

Poppy Seeds

The Official Journal For The California Child Nutrition Professional



*In this issue of Poppy Seeds:
2011 Conference Information
Awards & Scholarships Forms*

SUMMER 2011 • California School Nutrition Association • Volume 55 - NO. 1

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PRESIDENT'S MESSAGE

By Denise Ohm, California School Nutrition Association President



Can you hear the distant thunder? Feel the ocean breeze blowing? Smell the whole wheat hot roll aroma? It is the sound of School Nutrition Heroes starting the 2011-12 year! My theme honors all of us in school nutrition, from directors to Industry Partners and especially highlights

our site staff members. Teachers may impact a student's life from grade to grade but a School Nutrition Hero at the school site can be present a student's entire educational career.

Heroes have roots in Greek mythology; nearly always a hero starts as a mere human who has been granted special powers. In order to do your jobs every day, Super Powers are just about what you do need.

We are on the front lines of a very public health debate; it is truly Philosophy vs. Science. You and the students served know the secret: school meals are for kids—and kids love them just the way they are. Every day we provide safe, cost-effective, portion-controlled balanced meals—all with a smile.

School Nutrition Heroes do care. In a very personal way, we affect the health and well-being of children during their school day. By example and in practice you show students that what we eat, we become. When you care, the kids care. Even if seventy percent of our students may not have weight issues, we know that better nutrition is tied to academic achievement, not to mention the bigger goals: the Pursuit of Personal Happiness and onto the Good of Society.

At the same time, together, we Super Heroes are using x-ray vision, progressing towards the tilt of the universe to respond to the way our business is evolving: offering more fruits and vegetables, adding whole grains in our programs as well as pro-

viding resources, training and professional development to our members. Keeping our finger on the pulse of local economies—buying fresh, local—is also an important issue.

We know there can be a world of difference in how districts provide healthy school lunches. One key difference is basic economics including the income levels of schools districts and the cost of lunch programs. Another is the food culture of diverse communities; in other words, what children and their families are used to eating. This indicates another law of the universe: there is more than one right answer. School Nutrition Heroes provide right answers every day.

Within our own association, major shifts are happening. We are now holding our annual conference in the fall. One of the tasks that was tackled at Leadership in May is to work together on how this decision to move conference will affect our other important calendared events and deadlines. The next annual conference is in Sacramento over the 2011 Veteran's Day holiday weekend. How very appropriate that as we attend breakout sessions and network together we shall also laud our military heroes.

By the time you read this, the comment period for the USDA Proposed Rule "Nutrition Standards in the National School and Lunch Programs" has ended. CSNA's Public Policy Team, led by Nadene Haynes, in conjunction with our Nutrition Standards Chair Amber Watson provided timely, accurate information as the Executive Finance Committee (EFC) assembled official comments and began educating delegates on unfunded mandates. Many thanks to our diligent volunteers, all so passionate about this business of feeding students. Be assured that your leadership is poised and ready for an array of possible subsequent scenarios.

It is an honor to serve you as President of this valuable association, formed for the Public Good, specifically to feed the bodies and souls of young Americans at school. Let's hold hands and leap to the next mountainside...onward, the Up, Up and Away!

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Golden Poppy 2011-2012

Plan of Action for Chapter Activities

1. Promote Child Nutrition by having a display or setting up a presentation at any school function, highlight current conference theme.
2. Submit an article for publication in a school newsletter, Poppy Seeds, local newspaper or nominate a member for an award, or apply for a scholarship.
3. Highlight legislation at a meeting by inviting a Public Policy Committee Member to present or provide a written update.
4. **Required Goal:** Submit a list of officers to CSNA website via email at J9Newell@aol.com by July 1. **Bonus Point: include the chapters program submitted by email by July 15, 2011.**
5. Show a 10% increase in membership from May 2011 to May 2012 with print-outs from CSNA. Include print-outs for both months in documentation.
6. **Required Goal:** Participate in the CSNA Membership Drive. **Bonus Point:** if Chapter gives recognition of award to the recruiter member.
7. Conduct at least one Chapter meeting or workshop that provides 1 CEU on SNA's certification and credentialing program.
8. Show an increase in certified and/or credentialed members from **May 2011 to May 2012**. Provide recognition for those who are currently certified and/or credentialed.
9. Chapter Officers attend at least 2 of the following; House of Delegates; CSNA Leadership Training Workshop; or CSNA Board of Director's Meetings. Bonus Point if more than one Officer attends.
10. Have a presentation at a Chapter Meeting on one of the following; Nutrition; Food Safety; Food Allergens/Special Diets; Childhood Obesity; Local Health Department Regulations; Physical Activity.
11. Present information on job advancement in Child Nutrition.
12. Write a letter to a State or Federal Legislator (an emailed letter does not qualify) or off on a personal visit to a State or Federal Legislator's home office.
13. Encourage community partnerships by inviting members of allied organizations to participate in a Chapter Meeting.
14. Implement a recognition strategy to welcome new members and renewing members.
15. **REQUIRED GOAL:** Provide Resource Room presentation or Silent Auction item for Conference.
16. Display a Chapter Banner (3'x6') in the Resource Room at Conference.
17. Submit a hard-copy or email a copy of chapter meeting agendas or minutes or announcements to your local Regional Coordinator held between May 2011 and May 2012.
18. Have a presentation/class on the CSNA Website. Be creative with this learning tool as to teach your members how to log in and navigate throughout the Website.
19. Submit a success story to Tray Talk located on the SNA Website (www.schoolnutrition.org). Provide a proof with a copy of the screen shot of your posted story or a confirmation email of your story dated between May 2011-June 2012.

Supervisory Chapters (Additional Goals, 3 of 4 Required. Bonus Point for all 4)

1. Sponsor an event that supports the continuing education and/or expansion of one or more of the Local Chapters.
2. Highlight fiscal issues relation to Child Nutrition programs at a meeting by inviting other business departments to speak, such as a CBO, M&O, Purchasing or Facilities.
3. Attend and participate at a Legislative Action Conference or attend an event locally showing support for a Child Nutrition Public Policy and Legislative event with an Assembly Member or State Member.
4. Hold a meeting in an outlying area.

Required Goals MUST be completed.

Continued on Page 6



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SCHOOL NUTRITION REPRESENTATIVE'S MESSAGE

By Terri VanderStouwe, CSNA School Nutrition Representative

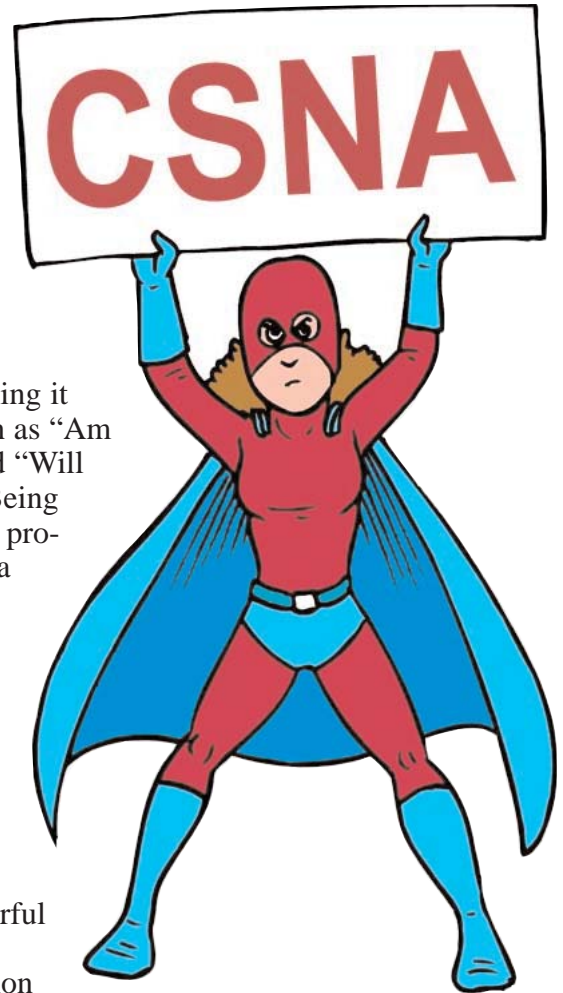
Come with me on a journey. I call it the *School Nutrition Journey*. Close your eyes and imagine...wait! You can't do that, you won't be able to read this!

Okay, new idea. Keep your eyes open and imagine...the journey began when you got your first position in school nutrition and the quest was a pay check. Now that you have been on the journey for a while the quest has changed. The goal now is to bring healthy, nutritious lunches to the children. You have become a Hero! How will you improve your talents and super powers? Okay, stand with your hands on your hips (like Superman) and say...CSNA!

While I was working on my new super powers at SNA Leadership training it gave me so much to think about. It made me ask myself questions such as "Am I best worker I can be?" "What can I do to be more professional?" and "Will more education benefit me in my job?" Well, let me tell you...YES! Being certified has advanced my career in food service. It has made me more professional. And any education *will* benefit your job. Don't just do it for a promotion, do it for you and the children and "Stand Up for Change...Define Tomorrow" (which is SNA's goal for 2011.)

Change how people view you. You are not just a lunch lady, you are a School Nutrition Professional! Put that hair net on with pride and show what you can do!

For any information on certification or classes, contact your local chapter and I am sure they would be more than willing to help you succeed. And for those of you who are computer-literate there is so much wonderful information on www.sna.org or www.calsna.org See you next *Poppy Seeds*, same Bat time, same Bat channel. Up, up and away, super nutrition hero out...klunch, bam, splat. Oops, fell...I'm okay...really!



GOLDEN POPPY - CONTINUED FROM PG. 4

Local Chapters: Gold Award for 15-17 completions; Silver Award for 12-14 completions; Bronze Award for 9-11 completions.

Supervisory Chapters: Gold Award for 18-21 completions; Silver Award for 15-17 completions; Bronze Award for 12-14 completions

Your completed binder must be postmarked by August 31, 2012. Please send to:

**Brenda Arnett,
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If any additional information is needed please call (916)391-9026 or email BArnett@egusd.net.



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Sincerely

Michael B Serrao
President/ CEO



EDITOR'S MESSAGE

By Sally Spero, SNS, Poppy Seeds Editor

Only 339 days until my district's CRE/SMI in March 2012. You know what that means.

The State Ladies are even now saddling up the Four Horsemen of the USDA Apocalypse to come to town. They are making out their pages-long checklists, looking up obscure rules that no one has ever heard of and planning to enforce them with the utmost rigor, getting fitted for new eyeglasses to make their vision extra-sharp to catch the tiniest flaws and cackling merrily just thinking of their joy at finding out we are doing something wrong (which is the only thing they like, clearly.) Let me tell you about the time the two reviewers came out and argued over how far off the floor the non-discrimination poster should be. Or the time the student used the f-word with the reviewer. Or the time...or the time...or that other time.....!!!

Hmmm, though. I should clearly skip over the time the reviewers argued Food Services' case over a difficult issue with the district business manager—and made the district business manager see our point at last. Or the time they suggested simplifying a procedure and made something easier. Or even, for goodness sakes, the more-than-once times they have suggested ways to bring in more revenue or to cut costs. That wouldn't get me much sympathy from the *Poppy Seeds* readers, would it?

It would probably not also be prudent to mention a couple of areas where I know we aren't in compliance and I haven't done the hard work of coming up with a way to really make it work the way it should. Or that some of the paperwork I've seen lately has started to look pretty sloppy and we all could benefit from a refresher training. Or that the dust might have been gathering on those HACCP manuals, the ones with procedures that help keep our meals safe. Why would anyone want to know that?

Remember. It's CRE/SMI time and no good can come of this.



Sally Spero, SNS
Food Planning Supervisor
San Diego City Schools
6735 Gifford Way, San Diego, CA 92111
(858) 627-7306 • sspero@sandi.net

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With a contribution of \$16.00 (California residents), or \$20.00 (out-of-state), you will receive one year of *Poppy Seeds*.

Single or additional copies are \$7.50 each (includes shipping and handling).

Awards & Scholarships



CALIFORNIA
SCHOOL NUTRITION
ASSOCIATION

Each year, at the Annual State Conference, the California School Nutrition Association honors those people who have made outstanding contributions to or had accomplishments in or for school food service. Awards include the prestigious Moscone Commitment to Child Nutrition Award, the Industry Appreciation Award, several CSNA Recognition Awards, Honorary Merit Awards, The Heart of the Program Award, and the "Louise Sublette" Single Unit Award of Greatness, The Director/Supervisor of Award of Greatness, the winner of which is submitted to SNA for consideration for the regional and national Louise Sublette Awards.

CSNA also awards the Josephine P. Morris Scholarship, named after Josephine P. Morris who gave so much of her time and talent in the development and organization of the California School Nutrition Association.

The GED Jump Start Scholarship is available through the School Nutrition Association.

The following is a description of each award, who may submit and who may be considered to receive them. If you would like to submit a name for consideration, contact the CSNA Awards and Scholarships Chair listed in this issue of Poppy Seeds or your local Chapter President.

● "LOUISE SUBLETTE"

SINGLE UNIT AWARD OF GREATNESS

Who May Apply:

Certified members of CSNA & SNA who are responsible to or are a Single Unit Food Service Manager.

Form of Award:

A plaque and \$200 toward expenses to SNA Conference.

What to Submit:

In a notebook no larger than 11" x 12" the following is required:

- Completed Applications for both CSNA and SNA
- Goal and reason for choice of goal
- Plan to attain goal
- Description of Project
- Documentation of activities and results

Deadline: December 1 to the Awards and Scholarship Chair

Background Information:

This award is presented to a person who has achieved outstanding accomplishments in one or more specified areas in a period of three years. The winner of this award will then apply for the regional and then the national SNA Louise Sublette Award.

The specified areas are:

- Increasing food acceptability
- Teaching/promoting nutrition education
- Interpreting the needs of the school food service program
- Increasing student participation
- Training personnel, promoting members professional growth
- Increasing public awareness
- Involving students in decision making
- Securing adequate funding for the school food service program
- Cooperating with allied associations to promote child nutrition and/or professional growth opportunities

● SCHWAN'S FOOD SERVICE SCHOLARSHIP

Who May Apply:

Active SNA members or dependents planning to study in a school food service related field at undergraduate or above level.

Amount: Up to \$1000

Applications: SNA, Alexandria, VA (800) 877-8822

● PROFESSIONAL GROWTH SCHOLARSHIP

Who May Apply:

Graduate students in Food Science and Nutrition or Food Service Management who are active SNA members; Child of an SNA member enrolled in a graduate program.

Amount: Varies

Applications: SNA, Alexandria, VA

● GED JUMP START SCHOLARSHIP

Who May Apply:

SNA members who do not currently have a high school diploma or a GED diploma, and plan on earning a GED within one year of receiving the scholarship.

Amount: Up to \$200

Applications: SNA, Alexandria, VA AVAILABLE ANY TIME

Josephine P. Morris Scholarship Fund \$500 Scholarship to Graduating High School Senior Available

Josephine P. Morris was an outstanding member who gave so much of her time and talent in the development and organization of CSNA. This scholarship fund named in her honor continues her legacy by assisting members and their families with higher education. Multiple scholarships may be awarded in any year. For more information, refer to the scholarship application forms in this issue, and go to calsna.org, Bylaws and Standing Rules, Awards and Scholarship Committee. The deadline for applications is December 1, 2011.

Questions regarding scholarships may be directed to Lauren Teng, Huntington Beach Union HSD, 14325 Goldenwest St, Bldg 1, Westminster, CA 92683 (714) 894-1698 • lteng@hbuhd.org

● **MOSCONE COMMITMENT TO CHILD NUTRITION AWARD**

Who May Apply:

Names may be submitted by Chapters, committees, individual members, or sustaining members or companies.

Form of Award:

A plaque is presented at the CSNA Spring Conference.

What to Submit:

Detailed background information regarding the nominee to substantiate the nomination.

Deadline: October 1 to the Awards and Scholarship Chair.

Background Information:

To recognize outstanding contributions made to California's children in the areas of nutrition education.

● **JOSEPHINE P. MORRIS SCHOLARSHIPS (UNDERGRADUATE AND GRADUATE)**

Who May Apply:

Active members of CSNA who have been members at least one year.

Amount of Grant:

\$50 per semester unit for undergraduate college work; \$100 per semester unit for graduate work.

What to Submit:

Completed application. Recommendation letter from each of the following: Employer, Chapter President, Manager, and Superintendent. A letter stating plan to contribute to the Child Nutrition Program in the Future. High school and/or college transcript.

Deadline: October 1 to the Awards and Scholarship Chair.

Background Information:

Grants run for two years. Previous recipients may apply for a second grant.

● **HEART OF THE PROGRAM AWARD**

Who May Apply:

A member who is below the rank of Food Service Manager.

Form of Award:

A plaque is presented at the CSNA Annual Conference.

What to Submit:

A completed application available from Committee Chair. A letter from applicant's supervisor. (see application)

Deadline: December 1 to the Awards and Scholarship Chair.

Background Information:

The Heart of the Program Award for school food employees is to recognize the valuable contributions of persons who work with the school food and nutrition manager. These employees determine, to a great extent, whether the program is an outstanding program or merely ordinary. Employees influence the quality of school food and nutrition programs by their appearance, attitude, interest in young people, cooperation, work attendance, creativity, training and willingness to "go the extra mile." Employees who are preparing and serving food are the "Heart of the Program."

● **INDUSTRY APPRECIATION AWARD**

Who May Apply:

Names of sustaining members may be submitted by Chapters, committees, or individual members.

Form of Award:

A plaque is presented at the CSNA Spring Conference.

What to Submit:

Letter with detailed background information regarding nominee's contribution to support the Association's goal.

Deadline: December 1 to the Awards and Scholarship Chair.

● **RECOGNITION AWARDS**

Who May Apply:

MEMBERS Of The California School Nutrition Association

Form of Award:

A plaque is presented at the CSNA Annual Conference.

What to Submit:

Completed application. Letter of recommendation from Director of Food Service, Principal, Superintendent, or President of the local Chapter. In addition, posters, newspaper clippings, pictures and other documentation relevant to the project of the candidate. Materials are best presented in a scrapbook.

Deadline: October 1 to the Awards and Scholarship Chair

Background Information:

Awards are made in the following areas:

- Nutrition • Legislation • Professional Growth • Public Information • Creativity • Communications

SCHOOL NUTRITION ASSOCIATION AWARDS & SCHOLARSHIPS

*Since 1984, the **Child Nutrition Foundation (CNF)** has been providing members of the School Nutrition Association (formerly American School Food Service Association) with opportunities to explore higher education options. Rising education costs and the growing demand for school foodservice personnel remain the driving force behind our commitment to helping our members and their children realize their academic dreams.*

A LIST OF AVAILABLE SCHOLARSHIPS AND APPLICATION FORMS ARE AVAILABLE ON THE SNA WEB SITE

at

www.schoolnutrition.org/Level2.aspx?id=11634

Application for Heart of the Program Award

DUE DATE: December 1, 2011

The HEART OF THE PROGRAM AWARD will be presented at the CSNA Annual Conference. A plaque will be presented to the recipient. The Awardee's ideas and materials will be shared through *POPPY SEEDS*.

Qualifications: Must be a member in the Foodservice Employee section. Must be a member of CSNA. Selected for outstanding achievement by individual school district directors/supervisors with final decision by CSNA Scholarship Committee. Completed application with appropriate attachments, must be received by the Awards & Scholarship Committee Chairman by December 1.

Please complete this form and attach required documentation.

Applicant Name: _____

Applicant Address: _____

Telephone () _____ Position Title _____

School District _____

CSNA Chapter Name & Number _____ # _____

Attachments Required: (Place an X before each attachment)

- Completed application
- Letter from applicant's supervisor attesting to:
Appearance • Professional Growth Activities • Good Attendance • Creativity • Attitude • Cooperation • Dedication • Ability to interact with students
- On-the-job picture
- Letters of reference from others such as superintendent, assistant superintendents, director/supervisor, etc., supporting the supervisor's statements.
- Newspaper clippings, pictures, etc.
- Documentation of incidence of applicant's "walking the extra mile"
- Other

Application and attachments best presented in 8 1/2" x 11" notebook form.

Recommended by:

Manager: _____

Principal: _____

Director/Supervisor: _____

School: _____ Date: _____

SEND APPLICATIONS TO:

Lauren Teng,
Huntington Beach Union HSD,
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Application for the Outstanding Director of the Year

DUE DATE: December 1, 2011

Who May Apply: Certified member of CSNA & SNA who is a Director/Supervisor

Form of Award: A plaque is presented at the CSNA Spring Conference

What to Submit: In a standard size (10" x 11 1/4") three-ring binder:

- Completed application
- Goal and reason for choice of goals
- Plan to attain goals
- Description of project
- Documentation of activities and results

Deadline: December 1, to the Awards and Scholarship Committee Chair.

Background Info.: This award is presented to a person who has achieved outstanding accomplishments in one or more specified areas in a period of three years.

- Increasing food acceptability
- Interpreting the needs of the school food service program
- Training personnel
- Securing adequate funding for the school food service program
- Promoting members professional growth
- Cooperating with allied associations to promote child nutrition and/or professional growth opportunities
- Teaching/promoting nutrition education
- Increasing student participation
- Increasing public awareness
- Involving students in decision making

Applicant:

Recommended by:

Place (X) before each attachment:

_____ Name _____	() Detailed description of activity or project showing beneficial results.
_____ Position _____	() Letter(s) of recommendation.
_____ Address _____	() Copy(ies) of candidate's published article(s).
_____ Phone _____	() Pertinent newspaper clippings showing name of newspaper and date published.
_____ School _____	() Posters used project () Photographs of project
_____ Chapter Name _____	() Other: Describe _____

Briefly describe accomplishment for which award is requested and give reason why activity deserves special recognition:

SEND APPLICATIONS TO:

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Application for Josephine P. Morris Scholarship Award

DUE DATE: October 1, 2011

Qualifications: One full year membership in CSNA prior to making application.
Defined goal in Child Nutrition Service and definite plans for college education.

Application is for: _____ Undergraduate Course _____ Graduate
June 1, 2012 through May 31, 2013

Applicant Name: _____

Applicant Address: _____

Telephone () _____ Position Title _____

School District _____

CSNA Chapter Name & Number _____ # _____

Education _____

Inclusive Attendance Dates	Name of Earned Certificate or Degree	School Name	Address

Attachments Required:

1. Recent photograph
2. Official transcript from High School and/or College Record to date
3. Plans for course study
4. Personal letter indicating plans for future employment in food service and planned future contribution to Child Nutrition Programs as a result of further education.

5. Reference Letter from: _____ Name _____ Title _____ Address _____

Immediate Supervisor _____

Principal or Sup. _____

CSNA Officer _____

Other _____

Reference shall include statement regarding applicant's demonstration of initiative, perseverance, and a creative ability; ability to organize work; reaction to constructive criticism; willingness to evaluate and accept new ideas; cooperative attitude in working with co-workers, school staff and community; interest in assisting with nutrition education in the dining room, classroom, writing, posters and parent groups; demonstration by leadership ability, etc.

Scholarship grants consist of a designated dollar amount paid per quarter or semester unit credit earned in lower and upper divisions including graduate unit credits as shown by presentation of official college transcripts.

The maximum dollar amount of grant is in accordance with the Standing Rules of CSNA.

SEND APPLICATION & SUPPORTING DOCUMENTATION TO AWARDS AND SCHOLARSHIP COMMITTEE CHAIR BY DECEMBER 1.

This form may be duplicated.

SEND APPLICATIONS TO:

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Paul Oppenheimer
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**JJSF
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Denny Sheldon
619 607 0164



Application for the Louise Sublette Award

DUE DATE: December 1, 2011

Who May Apply: Active SNA Certified members of CSNA & SNA who are employed in a child nutrition program as a Food Service Employee/Manager or Food Service Assistant

Form of Award: A plaque and SNA Annual Conference Registration, and if a Regional winner, travel, registration hotel, up to the CSNA allowable amount, towards expenses to the SNA Conference to receive award..

What to Submit: In a standard size (10" x 11 1/4") three-ring binder:

- Completed applications for both CSNA and SNA
- Goal and reason for choice of goal
- Plan to attain goal
- Description of project
- Documentation of activities and results

For more complete information and directions, visit WWW.SCHOOLNUTRITION.ORG

Deadline: December 1, to the CSNA Awards and Scholarship Committee Chair.

Background Info.: This award is presented to a person who has achieved outstanding accomplishments in one or more specified areas in a period of three years. The winner of this award will then apply for the regional and the SNA Louise Sublette Award. The specified area are:

- Qualifications:**
1. Shall be responsible to or be a Single Unit Food Service Manager.
 2. Shall be a certified member of CSNA and SNA.*
 3. Shall have achieved an outstanding accomplishment in one or more of the following area of greatness which shall provide a basis for program improvement in Single Units statewide:
- Increasing food acceptability
 - Interpreting the needs of the school food service program
 - Training personnel
 - Securing adequate funding for the school food service program
 - Promoting members professional growth
 - Cooperating with allied associations to promote child nutrition and/or professional growth opportunities
 - Teaching/promoting nutrition education
 - Increasing student participation
 - Increasing public awareness
 - Involving students in decision making

* To be eligible for SNA Louise E. Sublette Single Unit Award of Greatness, candidate must be a member of SNA, Single Unit Section.

Applicant:	Recommended by:	Place (X) before each attachment:
_____ Name _____	_____	<input type="checkbox"/> Detailed description of activity or project showing beneficial results.
_____ Position _____	_____	<input type="checkbox"/> Letter(s) of recommendation.
_____ Address _____	_____	<input type="checkbox"/> Copy(ies) of candidate's published article(s).
_____ Phone _____	_____	<input type="checkbox"/> Pertinent newspaper clippings showing name of newspaper and date published.
_____ School _____	_____	<input type="checkbox"/> Posters used project <input type="checkbox"/> Photographs of project
_____ Chapter Name _____	_____	<input type="checkbox"/> Other: Describe _____

Briefly describe accomplishment for which award is requested and give reason why activity deserves special recognition:

For a copy of the Application Packet contact Ben Calderon at (408)341-7210 or calderon@campbellusd.org.

Send Completed Application to: **Lauren Teng, Huntington Beach Union HSD,**
14325 Goldenwest St, Bldg 1, Westminster, CA 92683 • (714) 894-1698 • lteng@hbuhsd.org

Application for a Recognition Award

DUE DATE: **October 1, 2011**

Who May Apply: Any member of the California School Nutrition Association.

Form of Award: A plaque is presented at the CSNA Annual Conference.

What to Submit: Completed application. Letter of recommendation from Director of Food Service, Principal, Superintendent or President of the local Chapter. In addition, posters, newspaper clippings, pictures and other documentation relevant to the project of the candidate. Materials are best presented in a notebook.

Deadline: December 1, to the CSNA Awards and Scholarship Committee Chair.

Background Info.: Awards are made in the following areas:
• Nutrition • Legislation • Professional Growth • Public Information • Creativity • Communications

Place (X) before name of award for which application is made:

Applicant:	Recommended by:	Place (X) before each attachment:
_____ Name _____	_____	<input type="checkbox"/> Detailed description of activity or project showing beneficial results.
_____ Position _____	_____	<input type="checkbox"/> Letter(s) of recommendation.
_____ Address _____	_____	<input type="checkbox"/> Copy(ies) of candidate's published article(s).
_____ Phone _____	_____	<input type="checkbox"/> Pertinent newspaper clippings showing name of newspaper and date published.
_____ School _____	_____	<input type="checkbox"/> Posters used project <input type="checkbox"/> Photographs of project
_____ Chapter Name _____	_____	<input type="checkbox"/> Other: Describe _____

Briefly describe accomplishment for which award is requested and give reason why activity deserves special recognition:

SEND APPLICATIONS TO:

Lauren Teng
Huntington Beach Union HSD,
14325 Goldenwest St, Bldg 1
Westminster, CA 92683
(714) 894-1698
lteng@hbuhd.org

Application for Scholarship for Graduating Senior

DUE DATE: December 1, 2011

Qualifications: High School Senior graduating in 2012 enrolling in a junior college, college or university for Fall 2012. Must be nominated by a CSNA member, with preference given to the family member or dependent of a CSNA member.

Application is for Undergraduate Coursework
June 1, 2012 through May 31, 2013

Applicant Name: _____

Applicant Address: _____

Telephone () _____ Position Title _____

School District _____

High School(s) Attended _____

Inclusive Attendance Dates	School Name	Address
_____	_____	_____
_____	_____	_____
_____	_____	_____

Attachments Required:

1. Recent photograph
2. Official transcript from High School
3. Plans for course study
4. Personal letter indicating plans for future employment in food service and planned future contribution to Child Nutrition Programs as a result of further education.

5. Reference Letter from: Name Title Address

Teacher _____

CSNA Member _____

Reference shall include statement regarding applicant's demonstration of initiative, perseverance, and a creative ability; ability to organize work; reaction to constructive criticism; willingness to evaluate and accept new ideas; cooperative attitude in working with co-workers, school staff and community; interest in assisting with nutrition education in the dining room, classroom, writing, posters and parent groups; demonstration by leadership ability, etc.

Scholarship grants consist of \$500 as shown by presentation of official college transcripts.

SEND APPLICATION & SUPPORTING DOCUMENTATION TO AWARDS AND SCHOLARSHIP COMMITTEE CHAIR BY DECEMBER 1, 2011

This form may be duplicated.

SEND APPLICATIONS TO:

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Application for Audrey Melikian Scholarship



DUE DATE: October 1, 2011

The AUDREY MELIKIAN SCHOLARSHIP: Two \$250 scholarships will be awarded to honor the legacy of Audrey Melikian, a beautiful lady who loved CSNA and often assisted her son Jim Melikian, aka "The Popcorn Man", with his booth at CSNA conferences. This scholarship has been established by the Melikian family for the purpose of supporting the professional development of CSNA members taking college-level classes.

Qualifications:

- o Three (3) full year's membership in CSNA prior to making application
- o Demonstrates commitment and dedication to the goals of CSNA
- o Shows evidence of commitment to continuing employment in school nutrition programs
- o Displays a personal commitment to obtaining further knowledge and experience for the purpose of obtaining excellence in serving children through California's school nutrition programs

Application is for: ___ Undergraduate Course OR ___ Graduate Course at a college or university, community college or junior college June 1, 2012 through May 31, 2013

Applicant Name _____

Applicant Address _____

Telephone (____) _____ Position Title _____

School District _____

CSNA Chapter Name _____ Chapter Number _____ Date joined CSNA _____

Education:

School Name and Address	Attendance Dates	Certificate or Degree Earned
_____	_____	_____
_____	_____	_____

Attachments Required:

1. Narrative written by applicant (500 words or less) describing work history, career goals, CSNA involvement, plans for use of scholarship money and how this scholarship would help the applicant better serve California's children.
2. Two or more letters of recommendation from applicant's immediate supervisor, director, superintendent and/or chapter president attesting to applicant's integrity, determination, and perseverance in pursuing goals.

A scholarship grant of \$250 will be awarded to two CSNA members from the Audrey Melikian Scholarship Fund at the 2011 CSNA Conference.

SEND APPLICATION AND SUPPORTING DOCUMENTATION TO
AWARDS AND SCHOLARSHIP CHAIR

Lauren Teng
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2011 CALIFORNIA DIABETES SUMMIT

As the California Diabetes Program gets ready to commemorate its 30th anniversary in 2011, planning is underway for the second California Diabetes Summit. The summit will be held at the Westin Long Beach on September 8, 2011 with an evening networking reception on September 7th.

The first summit surpassed attendance goals and demonstrated the importance of having an event of this type that brings together California's preeminent diabetes prevention and control professionals as well as leaders in policy, systems change, environmental approaches, health communications and health systems. In 2009, more than 250 attended the summit in Sacramento to hear colleagues share information ranging from how to both prevent and manage the diabetes crisis to successful community resources for improving quality care.

Guest Speakers scheduled to appear; **Ann Albright, Ph.D., R.D.**, Director, Division of Diabetes Translation (DDT) for the Centers for Disease Control (CDC); **Andrew Bindman, M.D.**, Professor of Medicine, Health Policy, Epidemiology and Biostatistics, at the University of California San Francisco (UCSF); **Carladenise Armbrister Edwards, Ph.D.**, President and Chief Executive Officer for Cal eConnect; **Robert H. Lustig, M.D.**, Professor of Pediatrics, in the Division of Endocrinology at the University of California, San Francisco; and **Dean Schillinger, M.D.**, Chief of the California Diabetes Program for the California Department of Public Health.

The Westin Long Beach is located at 333 East Ocean Blvd, Long Beach, CA 90802. The Summit has obtained a special group rate of \$110 plus tax for single and \$135 plus tax for double occupancy. To book accommodations, call the Westin directly at (800) WESTIN1 or (562) 436-3000 and mention the California Diabetes Summit. After August 19, 2011, overnight accommodations are based on availability at the prevailing rate.

For more information, visit <http://www.cce.csus.edu/conferences/cdph/cds11/index.htm>.



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October 20-San Diego

2011

CDE WANTS TO KNOW WHAT YOU NEED!

The Healthy, Hunger-Free Kids Act of 2010 is bringing a lot of changes to child nutrition; Do you have what you need to meet these new goals? The new recommendations?! Are you interested in trainings on Offer vs. Serve? Do you want to know more about the new whole grain requirement? What resources do you need to help make your job easier?

This Fall, the California Department of Education Nutrition Services Division wants to know what you need to implement the new changes. In September, they will be conducting a survey asking you what types of resources, trainings, and professional development opportunities you want and need.

So, let your voice be heard!

Be on the lookout in the fall for more information.

Until then, any questions can be directed to Anna Jones at ajones@cde.ca.gov, or Shannan Young at syoung@cde.ca.gov.



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CHAPTER 44 NEWS

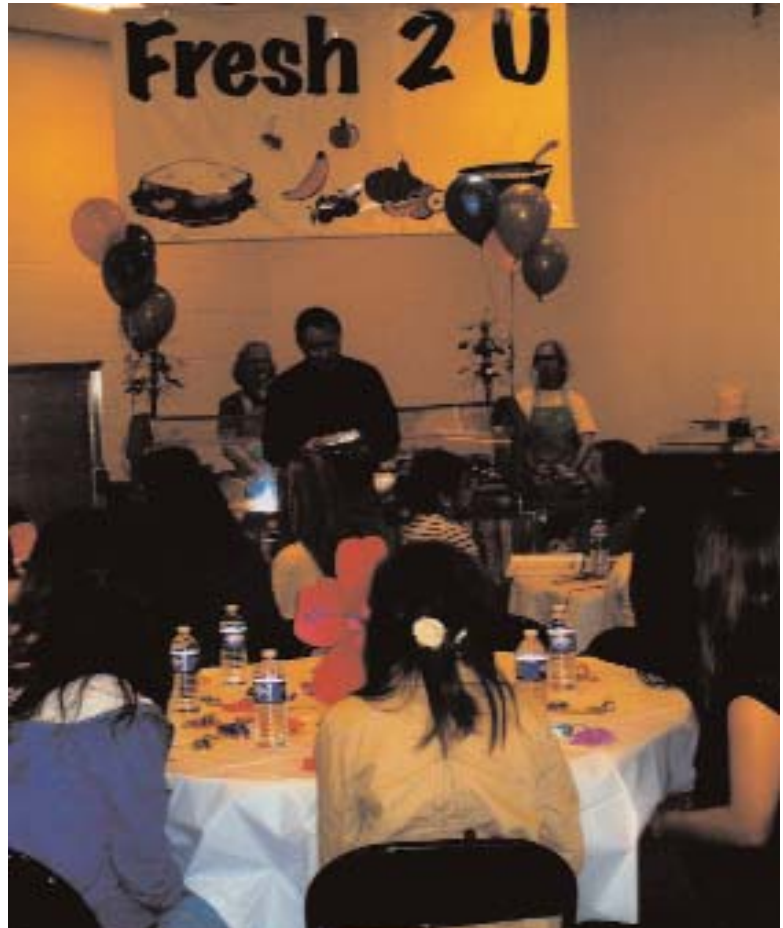
By Toni Chaffee, Historian & Public Relations, Chapter 44

FRESH 2 U

Cafeteria Food, “it changed my life,” said Jamie St. Clair, as she tasted the new items offered at the salad bar.

Serrano High School students, staff, and Chapter 44 Board members Pam Wiley and Toni Chaffee participated in a taste testing of new items available at the salad bar. Students were under the impression that cafeteria food was semi-edible and not very popular. However, the taste testing proved to be successful in introducing healthy and delicious items. Some of the new food included Asian Chicken Salad, Chicken Enchilada Soup, Egg Salad and Tuna Salad Sandwiches, Yogurt Parfaits and Turkey and Ham Wraps. The students loved them!

Many staff members also agreed and said they will be eating school lunches more often. Mr. Marksbury, Director of Nutrition Services welcomed the taste testers and collected surveys from students and staff in hope of future suggestions. The quality of our food has only gotten better and the new food is a major improvement to promoting healthy and enjoyable lunches



LE CORDON BLEU CHEF'S SHOW THEIR SKILLS AT MARCH MEETING



Chapter 44 President, Joan Swartzlander and Chapter 44 Members welcomed Le Cordon Bleu Chef's to the March Meeting.

After the great day we had on the Pasadena Pre-Conference Tour, we were very enthusiastic about inviting the chefs to demonstrate their skill at our Chapter Meeting.

There was an educational and fabulous presentation of crepes and Chili with Beef Crumbles for all attendees to sample. The chefs were just delightful and all of the Members of Chapter 44 enjoyed both the food and the presentation.



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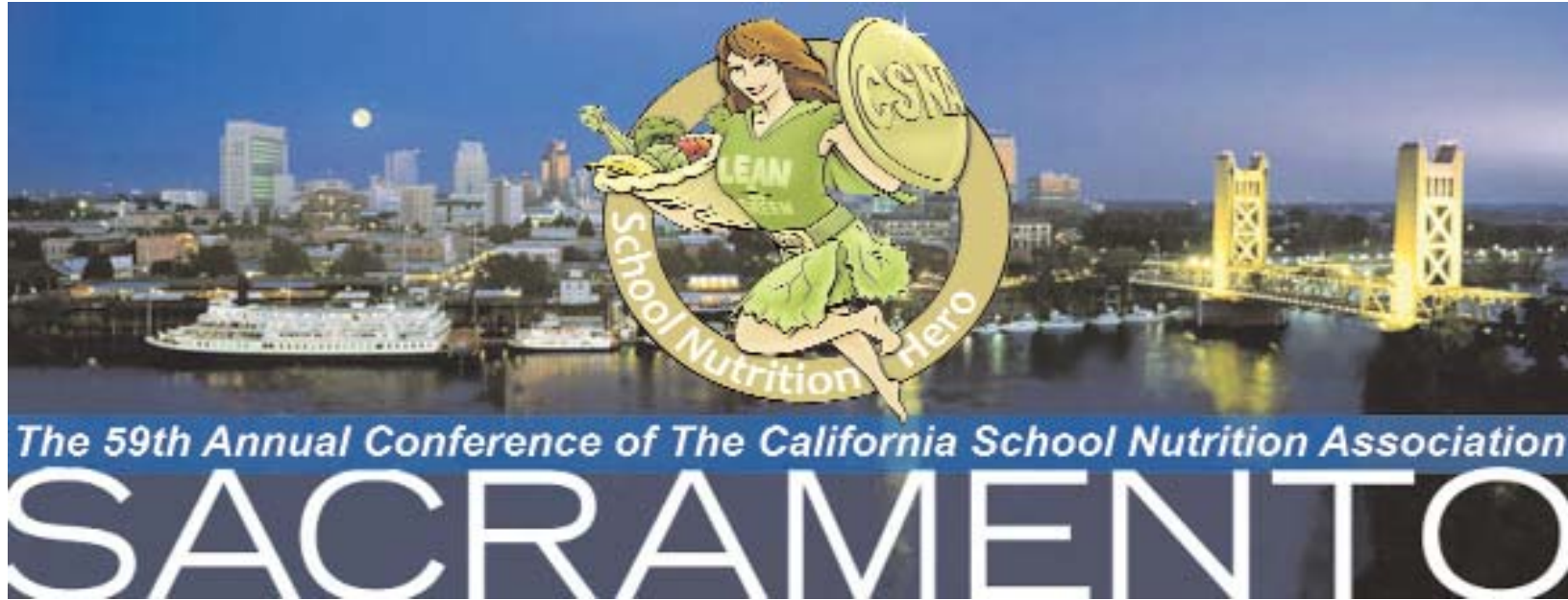
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CALLING ALL SCHOOL NUTRITION HEROES! ANNUAL CONFERENCE - SACRAMENTO 2011

Whether you are donning a cape, mask or just have super powers we want all you School Nutrition Heroes to join us at the Sacramento Convention November 10 - 13, 2011 for CSNA's 59th Annual Conference. It's sure to be a super weekend full of super ideas, products and fun.

The Conference Committee, led by Lynnelle Grumbles, has been working diligently to put together a great program for all. We have two exceptional Keynote Speakers planned; Gary Soiseth, son of member Scott Soiseth, will be sharing his experience as an Agribusiness Specialist for USDA in Afghanistan and Maureen G. Mulvaney will inspire us with her version of "Recipes for Success - Scoops of Love".

There will be Educational Sessions that fit all levels in the School Nutrition arena; from the front line Staff and Cooks to Directors and Industry. We have a few new things in the works for Best Practices - Scratch Cooking and Locally Sourced Produce to Kitchen Techniques and an update and information session regarding the American Commodities Distribution Association (ACDA). Whatever your interests are we'll have something for you. The California Department of Education will also be presenting several strands and providing updates from Nutrition Services.

Our Professional Development Chair, Rene

Yamashiro has planned several exciting Pre-conference Sessions taught by the National Food Service Management Institute (NFSMI). There are three classes in total; one 8 hour course, Financial Management and two 4 hour classes, Cooking for the New Generation and Focus on the Customer. Detailed course descriptions can be found at: <http://www.nfsmi.org>. (See descriptions below)

House of Delegates (HOD) will be held on Saturday morning. This is when our governing body meets and formal business is executed. If you've never attended, this is your opportunity to see how things work. Please come as a guest for this informative hour.

If you've ever wanted to be Superwoman or Captain America now's your chance. Saturday night the President's Party theme will feature the Beatles and there will be a costume party with a Super Heroes theme. Prizes will be awarded based on several different themes; Best Group, Best Individual, and Best in Keeping with the theme. So don your capes and super powers and get ready to twist and shout!

We are excited about our conference line up this year and look forward to seeing each and every one of you in our state capitol. See you in November!

Margan Holloway



The 59th Annual Conference of The California School Nutrition Association
SACRAMENTO

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SILENT AUCTION & RESOURCE ROOM**



**Volunteer
Services**

Your 2011 conference committee has been working hard to bring you the best conference ever in Sacramento, but we need host volunteers for many spots. If we work as a team, everyone can enjoy this conference and make this a year to remember. You get to have fun and network with lots of great people like other school district employees, vendors, and directors. Get to know your CSNA board members and speakers! Come help! **CSNA needs you!**

Sign up today! It's easy!
Just go to this link on the CSNA website:
www.calsna.org/volunteers.php

Showcase Your Program

CSNA wants your menus, brochures and even articles that have been written about your program. The 59th CSNA Annual Conference will be in Sacramento in November 2011. Please contact Erin Johnson at ejohnson@rsdnmp.org with information regarding what you plan to display in the CSNA conference Resource Room. It will be exciting to share the great things our districts are accomplishing.

***Be a School Nutrition Hero
by Raising Funds for Your Chapter!***

It's never too early to start thinking about ways to raise funds for your chapter. The CSNA 7th Annual Silent Auction is being held at the conference in Sacramento in November. Chapters that donate items or baskets will receive half of the winning bid on their item(s) for the chapter (how easy is that?)

All other proceeds will go to CSNA to support marketing and promotion of School Nutrition programs.

Donations to the Silent Auction may be made by individuals, chapters, businesses, other associations or any friends of CSNA. Showcase your creativity by crafting a one-of-a-kind item! Use your special talent to create a unique gift basket!

Donations of unique jewelry, memorabilia, artwork, food and wine, and seasonal decorations always generate good bids.

Start planning now for great results in November.





The 59th Annual Conference of The California School Nutrition Association
SACRAMENTO

**FIRST GENERAL SESSION KEYNOTE
GARY SOISETH**

USDA AGRICULTURAL ADVISOR EMBEDDED WITH THE US ARMY'S 173RD AIRBORNE UNIT
IN WARDAK PROVINCE, AFGHANISTAN
"AGRICULTURAL DEVELOPMENT IN AFGHANISTAN AND OTHER CONFLICT ZONES."
FRIDAY, NOVEMBER 11, 2011: 3:15P.M. — 4:45P.M.

Gary Soiseth is an Agribusiness specialist and Agricultural Advisor for the United States Department of Agriculture (USDA), and serves as an advisor to the Directorate of Agriculture, Irrigation, and Livestock (DAIL) in Maydan Shahr, Wardak, Afghanistan.

Gary will share his experience working to build the agricultural capacity of farmers and government officials in Wardak province. Describing his efforts to increase agricultural production and sustainability, ranging from specialized training in pruning methods, beekeeping and pest management, to long-term projects such as restoring water supplies and creating international markets for Afghan goods. By commenting on the on-the-ground realities of counterinsurgency strategy, Gary will illustrate the challenges and opportunities of agricultural development in a conflict zone.

Gary Soiseth is a USDA Agricultural Advisor embedded with the US Army's 173rd Airborne Unit in Wardak Province, Afghanistan. As the youngest member of President Obama's civilian surge in December 2009, Gary is responsible for implementing the President's counterinsurgency strategy alongside Department of State and USAID colleagues. Gary works with and trains Afghan farmers directly, as well as serving as an advisor to the province's Directorate of Agriculture, Irrigation, and Livestock (DAIL) in Maydan Shahr, Wardak.



Born and raised on his family's almond farm in Turlock, Calif., Soiseth received a Bachelor of Arts degree from the University of California at Berkeley with a major in political science. He went on to study agribusiness management at the Indian Institute of Management at Ahmedabad in Gujarat, India. Thereafter, he earned a Master of Public Policy degree from Georgetown University's Public Policy Institute with a major in water resources and agriculture policy.



SECOND GENERAL SESSION KEYNOTE MAUREEN MULVANEY

MGM & ASSOCIATES INC.

"RECIPES FOR SUCCESS - SCOOPS OF LOVE"

SATURDAY, NOVEMBER 12, 2011: 4:00P.M. — 5:30P.M.

It's time that Child Nutrition Professionals know their worth in the school systems and embrace their position as The HEART of the School!

It's not 'What YOU serve the children' but 'How You Serve the Children'. Let's put the Fun and Excitement Back Into Child Nutrition--for You, Your Staff and Your Customers, the Kids.

MGM's session will provide the Success Recipes--Strategies and Techniques from Yesterday, Today and Tomorrow for Child Nutrition Professionals to be more Positive, Productive, and Profitable! MGM's Powerful Message Helps Participants GET EXCITED about Child Nutrition, again.

Although we know the average school lunch contains less fat and sugar, is higher in fiber and nutrients and is packaged in appropriate portion sizes--some parents, teachers and administrators still have not gotten the word--Child Nutrition Professionals make a Difference in the Lives of the Students! Let's Celebrate our School Nutrition Success and Build on It!

You will LAUGH...CRY...and walk away from MGM's presentation Knowing YOU Change the Lives of Children. One recent participant said, "After hearing MGM's presentation, The Self-Esteem of the entire Audience went up, up, up! WOW--I've never heard anyone more passionate about School Nutrition! I can't wait to start the school year so I may have the privilege of serving our students."





DISCOVER SACRAMENTO TOUR

If you're new to the Sacramento area or a veteran of the Capitol City terrain, you won't want to miss this fantastic tour of the city! Thursday, November 10 is the date and the tour will be broken into three parts. Join the group for all three legs or choose any portion that looks like the best fit. Part 1 is a bus tour that visits Morningsun Herb Farm California Family Farms (a rice processing plant). Part 2 is a lunch featuring herbs and incorporating discussion from the morning bus tour. Finally, Part 3 is a walking tour that will take you to Old Sacramento - about ten blocks from the Convention Center. It's sure to be a great time, so Register today!

Tour Package - \$80 Total (includes Parts 1-3) A savings of \$15 if paying separately!

Tour Part 1 – Cost \$30

8:00 Bus departs Sheraton Grande Hotel

9:00 Tour of Morningsun Herb Farm and time to purchase plants.

Morningsun Herb Farm is a beautiful place to just walk around. You will be treated to a tour by Rose, who will point out all kinds of herbs and how and what to cook with them.

Visit them at www.morningsunherbfarm.com.

10:45 Tour of California Family Farms a rice processing plant

www.calrice.com

12:20 Arrive back at Sheraton Grande Hotel

Tour Part 2 – Cost \$40

12:30 Gourmet Lunch at Local Restaurant featuring herbs and incorporating discussions and items from the mornings tours.

Tour Part 3 – Cost \$25

2:00 Private Historical Walking tour and Old Sacramento Underground Tour (departing on foot from restaurant)

www.historicoldsac.org

3:30 Return on foot to Sheraton Grande Hotel (you may stay in Old Sacramento for additional shopping if you would like, and return on foot at your convenience. It is about 10 blocks from the hotel.)

Healthy Solutions Kids Will Love!



Soft Pocket Breads

Pre-cut and open... easy to fill Pocket. In Whole Wheat or Multi-Grain.



Baked, All Natural Pita Chips

Healthier than fried chips. Available in Sea Salt, Zesty Cheddar and Multi-Grain 100 calorie packs.



Cheese Omelet Sandwich

In a whole wheat Pita Pocket Fully cooked. Heat & Serve in an oven-safe wrapper.

Kangaroo is the U.S. leader in healthy and innovative pita products.

For more information, contact Jim Rhodes, (408) 727-1890



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BAKERY
SWEET LIFE

We go the **extra** smile...

to deliver our Southern California-made breads and cookies to your school.

SWEET LIFE - par-baked or pre-portioned cookie dough

- › SB-12 qualified, whole grain, and zero-trans fat cookie varieties
- › High profit cookie dough School Fund Raiser Program.

Galasso's - fresh-baked bread, buns, rolls, English muffins, and more

- › National School Lunch Program qualified and whole grain varieties
- › White whole wheat varieties available
- › Up to five day a week direct delivery

For more information,
call toll free today: (800)793-3854.

See us on the web:
galassos.com or sweetlifeinc.com





Conference Hotels:

Sheraton Grand Sacramento

1230 J St.

Sacramento, CA 95814

1 (800) 325-3535

Single/Double \$134 Triple \$159, Quad \$184

Hyatt Regency Sacramento

1209 L Street

Sacramento, CA 95814

1 (888) 421-1442

Single/Double \$139 Triple \$164, Quad \$189

Reservations Policies/Cancellations: This year, when you reserve a room or block of rooms, a name will need to be given for each room reserved. The hotel will also collect one nights room fee to help ensure that people only book rooms they intend to use. This fee will be refundable if the room is cancelled at least 30 days in advance. In the past we have had many rooms booked early on, but then cancelled as conference approaches. This harms the association in several ways. The most obvious is that other attendees who call up are unable to get rooms and either a) decide not to attend the conference at all because they can not get a room or b) have to book a room somewhere else and it does not count under our room block. Second, when CSNA signs the contract with the hotel, we guarantee that the rooms will be used or paid for. If the rooms are cancelled by attendees, CSNA is held responsible and must pay for the rooms not used. This can cause CSNA to have to increase the registration fees and/or cut programs and services to our members. Please help us to keep our registration fees down by thinking your hotel needs through carefully before booking your rooms to try to minimize the number of cancellations which CSNA will need to pay for. If there is an emergency and you or an employee are unable to attend, we will work with the hotel to get them to wave the 30 day requirement, but this will be done on a case by case basis. If you have any questions, please contact Janine Nichols, CSNA Executive Director at (818) 842-3040.

Thank you and we look forward to seeing you at conference.

The CSNA Board of Directors



Sacramento Convention Center



Sheraton Grand Sacramento



Hyatt Regency Sacramento

Additional rebates
up to **\$500**
available, check with
your local utility
company for details

Lang

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GC8F-EZ1 & 2 GC0D-B1 & 2
GC0F-AP1 & 2 GC0F-PT1 & 2
GC0D-AP1 & 2 GC0D-PT1 & 2

ELECTRIC MODELS

EC8F-E81 & 2 EC0F-B1 & 2
EC8F-EZ1 & 2 EC0D-B1 & 2
EC0F-AP1 & 2 EC0F-PT1 & 2
EC0D-AP1 & 2 EC0D-PT1 & 2

October 1, 2010 Through December 31, 2010

Please complete and fax back the form located on our website to receive your cash back
Or call 1-800-GET-LANG and we will email you the form.

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Fax 1-800-264-6666 • Email info@langworld.com • Website www.langworld.com



OFFICIAL 2011 CONFERENCE REGISTRATION FORM

School Food Service Employees Only - (Industry members please contact Amber at CSNA (818) 842-3040 for registration information)

School Nutrition Hero! - The 59th Annual Conference - November 10-13, 2011, - Sacramento, California

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

SNA Membership Number _____ Preferred Name on Badge _____

Name _____ Special Accommodations or Dietary Requirements _____

Title _____ District Name _____

Mailing Address *Work or Home (please circle one)* City State Zip

(_____) (_____) _____
Work Phone FAX E-Mail

REGISTRATION FEES

FULL CONFERENCE REGISTRANTS <i>(Includes President's Party and Regional Awards Breakfast)</i>				SINGLE DAY REGISTRANTS <i>(Does not include meals unless chosen and paid for below)</i>			
Early Discount Registration Fee Amount (On or before (After 9/30/11) 9/30/11)				PLEASE CHOOSE DAY: <input type="checkbox"/> FRI <input type="checkbox"/> SAT OR <input type="checkbox"/> SUN _____			
				Early Discount Registration Fee Amount (On or before (After 9/30/11) 9/30/11)			
CSNA Members				Members:			
Director/Supervisor	\$220	\$245	\$ _____	Director/Supervisor	\$ 95	\$110	\$ _____
Manager	\$200	\$225	\$ _____	Manager /	\$ 90	\$105	\$ _____
Staff/Student/Retired	\$195	\$220	\$ _____	Staff / Student / Retired	\$ 85	\$100	\$ _____
CSNA Past President	\$ 0	\$ 50	\$ _____	Non-member:			
Non-Members				Director/Supervisor	\$ 120	\$ 135	\$ _____
Director/Supervisor*	\$370*	\$395*	\$ _____	Manager /	\$ 115	\$ 130	\$ _____
Manager*	\$245*	\$270*	\$ _____	Staff / Student / Retired	\$ 110	\$ 125	\$ _____
Staff*	\$235*	\$260*	\$ _____	<i>MEAL FUNCTIONS (optional, not already included in price above)</i>			
Student/Retired/Guest	\$210	\$235	\$ _____	President's Party - Saturday, 11/12	\$ 60	\$ _____	
* includes 1 year subscription to CSNA and SNA (\$150 for Directors and \$45 for Managers and \$40 for Staff)				Regional Breakfast - Sunday, 11/13	\$ 35	\$ _____	

PRE-CONFERENCE TOURS & WORKSHOPS:	<i>Member Price</i>	<i>Non-Member</i>	
SNS Exam - Thursday, November 10th - 12 pm - 4 pm	\$175	\$270	\$ _____
Safety and Sanitation Manager's Certificate Test - Saturday, November 12, 2011 - Review 8:45 am - 9:45 am - (A brief review for those that have passed the test before or studied on their own) - Test: 1:30 pm -3:30 pm	\$50	\$50	\$ _____

_____ *I would like to participate in the Fitness Fundraiser on Saturday, November 12, 2011 - 7:00 - 8:00 am - _____ (No Cost)*

Grand Total Registration/Meals\$ _____

Please make your CHECK PAYABLE TO CSNA and mail with completed registration form to:
CSNA, 210 N Glenoaks Blvd., Suite C, Burbank, CA 91502 (818) 842-3040 Fax: (818) 843-7423

If paying by credit card, please fill out the following information, sign and mail or fax to the address listed above

Credit Card Number (Visa/MC/AmEx) _____ Exp Date _____

Billing Address _____

Billing Zip Code _____ V-Code _____

The V-Code is the 3 Digit code on the back of VISA & MC and the 4 Digit Code on the front of AMEX

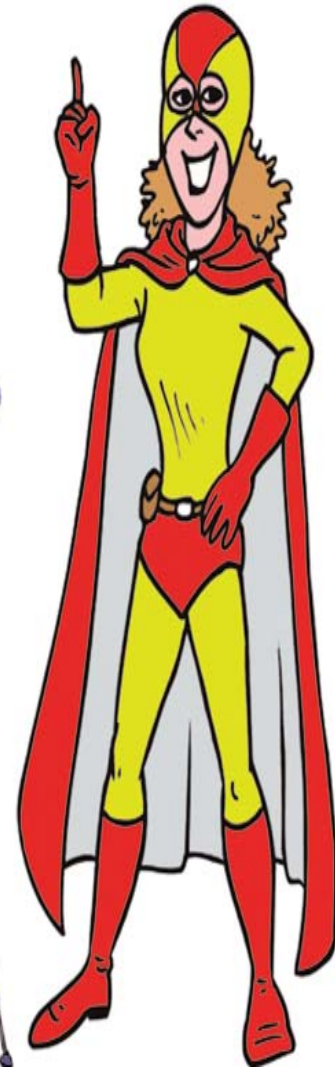
Signature _____

Purchase orders will not be accepted. Request for refund must be received in writing by 9/30/11. A \$25 cancellation fee will be deducted.
Children under 16 will not be permitted in the exhibit hall. College students must be registered by an instructor.

For further information about this conference, please visit **www.calsna.org**



2011 PHOTO CONTEST



School Nutrition Hero is the theme for this year's Photo Contest sponsored by CSNA! So pull out that brand new digital camera, or serve it old school by loading up the film in your old classic and shoot your winning picture!

PHOTO CONTEST RULES:

1. Contest is open to all CSNA members (excluding sustaining members).
2. Only three entries per person will be accepted so send your BEST THREE!
3. Each entry **MUST BE ACCOMPANIED BY AN OFFICIAL ENTRY FORM** that has been completely filled in. Three photos? Three Entry Forms.
4. Entries must be a 5"x 7" color print of a photograph. PLEASE, Original Photos Only
5. Photo content must pertain to theme, "School Nutrition Hero"
6. Entries will NOT be returned.
7. Three winners will be selected. Winning photos will appear in an issue of Poppy Seeds. 1st place winner will receive a cash prize of \$100, 2nd place winner will receive \$50, and 3rd place winner will receive \$25.
8. **DEADLINE** for entries to be **RECEIVED** is October 1, 2011.

Send entries to: Sally Spero, San Diego USD, 6735 Gifford Way, San Diego, CA 92111

TIPS FOR SUCCESS

1. Use natural light whenever possible and aim away from your light source.
2. Have a focal point.
3. Use lines to draw viewer into the picture - a row, a table, etc.
4. "Crop" the best part of your photo.
5. Have fun with the contest!

O O O Poppy Seeds Photo Contest Official Entry Form O O O



Please Print

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____

School District: _____

School: _____

Address: _____

City: _____ State: _____ Zip: _____

School Phone Number: () _____

Chapter Number: _____

Please write two or three sentences describing your entry.





Got NAC???

By Ashley Cassat, MPH, CHES, Wellness Policy Coordinator, District Health Council, San Marcos Unified School District and Ms. Lancon's Fifth Grade Class at Carrillo Elementary School

The N.A.C. is the best!!!! Of course, you may be wondering what N.A.C. stands for. It stands for Nutrition Advisory Council. The San Marcos Unified School District's Child Nutrition Department is working with a classroom at each school site to help students learn more about proper nutrition, healthy food choices, and the importance of regular exercise. The N.A.C. advisors have been coming to Ms. Lancon's 5th grade class this school year. Our students have learned a lot, and had a great time during the lessons. Each month we learn about an area on the food pyramid. We also get to have a sample of some type of food at each visit.



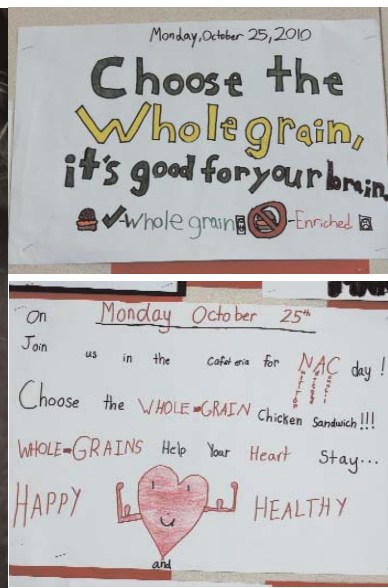
In November, for our second lesson, we learned about the importance of eating vegetables. We learned that we should be eating a "rainbow of vegetables". For example, red tomatoes, orange carrots, green lettuce, purple eggplant, and yellow squash. Each of these different colored vegetables have different vitamins and minerals that our bodies need. On N.A.C. Day in the cafeteria, students were able to choose a new type of salad, the Carrillo Colt Slaw.



In October, we had our first N.A.C. lesson, taught by Ms. Ashley Cassat and Mr. Herbie Smith. They taught us about the importance of having whole grains in our diet. We learned that whole grain foods are very healthy for our hearts. We were able to sample some whole grain bread that was going to be served in the cafeteria later that month. Our class shared what we learned with the other classes at our school. We wrote poems and songs, and then shared them with each class at Carrillo.



In January, Ms. Ashley brought a new helper, Mrs. Tuttle, for our visit. We learned all about the importance of protein in our diet. Protein helps our muscles. We learned that there are animal and plant protein sources to choose from. It is important to have lean protein our diet, for example, skinless chicken meat. Nuts and beans are also an excellent source of protein. In order for our muscles to stay healthy, we also need regular exercise.



During these N.A.C lessons, we have learned a lot of information about nutrition, and the choices we can make to live healthy lives. We are excited for our February visit. We will be learning about the importance of dairy products. Room 33 is happy to be part of the N.A.C. team!!

California School Nutrition Association
Nutrition Advisory Council Presents...

NAC MINI-CONFERENCES

Hands-On Nutrition Education * Physical Fitness Fun
Taste Testing - Items for School Meals, Healthy Snacks
Meet other NAC Student Leaders * Ideas for NAC Activities

Note: We strongly recommend students be 4th grade or older to attend

NOTE: SPACE IS LIMITED...first come, first serve!

Use this form to sign-up for either mini-conference.

Northern California: CANCELLED!
Attention School Districts:
The NAC Event at Conference has been cancelled as the event falls on Veteran's Day. We apologize for any inconvenience and look forward to having our NAC students attend the event at next year's conference!
<p style="text-align: center;">Rachel Gekas Assistant Director, Child Nutrition Services San Lorenzo Unified School District 15510 Usher Street, San Lorenzo, CA 94580 P - 510-317-4660 rgekas@slzusd.org</p>

Southern California: NAC Mini Conference
Date: Friday, December 2, 2011
Location: Alhambra Unified School District Alhambra, Ca 91803
Time: 9:00 - 12:00
FOR Southern CALIFORNIA EVENT Email, Fax or Send complete form to:
<p style="text-align: center;">Vivien Watts, M.S. SNS Director, Food & Nutrition Services Alhambra Unified School District 1515 W. Mission Road Alhambra, CA 91803 Fax (626) 943-8042 Watts_vivien@ausdus</p>
Registration Deadline: October 7, 2011

School District: _____

Address: _____

Phone: () _____

Fax: () _____

Email: _____

Contact Name: _____

Number of students attending: _____

Grade level of students: _____

Payment for transportation may be available, must be requested in advance and pre-approved.

Become a NAC Partner!

Your sponsorship includes....

NAC Event @ Conference **CANCELLED!!**

Due to Veteran's Day holiday, we will not have any students available to attend our 2011 NAC Conference. We apologize for any inconvenience and look forward to having our NAC students attend our conference next year!

So-Cal NAC Mini Conference

Date: Friday, December 2, 2011
Time: 9am - 12pm
Location: Alhambra USD
Alhambra, CA 91803

This event will be exciting and educational for everyone! Your donation allows students to have interactive experiences about nutrition, physical activity, and making healthy food choices. NAC students will visit with NAC sponsored booths for sampling nutritious items. Students will evaluate your products, and top 10 results will be shared with CSNA membership.

In addition, your donation will also include:

- Recognition as a NAC sponsor in Poppy Seeds
- Recognition as NAC sponsor at State Conference and vendor booth
- Free t-shirt from the NAC art contest

Please complete this form and mail to the address below. **FOR THE 2011-2012 YEAR ONLY:** please enclose your check of \$200, made payable to CSNA-IRAC. Thank you for your support and partnership!

Manufacturer:
Contact:
Address:
Phone: Fax:
Email:

Broker:
Contact:
Address:
Phone: Fax:
Email:

Send completed form with check to:

California School Nutrition Association

NAC
210 N. Glendale Blvd. Ste C
Burbank, CA 91502

NAC Chair Contact Information:

Rachel Geles, MS, RD
Assistant Director, Child Nutrition Services
San Lorenzo Unified School District
510-317-4600
rgeles@slusd.org

Note: Because the mission of NAC is to promote nutritious habits, we ask that products for sampling comply with California Education Code guidelines (see sec. 49431) for healthy foods and beverages.

DEADLINE: PLEASE SUBMIT SPONSORSHIP FORMS BY October 21, 2011

2011-2012

CSNA NAC

Charter Application

Benefits of becoming an Official CSNA-NAC charter include:

- An Official 2010-2011 NAC Charter Certificate
 - Eligibility for Statewide NAC Art Contest
- Opportunities to share Nutrition Education Materials, Resources, and Lessons
 - Find out best practices and gain insight into NAC activities that work!
 - NAC Groups can help meet the requirements for receiving the Golden Poppy
- NAC Groups can help meet the nutrition education requirement for SMI Review.

School District Name _____

School Name _____

Address _____

City _____ State _____ Zip _____

of Students _____ Grades _____

NAC Advisors Name _____

NAC Advisors Title _____

NAC Advisor Phone (____) _____ Fax(____) _____

NAC Advisor Email _____

Cafeteria Manager/Partner Name _____

Cafeteria Mgr./Partner Phone _____

Principal Name _____ Principal Phone(____) _____

Please send your completed Application to:

Rachel Gekas

San Lorenzo Unified School District

15510 Usher Street

San Lorenzo, CA 94580

If you have questions call Rachel at (510) 317-4660

FAX (510) 317-4699

INSTALLATION, LAC & INDUSTRY SEMINAR LITE

By Jon Nichols

It was billed as three Meetings in one and that's just what we got! CSNA converged on Sacramento for a special grouping of the Annual Industry Seminar, Installation Party and Legislative Action Conference. It turned out to be a highly productive meeting that, of course, was a fun time for all!



The theme for the event was *Up, Up and Away!*, in keeping with the *School Nutrition Hero* theme coined by CSNA 2011-2012 President, Denise Ohm. And School Nutrition Heroes from all over the state came to participate in educational, entertaining and sometimes lively discussions on the current state of Child Nutrition, School Lunch and the California budget.



For the Installation Dinner, House Kitchen & Bar, a local restaurant that incorporates fresh, local ingredients was the

perfect location to thank the 2010-2011 Board for their outstanding contributions to CSNA and to then welcome in the new Officers for 2011-12.

The Industry Seminar was held at the State Capitol on Day Two with interactive panel discussions, a marketing update by Brenda Robinson and a presentation on *School Food Improvement and Food Agriculture Marketing* by Ann Evans, from Evans & Brennan, LLC. Then it was on to the Pyramid Alehouse for a reception where networking was the order of the evening! Friends caught up and deals were discussed.

On the final day, the Legislative Action Conference was held at the beautiful Citizen Hotel. The agenda was jam-packed as guest speakers including; Barry Sackin, Jack O'Connell, and Senator Alan Lowenthal, just to name a few, streamed through to discuss School Lunch and Child Nutrition with the Heroes that are in the trenches each and every day. It was rich and timely information that made for great dinner discussion that evening.

Finally, on Tuesday morning and into the afternoon, it was off to visit Legislators and spread the good word about CSNA. All in all, another great meeting! Or, should I say THREE!?

A Special Thank You to Sponsors!

AdvancePierre Foods

Integrated Food Service

J.T.M. Food Group

Shannon's Imperial Brand

Left, 2010-11 CSNA President, Andrew Soliz was presented with the President's Plaque by Denise Ohm.

Right, Your 2011-12 Executive Committee; Janine Nichols, Gale Hartzell, Denise Ohm, Agnes Lally, Dale Bowman, Lynette Rock, Margan Holloway, Terri VanDerStouwe, Ken Barsanti and Brenda Arnett



California Nutrition Services Division

Field Services Unit Employment Opportunities

The California Nutrition Services Division is looking for dynamic, energetic, committed nutrition professionals to join the Field Services Unit (FSU) team. Due to program growth and baby-boomer retirements, we have a variety of job openings:

Child Nutrition Assistant

These entry-level positions are only located in Sacramento (Headquarters) and serve as a training ground to prepare incumbents to become Child Nutrition Consultants.

Child Nutrition Consultant

These full journey-level positions are located throughout the state of California and primarily focus on conducting compliance monitoring reviews of the Child Nutrition Programs. You would also be part of a supportive and dedicated regional team that works closely together to promote healthy eating and physical activity for the well-being of California's children and families participating in the Child Nutrition Programs.

Child Nutrition Supervisor

These positions are only located in Sacramento (Headquarters) and supervise Child Nutrition Consultants and other staff. You would also be part of a supportive and dedicated FSU management team that works closely together to promote healthy eating and physical activity for the well-being of California's children and families participating in the Child Nutrition Programs.

DESIRABLE SKILLS:

Flexible	Open to learning Child Nutrition Programs from others
Team Player	Collaborates with colleagues, staff, and other stakeholders
Good Verbal Skills	Communicates diplomatically and effectively
Good Writing Skills	Produces clear, accurate, and compelling documents
Travel	Willing to travel up to 70 percent

Learn more about Child Nutrition Programs jobs by going to **The State Personnel Website** at <http://www.spb.ca.gov>. Look under: For Individuals, click on the State Job link. Under the Search for Job Recruitments: Keyword(s) type in: Child Nutrition. Click on the link for Child Nutrition Assistant or Child Nutrition Consultant or Child Nutrition Supervisor I.

If you have any questions, please contact Kimberly Gutierrez by email at kgutierrez@cde.ca.gov or at 916-322-1565.

MOTHER LODE SNA LAC FUNDRAISER "A SPORTING EVENT!"

By Valerie McDonald

On May 13th, 2011 the Mother Lode Chapter hosted its annual legislative bowling fundraiser at Strikes Family Entertainment Center in Elk Grove. Our creative industry members headed sports themed teams that included the memorable S. A. Products Co. Bipolar Bowlers, and thankfully, the Bell Tasty Referees to thwart any unnecessary roughness or spiking of the ball! It was a record crowd with over 92 supporters in attendance to enjoy the day's activities.

The event was expanded this year to include a silent auction. Many thanks go out to all those who donated the more than 40 items that stretched from one side of the room to the other. The bidding frenzy certainly added to the day's excitement and raised a handsome \$2,307.00. Kevin Lyons very kindly donated a week at his home in San Felipe, Mexico and raffle tickets purchased raised an additional \$715.00. We



also owe a huge debt of thanks to our most generous industry members whose sponsorships raised a whopping \$15,700.00. In addition, we would like to express gratitude to Strikes for their generous donation and recognize Strikes' manager, Bobby Ruiz for his considerable support in making this our best fundraiser ever. The final amount of \$18,812.00 will allow Mother Lode to comfortably cover the costs of legislation pursuits and next year's events.

As the final play of the day the Mother Lode Executive Board was installed by Judy Smothers from Bay Brokerage Company. Bouquets were presented to the Executive Board and committee chairs were announced.

We would be remiss if we did not list all those champions who made this a truly winning day. We appreciate their generosity and continued support. Thanks guys, you hit it out of the park!

SPONSORS

Advance/Pierre Foods	General Mills
Elite Associates	Judy Smothers
Apple and Eve	Food 4 Kids
Ardella's	Foster Farms
Bell Tasty Foods, Inc.	Fresh Point
Bernard Foods	Gold Star
Buena Vista foods	Integrated Food Service
Con Agra	Jennie-O Turkey Store
The Danielsen Company	J&J Snacks
Dannon	JTM Food Group
Domino Pizza	La Tapatia
Don Lee Farms	Land o Lakes
Dos Rojos Foods	Kings Delight
East Bay Restaurant	Kellogg's
Ed Jones Food Service	

SILENT AUCTION DONATORS

Allen Scott, Wawona Frozen Foods	Julie Dorman, Plumas Lake ESD
Bill Opsahl, Roseville City Schools	Leslie Napolitano, Schwan's
Carol Schaper, Ripon USD	Logan Grinsell, Strikes Family Entertainment, Elk Grove
Cindy Oliver, Lodi USD	Loren Werth, Food 4 Thought
Cindy Otto, C. Otto & Do.	Maribeth Wasmund, Food Sales West
Dan Milardovich, Sysco of Sacramento	Mark Elhard, ProPacific Fresh
Dennis Walsh, La Tapatia	Mike Garcia, JTM
Della Burt, Eldorado Union HSD	Mother Lode Members
Dwayne Brooks, S.A. Products, Co.	Pete Belknap, Nutrikids
Kevin Lyons, Ed Jones Food Service	Rene Yamashiro, Roseville City Schools
Food 4 Kids	Kathy Cornell (Drennen), Lincoln USD
Greg Peot, the Core Group	Laura Kasey, Center USD
Heather Silva, Key Impact	Rick Meyer, CAMBRO/Meyer Marketing
Integrated Food Service	Scott Soiseth, Turlock USD
Jan Burkett	Suzanne Grass, Grass Valley SD
Jim Melikian, "The Popcorn Man"	Valerie McDonald, Lodi USD
Judy Smothers, Bay Brokerage Company	

Special thanks to: Pete Belknap of Nutrikids for his fabulous slide show and photos. Judy Smothers of Bay Brokerage Company for donating and setting up the decorations and for her magnificent menu planning. A big thank you to everyone who pitched in to make this day a resounding success: Allen Scott, Danette Grant, Carol Schaper, Cindy Oliver, Heather Silva, Julie Dorman, Kathy Cornell, Laura Kasey, Matt Upton, Scott Soiseth, Sean West, Rene Yamashiro, Suzanne Grass and Valerie McDonald.

The Poppy Seeds Times



YOUR CALIFORNIA SCHOOL NUTRITION ASSOCIATION NEEDS YOU!

Do you have a story to tell? Of course you do! Probably more than one, even! Why not take the time to write it down for a future issue of *Poppy Seeds*? As you know, *Poppy Seeds* is the *Official Journal of the School Nutrition Professional* and that means it is the first place those in the know will go when looking for the latest on School Nutrition News, inspiration from their peers in the Industry and ideas that will help them do their jobs better. That's where you come in!

Have you done something fun and interesting in your school, district or elsewhere that might be of interest to your colleagues? Maybe you have an inspirational story to convey? Share it on the pages of *Poppy Seeds*! With a circulation of more than 2000, you'll reach a wide audience that is eager to hear the idea that will make them a star in the eyes of their Board, customers and parents. You could be their motivation and it would be a shame to let an opportunity to share go by the wayside.

Sit down with a pad of paper, or begin to peck away at the keys of your laptop. Soon the words will be flowing and your creative juices pulsing. In no time, you'll have a masterpiece to deliver to our Über-Editor, Sally Spero. Sally is always on the lookout for your submissions and will have the perfect spot designated for your piece to become part of the rich history of CSNA and the pages of *Poppy Seeds*.

You will then have another chance to show your creative side by including a few shots that you may have clicked with your camera! Today, it's easier than ever to capture the fervor of a great event with a camera phone, but the important thing is simply to capture the moment as the old adage is as true today as it was when uttered for the first time nearly a century ago, "a picture is worth 1000 words." It's also been said that, "1001 words is worth more than a picture," so the point is that the story's the thing to catch the interest of the *Poppy Seeds* reader.

Poppy Seeds Editor, Sally Spero, SNS is the Food Planning Supervisor for San Diego City Schools. To submit your story via snail mail, send submissions to; 6735 Gifford Way, San Diego, CA 92111. Via email, send submissions to sspero@sandi.net. Have questions? Give Sally a call; (858) 627-7306.

EXECUTIVE DIRECTOR'S MESSAGE

GETTING TO KNOW YOUR CSNA OFFICE

By Janine Nichols, IOM, CAE, CPL, CSNA Executive Director

Quite often you see the faces at the Annual State Conference, Industry Seminar and at various meetings through the year. They answer the phones when you call the office; you receive emails from them; membership notices and Poppy Seeds Magazine in the mail. But, who are they? California School Nutrition Association has contracted management services with Executive Management Associates (EMA) since 1998. Executive Management Associates is a full service professional management firm providing association management services, conference and trade show management, and publications and website services to not-for-profit associations. At EMA, we work as a team to ensure the value and success of CSNA's programs. The name "EMA" remains invisible to association members (except when reading this article.) Because each of our clients is a not-for-profit organization, we understand the unique nature of organizations like CSNA and the environments in which they operate.

We provide an experienced staff of management professionals who bring creative new ideas and innovative solutions to CSNA. Our team includes specialists in association management, education and certification, conference and trade show management, communications, marketing, accounting, website and database design. The experience of our team ensures that CSNA will be handled by the right individual working at the right level.

EMA was founded as Mathewson Associates in 1969. The name was changed to Executive Management Associates in 1980. EMA has been owned by Janine Nichols since 1989. EMA provides on-going training to its staff through ASAE, AMC Institutes, MPI, PCMA and CalSAE seminars, workshops and the Institutes for Association Management Program which offers the opportunity to learn from experts in specialized fields and network with other association executives to share ideas and learn from others. This approach affords CSNA the ability to have enough trained staff during the busy periods (like around conference) and not have to lay people off or downsize during the slower periods. It gives CSNA a continuity they would not be able to afford otherwise. EMA provides all of the training and benefits for its employees, which relieves CSNA of these responsibilities and liabilities. In addition to training and benefits, EMA pro-

vides all office space, office equipment, insurances, etc. that CSNA needs to operate.

Over the next few issues I will introduce the staff at EMA (your CSNA Headquarters.) Let me start by introducing myself. I am Janine Nichols, IOM, CAE, CPL and I serve as your Executive Director. Many of you know me from meetings, but I am sure most do not know my background. I am the owner of EMA and oversee the areas of financial management, office administration, governance, meeting support and communications. I am a member of the California Society of Association Executives (CalSAE), American Society of Association Executives (ASAE), Meeting Professionals International (MPI), and the Society of Logistics Engineers (SOLE). I received the designation of Certified Association Executive (CAE), the highest honor of professional achievement in association management from the ASAE. I have over twenty five years experience in Association Management, working in meeting planning, operations, membership, administration and publications. Prior to my work in association management, I worked in the field of Logistics. My responsibilities included Logistics Support Analysis, Life Cycle Costing, Proposal Preparation, Logistics Management and System Integration. I have been active in associations as a volunteer, as well as in my positions in management. I have held local, regional and international positions within the Society of Logistics Engineers and the National Association of Women Business Owners. In addition to my work, I also serve on various volunteer boards and committees. I have served on Advisory Boards for Southern California Edison, and was elected as a delegate to the 1995 White House Conference on Small Business. In addition to the CAE, I have also achieved the recognition of Certified Professional Logistician (CPL). My expertise in both areas ensures that all events, projects and tasks are planned and executed with the utmost care, and makes our firm unique in the Association Management field. I hold a B.A. in English, an M.S. in Logistics Engineering and have completed a six year certification program in Association Management giving me the right to use the designation IOM.

Look to meet Amber Ardizzone in the next issue of *Poppy Seeds*!

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**2013 Cultural Exchange
ISRAEL**

Date: SPRING 2013

Estimated Cost \$3,895



SLOW FOOD AS A POTENTIAL PARTNER

By Georgeanne Brennan and Ann M. Evans

Looking for help in sourcing local fruits, vegetables and more? Your local or regional Slow Food chapter may provide just the extra bit of information and help you need to move forward with your local sourcing.

Slow Food is an international organization that started in Italy over twenty years ago and now has chapters in almost every country in the world, including the United States. It is an idea, a way of living and a way of eating. It is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment. In recent years it has become increasingly dedicated to working with schools within communities. Its members include farmers, chefs, cooks, community organizers and students - in fact, just about anyone who is interested in fresh, local food.



Slow Food USA stands for Good, Clean and Fair food. For Slow Food, the idea of good menus enjoying delicious food created with care from healthy plants and animals. The pleasures of good food can also help to build community and celebrate culture and regional diversity. Clean means nutritious food that is as good for the planet as it is for our bodies. It is grown and harvested with methods that have a positive impact on our local ecosystems and promotes biodiversity. Slow Food USA believes that food is a universal right. Food that is fair should be accessible to all, regardless of income, and produced by people who are treated with dignity and justly compensated for their labor.



Slow Food® USA

As co-leaders of our county chapter, Slow Food Yolo, we have partnered in multiple ways with several of the school districts in Yolo County. We've included school food service staff in 'Chef's Walk' visits to the local farmers' markets, inviting school food service staff to attend at no cost the Slow Food local events, and showcasing the Davis Joint Unified School District's Central Kitchen under the direction of Nutrition Services Director, Rafaelita Curva, on Slow Food USA tours. Slow Food Yolo has even purchased a membership for Slow Food USA for its local partnering districts including Davis Joint Unified School District.

In addition, Slow Food Yolo raises funds for local farm to school programs. When it holds an event in a community, the proceeds for the event go to the school district in that city. Slow Food Yolo has provided funding in that way to the cafeteria funds for purchase of local produce to Winters Joint Unified School District and Esparto Unified School District in addition to the Davis Joint Unified School District.

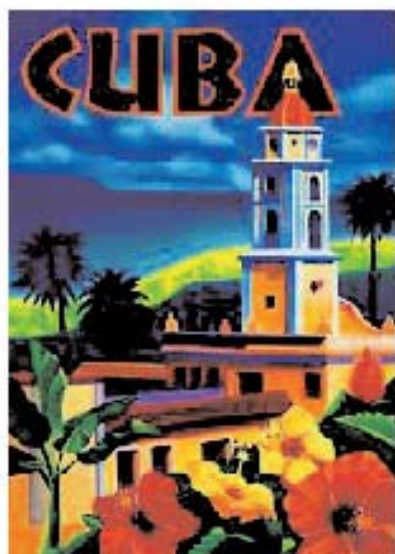
To learn more about Slow Food in your area, visit www.SlowFoodUSA.org.

To learn more about Slow Food Yolo, visit www.SlowFoodYolo.com.

Georgeanne Brennan and Ann M. Evans are principals in the consulting firm Evans & Brennan, LLC which specializes in working to improve school lunch. They are the authors of the forthcoming book, "Cooking with California Food in K-12 Schools," published by the Center for Ecoliteracy, as well as co-leaders of Slow Food Yolo. To learn more about Georgeanne and Ann, visit www.georgeannebrennan.com and Annmevans.com.

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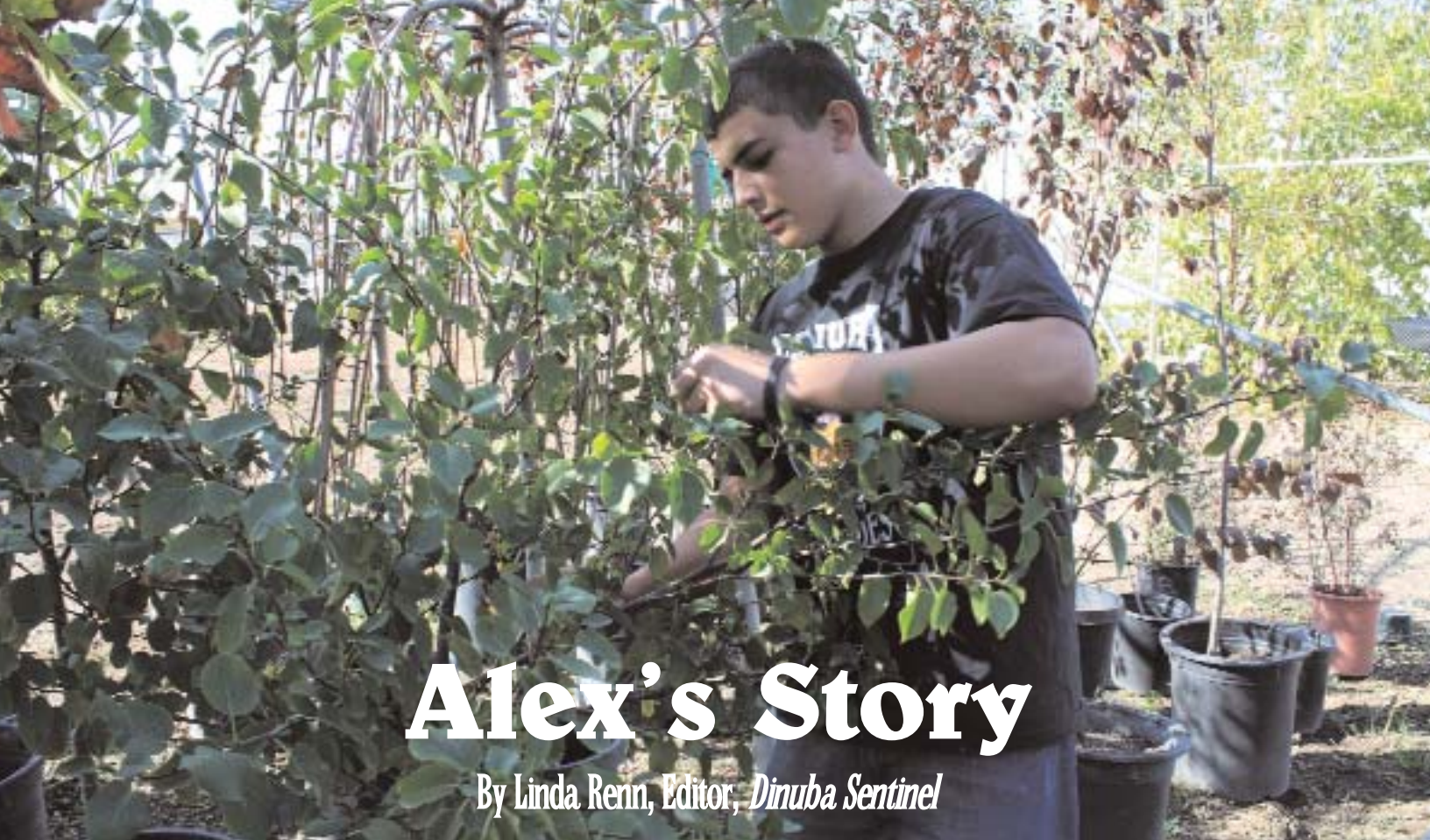
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Alex's Story

By Linda Renn, Editor, *Dinuba Sentinel*

Alex Elizondo joined Dinuba High's FFA Chapter as a freshman and took a "liking to it," he said. A short year later, Alex was recognized by the Dinuba Unified Board of Trustees for his accomplishments on campus, which include growing food for the district's food services. Alex is only 15. He's also a very busy fellow.

He's on campus at 6 a.m. each school day to work in the Dinuba High FFA department before the first bell rings at 7:50 a.m. After school he can be found back in the FFA department, where he is the groundskeeper. He maintains the raised beds, where he grows tomatoes and peppers and has just planted lettuce for the winter season. He also cares for the bare root landscape trees and ornamental plants in the nursery and grows plants in the campus greenhouse. He just got a flat of Lamb's Ear to cultivate and he's caring for other plants that will be sold to the public at an FFA tree and plant sale coming up in November.

Kelly Martin, director of nutrition service for Dinuba Unified, singled out Alex for recognition at a board of trustees meeting earlier this month. She said Alex took advantage of the opportunities offered him.

As an FFA member, Alex was encouraged by Ag department teacher Tom Henderson to tackle a Supervised Agriculture Experience project. One of Alex's first SAE projects as a freshman was to build an arbor. He got a loan from his grandfather to buy the supplies to build the arbor then he sold it to an individual in Visalia for \$150. Making money

on his projects is just one reason Alex says he likes FFA. He said he also enjoys "hanging out with friends, going to meetings." Though he's just a sophomore, he's serving this year as an FFA officer. He's Sentinel for the chapter.

Alex rode his bike to campus all summer to work. He estimates he put in about 800 hours irrigating, watering and weeding his garden of tomatoes, peppers and watermelons and generally taking care of the FFA greenhouse and the ornamental trees. He has been able to sell the tomatoes and peppers he grew to the school district. Martin brought him a sample of the salsa that was prepared with the produce.

Alex also raised a hog that he recently showed at the Tulare County Fair. That animal sold for \$950. He's said he wants to work up from hogs to a steer by his senior year. He's saving the money he makes for college. Last spring at the annual FFA banquet, Alex was awarded the Star Greenhand award for being an outstanding first-year member.

As a teacher, Henderson has seen tremendous growth in Alex, who he said knew nothing about agriculture when he came to Dinuba High as a freshman. "I just see him growing more and more every month because he keeps on challenging himself," said Henderson. By the time he goes on to college, said Henderson, Alex will be "a very strong agriculturist." Asked about his career plans, Alex said, "I want to become an Ag teacher."

Sounds like a good fit.

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Our Summer Cover Photo

By Sally Spero, SNS, *Poppy Seeds* Editor

Many districts in California are developing new ways of purchasing food in order to support local farmers and bring the freshest and tastiest items into our programs.

In October 2010 Vanessa Zajfen, Farm to School Specialist for my home district San Diego USD, began working with the San Diego Growers, a group of small family farmers who banded together to increase interest in and demand for local food. Their farms range in size from 1 to 300 acres.

When big institutions want to purchase locally, work has to be coordinated to manage the supply. In October, the group agreed to plant 4,000 broccoli plants. They went into the ground in November and were ready to be harvested at the end of February. In March, we served the broccoli weekly on our salad bars and also in our broccoli and cheese potatoes.

Vanessa conducted training for our staff on the most safe and efficient way to prepare the broccoli for service. On the cover you can see staff members (from left to right) Sandra Riley, Vanessa Zajfen, Blanca Garcia-Deserrato and Regina Aguilar at Clark preparation kitchen proudly showing their new skills.





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9-13 *SNA Annual National Conference - Nashville, TN* SNA

September 2011

7-8 *2011 California Diabetes Summit - Westin Long Beach* Sac State

October 2011

10-14 *National School Lunch Week "School Lunch - Let's Grow Healthy"* SNA

November 2011

10-13 *CSNA 59th Annual State Conference - Sacramento, CA* CSNA



Please note that some dates are tentative and subject to change

For further information on CSNA's events, including chapter events, visit our website at

WWW.CALSNA.ORG or call (818) 842-3040

For further information on SNA events, please visit **www.schoolnutrition.org**

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