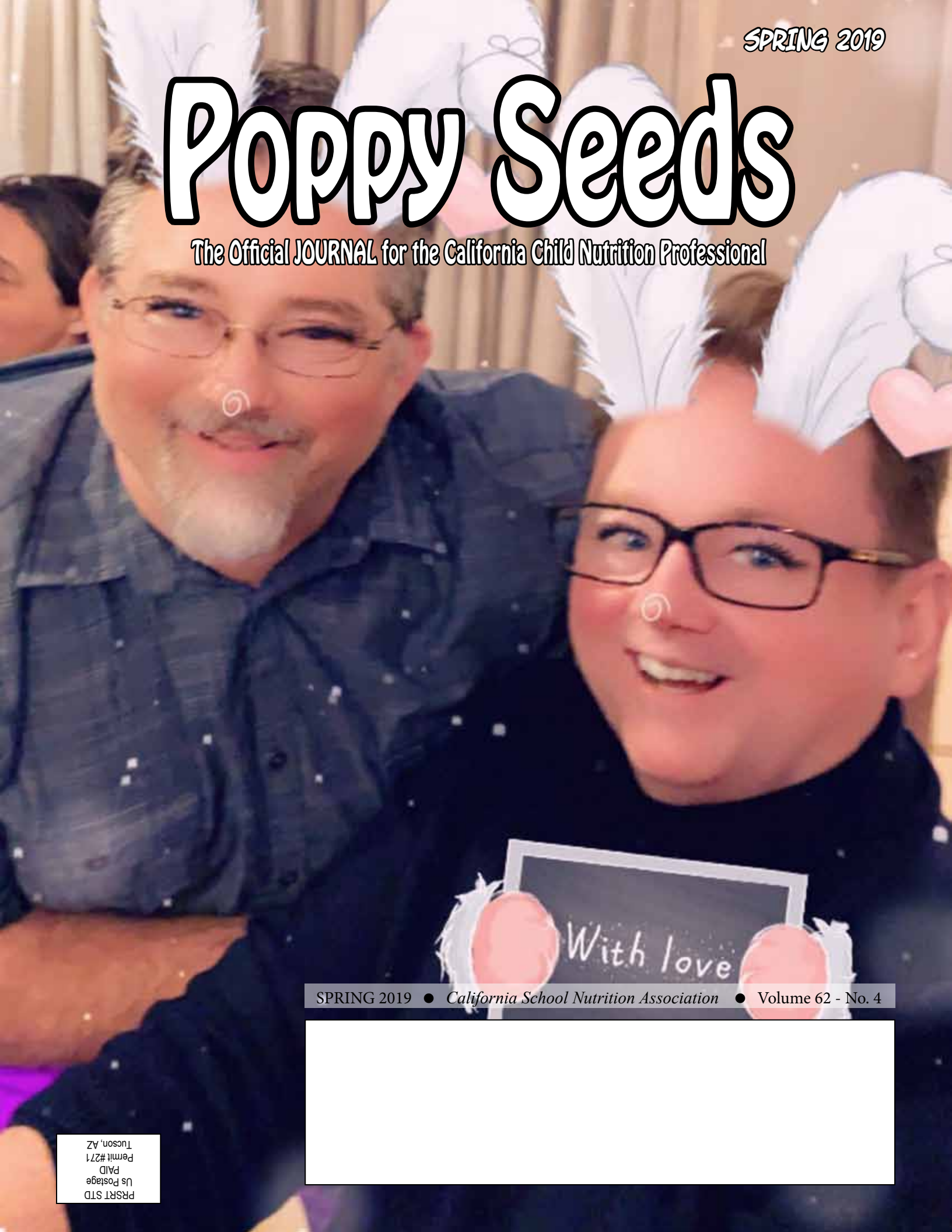
SPRING 2019

Poppy Seeds

The Official JOURNAL for the California Child Nutrition Professional



SPRING 2019 ● *California School Nutrition Association* ● Volume 62 - No. 4

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WILD MIKE'S ULTIMATE PIZZA

NO ARTIFICIAL ANYTHING

Wild About Flavor

NEW ITEM!
CHEESE BREADSTICK
ITEM CODES: 11006 (BULK)/ 11007 (I.W.)

10-CUT PEPPERONI, CHEESY BOTTOM "PRE-CUT"
ITEM CODE: 20210

NEW ITEM!
COUNTRY GRAVY, ALL BEEF, BREAKFAST PIZZA
ITEM CODES: 90303 (BULK)/90503 (I.W.)

Ingredients We Don't Use

- L-CYSTEINE
- CALCIUM PROPIONATE
- BHA
- BHT
- SODIUM NITRATES
- SODIUM BENZOATE
- POTASSIUM SORBATE
- HYDROLYZED SOY PROTEIN
- ISOLATED SOY PROTEIN
- WHEY PROTEIN CONCENTRATE
- GUAR GUM
- ASCORBIC ACID
- WHEAT STARCH
- CALCIUM PHOSPHATE
- SODIUM ACID PYROPHOSPHATE
- SODIUM BICARBONATE
- SOY LECITHIN
- SODIUM ERYTHORBATE
- SODZIUM STEAROYL
- LACTYLATE
- MONOCALCIUM PHOSHATE
- MONO-AND DIGLYCERIDES
- MECHANICALLY SEPARATED CHICKEN

Ingredients We Do Use

- CRUST IS MADE FROM SCRATCH DAILY
- RIMMED BUTTERFLAKE CRUST
- ZESTY SAUCE MADE FROM SCRATCH DAILY
- FOUR CHEESE BLEND:
  - MOZZARELLA
  - PROVOLONE
  - ROMANO
  - IMPORTED PARMESAN CHEESE (COMES ALL THE WAY FROM ITALY)
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"RECOGNIZED AS THE BEST TASTING SCHOOL PIZZA!"

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President's Message

By Kim Ekholm | CSNA President

The Child Chooses The Plate

It has been almost a year since we started on this wondrous journey to ***Hogseeds School of Nutritional Witchcraft and Culinary Wizardry***. We began by leaving ***Platform 9 ¾*** and traveled magically through time to a place where we learned to better ourselves by helping our students to enjoy healthier meal options.

As I am writing this, we have been to Sacramento for the CSNA Legislative Action Conference and we are planning our trip to the SNA Legislative Action Conference in Washington DC at the end of February. It is great to see how many new members will be going with us for the first time. Whether you are a first timer or a seasoned veteran there is an awe about being able to go and make yourself heard about our passion for feeding the children of California.

As I reflect on my year as President, I realize there is always more that needs to be accomplished but with the help of those I have met along the way and those who will follow in leadership roles you are in good hands. Was it easy? No, there were challenges? Those challenges were met with teamwork, encouragement and the support of CSNA's Executive Finance Committee and Board. You truly have a fantastic group of people who have the best interest of all of our CSNA's members and children.

A special thank you to Polly Houston, President Elect and Johnna Jenkins, Vice President for all of your help and support. I wish you both the best in the years to come and that you will both shine in your year as President. Thank you to all our dedicated committee chairs and

co-chairs for your hard work and dedication to the CSNA. The Industry Summit and Annual Conferences were a big hit. I am still hearing people talking about them.

I would like to give a well-deserved thank you to Janine and Jon Nichols. Thank you from the bottom of my heart and for your help in supporting us in so many ways. Your help and guidance are irreplaceable.

It is my hope that your year at ***Hogseeds School of Nutritional Witchcraft and Culinary Wizardry*** has "bewitched ***your senses and ensnared your minds."*** As you learned to let "***the child chose the plate.***"

So, as we return to ***Platform 9 ¾***, it is time to close our ***Marauder's Map with "Mischief Managed."***

This experience is one I will never forget and will "***always***" hold dear to my heart.

always

Kim Ekholm

After the cold…

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By Jennifer Davis, SNS
CSNA Membership Chair

My first year term is coming to a wrap and I would like to thank a few people that have helped me survive this new role. To our President Kim, thank you for all your wise owl wisdom. Polly thank you being a great mentor in shaping me into a successful part of CSNA. Johnna thank you for being my stage partner, working with you has been a great privilege and has taught me leadership is action not a position. The rest of the EFC thank you for being patient and understanding as I learn my responsibilities as the Membership chair. Regionals, thank you for your support and willingness to drive our team sometimes-in tough instances however, all of you handled the situations with professional skills. Thank you all again, for a great first year term as Membership chair, I look forward to another successful year.

As we begin to direct our thoughts to next year's conference in Ontario, chapter presidents and regionals please remember that Golden Poppy submissions are digital and are due for 2018-2019 on June 30, 2019. Start entering your meeting goals early so you do not have to rush to get the entries submitted. Please reach out if you have not received your email regarding the google docs. We look forward to giving out more awards in Ontario. Presidents, please check with your regionals regarding state incentives to aid with the growth in local chapters as well CSNA.

Please remember to highlight and share your ideas, meetings and fun events in the Poppy Seeds Magazine.

I am excited to help make all our dreams become realities as we lead the Way into Willie Wonka Land with the California School Nutrition Association in Ontario, November 7-10, 2019. As in years past, we will be asking chapters to display their accomplishments at our Annual Conference in Ontario.

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SALLY'S CORNER

By Sally Spero, SNS, | Child Nutrition Director, Lakeside Union School District

Nothing will make a school food service director moan, roll their eyes to the ceiling and throw their hand to their forehead in agony faster than realizing it is the Administrative Review year. We complain to our families, our peers, our bosses and perhaps even total strangers who will listen to us about our hard times and the cruelty of it all. And we are sure that nothing good can ever come of it.

But we are wrong about that.

Don't get me wrong, I've done my share of writhing in the Superintendent's Office during the exit conference and working alone in a deserted office to finish up some paperwork. However I've also come to realize that there are a lot of positive things about the Administrative Review too. Let's take a look.

Teaching. Have you had a review yet where you personally did not learn something new? I know I haven't. And it hasn't just been me. With enough planning and advance notice my Child Nutrition Consultants have always made themselves available to come train my staff. It is one thing when I say it but somehow it gets remembered better when they say it.

Ideas. We see our own facilities but the Child Nutrition Consultants visit dozens every year. They have frequently shared innovative ideas or unique solutions from other districts with me during their visits.

Relationship-Building. The Administrative Review is not the only time you ever are in touch with your Child Nutrition Consultant. It's common to call them with questions or their take on difficult situations we've encountered. The Administrative Review is a time to strengthen that relationship. The Child Nutrition Consultant knows dozens of school food service directors and can assist with finding you a mentor or a district to visit if there is an area where you need to improve. And don't forget that the Consultants go to Sacramento often and meet the folks who are just a name on an email to us. They are invaluable in helping you find just that right person at the CDE when you need assistance.

Strengths. You may have gone right past the section of the Administrative Review called "Commendations" in your rush to get everything turned in but, trust me, it is there. Isn't it a great feeling when an "outsider" praises something you are doing to the CBO and the Superintendent? Those busy people at your district might not be aware of what it takes to be excellent in meal application processing but the Child Nutrition Consultant can point it out.

Support. There may be projects you have been trying to move forward at your district that have encountered some resistance or lack of budget priority. For example, perhaps you haven't had success in convincing school administrators that one 30-minute lunch period at the high school with 3000 students just isn't enough time to feed everyone. The Child Nutrition Consultant could add their support to your goal as part of their visit to your district.

And Something for You Too! A positive Administrative Review would be a nice addition to your yearly evaluation, wouldn't it? And if you are ever interested in pursuing a new career goal, an Administrative Review that demonstrates your skills and strengths at running a school food service program is something you can proudly take to your interview.

There are two types of blueberries.

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this recipe, → to this recipe, → to this recipe.

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* Source: 2016 USDA Food Buying Guide Additional Yield Information for School Meals.

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TAKING A STAND

By Lee Angela Reid, Senior Legislative Advocate, Capitol Advisors Group

One of the most vital functions of CSNA is the deep activism of our members in State and Federal government affairs. It is about articulating a message to our elected leaders that has a positive impact on the work we do to ensure that millions of children are served with healthy, nutritious meals every day. The work of crafting our message is taken very seriously by CSNA, which dedicates a committee of tireless volunteers who serve as appointees to the Public Policy and Legislation (PP&L) Committee of CSNA.

While the strategy and advice CSNA gets from us as your legislative advocates is certainly important, it is the PP&L committee members and CSNA's top state leaders who consider the legislative needs across school nutrition issues and formulate positions on countless bills and regulatory matters. They dig deep into the various policy and fiscal implications to ensure our organizational views are understood.

As the committee and leadership consider issues for a position or sponsorship by CSNA, there is framework in place for the approach we might take as an organization. When the opportunity or imperative arises for CSNA to sponsor legislation or administrative action, the association leads the effort to draft language, secure the support and authorship of a lawmaker or administrative official and shepherd that idea through the entire process. The overwhelming majority of legislative and government action we attempt to influence is in the form of bills.

The PP&L meet monthly throughout the legislative year to evaluate emerging legislation and amendments to bills and then to advance recommend positions to the Executive Finance Committee (EFC.) Once actions are adopted by the EFC, they, along with PP&L members, mobilize to communicate those positions to the appropriate officials in Sacramento and Washington D.C. There are a variety of options CSNA has when considering what position to adopt on any given issue.

Positions intended to convey a supportive position begin with the actual sponsorship or co-sponsorship of legislation. These are bills of the highest priority to CSNA and indicate that our organization is the principal sponsor of the effort. In the instance of co-sponsorship, we are joined by other groups who are equally committed to the issue. There are also a number of occasions when we might not be the sponsor of a bill, but strongly advocate for its passage. In these

Continued on Page 10

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instances, you will see that CSNA's stance reflected in a "support" position.

Like sponsored bills, supported legislation is also of very high priority and results in the organization using considerable energy and effort to secure passage. Occasionally there are very positive bills that might have one or more flaws that stand in the way of earning a "support" position from CSNA, but if amended could be included among the bills we support. These instances are marked by the position "support if amended." This kind of position very overtly suggests to lawmakers and their staffs that CSNA is amenable to a support position if the legislation is amended in certain ways to address our concerns. The approach often results in the changes we need to make a better outcome for the legislation.

Among the positions that CSNA considers when it is negatively disposed to a proposal is an "oppose" or "oppose unless amended" position. These positions are also among those that earn the full force and effort of the association to lobby. In these instances, CSNA objects to the policy being advanced by the bill or regulation and aims to defeat it unless changes are made to address the concerns we have expressed.

Finally, there are positions that indicate our interest in bills that might impact school nutrition but the language and concept have not yet been fully developed. Similarly, there may be other bills that do not have negative or positive implications for school nutrition in their present form, but could be very helpful or hurtful depending upon potential amendments. These circumstances that are less clear often result in a position of "watch," which means we continue to track the bill and its progress to determine if it becomes a problem or a meaningful solution to issues we face. Our position on these bills can quickly shift to a supportive or oppose-oriented posture depending on the amendments taken through the lawmaking process.

Finally there are the more benign positions for bills we like or dislike but that are not the highest priority for CSNA. An "approve" or "disapprove" position indicates to the Legislature our general disposition for or against a certain idea that doesn't necessarily compel us to be more engaged. The status of these positions can be, and occasionally are, upgraded to a more active stance; but as long as they remain in the more passive position, CSNA will focus more of its energy on its targeted list of higher priorities.

The legislative process is both exciting and tedious and becomes the annual work of your CSNA leaders who are dedicated to making sure our collective voice as an organization counts in Sacramento and Washington D.C. We recently concluded the annual State Legislative Action Conference in Sacramento where child nutrition leaders from school districts all across California gathered to highlight the legislative priorities of CSNA. This is an excellent way to begin your activism in the legislative process for CSNA. Remember that democracy is not a spectator sport. The entire membership is stronger with your engagement in the policy making process at all levels of government that impact school nutrition.

2019 Child Nutrition & Industry Summit Registration Form

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Email _____

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		February 1 - March 20	After March 20	Total
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Non-CSNA Member - School District *Includes Monday Night Reception*	*$445*	$495	$545	_____
CSNA Member - Industry	*$445*	$495	$545	_____
Non-CSNA Member - Industry	*$495*	$545	$595	_____
GUEST	*$285*	$345	$395	_____

(Guest Fee Includes all CSNA meal events. Does NOT include Sessions)

GUEST NAME _____

Monday Night Industry Reception Sponsorship** $700 _____

***(Includes 4 Tickets for your company use. Additional Tickets will be available at $75 each)*

Additional Tickets for Industry Reception - Monday, May 6, 2019 $75 x ____ = _____

Installation of Officers Dinner ONLY - Sunday, May 5, 2019 $100 x ____ = _____

Total Amount Enclosed $ _____

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If paying with a Credit Card, you may FAX Completed Registration to (818) 843-7423
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Please make checks payable to CSNA. SORRY, NO PURCHASE ORDERS
Please send your completed Registration Form with Fee to:
CSNA Industry Seminar, PO Box 11376, Burbank, CA 91510

You will want to join us for
CSNA Child Nutrition & Industry Summit at the
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This event is May 5 - 7, 2019.
Laguna Cliffs Marriott Resort & Spa
offers special amenities for our group,
so plan on arriving early or staying late to
take advantage of everything the property has to offer!

The Child Nutrition & Industry Summit Committee is
hard at work planning the details of the event.
Take care of the lodging details now!
Hotel Reservation Cut-Off date is Monday, April 8th!
Lodging at Laguna Cliffs Marriott Resort & Spa is
$229 per night, plus tax.
Subject to availability, the rate
will be honored 3 days pre/post conference.
We negotiated with the hotel to lower
the resort fee for our group.

Reservations can be made by calling the Hotel Directly at: 888-236-2427

Or, visit the CalSNA website at this page:
www.calsna.org/events/industrySeminar2019.php
and follow the links to Register

See you all in Dana Point!

MAY 5, 2019

LAGUNA CLIFFS MARRIOTT RESORT & SPA
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This is to invite your support for CSNA's 13th Annual Installation of Officers which will be held on May 5, 2019, at the Laguna Cliffs Marriott Resort & Spa in beautiful Dana Point! We invite you to join us for a fabulous dinner and an unforgettable evening. Our goal is to make this a truly special occasion for all our members, including our sustaining members who support the Association in so many important ways. This night is organized to express our appreciation to volunteers and members for their time, dedication and commitment to the Association on behalf of California's children. We will celebrate the installation of the new Association officers, and welcome new Board members. This will be incorporated into our Industry Seminar program being held Sunday - Tuesday, but members can register for the Installation Dinner only. We hope you can join us for all or part of this weekend.

Your support and dedication to feeding California's children is greatly appreciated.

2019 Installation Dinner Registration Form

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Dinner Fees & Sponsorship Opportunities

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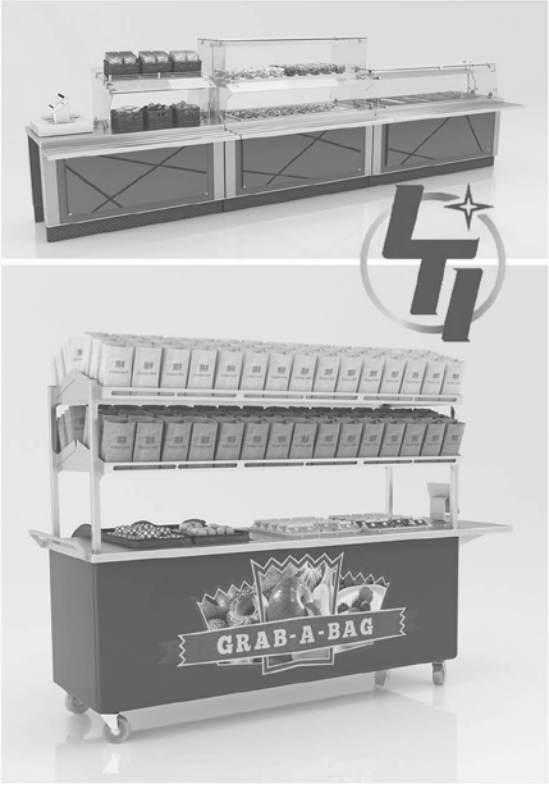

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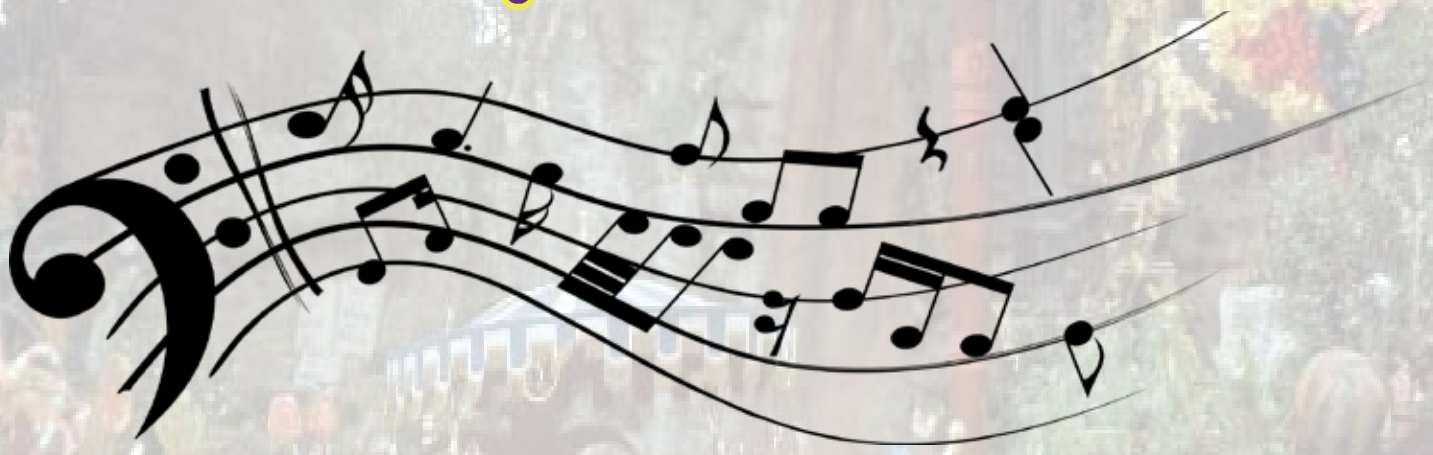
THE CSNA 2019 ANNUAL CONFERENCE

NOVEMBER 7 – 10, 2019



Come with me and you'll be in a world of pure nutrition.
Take a look and you'll see so much learning (in all of the classes).
We'll begin with a spin, traveling in a world of food creations
(on the exhibit floor). What we'll see will defy explanation
(during the keynote presentations).
If you want to view paradise, simply look around and view it.
Anything you want to, do it. Wanna change the world?
There's nothing to it (with all of the networking you can do it).

Oompa Loompa doompadee doo, I've got a puzzle for you.
Oompa Loompa doompadah dee, if you are wise you will listen to
me……. You have a golden ticket, you have a golden ticket!
Don't waste it, come and join us in "Leading the Way"
for our students and their nutrition.

"It happens every time,
they all become blueberries."

Leading the Way to the CSNA 67th Annual Conference!

This will attract all Wonka fans from near and far to Ontario in Southern California, from November 7-10, 2019… Especially those lucky enough to have a

from last year's Brunch!

Circle, highlight, and add to your mobile calendars, those are the dates CSNA will host a great weekend filled with educational breakouts, general sessions, and keynotes speakers and of course FUN!

"Little surprises around every corner, but nothing dangerous!"

The exhibit hall will be the center of activity housing our Industry Partners as they display the latest and greatest products, services, and equipment that will enlighten us with the grandest of ideas; "understandably" you may not believe your eyes.

Be prepared with comfortable shoes and taste buds ready!

FUN Central? Make sure you attend the President's Party on ***Saturday, November 9th***

Wonka Wonderland!

Grab your purple jacket or the prettiest red dress, maybe white knickerbockers and suspenders? Whatever your costume or attire selection, make sure you attend this Wonka World Wonderland ready to have FUN!

Begin making plans now to join us for this ***Wonka World of Pure Imagination***,

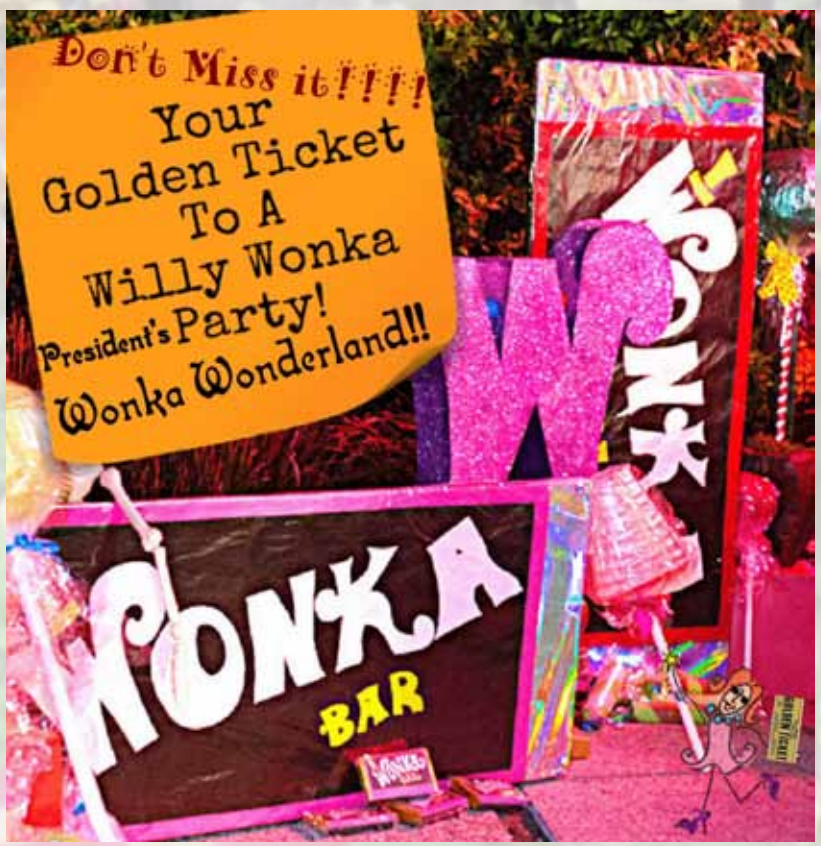
"A little nonsense now and then is relished by the wisest men".

You are going to want to stay with us through Sunday, as we will have great speakers lined up throughout the weekend and the finale of awards and recognitions during the Sunday Brunch.

"We have so much time and so little to see. Wait a minute! Strike that, reverse it. Thank you."

Don't miss out on Early Bird pricing for Registration and make sure to book your room early to ensure the best prices. Bring as many people as you can and don't forget to volunteer.

"The suspense is terrible! I hope it'll last."



Keynote Speakers

Friday, November 8, 2019: 3:15p.m. - 5:00p.m.

Michael Rangel is a professional magician, who for the past 20 years, has performed his special brand of magic around the world. His magic will not only mystify the mind, but touch the heart, and inspire the soul. His clients include corporations such as Facebook, Disney, and the NFL. He is also a frequent headliner at the World Famous Magic Castle in Hollywood, where he has been performing for the past 18 years. Michael is excited to bring his show to the CSNA's conference in 2019, and is looking forward to sharing his art of astonishment!

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KEYNOTE SPEAKERS

LOGAN WEBER

Saturday, November 9, 2019: 4:00p.m. - 5:30p.m.

"Sticks & Stones Exposed: The Truth Behind Words & Relationships"

This hilarious presentation zeroes in on the power of our words and the impact they have on the culture and climate of an organization, cafeteria, and even school. The Harvard Principals Center released the following statement: "The most powerful predictor of student achievement is the quality of relationships among the staff." What kind of atmosphere are our words creating? One in which co-workers strive to work as a strong team for the sake of the children….or one that is breeding an inability to trust and work together. Discover how to transform your environment and your relationships and how to build a great "community" within your group, school and your family, while having the most fun ever!

Logan Weber is a motivational speaker for Weber Associates. His dynamic and relevant presentations have led to opportunities to work with Fortune 500 companies like Georgia Power, Cintas and Toyota. Logan was the keynote speaker for the School Nutrition Association's National Leadership Conference and has presented at dozens of Statewide conferences in nutrition and education including Georgia, Indiana, Minnesota, Louisiana, Arkansas, North Carolina, Washington, and Wyoming.

Anna Apoian

Sunday, November 10, 2019:
10:30a.m. - 12:30p.m.

I am an experienced director of school nutrition programs, currently employed at Norwalk-La Mirada USD. I am a public speaker (10+ years!) with a focus on motivating and training attendees. I am a RD and have earned an MPA and SNS credentials. I have been acknowledged with the national FAME award and I have been honored with a Congressional Recognition by U.S. Representative Judy Chu.

I have gladly served on Southern California School Nutrition Association Executive Boards over the years and at the state level. I have been chair and co-chair for professional council for CASBO. In serving, I have met and learned so much, from many wonderfully, accomplished people.

My experience includes time as a clinical dietitian in Houston Texas. Educational curriculum reviewer for the Society for Nutrition Education, Journal of Nutrition Education. I was also a free-lance writer for Weider publications, before the age of blogs. I am looking forward to being of service for CSNA!

Silent Auction & Resource Room

Fundraising!!

Looking for fundraising ideas?

Annual CSNA Conference Silent Auction! This is a great way for your chapter to raise money and at the same time help the CSNA Scholarship fund earn money as well. There is no limit to the amount of items you wish to bring. Everyone loves a great deal and loves being involved. All proceeds from the silent auction are split 50/50, which means your chapter raises money to help make it stronger. It's a WIN, WIN!!

Example of auction items: Gift baskets, purses, blankets, jewelry, gift cards, and even mini vacations or golf packages, etc.

Tips for a Successful Silent Auction:

Make a list of contents in the basket or a description of the item, people are more likely to bid on an items if they know what is inside. Bring something others may find unique, this makes your basket more enticing. Be sure it will appeal to others by decorating or adding different touches to make your basket stand out.

Resource Center

The resource center is an area for chapters to display their accomplishments and/or ideas.

You can display your chapter resources on a tri-fold board or on the digital picture frame. This area is where we display your "Back to Basics Golden Poppy Goals" submissions and awards. Whether it is a book or a battery operated picture frame, please showcase your accomplishments.

Your help is needed to make the Resource Center an area people want to visit during the conference. Please send the materials or accomplishments such as, menus, summer feeding programs, CACFP ideas, and training ideas to share that you think others will benefit from.

Please help to make the Resource Center a success!!

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A Sharing Station is a place where students can place un-opened food and drinks they chose not to eat or drink. Students donate unwanted food to their hungry classmates at no cost and this helps with reducing food waste. The unwanted food must be placed on the sharing station immediately after leaving the serving line. The sharing Station remains open to all students to take from if they see something they would like to eat.

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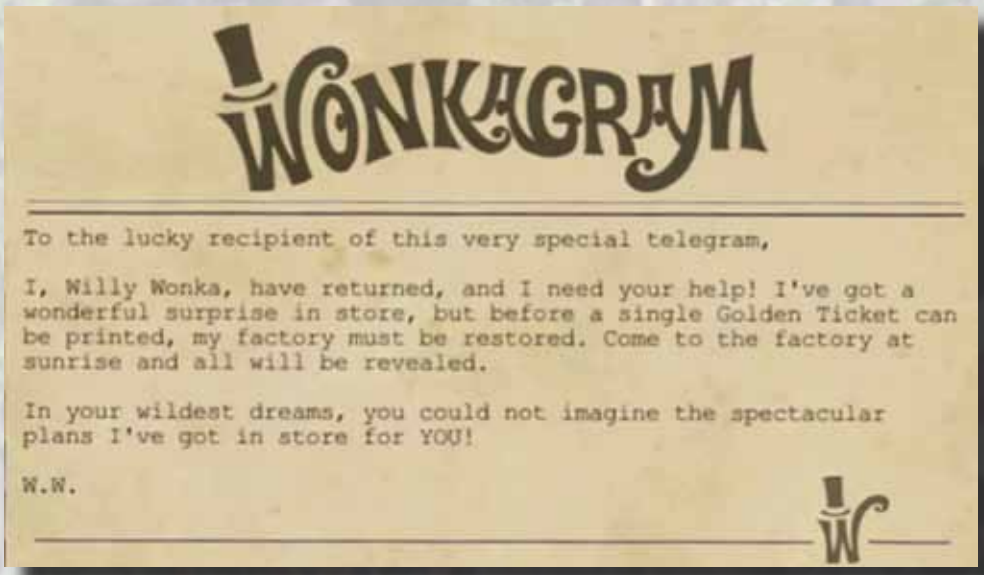

WONKAGRAM

To the lucky recipient of this very special telegram,

I, Willy Wonka, have returned, and I need your help! I've got a wonderful surprise in store, but before a single Golden Ticket can be printed, my factory must be restored. Come to the factory at sunrise and all will be revealed.

In your wildest dreams, you could not imagine the spectacular plans I've got in store for YOU!

W.W.

Come with me, and you'll be, in a world of pure imagination.
Take a look and you'll see into your imagination.
We'll begin with a spin, travelling in the world of nutritious creation.
What we'll see will defy explanation.

Greetings to you, the lucky finder of this magical tour.
Present yourself at the factory gates and do not be late.
You may bring with you your companions with big dreams, but no one else.
In your wildest dreams, you can not imagine
the marvelous surprises that await you.

So much time and so little to do. Wait a minute. Strike that. Reverse it.

We will embark on a tour full of local Kazookles, magical new ideas,
scrumdiddlyumptious *recipes* and everlasting networking.
We may even find a snozzberry or two, whangdoodles, hornswogglers,
and square muffins that look round.
Any Oompa Loompa worth their *Veruca Salt* will acquire
the necessary golden ticket and join this journey on the Wonkatania.
There will be little surprises around every corner, but nothing dangerous.
We are the music makers, and we are the dreamers of dreams." Leading the way.

"The suspense is terrible. I hope it'll last."

OFFICIAL 2019 CONFERENCE REGISTRATION FORM - *ONTARIO*

School Food Service Employees Only *- (Industry members please contact Amber at CSNA for Registration Information 818.842.3040)*

Registration is NOT OPEN to non-exhibiting Industry Professionals. You must work in a school to attend if your company is not exhibiting.

Leading the Way! - The 67th Annual Conference & Trade Show - November 7 - 10, 2019

PLEASE TYPE OR PRINT. ONE REGISTRATION FORM PER PERSON. PLEASE DUPLICATE THIS FORM FOR ADDITIONAL COPIES.

NAME _____ TITLE _____

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DISTRICT NAME _____

MAILING ADDRESS IS THIS **HOME** OR **WORK** *(PLEASE CIRCLE ONE)* CITY _____ STATE _____ ZIP CODE _____

WORK PHONE _____ FAX _____ E-MAIL _____

REGISTRATION FEES

FULL CONFERENCE REGISTRANTS

(INCLUDES PRESIDENT'S PARTY & REGIONAL AWARDS BREAKFAST)

IF PAYMENT IS RECEIVED	EARLY DISCOUNT FEE *(ON OR BEFORE 9/27/19)*	REGISTRATION FEE *(AFTER 9/27/19)*	AMOUNT
CSNA MEMBERS			
DIRECTOR/SUPERVISOR	$260	$285	$_____
MANAGER	$245	$270	$_____
STAFF/STUDENT/RETIRED	$235	$260	$_____
CSNA PAST PRESIDENT	$ 0	$ 50	$_____
NON-MEMBERS			
DIRECTOR/SUPERVISOR*	$455*	$475*	$_____
MANAGER*	$300*	$325*	$_____
STAFF*	$285*	$310*	$_____
STUDENT/RETIRED/GUEST	$285	$310	$_____

** INCLUDES 1 YEAR SUBSCRIPTION TO CSNA AND SNA*
($192 FOR DIRECTORS AND $55 FOR MANAGERS AND $50 FOR STAFF)

SINGLE DAY REGISTRANTS

(DOES NOT INCLUDE MEALS UNLESS CHOSEN AND PAID FOR BELOW)

PLEASE CHOOSE DAY: ☐FRIDAY ☐SATURDAY ☐SUNDAY _____

IF PAYMENT IS RECEIVED	EARLY DISCOUNT FEE *(ON OR BEFORE 9/27/19)*	REGISTRATION FEE *(AFTER 9/27/19)*	AMOUNT
CSNA MEMBERS			
DIRECTOR/SUPERVISOR	$ 115	$130	$_____
MANAGER	$ 110	$125	$_____
STAFF/STUDENT/RETIRED	$ 105	$120	$_____
GUEST	$ 105	$120	$_____
NON-MEMBERS			
DIRECTOR/SUPERVISOR	$140	$155	$_____
MANAGER	$135	$150	$_____
STAFF/ STUDENT/RETIRED	$130	$145	$_____
GUEST	$130	$145	$_____
MEAL FUNCTIONS (OPTIONAL, NOT ALREADY INCLUDED IN PRICE ABOVE)			
PRESIDENT'S PARTY - SATURDAY, 11/9	$ 65		$_____
REGIONAL BRUNCH - SUNDAY, 11/10	$ 40		$_____

PRE-CONFERENCE WORKSHOPS *(MUST BE PRE-REGISTERED TO ATTEND)*

Pre-Conference Workshops Thursday November 7, 2019

CDE State Day - 8:30 am – 5:00 pm **$35 members / $35 non-members $_____**

ICN Workshop - 9:00 am - 5:00 pm **$35 members / $50 non-members $_____**

SNS Credentialling Exam - 12:30 pm - 5:00 pm ($225 SNA Members, $325 Non-SNA Members - ***Register Directly with SNA*** **- www.SchoolNutrition.org)**

(Check in by 12:30 pm - Program begins promptly at 1:00 pm)

PRE-CONFERENCE TOUR *(MUST BE PRE-REGISTERED TO ATTEND)*

Pre-Conference Tour Thursday November 7, 2019

Local Tour - The Willy Wonka Tour (meet by 8:45 am, bus leaves promptly at 9:00 am) **$60 $_____**

____ I would like to participate in the Fitness Fundraiser on Saturday, November 9, 2019 - 7:00 - 8:00 a.m. - _____ (No Cost)

GRAND TOTAL REGISTRATION/MEALS $_____

PAYING WITH CHECK NO._____ MADE PAYABLE TO CSNA AND MAIL WITH COMPLETED REGISTRATION FORM TO:

CSNA, P.O. BOX 11376, BURBANK, CA 91510 - PHONE: (818) 842-3040 - FAX: (818) 843-7423

IF PAYING WITH A CREDIT CARD, PLEASE FILL IN THE FOLLOWING INFORMATION SIGN AND MAIL OR FAX TO THE ADDRESS ABOVE.

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BILLING ADDRESS _____

SIGNATURE _____

V-Code is the 3 Digit Code on the back of Visa and MC Cards and the 4 Digit Code on the front of AMEX Cards

PURCHASE ORDERS WILL NOT BE ACCEPTED. REQUEST FOR REFUND MUST BE RECEIVED IN WRITING BY 9/21/19. A $50 CANCELLATION FEE WILL BE DEDUCTED.
CHILDREN UNDER THE AGE OF 16 YEARS WILL NOT BE PERMITTED INTO THE EXHIBIT HALL. COLLEGE STUDENTS MUST BE REGISTERED BY AN INSTRUCTOR.
FOR FURTHER INFORMATION ABOUT THIS CONFERENCE OR TO REGISTER ON-LINE, PLEASE VISIT ***www.CALSNA.org***

NAC 2019

NUTRITION ADVISORY COUNCIL

Dear NAC groups,

"I shake you warmly by the hand! Tremendous things are in store for you!"

We are pleased to invite you to a world of pure imagination! We request NAC Teams from around the state to participate in a fun filled day of nutrition, physical fitness, and the opportunity to tour the wonky factory to vote on your favorite food(s).

"There's so much time and so little to do! Wait a minute. Strike that. Reverse it." There are many tunnels in the factory leading you to somewhere. A chocolate room perhaps!? Follow the sweet scent in the air that will lead you to delicious eatables!

The day of the tour is November 8, 2019. We await your response not later than October 11, 2019.

Hurry, space is limited to 100 lucky finders!

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NAC 2019

NUTRITION ADVISORY COUNCIL

Use this form to sign up for the Mini-Conference
Registration Deadline: October 11, 2019

Date and Time:
Friday, November 8, 2019
9:00am - 1:00pm

Location:
Ontario Convention Center
2000 E Convention Center Way
Ontario, CA 91764

SPACE IS LIMITED SO REGISTER EARLY!

We strongly recommend students be 4th grade or older to attend.You will have to provide a 6 students to 1 adult ratio for this event.

Email, fax or send completed form to Jason Choi.

Contact Name:_____

School District:_____

School Address:_____

City_____ State _____ Zip_____

Number of Students: _____ Grade Level(s)_____

Student Name _____ Grade: ____ T-Shirt Size: _____

Student Name _____ Grade: ____ T-Shirt Size: _____

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Student Name _____ Grade: ____ T-Shirt Size: _____

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NorCal Annual Fundraiser 2018 at Campo di Bocce in Livermore

By Lisa Maloney, Chapter 2 Marketing & Social Media Chair

This year we had a fantastic turn out, great weather, wonderful prizes, and everyone had a lot of fun too! Professionals from school districts, brokers, manufactures, and distributors came together for an important cause that unites us all-to promote the importance of school nutrition. Vital funds were raised from the donation of and generous bids on gift cards, gift baskets, and live auction items. This will enable an entourage of people from our industry to go to the LAC in Sacramento and Washington DC in early 2019. We must continue to raise awareness of school nutrition and our need of support from legislators at the state and federal level. The Northern California nutrition platform will be presented to lawmakers regarding the most important issues currently facing our industry. Thank you to everyone who supported this event. We hope to see you again next year!

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CSNA Update for Chapter 2 January Meeting

By Lisa Maloney, Director of Castro Valley Unified School District

Greetings and Happy New Year to All! I hope you enjoyed some well-deserved time off over the holidays with family and friends. We had a very exciting meeting at Tre Posti Restaurant in beautiful St Helena. DeeAnne Cortes presented the first annual LAC scholarship on behalf of Lynn Burke to a lucky child nutrition employee from Oakland Unified School District.

We were also treated to a wonderful demo from one of the chef's at Tre Posti. He prepared some very tasty meatballs for us made with eggplant. Who knew? Current president Jennifer LeBarre and past president Nicole Meschi gave us an update from industry meetings they attended regarding the differences between CSNA and SNA on several important topics including regional indexing. It sounds like more negotiating needs to be done so that the national organization will be in alignment with all the states.

Karen Luna, director from Santa Clara gave a fantastic presentation about a farm that her district is now running. It used to be owned and operated by Full Circle Farm. She outlined the challenges and the rewards they have experienced along the way. Some of the highlights are all of the produce they have grown and utilized, 150 Christmas trees that were sold on the property in December, farm field trips for students that have occurred as a result of the 2 farm dinners they hosted to raise money. Way to go Karen! Best wishes and I hope to see all of you at the next Chapter 2 CSNA meeting in March.

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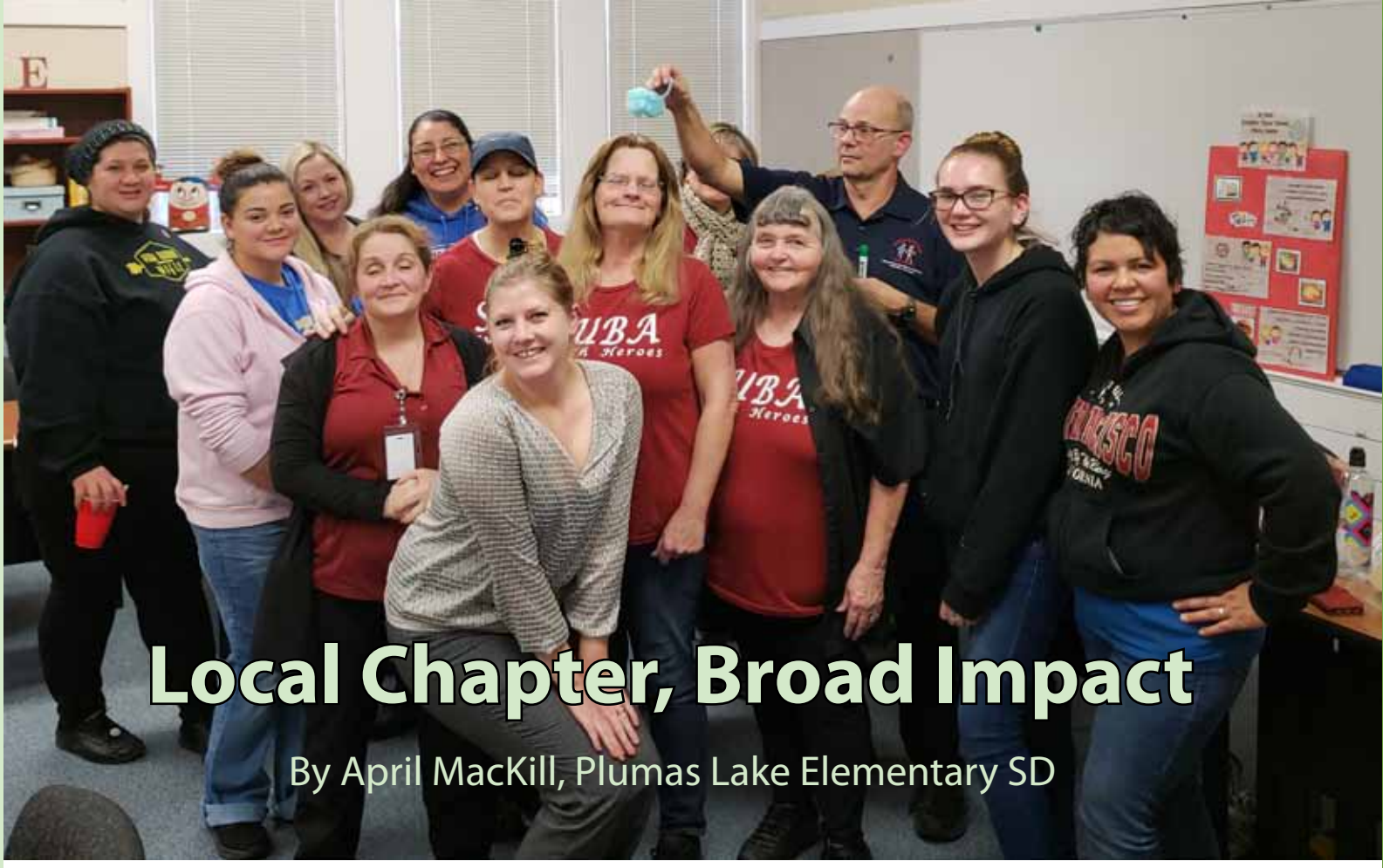

Local Chapter, Broad Impact

By April MacKill, Plumas Lake Elementary SD

The SUBA Chapter of CSNA welcomes just about anyone to meetings, professional development events, and group activities. SUBA, a group of School Nutrition Professionals from all over Sutter and Yuba (get it - Sutter and Yuba) counties, has made outreach and support a priority with the 2018-19 year. From local wellness challenges to representation at the California School Nutrition Association Annual State Conference to participation in the School Nutrition Association National Legislative Action Conference, this chapter is going places!

With so many admirable goals laid before us on our paths to successful careers, we look to our neighbors, friends, and mentors for inspiration for achievements. There is no greater place to look than within the ranks of the SUBA members. The most recent activities include a group activity learning how to see our lunch rooms and kitchens with fresh eyes through the Smarter Lunchroom Movement of California lense and building Heart Attack Bags to share with our neighbors to the north in Butte County.

In October, SUBA members came together to work over poster boards with puzzle pieces - really! Each pair was given a poster board and a kit of cardstock cutout shapes representing all different aspects you would find (or want to find) in a school lunch environment. Everything from cutouts for the Hot Service Bar, Cold Service Bar, and Milk Cooler to Colorful Bowl, Small Seating Group Table, and Verbal Nutrition Prompts were represented on the puzzle boards. The goal for this group gathering was to be reinvigorated, revitalized, and refreshed for National School Lunch Week and a great trimester with our students.

Kitchen Teams took home the new and improved 60 point Smarter Lunchroom Movement Scorecard after discussing how to use the scorecard as a tool to guide continued improvement throughout the school year. The scorecard is broken into 8 sections - Focus on Fruit, Vary the Vegetables, Highlight the Salad, Move More White Milk, Boost Reimbursable Meals, Lunchroom Atmosphere, Student Involvement, and School Community Involvement. These eight areas of focus have very specific aspects highlighted. If you see that aspect in the lunchroom, kudos! Check it off and give yourself a point. If you don't see the example in effect, you already have a clear and achievable goal in front of you. For example, in the section Move More Milk,

Continued on Page 34

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there is a goal of "White Milk is displayed in front of other beverages in all coolers." When Teams went back to their kitchens, this simple prompt was all that was needed to evaluate an environment, estimate a solution, and establish a change.

Each of the Paradise Unified School District Nutrition Services Employees got a dose of love and received two bags of goodies - one for food, and one for fun! Snacks like chocolate, Rice Crispy Treats, granola and breakfast bars, and a signature homemade popcorn trail mix were bundled together. Self-care items like lip balm, hand lotion, tissues, and custom made essential oil infused bath scrubs were gathered into a second small bag. Since we're all lunch professionals helping one another out, what better way to spread the love than in a glamorous brown paper lunch sack?! Every participant grabbed two plain brown bags and dressed them up with love, inspirational words, and sweet or silly artwork. These bags were addressed to our neighbors, and topped off with a "spoonful of sugar" to keep the love strong all day long. Everyone was given a wooden spoon and markers. Each spoon had a positive quote or inspiration written on it, and was tucked into a gift bag.

Our fellow School Nutrition Professionals in Paradise have gotten a lot of love since the outbreak of the Camp Fire in November of 2018, and we are pleased to continue sharing and building together. This is a long process, and one that we are proud to see our brothers and sisters in aprons taking such a positive part in. Our support of our peers can bring a positive attitude to a work environment, which can lift the mood of our Kitchen Teams, which can bring peace to children who have lived through the terrifying ordeal of evacuating and returning to a devastated community, which sets the stage for success through healing and learning.

The reach we have is beyond where we can touch with our hands, it's what we put forward with our hearts. The Lunch Heros of the SUBA chapter built community and comradery everywhere they go, and welcome you to swing in and be a part of the next great thing.

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CHAPTER #44 SUPPORTS WREATHS ACROSS AMERICA

By Zaira Canchola, Secretary

This is the mission statement for Wreaths across America, the non-profit organization created to honor our nation's heroes. Wreaths across America was created to honor the Veterans of America, and is committed to teaching younger generations about the value of their freedoms, and the importance of honoring those who sacrificed so much to protect those freedoms. Every year since 2006,Wreaths Across America and its national network of volunteers have laid over 700,000 memorial wreaths at 1,000 locations in the United States and beyond, including ceremonies at the Pearl Harbor Memorial, as well as Bunker Hill, Valley Forge and the sites of the September 11 tragedies. On December 15th, 2018, Chapter 44 members LaShawn Bray, April Brown, Patricia Robello, Kelly Zuniga, Cyndi Eastwood, Sandra Mendez and Zaira Canchola and their friends and family simultaneously participated with wreath-laying ceremonies that were held at over 1,000 locations around the country. Our chapter helped lay the 300 wreaths that were donated to the Desert View Memorial Cemetery located in Victorville, several members donated wreaths on their own. The experience was especially touching as many of us have family members who are either active duty or retired veterans. Going forward we will be donating wreaths as a chapter, as this event is a now a permanent fixture in our calendar and in our hearts.

For more information please visit:
https://www.wreathsacrossamerica.org

Chapter #44 Supports Love On a Leash

By LaShawn Bray, Chapter #44 Communications Chair

RELAY FOR LIFE

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The American Cancer Society Bark For Life Relay is a noncompetitive walk event for dogs and their owners to raise funds and awareness for the American Cancer Society's fight against cancer. A few of Chapter 44's Board & Members participated in this walk with their canine Kiddos at Hesperia Civic Park to help raise money. This was a fun event with a lot of local vendors and Veterinarians who set up booths and had great giveaways for our pups. We really enjoyed it and hope to make it a yearly tradition and get more of our members involved.

Another great way to support our community and get our message out there about the importance of school nutrition.

Leading the Way
CALIFORNIA SCHOOL NUTRITION ASSOCIATION

Castro Valley Unified Child Nutrition Professional Development Day

By Lisa Maloney, Director of Castro Valley Unified School District

The Child Nutrition department of Castro Valley visited Live Earth Farm at 172 Litchfield Lane in Watsonville for one of our Professional Development days. farmdiscovery.org, director@farmdiscovery.org It was a wonderful experience for my staff! It was not only fun but a great learning experience too. We got to taste delicious, sustainably farmed, organic produce, and see live humanely treated animals. Our group learned more about the connection between farming practices and how it affects the environment. In addition, we learned how climate and weather changes in California can affect farming practices. One of the highlights for me was learning more about bees and other pollinators (butterflies, flies, mosquitos, birds). Farmers need to ensure pollinators have an ideal natural habitat to help maintain the environment and for many types of flowers and crops to grow. This working farm conducts many activities for schools including science based field trips. There is plenty of parking. It is only $10 per student for the guided tour. I highly recommend it!

Recipe for Fun!

By Tina Ortiz, Chapter 78 President

Having a Member meeting and providing fun equals one sweet deal! Chapter 78 of Elk Grove Unified School District hosted a Member meeting welcoming all existing members, inviting new ones and the kiddos too! New members had the opportunity to ask questions about CSNA and the benefits of becoming a member. The little ones decorated cupcakes and cookies with colorful sprinkles and creamy frosting. They were the best part of the perfect recipe for Chapter 78.

Continued on Page 42

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FOOD & NUTRITION TRENDS

By Maria Frye, RDN, Candice Sainz and Kristal Shelden, MPH, RDN

Mobile Dairy Classroom - Dairy Council of California's Mobile Dairy Classroom is an excellent way for students to learn about where their food comes from and helps build food literacy.

Are you curious about the latest nutrition trends? Dairy Council of California has done the research for you and identified four recent trends through its Trends Task Force. Additionally, our team has gathered advice from foodservice professionals to help you address nutrition issues at school.

Trend #1: The Challenge of Too Many Choices

Today, students face a plethora of decisions as they choose from a diversity of foods, including popular alternatives to traditional foods and beverages and "free from" items such as "sugar-free," "cage-free," "gluten-free" and "non-GMO." Although having a variety of choices can help with specific nutrition needs, too many options can lead to confusion—for both parents and students—about what to eat.

According to Tiffanie Bas, Registered Dietitian and Assistant Director of Food Services at Anaheim Union High School District, managers have noted that when students see a large variety of food options they have difficulty making a choice. Ten different options, for instance, can be overwhelming for students.

The solution is to return to the basics. Bas reports that her school district focuses on healthy, balanced meals. Foodservice staff meet with parents to share how they serve healthy foods, highlight the five food groups and provide food tastings of meals.

Returning to the basics includes using the United States Department of Agriculture (USDA) MyPlate food icon as the foundation, in which half the plate consists of colorful fruits and vegetables and the other half includes wholesome, protein-rich foods and grains (particularly whole grains). A serving of dairy completes the meal.

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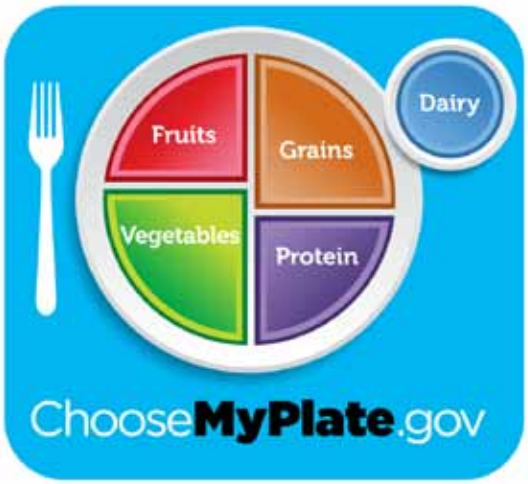

On the left is an example of the USDA's MyPlate.
On the right is a School plate similar to the MyPlate
Here is an example of a balanced meal by the foodservice staff at Anaheim Union High School District.

Trend #2: Research Supports Dairy Foods in Plant-Based Eating Patterns

Research has demonstrated that plant-based eating patterns that incorporate fruits, vegetables, legumes, whole grains and dairy are beneficial for long-term health and chronic disease prevention.[1] The Dietary Guidelines for Americans recommends three plant-based eating patterns that incorporate two to three daily servings of dairy foods. Yet the public often receives mixed messages about plant-based eating.

According to Registered Dietitian Parisa Mohammad, Nutrition Specialist at Murrieta Valley Unified School District, "Plant-based or plant-forward doesn't necessarily mean no meat or no dairy. It just means encouraging or highlighting more fruit, vegetables, beans (legumes) and whole grains. But we can still include dairy products."

If not planned properly, vegan or vegetarian eating patterns may lack specific nutrients such as calcium, iron, protein and vitamin B-12. These nutrients are important for optimal health, especially for the growth and development of children. Healthy, balanced eating patterns should be encouraged, as emphasized in the Dietary Guidelines.

Trend #3: The Growing Need for Education on Agriculture and Food Systems

Consumers are becoming more and more interested in knowing the origin of their food. However, people generally have less exposure to farming and more to information from the internet, social media and news headlines. The mix of facts, opinions and potential misinformation from online sources can create confusion.

Consumers can benefit from learning more about sustainable food systems and how their choices connect to agriculture. Innovations in agriculture continue to help minimize environmental impact while nourishing the population with affordable and culturally acceptable foods. Animal welfare and the livelihoods of those who work in agriculture are equally important to understanding the demands of sustainable food systems.

April Mackill, Nutrition Services Manager at Plumas Lake Elementary School District, is working to educate students and families by participating in Harvest of the Month a valuable resource that provides a variety of tools to increase fruit and vegetable access and boost awareness of locally grown foods. Mackill states, "Featuring the farms on the menu can drive business in your cafeteria and on the farm."

And why not go on a farm tour or complete a virtual tour online or invite the Mobile Dairy Classroom to your school? Mackill has found that farm tours provide families with the opportunity to hang out with local farmers and are a "huge hit with kids." Furthermore, she believes connecting families to nearby farms can increase use of locally grown foods and decrease the carbon footprint from shipping produce.

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What's Cooking with Chef Jim

By Sally Spero, SNS, | Child Nutrition Director, Lakeside Union School District

Fix It and Forget It! That was the slogan emblazoned on a cookbook my mother had back in the 1960s from the Campbell's Soup Company. I recall that it specialized in casseroles that would (presumably) be made much faster and easier with their products.

In our business it always good to have a few fix-it-and-forget-it recipes too. Here are three ideas from Chef Jim. Each one makes exactly one 6" steamtable pan and cooks happily on it's own while you work on some other tasks.

Chorizo and Eggs

(use for breakfast sandwiches, burrito filling, etc.)
50 #12 Servings

Beef or pork chorizo	3 lb.
Raw eggs	½ gallon
Salt	1 Tbsp.
White pepper	1 Tsp.
Granulated garlic	1 Tsp.
Onion powder	1 Tsp.
Shredded cheddar cheese	25 oz.

Cook chorizo and crumble. Combine spices, eggs and chorizo. Pour into prepared steamtable pan and bake at 350 degrees conventional oven for 15-20 minutes until nearly set. Add cheese on top and continue baking until completely set.

Enchilada Pie

24 #6 Servings

Corn tortillas	3 ½ pounds
Enchilada sauce	8 cups
Cooked diced chicken	2 lb.
Shredded cheddar cheese	1 lb. 12 oz.
Tortilla chips	½ lb.

Shred tortillas and mix with 4 cups enchilada sauce. Place in bottom of pan. Combine chicken with remaining 4 cups of enchilada sauce and place on top of tortilla mixture. Top with cheese and crushed tortilla chips. Bake at 350 degrees conventional oven for 30-40 minutes.

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What's Cooking with Chef Jim (Continued from Pg 42)

Apple Cinnamon Strata
40 #6 Servings

Whole wheat bread	80 slices
Raw eggs	80 oz.
Applesauce	2 qt.
2% Milk	2 qt. + 2 cups
Brown sugar	1 ¼ cups
Cinnamon	1 ¼ Tsp.
Nutmeg	1 ¼ Tsp.
Vanilla	1 ¼ Tsp.
Salt	1 ¼ Tsp.
Fresh apple slices	1 ¼ lb.

Cube bread and place into steamtable pan. Combine eggs, applesauce, milk, brown sugar, cinnamon, nutmeg and salt. Pour mixture over cubed bread. Toss until bread has absorbed liquid. Top with apple slices. Cover pan and bake at 350 degrees conventional oven for 30-40 minutes.

Food & Nutrition Trends (Continued from Pg 41)

Trend #4: Technology—Friend or Foe?

While advances in technology can be overwhelming, they offer new and exciting communication options. Videos, podcasts, social media and live streaming are all ways to convey healthy food and nutrition messages. Just as health care is rapidly expanding into telehealth services, school systems can expand nutrition education opportunities by using technology and social media. The key is to know your audience and which platforms are most appropriate.

For example, Mohammad utilizes Facebook to communicate with Millennial parents and Instagram to engage with Generation Z high school students. Facebook allows her to demonstrate strategies to decrease food waste and highlight produce that is in season. With Instagram, Mohammad promotes menu items, features pictures of meals being served and educates students about nutrition. She reports that athletics play a big role in her school district so she emphasizes the protein content of different foods, including milk and plant-based protein. Lastly, Mohammad creates contests to increase participation in social media platforms and, ultimately, in the school meal program.

Knowing these recent nutrition trends can be beneficial to students and families. To learn more about recent nutrition trends, visit Dairy Council of California online at Healthyeating.org/Trends.

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1. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Health.gov. https://health.gov/dietaryguidelines/2015-scientific-report/. Updated February 15, 2019. Accessed February 15, 2019.

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Your CSNA subscription allows you to affiliate with one local chapter. You may choose to join an additional local chapter for $5 or a supervisory chapter for $25.

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Master Calendar

April 2019		
04	Far North #20 Meeting	#20
11	Central Cal SNA #10 - Meeting	#10
12	MotherLode Cal SNA #45 - Meeting	#45
26	Mother Lode SNA #45 - Bocce Ball Fundraiser	#45
May 2019		
02	Far North #20 Installation Dinner	#20
05-07	***CSNA Child Nutrition & Industry Summit - Laguna Cliffs Marriott, Dana Point***	***CSNA***
09-11	***SNA National Leadership Conference - Sarasota, FL***	***SNA***
16	Central Cal SNA #10 - Installation	#10
17	So Cal Chapter #1 Installation Dinner	#01
23	Nor Cal Chapter #2 Meeting & Installation	#02
July 2019		
14-16	***SNA Annual National Conference - St. Louis, MO***	***SNA***
November 2019		
07-10	***CSNA 67th Annual Conference - Ontario, California***	***CSNA***

Please note that these dates are tentative and subject to change
For further information on CSNA events, including Chapter events
www.CALSNA.org/calendar.php *or call (818) 842-3040*
For more information on SNA events, please visit www.schoolnutrition.org

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