Arena Blvd, Make a U-Turn at Gateway Park Blvd onto Arena Blvd, Natomas District is on the right (if you reach Truxel Road you've gone too far)

AGENDA

8:30 a.m.

Registration and Continental Breakfast

9:00 a.m. – 10:00 a.m.

Business Meeting

10:00 a.m. – 10:15 a.m.

Networking Break

10:15 a.m. – 10:30 a.m.

Motherlode Election of Officers

10:30 a.m. – 11:30 a.m.

Federal LAC Update

11:30 a.m. – 11:45 a.m..

Food Demonstration Vince Caguin

11:45 a.m. – 12:30 p.m.

Farm to School Buffet Lunch and Raffle

12:30 p.m. – 4:00 p.m..

Smarter Lunchroom Training

This meeting approved for 2.00 Continuing Education Units.



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Please RSVP by Monday, March 10th, 2014 to:

(Please RSVP by the above date. It makes it very difficult for the caterer when we have last minute meal requests.)

Laura Kasey, Treasurer

Email: motherlode45@yahoo.com

Phone: (916) 338-6416

Fax: (916) 338-6318

Address: Laura Kasey
Center Unified School District
8408 Watt Avenue
Antelope, CA 95843

Return this form with your check payable to: Mother Lode SNA

Company/District: _____

Name(s): _____

Telephone #: _____

_____ Meeting Subscription Holder
(Subscription form & info on CSNA website under Mother Lode Chapter)

_____ \$45 member with RSVP

_____ \$50 at the door & Non-Members

\$_____ Total Enclosed



SMARTER LUNCHROOMS MOVEMENT

Unique Opportunity for Mother Lode

Presented by Cornell University's Kathryn Hoy, MFN, RD, CDN

ALL Mother Lode members, **including industry**, are invited to attend this 3 ½ hour training exploring the tactics we can use to improve student participation and consumption of healthy foods, while decreasing food-waste. Cornell University is funded by USDA to help school foodservice implement the tactics successful restaurants and supermarkets use to market to their customers.

Let's work together to bring this movement to Mother Lode schools.

Goal: Provide evidence-based strategies to increase student acceptability and consumption of meals that meet the new nutrition guidelines set forth through the Healthy, Hunger-Free Kids Act of 2010.

Smarter Lunchroom Makeovers use **simple, low-cost** and **no-cost** strategies to get students to **take and eat** healthy foods.

Simple changes such as **relocating fruit**, **renaming vegetables**, and **prompting students** to select healthy foods can increase the selection of these target items, sometimes by **more than 100%!**

When: Mother Lode Meeting, March 21, 2014

Registration: 8:30 AM

Business Meeting: 9:00 AM – 10:00 AM

Smarter Lunchroom Training: 12:30 PM – 4:00 PM

Where: Natomas Unified School District, Board Room

For more information on the Smarter Lunchrooms Movement, visit smarterlunchrooms.org.

After attending your workshop I was inspired to take your ideas and put it to the test...CRAZY HOW THIS WORKS!—

—Marta Shand,
Site Manager, Desert
Sands USD