

Please post in your kitchens and/or Food Service Office



SAN BERNARDINO CHAPTER #44

"An Affiliate of SNA"

"2013"

**WHAT: January Chapter 44 Meeting
"Fitness & Nutrition"**

**WHERE: Cedar Middle School
13565 Cedar Street
Hesperia, CA 92344
(760) 244-6093**

DIRECTIONS:
Take 15 freeway exit
Main Street go East,
Right on Escondido Ave.
Left on Cedar Street.
School is on the right side

WHEN: Wednesday January 23, 2013

TIME: 4:30 p.m.-5:00p.m. -- Registration of members
5:00 p.m.-6:00p.m. - "Salad Making Contest" Produce from Mel @ASR
Produce, Soup from David @Leabo Foods & Chicken from Mike @
RichChicks. **Vendors on site for taste testing & questions. **😊
6:00 p.m.-7:00p.m. - Justin from Anytime Fitness will speak on



Fitness & Nutrition... "Zumba Lessons too!" 😊

**** Wear comfortable clothes
ie: exercise/gym clothes ****

7:00 p.m. - Raffles, door prizes, mystery gifts.

This will be a fun and interactive meeting...see you there!

Schools First Federal Credit Union on site for your info.

"Horace Mann Insurance will be on site to help you with all of your insurance needs."

****New Wells Fargo Rep. to help with Financial Reviews ie: Restructure Debt**

CSNA encourages all food service employees to attend this event, increase your skills and value while you are learning new ideas, meeting other food service employees and continuing your education.

PLEASE CALL FOR PRE-REGISTRATION FOR DINNER COUNT!!

This meeting counts as 1 CEU= Continuing Education Unit

***Please RSVP by Friday, Jan. 18, 2013. To: Barbara Espinosa @Reinabespi@yahoo.com**

ASAP !!! or to LaShawn at Nutrition Svc. Office Lbray@vesd.net

\$5.00 cost/person gets you 1 door prize ticket & 1 dinner ticket ... Please RSVP ASAP

****We will be giving away 1 free New Membership & 1 free renewal at this meeting,**

so please bring all your co-workers & Join the CSNA Family