

SPRING 2014

# POPPY SEEDS

THE OFFICIAL JOURNAL FOR THE CALIFORNIA CHILD NUTRITION PROFESSIONAL



SPRING 2014 • *California School Nutrition Association* • Volume 57 - No. 4



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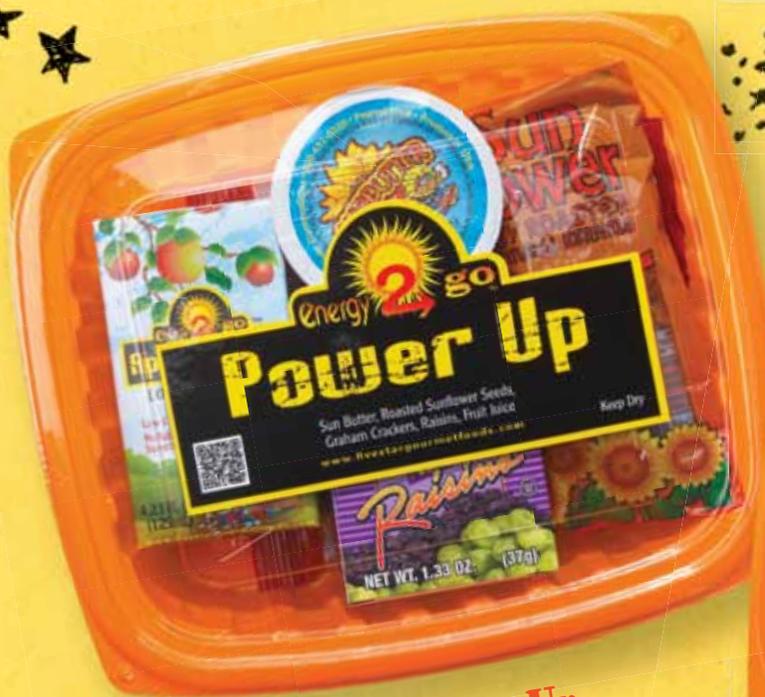
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# PRESIDENT'S MESSAGE

BY LYNETTE ROCK, CSNA PRESIDENT

## AND THE GEARS KEEP TURNING

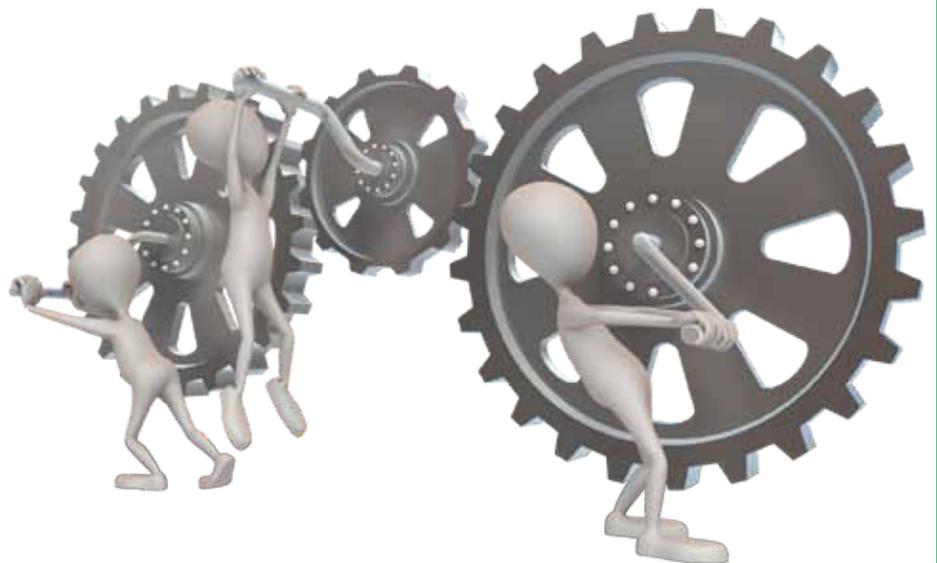
**A**s I write my final article for the President's Page, it is difficult to convey in writing what an impact this year as your President has made on me professionally and personally. The last three years have seemed to be a never-ending sequence of endless tasks—planning programs, scanning opportunities, reviewing challenges, dealing with change. But I learned that even with a never-ending list of tasks to complete, I had an incredible CSNA family willing to help me in any way they could to ensure that our Association would be successful. Without the opportunity to serve you, I would not have had the opportunity to meet so many of you.

One question that always arises during the term of the President is “How much change can be accomplished in one year?” Experience by some suggests that you can help others become aware of a new direction and even begin to help them look down a different road. You can set up some structures to support that new awareness and hope that those who follow will continue forward with change. If you can accomplish that much in a year, you have done your job.

Just as a scholar wants to add to the body of knowledge in his or her field, most Executive Boards want to leave a legacy for future boards, members, and support staff. The kind of legacy a Board leaves shows what they stood for, what they learned and the strength of

their commitment. It is said a legacy can be built out of hard decisions in critical times. I hope our Executive Board will be remembered for having a vision and building a structure that can help future Boards. We have had a successful year. Both the Industry Seminar and Annual Conference had the best attendance in years. Membership is at an all-time high. Incentive programs have been developed for local chapters and Regional Coordinators. And finally we are seeing headway being made in Regional Indexing at the Federal level, something our Association has been working on for years.

As I have traveled across California, it has been richly rewarding to see the growth in our membership and the enthusiasm that you display. My visits with you have given me an even greater sense of pride in and appreciation for the profession and for the diversity of our members and uniqueness of our operations.



*Continued on bottom of Page 4*



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# SCHOOL NUTRITION REPRESENTATIVE'S MESSAGE

BY MARIA HERNANDEZ, CSNA SCHOOL NUTRITION REPRESENTATIVE

## THE GIFT OF FAILURE.

*Looking into the eyes of your own soul and seeing the disappointment of a failure is as difficult as anything I know. Everyone fails from time to time. We fail in our commitments, our careers, sports, relationships, and so much more. It is not long we move from experiencing failure to viewing ourselves as failures. Yet, what if failure is the teacher, professor, trainer, or director?*

*-- Matt Upton*

But failure makes people stronger, smarter, and wiser.

The test of the first-rate work is when we've finished it.

The best of work is when the job is done or when the task is accomplished. That is when people will say we have done it ourselves. That is why the leaders have to keep on trying so the people can follow the example of those above them. And the California School Nutrition Association has shown us with actions and has inspired others to dream more, learn more, do more, and become more because **you all** are Leaders. Yes! You are the Leader!

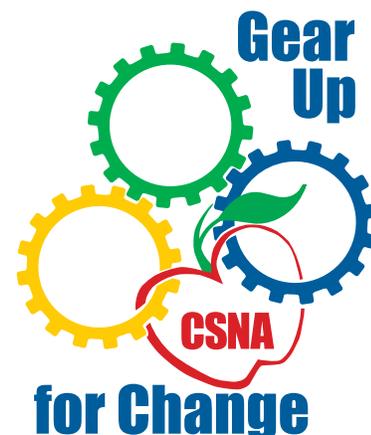
Thank you for all your great work!

## President's Message *(Continued from Page 2)*

Plaudits are due to each of you for the commitment and dedication you have given to our Association and by working together the rewards have been tremendous. We have been successful in Gearing Up for Change. We have built on past performances. We all had visions this year and mused over all the emerging issues. We have faced incredible challenges but we faced them head-on with positive practical solutions and a willingness to share our successes with others. The culminating event of my presidency will find me celebrating with hundreds of you as we welcome Agnes Lally as our new CSNA President at Industry Seminar in Dana Point. I shall enjoy the fellowship, friendship and fun as Agnes gets ready to ride the wave into her year. She will continue a tradition of excellent leadership as she develops an environment for creative vision. I know she will demonstrate a deep commitment as she focuses on finding productive solutions to market our dreams and hopes for child nutrition.

Permit me to express again my deep appreciation for your support and encouragement. A special thanks to those of you who demonstrated warm hospitality as we attended meetings and workshops together. And a very special thanks to the support from EMA.

Change has happened and we have survived!



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# MEMBERSHIP NEWS

BY LASHAWN BRAY, CSNA MEMBERSHIP CHAIR

## *“I Quoted Campaign”*



**Anne Foster,**

*“I love my first year at Conference!  
The Future Leader class is wonderful!”*



**Snowline School District, Phelan, CA**

*“Loves meeting up with old friends & challenging ourselves to  
be more educated. Conference offers us so many possibilities!!!”*



**Jackson Elementary School** *“loves missing school to learn about Nutrition!!!”*



**Brenda Ajiringheye from Victor Elementary**

*“The tour of Palm Springs was awesome!! My Mom, Arlene Sims, and I  
really enjoyed it... even got to see Elvis Presley’s house. Great time!”*

## ***STEPS Challenge Update!!***

***Yaaay!! California Took 1st Place in SNA STEPS Challenge for January!!!***



Reported From SNA: *“Overall Ohio is still ahead, but for January you guys had more people than both MN and OH.” Great job everyone, keep up the good work & keep submitting your challenge sheets to both CSNA & SNA for credit. If we keep winning, someone might get a free ANC Registration. February we were only short by 4 people, Ohio won again, but keep it up, we can do it!!!*

PS. Don't forget to sign up for the **STEPS Challenge**, participate monthly with CSNA and SNA online, learn healthy habits and be entered to win prizes!! 🍌

Be a part of a winning team & let's make California (CSNA) #1 in the exercise challenges.

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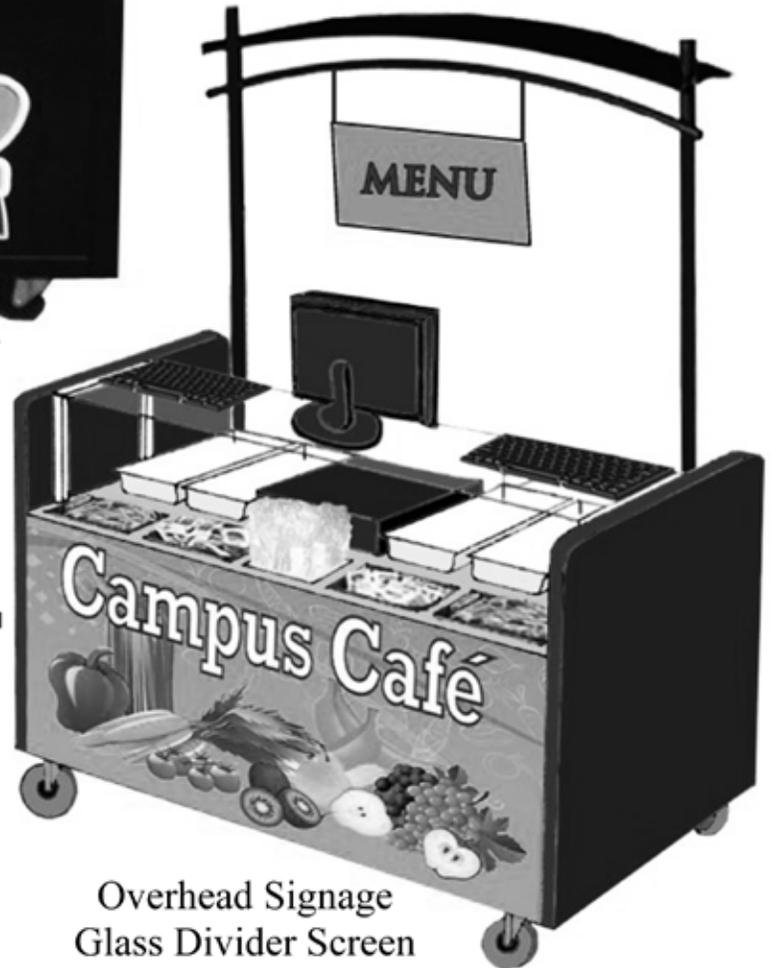
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## MEMBERSHIP NEWS (CONTINUED FROM PAGE 6)

**Membership = Winner...."Investing in You"** 🧐

### *Membership Rewards Update*

Local Chapters are encouraged by CSNA to participate in our Membership Incentives Challenge. They can earn up to \$500.00 throughout the year by completing certain challenges. Chapter Presidents please submit your reports to your Regional Coordinators monthly and reap the rewards.

First Quarter winners are shown below. Congrats to 6 of our chapters. Good Work!!



Chapter 11, Chapter 44, Chapter 14, Chapter 54, Chapter 15 & Chapter 32

### *Membership is up !!!*

California is in 2nd place with growth in Membership in the 1001+ member chapter division.

Congrats!!

Keep up the good work! We need to catch Alabama.



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ASSOCIATION**

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**steps**  
challenge  
personal wellness program from SNA

## Sign up for the STEPS Challenge today!

- ▶ Browse healthy and simple recipes
- ▶ Get motivated with fitness tips and workout ideas
- ▶ Participate in monthly challenges for a chance to win prizes

Get started at  
[www.schoolnutrition.org/steps](http://www.schoolnutrition.org/steps)

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GET YOUR GOALS TRACK YOUR PROGRESS EMBRACE NEW HABITS PROMOTE HEALTHY EATING SHARE YOUR SUCCESS

## stepschallenge

personal wellness program from SNA

### What is it?

- ▶ A personal wellness program, created just for school nutrition professionals! Get healthier, happier, and more active with this free program from SNA. Any member can participate, regardless of your resources or fitness level.

### Why sign up?

- ▶ Gain access to fitness tips and workout ideas, 25+ healthy recipes, a 15+ page toolkit, and more.
- ▶ Participate in monthly health challenges for a chance to win prizes.
- ▶ Embrace small habits that can add up to make a big difference in your health!

### Monthly challenges

Switching to a healthier lifestyle can be daunting. To help you take small steps towards better health, each month, you'll begin a new challenge. Whether it's eating more fruit, walking more, or switching to whole grains, each monthly challenge is different. Participating is easy:

- ▶ Download and print your monthly tracking sheet
- ▶ All month long, record points on the sheet when you make healthy choices
- ▶ At the end of the month, add up your points. If you earned 50+ points, you're eligible to win a prize – it's that simple.

### Prizes

- ▶ Cookbooks, workout DVDs, gift certificates, spa trips – Five STEPS challenge participants win exciting healthy prizes every month, just for participating in challenges. The Grand prize for 2013-2014 is an all-expenses paid trip for two to attend ANC 2014 in Boston!

### Get started

- ▶ Why wait? Start living healthier and feeling energized today! Sign up and learn more:

[www.schoolnutrition.org/steps](http://www.schoolnutrition.org/steps)

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## EDITOR'S MESSAGE

BY SALLY SPERO, SNS, POPPY SEEDS EDITOR

**B**BBRRRRRAAAAAAAA!!!!!!  
BBBRRRRRAAAAAAAA!!!!!!  
BBBRRRRRAAAAAAAA!!!!!!

A long and clearly angry driver pulled up alongside my car and started honking at me. Just to be sure I got the message, the passenger leaned out and gave me the Middle Finger Salute. The car pulled in front of me (barely missing me I might add) and driver repeated the gesture along with one final honk as he sped off.

“What a jerk!” flashed through my mind along with “Learn to drive already” and “There is never a cop around when you need one.”

As I got ready to change lanes a couple of minutes later I quickly had some clarity on the situation. THIS time I realized that the new sunglasses I was wearing for the first time that day were partially blocking my view to the right. I had cut the other car off, almost causing an accident. *I* was the jerk who needed to learn how to drive. And considering the cost of California traffic tickets, *I* was the one who was really fortunate no police officer had been around.

I also considered what I thought the other driver should have done. While I don't recommend using rude hand gestures even under trying circumstances I can't blame them for being mad at me. Should the passenger have made up a sign politely asking me to pull over for a little chat? Should the driver have followed me and come up smiling to say “You know, there's something I'd like to discuss with you that you might find helpful....?” Nah, I kind of got what I deserved. In a way, he did me a favor before I ran in to another car.

Sometimes in life our mistakes just come at us that way. The response is fast and it is furious. But if we realize what the problem is and correct it, we can avoid doing the same thing again. We can take steps to avoid an even bigger mistake (or traffic accident) in the future.

On the other hand, let me tell you about that jerk who doesn't realize the car has turn signals.....

Sally Spero, SNS  
Poppy Seeds Editor

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(858) 627-7306 ~ Editor@CalSNA.org

# GET FREE STUFF NOW!

BY SALLY SPERO, SNS, POPPY SEEDS EDITOR



**I**f you are like me, I now have your complete attention. For the coupon clippers, internet deal searchers and receipt hoarders among us, the School Nutrition Association has come up with a great new resource.

By going to [www.schoolnutrition.org/industryrewards](http://www.schoolnutrition.org/industryrewards) you will find a new guide to Industry Rewards Programs. SNA has teamed up with several industry partners to allow us to use reward points (or dollars) earned through these program towards SNA membership, certifications, conference registrations as well as purchases in the SNA bookstore and Emporium. There is a separate section for each partner with easy-to-follow instructions on what is available and how to redeem your awards.

Check it out and start saving!

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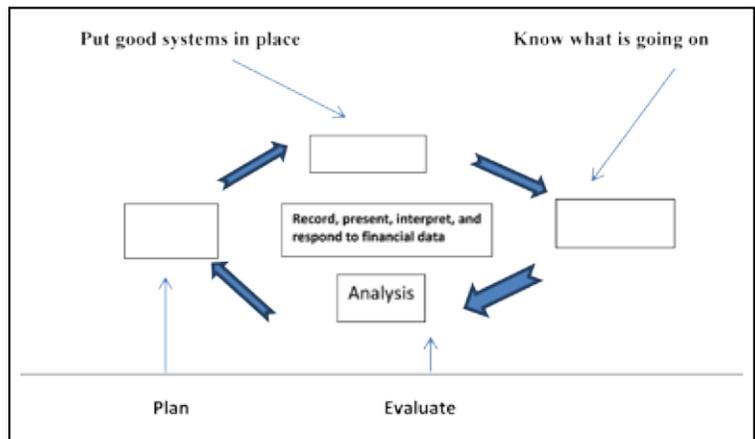
# A LOOK *at the* BUDGET

## WHAT IS A BUDGET?

BY MARY FELL, CSNA TREASURER

As Board members we are constantly reminded that we must be good stewards, ensuring the resources of our organization are well protected and used efficiently to accomplish missions for which our organization exists. We are also charged with making certain our management practices ensure the long-term sustainability of the organization. Board members specifically carry this fiduciary responsibility for the organization. To accomplish all this requires the organization to set up a well-integrated financial management cycle featuring:

- Accurate and dependable accounting
- Effective internal controls procedures
- Transparent reporting
- Informed analysis
- Responsible planning
- Appropriate responses to its financial data



The Executive Finance Committee (EFC) along with other committee members continuously monitors trends of expenditures and revenues in preparation of the annual budget. In 2012-13 the proposed budget estimated income was \$872,675 versus the actual \$958,599. This was due mostly to increased vendor and member attendance at Annual Conference. The estimated expenses were \$867,700 versus the actual \$870,298. Even though there was an increase in revenues, the EFC continued to monitor expenses, thus netting a higher income than projected. On an annual basis the financial reports are submitted to the House of Delegates. The financial reports assist the EFC in making good management decisions and plan for the future of the organization.

	2012-13 Actual	2012-13 Estimate
Income	\$958,599	\$872,675
Expenses	\$870,298	\$867,700
Net Income	\$88,300	\$4975

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# SNA UPDATE

BY LYNNELLE GRUMBLES, RD, SNS, SNA WEST REGIONAL DIRECTOR

**I**'m honored to be your West Regional Director for SNA!

I'm your direct link to the SNA Board of Directors for the next two years. The West Region is comprised of six states: Arizona, California, Hawaii, Nevada, New Mexico, and Utah. I'm proud to be representing each of you and the wonderful programs you operate. Here's what's happening this spring at SNA:

## **USDA FNS Permanently Eliminates the Grain and Protein Maximums**

USDA's Food and Nutrition Service has made the elimination of weekly maximums on grains and meat/meat alternates permanent. Along with making the flexibility of daily and weekly ranges for grain and meat/meat alternates permanent (as long as documentation is compliant with the daily and weekly minimums), the rule also covers administrative review, the streamlining of the certification process, and the allowance of processing frozen fruit with sugar, within the National School Lunch Program.

## **Professional Standards for SN Staff with USDA**

The Healthy, Hunger-Free Kids Act of 2010 outlines the requirements for establishing professional standards for school food service directors, managers, all other school nutrition staff and state agency nutrition directors. Expected release is coming this spring!

## **Make 2014 Your Best Year Yet with STEPS!**

A new year is a great time to embrace healthier habits. If you're not participating in the STEPS Challenge, SNA's personal wellness program for members, be sure to register at [www.schoolnutrition.org/STEPS](http://www.schoolnutrition.org/STEPS). You can participate in monthly health challenges for a chance to win great prizes, browse healthy recipes, get inspired with fitness tips, find wellness advice, and much more. More than 5,000 SNA members have signed up – get started today to make 2014 your healthiest year yet!

## **Enter to Win a Free ANC 2014 Registration\***

This summer, we'll be making history at the school nutrition event of the year: ANC Boston. In the meantime, SNA wants to know how you've made history in your District. How have you made a difference? What accomplishments are you proud of? Tell us at [www.schoolnutrition.org/ancsweeps](http://www.schoolnutrition.org/ancsweeps) and you'll automatically be entered to win a free ANC registration. *\*Void where prohibited or restricted by law.*

## **2014 State Legislative Preview**

Forty states are set to begin their 2014 State Legislative Sessions this month. Pulling from previous trends, pre-filed bills, and state reports, SNA created a 2014 State Legislative Preview which can be found on the SNA website. North Dakota, Nevada, and Texas do not have regular sessions in 2014. For updates, please subscribe to SNA's weekly *Tuesday Morning* newsletter at [www.schoolnutrition.org/tuesdaymorning](http://www.schoolnutrition.org/tuesdaymorning).

*Continued on Page 16*

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Quality & Innovation

## SNA UPDATE

CONTINUED FROM PAGE 14

### **SNA Provides Feedback to USDA FNS on Community Eligibility**

Community Eligibility is a proposal to amend the eligibility regulations for free and reduced price meals which will allow schools to offer free school meals to all children in high poverty schools without collecting household applications. More information is available on the SNA website.

### **Celebrate SNF's 50th Anniversary by Giving a Tax-Deductible Gift**

For 50 years, the School Nutrition Foundation (SNF) has been working to provide the resources you need to advance your career and your school nutrition program. Specifically, the SNF has:

- Provided more than \$2 million in scholarships to school nutrition members to support advancing the profession of school nutrition;
- Provided school nutrition professionals with affordable and important professional development opportunities over the years to enhance their school nutrition knowledge; and
- As a national partner in the Walmart Foundation funded the Breakfast in the Classroom Project which provided more than \$8 million to support a Breakfast in the Classroom after the bell program. As a result of this important work, 37,821 additional children are eating breakfast at school.

As part of our 50th Anniversary Annual Fund Campaign, we are challenging SNA members and affiliates to contribute a total of \$50,000 this year. With only \$7,990 received to date, we have a long way to go to reach our goal. Please consider a tax deductible gift of \$50. Please go to <http://www.schoolnutrition.org/Foundation.aspx?id=252> to make your gift today.

### **New Report Released on School Kitchen Equipment and Infrastructure**

The Kids' Safe and Healthful Foods Project released a report demonstrating that schools are working to serve healthy and appealing meals, but many could do so more efficiently and effectively if they had upgraded equipment and infrastructure. The report outlines Districts' infrastructure and equipment challenges and provides recommendations to help find ways to meet schools' needs. Below are the key findings:

- The vast majority of school food authorities needed one or more pieces of equipment to help them meet the current lunch standards. Of those that reported having inadequate equipment, more than 85% are "making do" with a less-efficient process or workaround.
- Only 42% of school food authorities reported having a budget to purchase capital equipment, and less than half expected the budget to be adequate to meet their equipment needs.
- More than half of all school food authorities need kitchen infrastructure changes at one or more schools to meet lunch requirements.

View the full report at

[http://www.healthyschoolfoodsnow.org/wp-content/uploads/2013/12/KITS\\_Equipment\\_Report.pdf](http://www.healthyschoolfoodsnow.org/wp-content/uploads/2013/12/KITS_Equipment_Report.pdf)

*Continued on Page 17*

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## SNA UPDATE

CONTINUED FROM PAGE 16

### Update on Child Nutrition Reauthorization

The first meeting of the Child Nutrition Forum was held in December 2013 and served as a kick-off for the 2015 Child Nutrition Reauthorization efforts. SNA and the Food Research and Action Center are co-chairs of this forum. More than 75 individuals participated in this meeting. Please stay tuned for further updates on the Child Nutrition Reauthorization process.

As always, go the SNA website at [www.schoolnutrition.org](http://www.schoolnutrition.org) for the latest and greatest information on child nutrition programs.

SNA - ANC  
JULY 13-16, 2014  
[WWW.SCHOOLNUTRITION.ORG](http://WWW.SCHOOLNUTRITION.ORG)

MAKING HISTORY IN **BOSTON**

# CONGRESSMAN GEORGE MILLER ACKNOWLEDGES WEST CONTRA COSTA USD FOR A JOB WELL DONE ON SUPPERS

BY KATHY LEWIS, VICE-PRESIDENT CENTER FOR COLLABORATIVE SOLUTIONS  
& DEANNA NEIBUHR, SENIOR DIRECTOR COMMUNITY SCHOOLS INITIATIVE,  
CENTER FOR COLLABORATIVE SOLUTIONS



**I**n 2010, the After School Meal Program came to California. The Healthy, Hunger-Free Kids Act of 2010 transformed the meal program from a 13-state pilot into a benefit for needy students nationwide. On November 8, 2013, Congressman George Miller visited Helms Middle School in West Contra Costa Unified School District (WCCUSD) in San Pablo, California to see the meal program in action and to acknowledge the District for its progressive work.

WCCUSD is currently serving meals at all 28 of its eligible publicly-funded after school sites as well as fourteen other sites including, tutoring sites and after-school programs at low-income housing developments.

Given its significant public investment in after-school programs, California is uniquely positioned to maximize this federal resource and bring the meal program to its communities. There are approximately 4,500 publically funded after school sites serving an estimated million students in communities across the state. These programs are required to serve students until 6:00 p.m, and the students get hungry. The snack program just doesn't provide enough food for active, growing kids. In communities where the meal is now being served, after school staff report not just satisfaction, but relief (to put it frankly).

*Continued on Page 19*

## CONGRESSMAN MILLER ACKNOWLEDGES WEST CONTRA COSTA USD (CONTINUED)

While California's school districts have been steadily adopting the meal program, we could still be doing much more to get this critical benefit to our students. Unfortunately, the meal program was preceded by some unfounded myths about whether the program would really work. Our colleagues in West Contra Costa, Oakland and other school districts would encourage us to think positively, take the plunge and make the meal program happen.

One concern has been whether the meal program provides sufficient funding, especially for labor costs. The answer is yes! Oakland Unified School District (OUSD) was able to implement the meal program, providing hot meals and, at the same time, converting several of its part-time food service positions to full-time. OUSD is currently serving meals at 19 after-school sites with a plan to add eight more sites this year. To implement the meal program as quickly as possible, while pushing the envelope on what their current kitchens could handle, OUSD is offering hot meals prepared and served by food service staff at some sites, while also using a vendor and serving cold meals at others.

Another concern has been whether after-school staff can reliably serve the meals and take the meal counts. Again, the answer is yes! All the meals at WCCUSD are served and counted by after school staff. WCCUSD opted to start its program with cold meals, served in a brown-bag. This allowed the district to get up to full scale fairly quickly. Nutrition Services and after-school staff worked together, to make sure after-school staff knew how to accurately take the meal counts, as well as to refine the menus to ensure student satisfaction. And it has been a great success. Now WCCUSD is looking at hot meal options.

*For more information and tools on how to get started serving after school meals, visit the California After School Network's webpage on after school meals at <http://www.afterschool-network.org/after-school-meal-program>*

*For more detailed case studies from communities implementing after school meals and the best practices they are employing take a look at this summary: [http://www.afterschoolnetwork.org/sites/main/files/file-attachments/after\\_school\\_meal\\_study\\_0.pdf](http://www.afterschoolnetwork.org/sites/main/files/file-attachments/after_school_meal_study_0.pdf)*

*If you want help connecting to another district nutrition services director to get advice, please don't hesitate to contact Deanna Niebuhr at [deanna@partnerforchildren.org](mailto:deanna@partnerforchildren.org).*

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# FLAVORED MILK: WHY THE CONTROVERSY?

BY LEEZA LINDSAY, RD, ASST. DIR., NUTRITION SERVICES DEPT., TORRANCE USD



**A**s child nutrition professionals, we can think of milk (flavored and unflavored) in many different ways: as a food “component”, as an alternative to juice, as a good source of calcium and a way for our students to build strong bones. All of these sound good, right? So why is there controversy surrounding schools serving flavored milk?

I assume we all agree that we want to feed our students the most nutritious meals possible and that we want to prepare them to make healthy choices in the future. Milk is an excellent drink choice for us to serve our students. Milk contains 9 essential vitamins and minerals that are imperative for growing children. While flavored milk does contain added sugar, the government has imposed regulations that only allow us to serve fat-free versions of flavored milks in our schools. Studies have shown that children consume more milk (and get more nutrients to help them grow!) when they are given a variety of milk to choose from. The MilkPEP study found that total milk consumption dropped an average of 35% when flavored milk was removed as a choice during school meals.

Every school district is different and may not get the same results if they remove flavored milk from their

coolers. You might see your students throw unflavored milk in the trash and risk losing these nutrients. Would you rather offer non-fat flavored milk and ensure that your students get the valuable nutrients? Remember, it’s not nutrition until the students drink it.

## **PROS of flavored milk in schools:**

- Contains the same 9 essential nutrients found in unflavored milk: calcium, potassium phosphorus, protein, riboflavin, niacin, and vitamins A, B12 and D
- About half of the sugar content is naturally-occurring sugar (lactose)
- A great alternative to other sugary drinks that students may choose, such as sodas and juice drinks
- Studies show that children who drink flavored milk versus no milk consumption at all have better nutrient intakes and similar body weights as non-milk drinkers

## **CONS of flavored milk in schools:**

- Contains added sugar
- May take away from consumption of other nutrient dense foods or drinks
- Amount of added sugar can add up over the course of the week

*Continued on Page 21*

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## FLAVORED MILK (CONTINUED)

<b><u>Unflavored, Low-fat Milk</u></b>	
<b>NUTRITION FACTS</b>	
Vitamin A & D Extra Light Milk 1% Milkfat	
Serving Size 1 Cup (240 ml) Servings Per Container 1	
<b>Amount Per Servings</b>	
Calories 120	Calories from Fat 20
<b>% Daily Value*</b>	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	0%
Protein 10g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 25%	

<b><u>Flavored, Fat-free Milk</u></b>	
<b>NUTRITION FACTS</b>	
Nonfat Chocolate Milk	
Serving Size 1 Cup (236 ml) Servings Per Container 1	
<b>Amount Per Servings</b>	
Calories 120	Calories from Fat 0
<b>% Daily Value*</b>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 8g	
Vitamin A 10%	Vitamin C 3%
Calcium 30%	Iron 0%
Vitamin D 25%	

As you can see, the nutrition content of the low-fat unflavored milk and the non-fat chocolate milk are very similar. I imagine the controversy of whether flavored milk is “good” or “bad” will persist. Whether you are opposed to flavored milk or in favor of it, take a look at the facts and make the best choice for your student population. Nobody knows their food preferences better than you and your staff!

# MEATLESS MONDAY

BY MIGUEL VILLARREAL  
DIRECTOR OF FOOD & NUTRITION SERVICES  
NOVATO UNIFIED SCHOOL DISTRICT

**“F**ood will win the war.” Those were the claims of the U.S. Food Administration during World War I. Americans were encouraged to do their patriotic part by participating in Meatless Monday, a government campaign led by Herbert Hoover, to persuade Americans to voluntarily restrict meat. Meatless Monday was brought back during World War II by Presidents Roosevelt and Truman to help feed war-ravaged Europe.

In 2003 the Johns Hopkins Bloomberg School of Public Health and the Monday Campaigns relaunched Meatless Monday as a public health awareness campaign to address the prevalence of chronic preventable illnesses associated with excessive meat consumption.

With about a third of Americans either overweight or obese, it's clear that we need to take swift action. That's one reason why we kicked off Meatless Monday at Novato Unified School District in 2011.

Following the largest beef recall in history in 2008, Novato Unified School District eliminated all red meat products from the school's menus. But we didn't want to stop there. We learned that over the course of the last century Americans' meat consumption has increased dramatically — and along with it, our waistlines, blood pressure, and cholesterol. Meat is high in saturated fat, which has been associated with obesity and preventable chronic diseases like diabetes, heart disease, some cancers, and stroke. Sadly, even our children are at risk, with kids as

young as five showing signs of plaque build-up in their arteries.

Prestigious health organizations from Kaiser Permanente to the Johns Hopkins School of Public Health have suggested we can help prevent disease by eating more plants and less animal protein. Earlier this year the prestigious American Institute for Cancer Research wrote, “when it comes to American health, the research shows one thing very clearly: We all need to eat more plants and less meat.”

Participating in Meatless Monday has been an easy and fun way for us to help our students choose delicious and healthy options and also to educate them on nutrition. Just a few of the options we've menued include: veggie burgers with deli roasted potatoes, bean burritos, enchiladas with salsa, and a Three Sisters bean salad. On top of Meatless Monday, we also offer a meat-free option for our guests at every lunch for the rest of the week because our hope is that after kicking off the week with a healthy start, our students will enjoy eating meat-free options throughout the week.

Preparing meat-free dishes on Mondays is only one component of the program for us. We collaborate with a local organization, Marin Organic, to promote a farm-to-school program. The program brings local fresh produce into the schools. We've introduced a gleaning program which allows families to visit local organic farms and harvest produce that is then donated to schools, food bank or community kitchens.

*Continued on Page 23*



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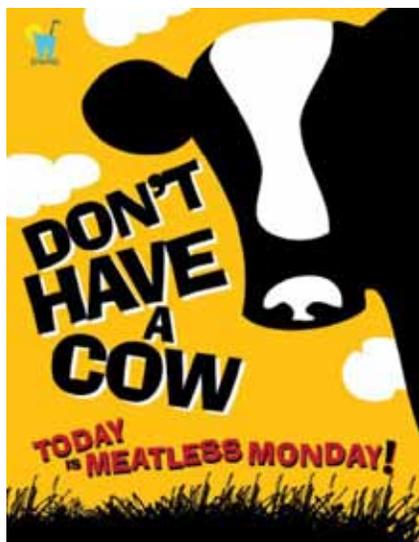
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## MEATLESS MONDAYS (CONTINUED)

And we talk to students about why we're participating in these programs. We go into classrooms with the help of resources from people like Kristie Middleton, who is the food policy manager for the Humane Society of the United States, to explain to students that leading environmental organizations like Environmental Defense Fund support Meatless



Monday since reducing meat consumption is one of the best ways we can lighten our carbon footprint and conserve natural resources. They're shocked to learn that, according to the Sierra Club, if Americans reduced our meat

consumption even just by 20 percent, the outcome for the environment would be as if we all switched from a sedan to a hybrid. And they're inspired to eat healthier when they learn that powerful and influential people like Bill Clinton, Houston Texan Arian Foster and many other celebrities and athletes are fueled by a mostly plant-based diet.

Those of us in Child Nutrition are in a powerful position to set kids on the path for how they're going to eat for the rest of their lives. We owe it to them to guide them in the healthiest direction possible. We hope even more California schools will join other Unified School Districts such as Novato, Los Angeles, San Diego, Santa Ana and many more by making Meatless Monday the platform to shepherd in a healthier generation of students.

*Miguel Villarreal is the Novato Unified School District's director of food and nutritional services and student wellness coordinator.*

Caring for Disadvantaged Children

## SUCCESSFUL YEAR FOR CHAPTER 36

BY HEATHER GALLEGOS-ROSADO, ASSISTANT SITE SUPERVISOR, TUSD NORTH HIGH SCHOOL & CSNA CHAPTER 36 COMMUNICATIONS CHAIR

*Our teammates: Roberta Shreeves, Kaye Lear, Deborah Oviedo (Historian), Heather Gallegos-Rosado (Communications), Angela Tres (Treasurer), Lucrecia Schmidtke (President Elect) and Gail Gramling (President) - (11-21-13)*

**C**alifornia School Nutrition Association Chapter 36 completed the year of 2013 as a partner in three amazing community-based events with Community's Child, a non-profit organization that works with the local community to protect, empower and equip homeless and disadvantaged women and children.

On August 5, CSNA-Chapter 36 was asked to volunteer for Community's Child's 7th Annual Back to School Program. This event provided 333 children with health care screenings, dental services, haircuts, physical exercises, new shoes, backpacks, school supplies, new books, face painting, art classes, a magic show and dinner! Our team handed out brand new backpacks donated by Toyota which were filled with new school supplies. All of the children were so excited to receive their new school supplies and start their new school year prepared!

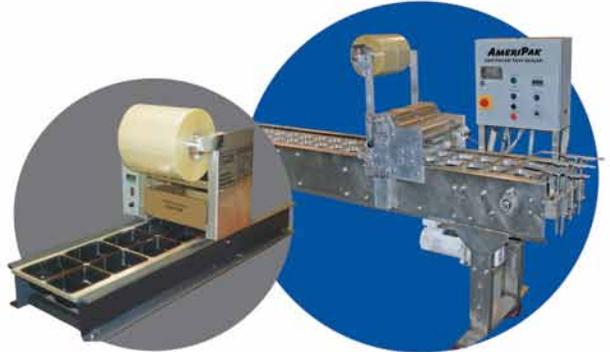
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*Ready to start off the new school year!!  
- (8-5-13)*

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## SUCCESSFUL YEAR FOR CHAPTER 36 (CONTINUED)

On November 21, Community's Child was able to bless 250 disadvantaged families, which included more than 600 children, with turkeys and all groceries needed to fix a great Thanksgiving dinner. CSNA Chapter 36 was responsible for collecting all of the mashed potato products to cover all of the families. With our 33 schools in 2 different districts, this wasn't a problem! The families also received jackets, hats, scarves, blankets, shoes and lots of love from all the volunteers.

On December 17, Community's Child made 250 families' Christmas wishes come true! CSNA Chapter 36 was honored to be a part of this amazing community outreach! As a team, we adopted a single mother of three and provided all that was on her children's wish list. On the day of the event, our team also volunteered and assisted all the kids with making personal Christmas cards for their families. We thank Community's Child for the privilege of being a part of these three community events.

CSNA Chapter 36 is dedicated to serving our surrounding communities and continues to strive to bring positive school lunch nutrition awareness to our community.



*Gail Gramling (President) helping children decorate personalized Christmas cards for their families. - (12-17-13)*

# CSNA CHAPTER 36 JOINED HARBOR REGIONAL CENTER'S 2ND ANNUAL HEALTH AND FITNESS FAIR

BY HEATHER GALLEGOS-ROSADO, ASSISTANT SITE SUPERVISOR OF TUSD NORTH  
HIGH SCHOOL & CSNA CHAPTER 36 COMMUNICATIONS CHAIR

California School Nutrition Association-Chapter 36 was honored to be a part of the Harbor Regional Center's Second Annual Health and Fitness Fair on October 12, 2013. The Harbor Regional Center serves over 10,000 people with developmental disabilities and their families, who reside in the South Bay, Harbor, Long Beach, and southeast areas of Los Angeles County. It is a private, non-profit organization contracted with the State of California which provides quality services, support, information and choices for people with developmental disabilities and their families to promote their participation as valued neighbors in our communities. This event was designed for clients 18 years of age and older, their families, and their service providers. The goal of the Fair was to promote and educate the clients about importance of eating healthy food and exercising on a regular basis. The Fair hosted an array of activities including healthy cooking classes, exercise demonstrations, individual screenings by health professionals, booths handing out valuable resource information and 24 workshops to choose from!



*Gail Gramling (President) handing out valuable resources*

CSNA Chapter 36 was asked to be a part of this event because of our team's recent involvement in our community. For the past year, CSNA Chapter 36 has made it our goal to educate, inspire and empower individuals on the importance of healthy eating habits! Our



*Heather Gallegos-Rosado (Communications Chair), Angela Tres (Treasurer) & Lucrecia Schmidtke (President Elect)*

team decorated our booth with a colorful fall theme; baskets full of fresh fruit; colorful, easy to read print-outs on how to make healthy food choices every day; and fun food-fact cards for all.

Since good nutrition is universal, we were excited to be a presenter at one of the nutrition workshops. Focusing on the "Build a Healthy Plate" diagram, we engaged our audience in an interactive setting using fun visual aids and fruit treats as inspiration to participate. Our audience astounded us by their understanding of good nutritional habits! In our 30-minute presentation, we encouraged and inspired our audience to "think outside the fast-food box" by giving them the information they needed to make healthy daily food choices.

The Harbor Regional Center's Second Annual Health and Fitness Fair was a success because it advocated a healthy lifestyle based on healthy food choices and a regular daily exercise routine. CSNA Chapter 36 was allowed yet again to show our community that school nutrition has a new powerful standing ground. Through proper education, one can reach all their goals of living a life of optimal health and longevity. Thank you, Harbor Regional Center, for the opportunity to work with you and your clients by educating them on the importance of eating a healthy balanced diet.

# BUSY YEAR FOR CHAPTER 44

BY CYNDI EASTWOOD, CHAPTER 44 HISTORIAN & PUBLIC RELATIONS

**SBCSNA Chapter #44** has had an active year. Our first Chapter meeting of the school year was held at the local High Desert Farmers Market in Hesperia. Three representatives from the Farmer Market gave us a wealth of information and history about the vendors and produce available in the market. While our 74 members, friends and family enjoyed their picnic dinner they were given a cooking demo and samples. Also, the members were able to take many healthy cooking tips and recipes home with them.

The Chapter meeting in October was hosted by Serrano High School in Phelan. We were privileged to have Harold Sullins, Food Service Director of Fontana Unified and Chapter 1 PP&L Char, as our first speaker. He presented a PowerPoint on legislation and how a bill is introduced. He also updated us on the new regulations we will be facing with our breakfast programs next year, the lower sodium target, and that each student must be offered 1 cup fruit or vegetable per day. Our second speaker was Kat from Damsel in Defense. She shared the importance of being aware of our surroundings and the use of pepper spray and stun guns as a means of protection. During dinner, the local Victor Valley Pop Warner Football Cheerleaders performed for our members and guests. Several of our members participated in a Halloween pumpkin-carving and costume contest.

The December Chapter meeting was our yearly Toy Drive held at Victorville High School. Our members bring an unwrapped gift in lieu of our meeting cost. It was such an amazing success and we were honored to donate an array of toys to benefit the children in our area. Our evening speaker was Risk Management Specialist Robert Romero from SCSRM Southern California Schools Risk Management. His topic was HAACP and he focused on safety and sanitation in our workplace. We finished out our evening with some fun games of Bingo.

As our school year unfolds, we have a few more meetings with much to learn and do. We are looking forward to the February meeting at Oak Hills High School in Hesperia. The members will participate in a pizza-making contest and we will have a CPR Instructor who will be our guest speaker. In April we will have our fun-filled Bingo fundraiser with many vendor samplings.

## CHAPTER 44 HONORS

**SBCSNA Chapter #44** was highlighted at this year's Annual Conference in Palm Springs for our members' participation and involvement throughout the previous year. We are excited and honored to have received many scholarships, certificates and awards.

Conference Scholarships went to Linda Avendano and Georgina Fernandez; Teresa Hyatt Radke received the JP Morris Scholarship; and La Shawn Bray received the Audrey Melikian Scholarship. The CSNA Recognition Award for Legislation went to Eloisa Parra, our Chapter President-Elect. Finally, our Chapter President Toni Chaffee was presented with the "Golden Pillar" Award.



## BREAKFAST IN THE CLASSROOM: EMCSD MAKES BREAKFAST A PRIORITY

BY ARLENE BURY AND DR. ROBERT LEWIS

**E**l Monte City Schools recently set aside a day to celebrate their breakfast program. Sixth grader Violeta Gutierrez started off the Breakfast in the Classroom celebration with a beautiful acapella version of the Star-Spangled Banner. She and fifth-grader Manaya Alonzo served as the ceremony hostesses for the impressive event at Wilkerson School.



*Making Breakfast a Priority* was the theme and reason for El Monte City School District to celebrate. Local dignitaries included El Monte Mayor Andre Quintero, City Councilmember Victoria Martinez, Superintendent Maribel Garcia, former Superintendent Jeff Seymour, EMCSD Board members Bob Cruz, Cathi Eredia, and Jessica Ancona. California state dignitaries included Sandip Kaur, Director of Nutrition Services Division, California Department of Education and Peter Wright, Policy and Programs Officer, California School Boards Association. Olivia Lee, Field Representative for Assembly member Ed Chau was also in attendance.

Nikki Edwards, event organizer from California Food Policy Advocates, greeted everyone and thanked Principal Juan Munoz for graciously welcoming everyone to his school. Visitors were then escorted by students into classrooms to get a first-hand look at Breakfast in the Classroom.

*Continued on Page 29*

Upon entering the classrooms, it was evident that students were quite comfortable with the process of passing out food and drink. They ate at their desks chatting quietly while enjoying one of their favorite breakfast selections which included a whole grain conchita (Mexican bread), a bag of red grapes and a carton of 1% milk. Some classrooms offered activities for students to engage in while eating their breakfast. One kindergarten class offered the breakfast as part of a learning center activity.

Teacher Minerva Garcia is grateful for the Breakfast in the Classroom (BIC) program. She recalled having to keep almonds and dried fruit in her desk for those students who were hungry hours before lunch. She likes BIC because she says it builds community - students talk among themselves in a family eating situation that many students wouldn't otherwise get to experience. She claims that her students stay more engaged during the day because they are not experiencing distracting hunger pangs.

Timoteo Tuj and his wife Margarita, Wilkerson parents, like the BIC program because they see their children eating more fruits and vegetables because of it. Yesenia Rios, another parent, sees a big change. She said, "More kids are eating breakfast now. Some of the kids couldn't eat breakfast before because of their parent work schedules."

BIC event hostesses, Violeta and Manaya, said they especially enjoy eating breakfast with their friends each morning.

The festivities continued after the classroom visits with the California Action for Healthy Kids' *Breakfast Hero Award* presented by Mayor Quintero to EMCS Food Service Director Dr. Robert Lewis and *Breakfast Champion Awards* to Project Coordinator Lorena Quesada and Operation Coordinator Nellie Garcia.



Speakers included Mayor Quintero, Superintendent Garcia, Principal Juan Munoz, Dr. Robert Lewis, teacher and parent Minerva Garcia and students Violeta and Manaya. Each one gave a different perspective on the importance of BIC.

Sandip Kaur, Director of California Department of Education Nutrition Services, asked this rhetorical question to the large audience, "What does success look like?" She answered her own question with "This is what success looks like." She referred to the Breakfast in the Classroom program and all of the outstanding nutrition programs at El Monte City School District.

Success comes with amazing accomplishments brought on by collaboration between a city, a mayor, a school district, a school board, a food service staff, principals, parents, teachers and students. Wow! How could that result in anything *but* success?



*Above: Principal Juan Munoz address the crowd.  
Below, Dr. Robert Lewis and Sandip Kaur, Dir. of CA Dept. of Education - Nutrition Services*



# USE POPULAR CHARACTERS TO NUDGE HEALTHY FOOD CHOICES!



Photo by Robyn Wishna

**K**ids look up to and often imitate popular characters like Batman, and Elmo. You can channel this admiration by creating an association between healthy foods and favorite, familiar faces!

The Cornell Food & Brand Lab found that when Elmo stickers were placed on apples, kids between the ages of 8 and 11 were nearly twice as likely to select them!

In another study they found that when asked questions such as “what would Batman eat?” 6-12 year olds generally associated healthy foods with heroic characters. Additionally, after being asked these questions, 45% of kids selected apples over fries in the lunchroom. Whereas on a day where no associations were made between healthfulness and heroes, only 9% selected apples over fries!

Here is how to apply these findings to nudge healthy food choices in school and at home:

- Familiarize yourself with popular characters and icons and ask kids what they would eat.
- Make a poster to hang on the refrigerator, in the classroom, or in the school lunchroom that poses the question: “what would (favorite character) eat?”
- Place stickers of age appropriate heroes and favorite characters on healthy snack foods whether in the fridge or the fruit bowl. Making the healthy snacks more appealing will make kids more likely to select them!
- For more low-cost no-cost healthy lunchroom solutions visit [www.extension.org/healthy\\_food\\_choices\\_in\\_schools](http://www.extension.org/healthy_food_choices_in_schools)

*Tips from [Healthy Food Choices in Schools'](#)*

*“Favorite Familiar Faces: How to Use Branding and Priming to Promote Healthy Foods”*

*Kelsey Gatto, [Cornell Center for Behavioral Economics in Child Nutrition Programs](#)*





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\* 2013 SNA Back to School Trends Report  
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## SNS EXAM CHAMPIONS

BY LINDA SWEENEY, CSNA PROFESSIONAL DEVELOPMENT CHAIR

**T**he SNS exam was held in Palm Springs at our Annual Conference this year. Six candidates successfully passed the exam and we offer our congratulations. New school nutrition specialists are

- Rosa Estrella, SNS
- Cristine Holmer, SNS
- Cynthia Lehman, SNS
- Rory McCarthy, SNS
- Sara Mosburg, SNS
- Jamie Phillips, SNS

We would also like to congratulate **Dr. Robert Lewis, SNS** of El Monte USD for successfully passing the exam earlier this year.

Please consider taking the exam next year at conference. The exam will be held as a pre-conference offering on Thursday, November 13, 2014 in Sacramento.

We will be coordinating a conference call study group that will begin in August. SNA may have a new study guide available soon which will help aid in passing this exam.



# Results are In

NAC Students pick their favorites at CSNA Conference



4 SCHOOLS



## Top 5 Entrees

1. Orange Chicken – Ling's 5<sup>th</sup> Taste
2. Buffalo Hot Wing Chicken – Ling's 5<sup>th</sup> Taste
3. Chicken Breast Strips – Brakebush Brothers
4. Turkey Wrap – Carl Buddig Co.
5. Roast Beef – Carl Buddig Co.



## Top 5 Sides

1. Crispy Wedge Fries – McCain
2. Mighty Mango Juice – Pepsi Co.
3. Fruit Juice Sorbet Cup – J&J Snacks
4. Sweet Potato Crosstrax – McCain
5. Whole Grain Roll – Bridgford



Making the chicken that makes your menu.™

## Top 5 Snacks

1. Flamin' Hot Puffs – Pepsi Co.
2. Spicy Sweet Chili Doritos – Pepsi Co.
3. Cheez-it Crackers – Kellogg's
4. WG Superpretzel – J&J Snacks
5. Maple Breakfast Stick – S.A. Pizza & Assoc. LLC



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# NOVEMBER 2013 PRE-CONFERENCE SESSIONS

BY LINDA SWEENEY, CSNA PROFESSIONAL DEVELOPMENT CHAIR

## CALIFORNIA FOODS FOR CALIFORNIA KIDS™



**CENTER FOR  
ECOLITERACY**

**T**he Center for Ecoliteracy held an exceptional event in Palm Springs this year as a pre-conference offering. Those attending spent the morning learning about flavors and combinations to make meals more appealing through the use of the *Cooking with California Foods in K-12 Schools* cookbook. The weather was spectacular as attendees spent the lunch hour cooking outdoors in the warmth of November skies and then enjoyed the fruits of their labor as a delicious buffet followed.

The afternoon included a talk by USDA Undersecretary for Food and Nutrition, Janey Thorton and local farmer Bob Knight who provides local produce to schools in Southern California. The afternoon also showcased districts doing exceptional work in the areas of locally sourced food, flavor-packed meals, and scratch-cooking. Over 130 attended this day-long session.

## THE CALIFORNIA DEPARTMENT OF EDUCATION



California Department of  
**EDUCATION**

**C**afeteria Funds and the new Administrative Review Process were the featured topics at the State Update. There was a capacity crowd of over 200 attending this session to learn in-depth information about these two topics. The CDE was very generous with their time and personnel for this pre-conference session. This was a full day of presentations with ample time for both the presentation of material and questions and answers.

Both TCE and CDE have agreed to present at pre-conference sessions for our 2014 CSNA annual conference in Sacramento. Plan now on attending conference from Thursday through Sunday to take advantage of all the educational and informational sessions that are offered.

FRESHNESS  
HAS NEVER  
BEEN SO  
AFFORDABLE



IT'S COOL TO  
RECYCLE! EACH  
SALAD BOWL IS MADE  
FROM 2 RECYCLED  
WATER BOTTLES



Always Fresh, Taste the Difference

# VEGGIE FOODS

Problem  
Solved!  
10-DAY  
SHELF LIFE

Fresh salads are so NOW. The awesome thing is these salads taste great. They are packed with healthy nutrition everyone needs. What's more is they are made just for your students and will help you meet your veggie requirements.

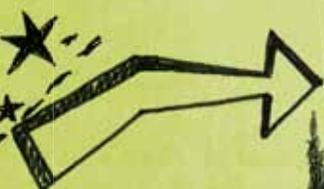
We have solutions for the  
**HEALTHY!**  
Hunger-Free Kids Act!

IT'S TIME TO BE COOL!

When in Rome

CHICKEN

CAESAR SALAD



## gotta TOSTADA SALAD

Fresh romaine lettuce, whole black beans, roasted corn and peppers, Monterey jack and cheddar cheese served with crunchy tortilla chips. Served with a tangy salsa ranch-style dressing. Tostada salad? You've just gotta.

Provides:  
2M/MA  
3/4 Cup Vegetable  
1 Whole Grain

This salad is fit for an Emperor.

This classic salad favorite features a bed of romaine lettuce topped with grilled chicken breast, croutons, parmesan cheese and diced tomatoes. Served with a signature Caesar dressing.

Provides:  
1M/MA  
1 Cup Vegetable



SINCE 1998, Five Star Gourmet has made a difference, not only by providing students with great-tasting, nutritious foods, but also by donating to local food banks. Five Star Gourmet has already delivered over one million free meals to residents in California.

## the freshly picked FARMER'S MARKET SALAD

The freshest salad around! Romaine lettuce, ranch dressing, kidney beans, diced egg, tomato, and cucumber make this American classic salad.

Provides:  
2M/MA  
3/4 Cup Vegetable  
1 Whole Grain



## Not your ordinary SIDE SALAD

## GARDEN FRESH SALAD

Our Garden Salad is a blend of romaine lettuce, crisp red cabbage and refreshing shredded carrot garnished with tomato, cucumber and croutons and served with ranch dressing.

Provides:  
1 Cup Vegetable

## LITTLE CAESAR SALAD

For many the classic Caesar salad is what they crave. Leafy green romaine lettuce is topped with parmesan cheese, accented with tomato and croutons and served with Caesar dressing.

Provides:  
1 Cup Vegetable

## I want my EdaMOMMY ASIAN SALAD

This salad brings together delicacies from across the Orient. A crispy blend of romaine lettuce and green cabbage is topped with Edamame beans, shredded carrots, and red pepper garnish. Crispy Won Tons and a sesame dressing made from an ancient Chinese secret recipe complete this masterpiece.

Provides:  
2M/MA  
3/4 Cup Vegetable  
1 Whole Grain



## it's all GREEK to me SALAD

Look out Caesar, there's a new salad in town. The PHILOSOPHY is if you mix fresh romaine lettuce, with balsamic vinaigrette dressing, tomatoes, garbanzo beans, feta cheese and olives, you'll have one smart salad.

Provides:  
1M/MA  
1 Cup Vegetable



CHECK IT OUT...  
Tomatoes and romaine lettuce are  
great sources of vitamin A.



# STILL REAPING THE BENEFITS OF ECOLITERACY

BY GAIL GRAMLING, SITE SUPERVISOR II, TORRANCE UNIFIED SCHOOL DISTRICT  
& PRESIDENT, SOUTH BAY CHAPTER 36

**O**ur team for Torrance Unified School District Nutrition Services, consisting of myself, Lucrecia Schmidtke and Vickie Laney, had an awesome opportunity to attend an event hosted by the Center for Ecoliteracy. The “Celebration of California Food and Cultures” at the CSNA conference in Palm Springs was an exciting, delicious day of cooking and learning.



Our day started off with a tasty Mexican-American-inspired breakfast with homemade corn tortillas and salsa. This was followed by a talk from the Alliance for California Traditional Arts on why culture matters in education. Our surroundings were adorned by an altar created by Ofelia Esparza, a renowned altarmaker, and displays of foods from different cultures.

The presentation of California Food for California Kids cooking strategies was an eye-opening look at ways to modify basic ingredients to create an array of dishes by simply changing the flavor profile. The 6-5-4 school lunch framework based on six dishes students know and love, five ethnic flavor profiles, and four seasons was a wonderful look at ethnic flavors.

The cooking segment was fun as it allowed us to interact and collaborate with different participants from all over California. The 6-5-4 school lunch framework helped us understand how simple and easy it would be to integrate at the site level with our frontline workers. The recipes came from the [Cooking](#)



*with California Food in K-12 Schools* cookbook which we all received at the end of the seminar.

The Innovation Exchange was a great question and answer session with California Food for California Kids 2013 Innovation Award winners. We learned how these innovators took a chance and created successful programs by thinking outside the box. From Bob Knight, a farmer who provides produce for schools, to food service directors who started with a simple idea that changed the entire perception of their failing program a wide variety of ideas and experiences were presented.

Our team ended the day with a great deal of knowledge and respect for culture, for food and for how it can truly impact the way we serve. Being able to talk with school nutrition professionals from the great state of California; hearing their ideas; and sharing our thoughts, successes and failures was amazing. Each of us still carries that new determination as we look for unique ways to serve our ever increasingly diverse student populations.



# THE DELICIOUS VICTORY OF CHOP-ED

BY GAIL GRAMLING, SITE SUPERVISOR II, TORRANCE UNIFIED SCHOOL DISTRICT  
& PRESIDENT, SOUTH BAY CHAPTER 36

**T**he delicious taste of victory was a spicy Asian-inspired taco with risotto and spinach topping drizzled with soy dressing; kiwi apple salad garnished with croutons; and milk. At least it was for the Delicious Divas cooking team of Torrance Unified School District. We took home the 2013-14 Chop-Ed victory from the 61<sup>st</sup> Annual CSNA Conference in Palm Springs.

Our team took on this year's conference theme, Gear Up for Change, quite literally. Early in the school year our team replaced one of the members on our original team Snap, Crackle, Pop and Boom. As the search began, we found the perfect victim (I mean member.) She was the young fresh-faced new Assistant Director of our Nutrition Services Department. Leeza had never been to conference or heard of Chop-Ed and as she had no idea what she was getting into, she was the perfect candidate. With our new team now consisting of Gail, Leeza, Lucrecia and Vickie we had to come up with a new name and a new focus. After lots of brainstorming and careful deliberation team Delicious Divas was conceived. We were spicy, fresh and oh-so-delicious.

Planning for success and some clue of what we could expect might seal the victory. Our new team started strategizing how to make the most of our limited time and mystery ingredients. Leeza was chosen to research salsa, Vickie had to study salads, Lucrecia researched easy chicken recipes and I was in charge of milk (he he.) I tried to make sure they studied. Of course it did not prepare us for the mystery ingredients and when you are under the clock the first 10 minutes are all a blank.

Time is of the essence and for every one of those minutes ticking away everyone has to work together and roles have to be established. The fact that we

didn't have a sink, a real oven or stove was quite the shocker. But we are lunch ladies and we know how to work in the most extreme conditions where the average person would crumble and fail.

Looking around at our fellow food service professionals, some of whom had won national cooking and recipe challenges, we were in good company. The energy was amazing! And seeing all the teams working as one cohesive unit with all of their ideas coming together on a 5-compartment tray made me chuckle.

Our team was amazing and our team chemistry and taste buds sealed our fate. We were victorious! Team Delicious Divas won our first victory and celebrated uncontrollably in our true delicious style.



# CSNA PRE-CONFERENCE TOUR

BY LYNETTE ROCK, CSNA PRESIDENT



**I**n addition to all the great activities during our annual conference, CSNA hosts a pre-conference session as well. This year the Pre-Conference tours turnout was just amazing. The thirty-four CSNA members who attended enjoyed the wonderful California sun as they toured the NEW Palm Springs Unified Nutrition Services Central Kitchen. This facility prepares over 25,000 students lunches and 15,000 breakfasts daily

Their adventure continued on to the Palm Springs Aerial Tramway where they experienced the World's Largest Rotating Tram car. The breathtaking journey up the sheer cliffs of Chino Canyon reaching an elevation of 8,516 feet.





# ARROW RESTAURANT EQUIPMENT

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EQUIPMENT & SUPPLIES  
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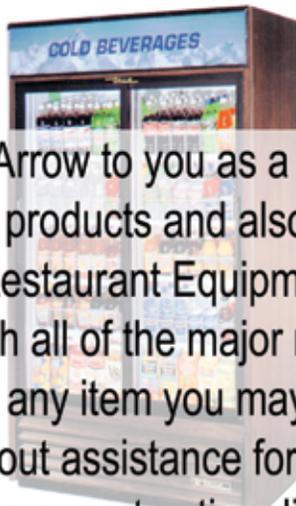
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Dear CSNA Members

I would like to introduce Arrow to you as a leading distributor of restaurant equipment products and also a California Certified Small Business. Arrow Restaurant Equipment has been established since 1980 and deals with all of the major manufactures to provide you with direct access to any item you may need. Arrow's design staff can provide design & layout assistance for just Kitchens or complete Cafeterias. Arrow also has a contracting division for equipment installation or complete turn-key cafeterias. Our high quality products, excellent customer service, and competitive prices are unmatched in this industry. We look forward to the possible opportunity of doing business with you in the future and feel free to contact any of the Arrow staff for any questions you might have.

Sincerely

Michael B Serrao  
President/ CEO





# SMART MEALS • SMART KIDS

## *RIDING THE WAVES*

THE 62<sup>ND</sup> ANNUAL CONFERENCE  
OF THE CALIFORNIA SCHOOL NUTRITION ASSOCIATION



**SACRAMENTO CONVENTION CENTER**  
**NOVEMBER 13-16, 2014**

**SAVE THE DATE!**



## JOIN US IN SACRAMENTO FOR SMART MEALS ● SMART KIDS RIDING THE WAVES

**E**xciting plans are in the works for all of you this November in Sacramento. While the State Capitol is not known as a beach town, we will be “Riding the Waves” of Smart Meals - Smart Kids! That’s the theme of this year’s gathering, which is the 62nd Annual Conference of the California School Nutrition Association. Well, actually, the theme reads, “Smart Meals - Smart Kids... riding the waves,” and whether we have great surf or not along the Sacramento Delta is completely irrelevant. What *is* important is the great educational programming, thought-provoking speakers and outstanding networking opportunities. All of this and more will be taking place at our Conference and you are not going to want to miss being with us.

Your dedicated conference committee, led by Margan Holloway, is hard at work putting together an amazing slate of educational sessions and a great program for all with lots of opportunity to network and meet new friends. You will have opportunities to expand your knowledge by attending breakout sessions, general sessions and walk the exhibit hall. Breakout sessions are organized into strands. Whether you are a seasoned veteran or new, there are sessions that you don’t want to miss.

Our Professional Development Chair, Linda Sweeney, has planned several pre-conference workshops including an all-day presentations by the Child Nutrition Division with California Department of Education (CDE) as well as the School Nutrition Specialist Credentialing.

Jarrett J. Krosoczka, will kick off our conference at our First General Session on Friday, November 14. Jarrett is the author of the Lunch Lady graphic novel series of books. This series has twice won a Children’s Choice Book Award in the third to fourth grade Book of the Year category as well as a nomination for a Will Eisner Comic Industry Award. Currently, this title and another, “Punk Farm,” are being developed into feature films. He has had twenty one published books - ten picture books, ten graphic novels and his new chapter book - “Platypus Police Squad: The Frog Who Croaked.”

The CSNA conference and trade show is one of the finest state food shows in the country; you will not want to miss the chance to spend time with friends, peers and industry colleagues; taste and see new products.

Ride the waves to a great Saturday morning workout. There will also be the annual House of Delegates, also known as HOD, held at conference. This is when our governing body meets and formal association business is conducted. If you have never attended, this is an opportunity to meet your Board of Directors and see how things work within our association. Please come join us as a guest for this informative hour.

For more detailed information on all the activities planned for this conference, visit [www.calsna.org](http://www.calsna.org) for the latest conference updates.

So get ready for “SMART MEALS - SMART KIDS... riding the waves!” Mark your calendar and make your plans to be with us on November 13-16 in Sacramento, California!



FRIDAY KEYNOTE SPEAKER

AUTHOR OF THE LUNCH LADY  
SUPERHEROINE GRAPHIC NOVELS

JARRETT J. KROSOCZKA

**It's Pronounced  
Crow-sauce-KA**

**Jarrett J. Krosoczka** has been passionate about storytelling through words and pictures since he was a kid. He began his professional career by illustrating educational readers for a national publisher while still an undergraduate at Rhode Island School of Design. Then, just six months after graduation, Jarrett received his first contract for a trade book that he authored. Knopf Books for Young Readers published *Good Night, Monkey Boy* on June 12, 2001 and Jarrett hasn't stopped or slowed down since.

Jarrett is a two-time winner of the Children's Choice Book Award for the Third to Fourth Grade Book of the Year and is the author and illustrator of twenty books including the Lunch Lady graphic novels and the just released Platypus Police Squad middle-grade chapter book series. Jarrett's TED Talk on his journey from boy to artist has been viewed more than a half-million times. He is also the host of *The Book Report* with JJK on SiriusXM's Kids Place Live, a weekly segment celebrating books, authors and reading. His work was recently featured on the front page of *The Boston Globe* and on NPR's *All Things Considered*. It has also been recommended by national publications such as *Newsweek*, *The New York Times* and *USA Today*. His *Punk Farm* picture book and Lunch Lady series are both currently in development as feature films. Jarrett lives in Western Massachusetts with his wife, two daughters and their pug—Ralph Macchio.



Be with us on Friday for what is sure to be a fun-filled session!

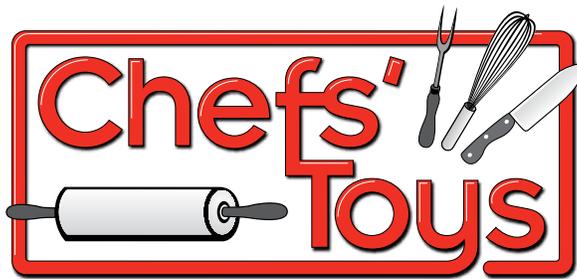
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*\*Anaheim is closed on Sundays*



Contact Tyler, our School Specialist

Phone: 714-381-0300

Email: [tyler@chefstoys.com](mailto:tyler@chefstoys.com)

# OFFICIAL 2014 CONFERENCE REGISTRATION FORM - SACRAMENTO

*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.  
**Smart Meals - Smart Kids - The 62<sup>nd</sup> Annual Conference & Trade Show - November 13 - 16, 2014**

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

NAME	TITLE			
PREFERRED NAME ON BADGE	SPECIAL ACCOMODATIONS & DIETARY REQUIREMENTS			
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 <i>(INCLUDES PRESIDENT'S PARTY &amp; REGIONAL AWARDS BREAKFAST)</i>				SINGLE DAY REGISTRANTS <i>(DOES NOT INCLUDE MEALS UNLESS CHOSEN AND PAID FOR BELOW)</i>			
	EARLY DISCOUNT FEE <i>IF PAYMENT IS RECEIVED (ON OR BEFORE 9/15/14)</i>	REGISTRATION FEE <i>(AFTER 9/15/14)</i>	AMOUNT		EARLY DISCOUNT FEE <i>IF PAYMENT IS RECEIVED (ON OR BEFORE 9/15/14)</i>	REGISTRATION FEE <i>(AFTER 9/15/14)</i>	AMOUNT
<b>CSNA MEMBERS</b>				<b>CSNA MEMBERS</b>			
DIRECTOR/SUPERVISOR	\$230	\$255	\$ _____	DIRECTOR/SUPERVISOR	\$ 95	\$110	\$ _____
MANAGER	\$210	\$235	\$ _____	MANAGER	\$ 90	\$105	\$ _____
STAFF/STUDENT/RETIRED	\$205	\$230	\$ _____	STAFF/STUDENT/RETIRED	\$ 85	\$100	\$ _____
CSNA PAST PRESIDENT	\$ 0	\$ 50	\$ _____	GUEST	\$ 85	\$100	\$ _____
<b>NON-MEMBERS</b>				<b>NON-MEMBERS</b>			
DIRECTOR/SUPERVISOR*	\$395*	\$420*	\$ _____	DIRECTOR/SUPERVISOR	\$120	\$135	\$ _____
MANAGER*	\$260*	\$285*	\$ _____	MANAGER	\$115	\$130	\$ _____
STAFF*	\$250*	\$275*	\$ _____	STAFF/STUDENT/RETIRED	\$110	\$125	\$ _____
STUDENT/RETIRED/GUEST	\$220	\$245	\$ _____	GUEST	\$110	\$125	\$ _____
* INCLUDES 1 YEAR SUBSCRIPTION TO CSNA AND SNA (\$165 FOR DIRECTORS AND \$49 FOR MANAGERS AND \$44 FOR STAFF)				MEAL FUNCTIONS (OPTIONAL, NOT ALREADY INCLUDED IN PRICE ABOVE) PRESIDENT'S PARTY - SATURDAY, 11/15 \$ 65 \$ _____ REGIONAL BRUNCH - SUNDAY, 11/16 \$ 40 \$ _____			

### PRE-CONFERENCE WORKSHOPS *(MUST BE PRE-REGISTERED TO ATTEND. ADDITIONAL FEE MAY APPLY)*



#### Pre-Conference Workshops Thursday November 13, 2014

**CDE Workshop** - 9 am - 4 pm \$35 members/non-members \$ \_\_\_\_\_

**SNS Credentialling Exam** - 12:30 pm - 5:00 pm ( \$190 SNA Members, \$285 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. ADDITIONAL FEE MAY APPLY)*

#### Pre-Conference Tour Thursday November 13, 2014

**Sacramento City Tour** - 8:30 am - 2 pm \$40 \$ \_\_\_\_\_

\_\_\_\_\_ I would like to participate in the Fitness Fundraiser on Saturday, November 15, 2014 - 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, 210 N. GLENOAKS BLVD., STE. C, BURBANK, CA 91502 - 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.

CREDIT CARD NUMBER	EXP DATE	BILLING ZIP CODE	V-CODE
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 9/30/14. A \$25 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](http://www.CALSNA.org)



CALIFORNIA  
SCHOOL NUTRITION

# California School Nutrition Association Awards & Scholarships

**E**ach year, at the Annual State Conference, the California School Nutrition Association honors those people who have made outstanding contributions to, or had accomplishments in/for School Food Service. These awards are intended to honor those people who have made outstanding contributions to or had accomplishments in or for school food service. The following Nominations/Applications are due by July 31st. Director of the Year, Heart of the Program Award, Single Unit Award of Greatness (Louise Sublette) and Application for Scholarship for Graduating Senior.

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 & Scholarships Chair, Anna Fisher, RD.

● **“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:* July 31 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

● **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:* July 31 to the Awards & 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.”

● **OUTSTANDING DIRECTOR OF THE YEAR**

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

*Form of Award:* A plaque is presented at the CSNA Annual 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:* July 31 to the Awards & 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.

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

**QUESTIONS REGARDING SCHOLARSHIPS MAY BE DIRECTED TO**

**CSNA AWARDS & SCHOLARSHIPS CHAIR  
CALIFORNIA SCHOOL NUTRITION ASSOCIATION  
210 N. GLENOAKS BLVD., STE. C ● BURBANK, CA 91502  
(818) 842-3040 ● AWARDS@CALNSA.ORG**

# CSNA AWARDS APPLICATION

## APPLICATION FOR OUTSTANDING DIRECTOR OF THE YEAR

**DUE DATE: JULY 31, 2014**

**WHO MAY APPLY:** Certified member of CSNA & SNA who is a Director/Supervisor

**FORM OF AWARD:** A plaque is presented at the CSNA Annual 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

**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.

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• INCREASING FOOD ACCEPTABILITY</li> <li>• INTERPRETING THE NEEDS OF THE SCHOOL FOOD SERVICE PROGRAM</li> <li>• INCREASING PUBLIC AWARENESS</li> <li>• PROMOTING MEMBERS PROFESSIONAL GROWTH</li> <li>• SECURING ADEQUATE FUNDING FOR THE SCHOOL FOOD SERVICE PROGRAM</li> <li>• COOPERATING WITH ALLIED ASSOCIATIONS TO PROMOTE CHILD NUTRITION AND/OR PROFESSIONAL GROWTH OPPORTUNITIES</li> </ul> | <ul style="list-style-type: none"> <li>• TRAINING PERSONNEL</li> <li>• INCREASING STUDENT PARTICIPATION</li> <li>• INVOLVING STUDENTS IN DECISION MAKING</li> <li>• TEACHING/PROMOTING NUTRITION EDUCATION</li> </ul> |
|---|---|

APPLICANT	RECOMMENDED BY	PLACE AN (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)
_____	_____	<input type="checkbox"/> Pertinent newspaper clippings showing name of newspaper and date published
_____ PHONE _____	_____	<input type="checkbox"/> Posters used project
_____ SCHOOL _____	_____	<input type="checkbox"/> Photographs of project
_____ SCHOOL NAME _____	_____	<input type="checkbox"/> Other: Describe _____



**BRIEFLY DESCRIBE ACCOMPLISHMENT FOR WHICH AWARD IS REQUESTED AND GIVE REASON WHY ACTIVITY DESERVES SPECIAL RECOGNITION:**

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**Send Applications to:**

**CSNA AWARDS & SCHOLARSHIPS CHAIR**  
**210 N. GLENOAKS BLVD., STE. C • BURBANK, CA 91502**  
**(818) 842-3040 • AWARDS@CALNSA.ORG**

# CSNA AWARDS APPLICATION APPLICATION FOR A RECOGNITION AWARD

**DUE DATE: JULY 31, 2014**

**WHO MAY APPLY:** Any member of the California School Nutrition Association who is a site level employee or manager.

**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:** July 31, to the CSNA Awards and Scholarship Committee Chair.

AWARDS ARE MADE IN THE FOLLOWING AREAS. PLACE (X) BEFORE NAME OF AWARD FOR WHICH APPLICATION IS MADE:

- |   |                                      |  |
|---|--------------------------------------|--|
| <input type="checkbox"/> Nutrition          | <input type="checkbox"/> Legislation | <input type="checkbox"/> Professional Growth |
| <input type="checkbox"/> Public Information | <input type="checkbox"/> Creativity  | <input type="checkbox"/> Communications      |

APPLICANT	RECOMMENDED BY	PLACE AN (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)
_____	_____	( ) Pertinent newspaper clippings showing name of newspaper and date published
_____ PHONE _____	_____	( ) Posters used project
_____ SCHOOL _____	_____	( ) Photographs of project
_____ SCHOOL NAME _____	_____	( ) Other: Describe _____
		_____
		_____

BRIEFLY DESCRIBE ACCOMPLISHMENT FOR WHICH AWARD IS REQUESTED  
AND GIVE REASON WHY ACTIVITY DESERVES SPECIAL RECOGNITION:  
*USE ADDITIONAL PAGES AS NECESSARY.*

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**Send Applications to:**

**CSNA AWARDS & SCHOLARSHIPS CHAIR**  
210 N. GLENOAKS BLVD., STE. C ● BURBANK, CA 91502  
(818) 842-3040 ● AWARDS@CALNSA.ORG



# CSNA AWARDS APPLICATION APPLICATION FOR HEART OF THE PROGRAM AWARD

**DUE DATE: JULY 31, 2014**

**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 July 31.

Please complete this form and attach required documentation.

Applicant Name: \_\_\_\_\_ Position Title \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

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 & ATTACHMENTS BEST PRESENTED IN 8 1/2" X 11" NOTEBOOK FORM.

Recommended by:

Manager: \_\_\_\_\_

Principal: \_\_\_\_\_

Director/Supervisor: \_\_\_\_\_

School: \_\_\_\_\_ Date: \_\_\_\_\_

**Send Applications to:**

**CSNA AWARDS & SCHOLARSHIPS CHAIR**  
**210 N. GLENOAKS BLVD., STE. C • BURBANK, CA 91502**  
**(818) 842-3040 • AWARDS@CALSNA.ORG**

# APPLICATION FOR LOUISE SUBLETTE AWARD

**DUE DATE: JULY 31, 2014**

**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](http://WWW.SCHOOLNUTRITION.ORG)*

**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.

**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 AREAS OF GREATNESS WHICH SHALL PROVIDE A BASIS FOR PROGRAM IMPROVEMENT IN SINGLE UNITS STATEWIDE:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Increasing food acceptability</li> <li>• Interpreting the needs of the school food service program</li> <li>• Training personnel</li> <li>• Securing adequate funding for the school food service program</li> <li>• Promoting members professional growth</li> <li>• Cooperating with allied associations to promote child nutrition and/or professional growth opportunities</li> </ul> | <ul style="list-style-type: none"> <li>• Teaching/promoting nutrition education</li> <li>• Increasing student participation</li> <li>• Increasing public awareness</li> <li>• Involving students in decision making</li> </ul> |
|--|--|

*\* 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 AN (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)
_____	_____	<input type="checkbox"/> Pertinent newspaper clippings showing name of newspaper and date published
_____ PHONE _____	_____	<input type="checkbox"/> Posters used project
_____ SCHOOL _____	_____	<input type="checkbox"/> Photographs of project
_____	_____	<input type="checkbox"/> Other: Describe _____
_____ SCHOOL NAME _____	_____	_____
<b>BRIEFLY DESCRIBE ACCOMPLISHMENT FOR WHICH AWARD IS REQUESTED AND GIVE REASON WHY ACTIVITY DESERVES SPECIAL RECOGNITION:</b>		
_____		
_____		

Send Applications to: **CSNA AWARDS & SCHOLARSHIPS CHAIR**

**210 N. GLENOAKS BLVD., STE. C • BURBANK, CA 91502 • (818) 842-3040 • [AWARDS@CALSNA.ORG](mailto:AWARDS@CALSNA.ORG)**

# APPLICATION FOR SCHOLARSHIP FOR GRADUATING SENIOR

**DUE DATE: JULY 31, 2014**

**QUALIFICATIONS:** HIGH SCHOOL SENIOR GRADUATING IN 2015 ENROLLING IN A JUNIOR COLLEGE, COLLEGE OR UNIVERSITY FOR FALL 2014.  
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, 2014 THROUGH MAY 31, 2015

Please complete this form and attach required documentation.

Applicant Name: \_\_\_\_\_ Position Title \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

School District \_\_\_\_\_

High School(s) Attended \_\_\_\_\_

INCLUSIVE ATTENDANCE DATES	SCHOOL NAME	SCHOOL 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: \_\_\_\_\_

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

SEND APPLICATION & SUPPORTING DOCUMENTATION TO  
AWARDS AND SCHOLARSHIP COMMITTEE CHAIR BY JULY 31, 2014. *This form may be duplicated.*

**Send Applications to: CSNA AWARDS & SCHOLARSHIPS CHAIR**

**210 N. GLENOAKS BLVD., STE. C • BURBANK, CA 91502 • (818) 842-3040 • AWARDS@CALSNA.ORG**

# APPLICATION FOR JOSEPHINE P. MORRIS SCHOLARSHIP

**DUE DATE: JULY 31, 2014**

**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, 2015 THROUGH MAY 31, 2017

Please complete this form and attach required documentation.

Applicant Name: \_\_\_\_\_ Position Title \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

School District \_\_\_\_\_

Education \_\_\_\_\_

INCLUSIVE ATTENDANCE DATES	NAME OF EARNED CERTIFICATE OF DEGREE	SCHOOL NAME	SCHOOL 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 JULY 31. ***This form may be duplicated.***

**Send Applications to: CSNA AWARDS & SCHOLARSHIPS CHAIR**

**210 N. GLENOAKS BLVD., STE. C • BURBANK, CA 91502 • (818) 842-3040 • AWARDS@CALSNA.ORG**

# THE CALIFORNIA SCHOOL NUTRITION ASSOCIATION BOARD OF DIRECTORS ~ 2013-2014

## EXECUTIVE & FINANCE COMMITTEE

### PRESIDENT

**Lynette Rock**

2335 Plaza Del Amo Torrance, CA 90509

Bus: 310-972-6351 Fax: 310-972-6360

E-mail: lrock@tUSD.org

### PRESIDENT-ELECT

**Agnes Lally, MS**

10331 Stanford Ave Garden Grove, CA 92840

Bus: 818-552-2677 Fax: 818-552-2689

E-mail: alally@calsna.org

### VICE PRESIDENT

**Dena England**

255 Pico Ave, Ste 250, San Marcos, CA 92069

Bus: 760-752-1250 Fax: 760-752-1137

Email: dena.england@smusd.org

### SECRETARY

**Gail Gousha, MBA, SNS**

2310 Aldergrove Ave, Escondido, CA 92029

Bus: 760-432-2141 Fax: 760-735-2876

Email: ggousha@eusd.org

### TREASURER

**Mary Fell**

2930 Gay Ave, San Jose, CA 95127

Bus: 408-928-6902 Fax: 408-928-6413

E-mail: mary.fell@arUSD.org

### MEMBERSHIP DIRECTOR

**La Shawn Bray**

15579 8th St, Victorville, CA 92395

Bus: 760-245-5221 Fax: 760-245-5783

E-mail: lbray@vesd.net

### SCHOOL NUTRITION REPRESENTATIVE

**Maria Luisa Hernandez**

8389 Gerber Rd, Sacramento, CA 95828

Bus: 916-686-7797 Fax: 916-689-1563

E-mail: mlhernan@egusd.net

### ELECTED INDUSTRY REPRESENTATIVE

**Allen Scott - Wawona Frozen Foods**

100 W Allevial, Clovis, CA 93611

Bus: 559-647-8610 Fax: 599-299-1921

E-mail: allen.scott@wawona.com

### CO-INDUSTRY REPRESENTATIVE

**Sean Leer - Gold Star Foods, Inc.**

3781 E Airport Dr, Ontario, CA 91761

Bus: 909-843-9600 Fax: 909-843-9608

E-mail: sean@goldstarfoods.com

### EXECUTIVE DIRECTOR

**Janine Nichols, CAE, CPL**

210N Glenoaks Bl, Ste C, Burbank, CA 91502

Bus: 818-842-3040 FAX: 818-843-7423

E-mail: J9Newell@aol.com

## REGIONAL COORDINATORS

### REGIONAL COORDINATOR 1

**Crystal Carter**

643 Blackburn Ave, Corning, CA 96021

Bus: 530-824-8014

E-mail: CCarter@tehamaed.org

### REGIONAL COORDINATOR 2

**Phyllis Thivierge, SNS**

255 Guthrie Lane Brentwood, CA 94513

Bus: 925-513-6338

E-mail: pthivierge@brentwood.k12.ca.us

### REGIONAL COORDINATOR 3

**Mary Ellen McIntyre**

8140 Caymus Dr, Sacramento, CA 94513

Bus: 916-688-7450

E-mail: beifnslid.net

### REGIONAL COORDINATOR 4

**Jacquelin Speidel, SNS**

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E-mail: jspeidel@avhsd.org

### REGIONAL COORDINATOR 5

**Lori Preskitt**

721 S. Edison Rd Bakersfield, CA 93307

Bus: 661-336-8371

E-mail: LPreskitt@edisonschooldistrict.org

### REGIONAL COORDINATOR 6

**Deborah Oviedo**

2335 Plaza del Amo, Torrance, CA 90509

Bus: 310-972-6350

Email: deboviedo1@gmail.com

### REGIONAL COORDINATOR 7

**Toni Chaffee**

PO Box 296000, Phelan, CA 92329

Bus: 760-868-2649 Fax: 760-868-2343

E-Mail: toni\_chaffee@snowlineschools.co

### REGIONAL COORDINATOR 8

**Trieste Chiquete**

Coronado Unified School District

201 6th St. Coronado, CA 92118

Bus: (619) 522-8907 2085

Email: trieste.chiquete@coronadousd.net

## STANDING COMMITTEES

### 2014 CONFERENCE COMMITTEE

#### CONFERENCE CHAIR

**Margan Holloway**

333 Doherty Dr, Larkspur, CA 94939

Bus: 415-945-3678 Fax: 415-945-1078

E-mail: Mholloway@tamdistrict.org

#### CONFERENCE CO CHAIR

**Linda Scaletta**

349A W. Magnolia Ave., Glendale, CA 91204

Bus: (818) 552-2677 Fax: (818) 552-2689

E-mail: lscaletta@gusd.net

#### PROGRAM CHAIR

**Dena England**

10331 Stanford Ave Garden Grove, CA 92840

Bus: 760-752-1250

E-mail: dena.england@smusd.org

#### EXHIBITS CHAIR

**Suzanne Morales, SNS**

10652 Reagan St, Los Alimitos, CA 90720

Bus: (562) 799-4590

E-mail: SMorales@losal.org

#### EXHIBITS CO-CHAIR

**Maria Panuco**

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Bus: (818) 522-2677

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### TOURS & LOCAL ARRANGEMENTS

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### PROFESSIONAL DEVELOPMENT

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E-mail: linda.sweeney@sjsu.edu

### HOSPITALITY/EVALUATIONS

**Kim Ekholm**

116 N McClure Rd Modesto, CA 95357

Bus: (209) 521-2800

E-mail: agbooster1@aol.com

### MEALS & DECORATIONS CHAIR

**Mary Fell**

2930 Gay Ave, San Jose, CA 95127

Bus: 408-928-6902 Fax: 408-928-6413

E-mail: mary.fell@arUSD.org

### SPECIAL SERVICES

**Dena England**

10331 Stanford Ave Garden Grove, CA 92840

Bus: 760-752-1250

E-mail: dena.england@smusd.org



**CALIFORNIA  
SCHOOL NUTRITION  
ASSOCIATION**



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SCHOOL NUTRITION  
ASSOCIATION**

# THE CALIFORNIA SCHOOL NUTRITION ASSOCIATION BOARD OF DIRECTORS ~ 2013-2014

## STANDING COMMITTEES

### CONFERENCE COMMITTEE (CONT.)

#### REGISTRATION/RESOURCE ROOM

##### Emmalyn Coles, MBA

15959 E. Gale Ave, City of Industry, CA 91716  
Bus: (626) 933-3900  
E-mail: ecoles@hlpusd.k12.ca.us

#### NAC

##### Valerie McDonald

1875 W. Lowell Ave. Tracy, CA 95376  
Bus: (209) 830-3255  
E-mail: vmcdonald@tusd.net

#### INDUSTRY ADVISOR

##### Sean Leer - Gold Star Foods, Inc.

3781 E Airport Dr. Ontario, CA 91761  
Bus: (909) 843-9600  
E-mail: sean@goldstarfoods.com

#### TREASURER

##### Mary Fell

2930 Gay Ave San Jose, CA 95127  
Bus: (408) 928-6902  
E-mail: mary.fell@arusd.org

#### MEMBERSHIP

##### La Shawn Bray

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Bus: (760) 245-5221  
E-mail: lbray@vesd.net

#### TRADE SHOW ADVISOR

##### CSNA EXECUTIVE DIRECTOR

##### Janine Nichols, CPL, CAE

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Bus: 818-842-3040 FAX: 818-843-7423  
E-mail: J9Newell@aol.com

#### EXECUTIVE ADVISOR

##### Agnes Lally, MS

10331 Stanford Ave Garden Grove, CA 92840  
Bus: 818-552-2677 Fax: 818-552-2689  
E-mail: alally@calsna.org

### AWARDS & SCHOLARSHIP COMMITTEE

##### Chair: Anna Fisher Mt. Diablo USD

1936 Carlotta Dr, Concord, CA 94519  
Bus: 925-682-8000x4123 Fax: 925-609-7568  
Email: fishera@mdusd.org

##### Executive Advisor

Dena England, Vice President

### MARKETING & PR COMMITTEE

##### Chair: Herbert Smith San Marcos USD

255 Pico Ave, #250, San Marcos, CA 92069  
Bus: 760-752-1269 Fax: 760-752-1137  
Herbie.Smith@smusd.net

##### Executive Advisor

Agnes Lally, President-Elect

### EDITORIAL

##### Editor: Sally Spero, SNS

Bus: (858) 627-7306 FAX (858) 565-6378  
E-mail: Editor@CalSNA.org

##### Executive Advisor

Gale Hartzell, Secretary & Mary Fell, Treasurer

## NUTRITION STANDARDS COMMITTEE

##### Chair: Anna Apoian

14120 S Hawthorne Bl, Hawthorne 90250  
Bus: 310-263-3990  
E-mail: aapoian@hawthorne.k12.ca.us

##### Executive Advisor

Lynette Rock, President

### PP&L COMMITTEE

##### Chair: Rene Yamashiro

Roseville City SD  
400 Derek Pl, Ste D, Roseville, CA 95678  
Bus: 916-771-1675x208 Fax: 916-782-8918  
reney@rcsdk8.org

##### Co-Chair: Jennifer LeBarre

##### Oakland USD

900 High St Oakland, CA 94601  
Bus: 510-434-3334 Fax: 510-434-2259  
jennifer.lebarre@ousd.k12.ca.us

##### Executive Advisor

Lynette Rock, President

## PROFESSIONAL DEVELOPMENT COMMITTEE

##### Chair: Linda Sweeney, MS, RD San Jose USD

1 Washington Square San Jose, CA 95192-0058  
(408) 924-3125  
linda.sweeney@sjsu.edu

##### Executive Advisors

Gil Gousha, Secretary & Mary Fell, Treasurer

## RESOLUTIONS & BYLAWS COMMITTEE

##### Chair: Scott Soiseth Turlock USD

1441 Colorado Ave, Turlock, CA 95380  
(209) 667-9048  
ssoiseth@turlock.k12.ca.us

##### Executive Advisor

Dena England, Vice President

## NOMINATING COMMITTEE

##### Chair: Bruce Hall

##### San Ramon Valley USD

3280 Crow Canyon Rd, San Ramon, CA 94583  
Bus: 925-824-1806 Fax: 925-824-1847  
Email: bhall1@srvusd.net

Exec. Advisor - Agnes Lally, President-Elect

## NON-BOARD LIAISONS

### STATE DEPT OF EDUCATION LIAISON

##### Sandip Kaur

CA Dept of Education NSD  
1430 N Street Ste 1500, Sacramento, CA 95814  
(916) 322-8316  
skaur@cde.ca.gov

### CASBO LIAISON

##### Robert Schram

Clovis USD  
1735 David E Cook Way, Ste B Clovis, CA 93611  
(559) 327-9136  
RobertSchram@cusd.com

### WESTERN REGIONAL DIRECTOR

##### Lynelle Grumbles, SNS

##### Visalia USD

801 N. Mooney Blvd Visalia, CA 93291  
(559) 730-7871  
lgrumbles@vusd.org

Hang out with CSNA  
on Facebook!



CSNA has another great way to stay connected to your friends! Visit the *California School Nutrition Association* page on Facebook and see who's talking!

Visit [www.CALSNA.org](http://www.CALSNA.org) and click on the Facebook link to access the CSNA page, or use the following address to access the page directly;

[www.facebook.com/groups/76966718312/](https://www.facebook.com/groups/76966718312/)

# CSNA LOCAL & SUPERVISORY CHAPTERS & PRESIDENTS

## REGION 1

### 40-SIX RIVERS

Jane Miller  
724 Lauff Ave, Crescent City, CA 95531  
Bus: 707-464-0270  
jmiller@delnorte.k12.ca.us

### 43-FEATHER RIVER

Karen Williams  
400 Grand Ave, Oroville, CA 95965  
Bus: 530-538-2970 Fax: 530-538-2979  
kwilliam@thermalito.org

## REGION 2

### 17-J.P. MORRIS - Open

*If Interested contact, Phyllis Thivierge, SNS*  
255 Guthrie Lane Brentwood, CA 94513  
Bus: 925-513-6338  
E-mail: pthivierge@brentwood.k12.ca.us

### 33-CENTRAL ALAMEDA COUNTY - Open

*If Interested contact, Phyllis Thivierge, SNS*  
255 Guthrie Lane Brentwood, CA 94513  
Bus: 925-513-6338  
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or dena.english@smusd.org

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School Nutrition Representative  
& La Shawn Bray, Membership Director

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# PROMOTING SCHOOL LUNCH ACROSS THE USA

BY DAVID LOI, FOOD SERVICES TECHNICIAN, LODI USD



***“School Lunch Across the USA”*** was the theme for National School Lunch Week 2013. This year’s theme celebrates the regional flavors, cultures and dishes in school cafeterias from across the country. Lodi Unified Food Service promoted this event the entire month of October.



***“Childhood Nutrition Day”*** was also in October and Food Services partnered with the American Culinary Federation (ACF) and the Chef & Child Foundation to host nutrition education events and sample nutritious tasty foods in our schools.

Chef TonJala Mack, Chairperson for the Sacramento Chapter of the Chef and Child Foundation, spent lunch time on October 18th educating students at Vinewood Elementary School on the health benefits of beans, as well as sampling tasty bean dishes. Chef Tonjala prepared several different recipes including a bean salad, hummus, red beans & rice, refried black bean tostada, and barbecue beans. Ms. Meier’s 1<sup>st</sup> grade class had the opportunity to plant bean seeds as an introduction to understanding where their food comes from and the relationship of farm to fork. Ms. Van Blair’s 4<sup>th</sup> grade & Ms. Burns’ 5<sup>th</sup> grade classes

*Continued on Page 58*

learned about different types of beans and enjoyed fun activities while learning about their benefits. The children assembled their own chef hats during this time. The event was featured on a local newspaper's web site: [http://www.recordnet.com/apps/pbcs.dll/article?AID=/20131019/A\\_NEWS/310190326/-1/A\\_COMM05](http://www.recordnet.com/apps/pbcs.dll/article?AID=/20131019/A_NEWS/310190326/-1/A_COMM05)



*Continued on Page 59*



Chef Rhonda Barsotti Hopson of the International Culinary Program at the Art Institute, Sacramento, along with her American Regional class of culinary students, helped us promote healthy grains for grades 9-12 at Lodi High School. Demo tables were set up on October 22nd during lunch service to sample black beans, sweet potato quinoa salad, and wraps to students.

Food Services has also teamed up with Carol Thomas, Nutrition Instructor at the Art Institute, Sacramento and Delta College, to create a classroom contest for her nutrition students to formulate new recipes that meet new USDA nutrition guidelines. This project will give her students real world application opportunities and provide LUSD Food Services with new recipe and menu ideas that meet the Healthy, Hunger-Free Kids Act requirements.



# CULINARY TRAINING

BY DAVID LOI, FOOD SERVICES TECHNICIAN, LODI USD

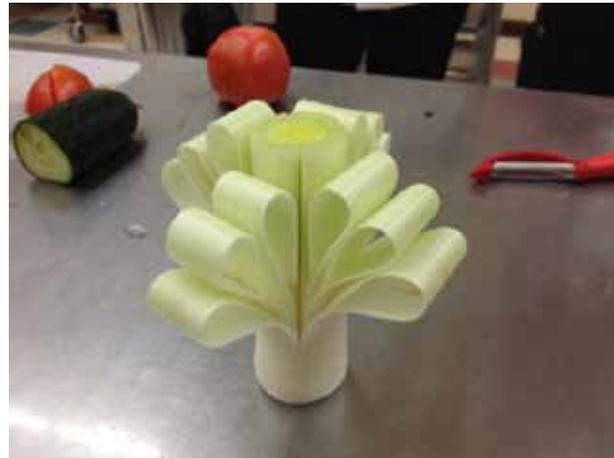


**C**hefs from the Art Institute of California, Sacramento teamed up with our staff on December 13<sup>th</sup> at McNair High for an all staff hands-on culinary training. Staff was able to spend time at each of 5 rotating stations set up around the MP room. The stations that were offered included: knife skills where the importance of consistent size and the proper techniques for dicing, slicing, mincing and bias cuts were taught; garnishing/glazing highlighted the proper system for glazing bulk production muffins and scones, as well as a few tricks for adding ‘wow’ factor; menu planning covered the new regulations, software updates and made sure everyone understood what makes a reimbursable meal; and POS (Point of Sale) was a review of the proper end of day closing procedures with Q&A.



Staff could also enter their own personal best pie in a Pie Baking Contest that was judged by the Chefs. Four proud entrants walked away winners and everyone that attended left with some new skills to try in our cafeterias.

*Continued on Page 61*





# CULTURAL EXCHANGE 2015

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# WHAT'S COOKING WITH CHEF JIM

BY SALLY SPERO, SNS, POPPY SEEDS EDITOR

**S**ince we hired Chef Jim Dumars in April at my home district of Lakeside Union School District he has been working at a great pace in developing delicious new recipes for our program. If you are like me, you are a recipe junkie and always looking for good ideas so I am proud to share some of his creations with you. I've included an entrée, a side dish, and a salad dressing recipe. I hope to have some more to share with you next issue.

I've done the meal component calculations as best as I can but you should always double-check me. And don't forget to add your district's HACCP procedures.

## Chicken Pot Pie Filling 100 #6 Servings

13 oz. Vegetable oil  
1 lb. 5 oz. AP flour  
1 lb. Nonfat dry milk  
½ tsp. Ground white pepper  
½ tsp. Dried oregano  
2 oz. Chicken base  
1 ½ gallons Water  
1 lb. Carrots, diced  
1 lb. Celery, diced  
1 lb. Onions, diced  
1 lb. 9 oz. Cauliflower, diced  
15 lb. Chicken fajita meat



Heat oil in steam-jacketed kettle. Add flour and whisk until incorporated. Combine dry milk, white pepper, oregano and chicken base. Add to roux and stir to blend. Add water, stirring constantly and bring to a simmer. Cook until thickened. Add carrots, celery, onions and cauliflower. Cook 5-10 minutes until vegetables are softened. Add chicken fajita strips and cook to 165 degrees minimum internal temperature. Hold at 141 degrees or higher until time of service.

Meal Components: 2 Meat, 1/8 cup additional vegetable

Nutrients: 168 calories, 7.22 gm. fat, 1.5 gm. saturated fat, 61.15 mg. cholesterol, 637 mg. sodium, 9 gm carbohydrates

Note: Chef Jim likes to use an immersion blender after the vegetables are cooked to make a smooth sauce but it is equally good with the vegetable chunks visible. We serve this with a biscuit but you could consider other grain choices such as mixing it with pasta, serving in a bread bowl, etc.

*Continued on Page 64*

## WHAT'S COOKING WITH CHEF JIM (CONTINUED)

### Baked Beans 97 #8 servings

4 #10 cans Pork and beans  
1 #10 can Catsup  
1 lb. Brown sugar  
1 qt. Prepared mustard



Combine all ingredients and heat to 165 degrees minimum internal temperature. Hold at 141 degrees or higher until time of service.

Meal Component: ½ cup legumes

Nutrients: 194 calories, 1.77 gm. fat, .53 gm. saturated fat, 6.1 gm. cholesterol, 851.58 gm. sodium, 38.25 gm. carbohydrates

Note: You could also make this recipe with vegetarian beans

### Cilantro Jalapeno Dressing 96 2-oz. servings

8 oz. Cilantro, fresh  
20 oz. Jalapeno peppers, drained  
2 ½ qt. Water  
6 oz. Nonfat dry milk  
6 oz. Ranch dressing mix  
12 lb. Mayonnaise, diet



Combine all ingredients and blend until smooth.

Meal Component: None

Nutrients: 140 calories, 10.96 gm. fat, 1.88 gm. saturated fat, 13.93 gm. cholesterol, 466.35 mg sodium, 10.44 gm. carbohydrates

Note: We serve this with our vegetarian Taco Chef Salad.

## COVER PHOTO

BY SALLY SPERO, SNS, POPPY SEEDS EDITOR



“**W**hat’s in your food?” or its variations is a question we often tackle in our field.

It could come from a suspicious first-grader who is looking at something unfamiliar and wondering if it has something in it that he might not like. Maybe you’ve received a petition from a student group interested in health or the environment bringing up the topic. A parent concerned about a child’s allergies might

pose the question. A school nurse helping a child with diabetes could be on the other end of the phone. Or it could even be a CDE reviewer pouring over a book of ingredient statements and product formulation sheets during an administrative review.

Chef Jim Dumars in my home district of Lakeside recently made up this display for one of our schools to show the children what was in their spaghetti that day—a variety of fresh vegetables, aromatic onions and garlic, and some fragrant fresh herbs. It helped me to remember that what’s in our food can be something wonderful.

Lakeside Food Service Assistant II Janis Clark took this picture and Marketing Coordinator Joanne Tucker of San Diego Unified School District helped photo shop it to emphasize the lovely colors.



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# GLUTEN: FRIEND OR FOE?

BY ALEXIS WAHL, REGISTERED DIETITIAN, MS, NUTRITIONIST,

HAWTHORNE SCHOOL DISTRICT, CSNA NUTRITION STANDARDS SUBCOMMITTEE

**T**he most popular health trend nowadays seems to be going gluten-free. Gluten has received a lot of unfavorable media attention which has persuaded us to believe it is harmful to our health. Many believe that avoiding gluten completely is what's best for our bodies. So this begs the question- Is gluten a friend or foe?

## What is Gluten and Where is it Found?

Gluten is a protein naturally found in wheat, rye and barley. Gluten gives elasticity to dough; shape and texture to bread.

## Who Should Avoid Gluten?

The gluten-free diet was originally designed to help people with Celiac disease because it is the only way to combat the effects of the disease. Celiac disease is rare, affecting only about 1% of the population. Gluten sensitivity affects about 5% of the population and has similar symptoms to Celiac disease.

Gluten containing grains:
Wheat
Barley
Rye
Oats (due to contamination)

Gluten-free grains:
Buckwheat
Corn
Flax
Legume flours (chickpea, lentil, peas)
Potato flour/starch
Quinoa
Rice
Sweet Potato flour
Soy
Sorghum

## What is Celiac disease?

Celiac disease is an autoimmune disease which causes damage to small intestines. This leads to malabsorption of nutrients and can cause nutritional deficiencies.

Symptoms can include:

- Bloating/gas
- Headaches
- Diarrhea or Constipation
- Fatigue
- Mouth sores

*Continued on Page 67*

## GLUTEN: FRIEND OR FOE? (CONTINUED)

### How to find out if you have Celiac disease:

Ask your doctor for a blood test to check your body's response to gluten, testing these antibodies:

•Total IgA

•IgA-tTG

•IgA-EMA

•IgA-DGP

•IgA-DGA

If the results come back negative for these tests, then you might have 'gluten sensitivity'. Gluten sensitivity is not an immune response like Celiac disease, but it does cause minimal intestinal damage that can be helped by starting a gluten-free diet.

### Gluten-free diet:

People who are diagnosed with Celiac disease or gluten sensitivity need to start a life-long, gluten-free diet. This gluten-free diet relieves many people's uncomfortable symptoms and it minimizes the damage done to the small intestines, therefore, helping control the disease.

The gluten-free diet is beneficial because people tend to eat less, and be more conscious and healthful about their choices. This diet is different than the carb-free diet because regular grains are not being completely eliminated but being replaced. Carbohydrates are our body's preferred fuel source so we don't want to eliminate them from our diet. The gluten-free diet might not be right for everyone but gluten-free grains are healthy, and have a place in the diet!

## Industry Seminar 2014



May 4-6, 2014

Laguna Cliffs Marriott  
Dana Point, California

What does a Three-Legged Stool have to do with Successful School Meal Programs? Well, if any one leg is missing from a three-legged stool, it obviously will be precarious *at best* to sit on and support your weight. That's the idea behind this year's theme for Industry Seminar, The Three-Legged Stool for Successful School Meal Programs. The three legs - School Districts, Industry and the CDE/USDA - need to form a foundation for the seat - School Meal Programs - to create a successful outcome! Join us in Dana Point for a great program! More information on the agenda and registering can be found on pages 70-71.

# EASY GLUTEN-FREE RECIPES



Starting a gluten-free diet can often be overwhelming. Challenges may occur because of hidden gluten sources. Below are some flavor packed, gluten-free items that are delicious and easy to make.

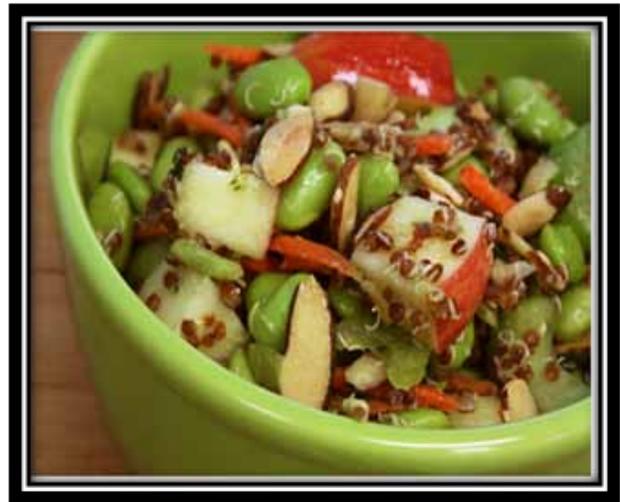
## **Quinoa-Energy Salad:**

Serves: 3-4 \*Adapted from Trader Joe's recipe

- 1 ½ cup Edamame, Shelled
- 1 cup of Quinoa, Cooked
- ¼ cup of Celery, Sliced
- ¼ cup Green onions, sliced
- ½ cup of Carrots, shredded
- 1 Apple, diced
- 1 Avocado, sliced
- ¼ cup Sliced Almonds

### **Dressing:**

- 2 T Olive oil
- 1 medium lemon, juiced
- 2 cloves garlic, minced
- Salt & Pepper to taste



### Directions:

1. Prepare Edamame and Quinoa according to instructions. Chop celery, green onions, apple, avocado, and carrots; set aside. In a small bowl mix together lemon juice, olive oil, garlic, salt and pepper.
2. In a large bowl combine all ingredients, sprinkle almonds on top.
3. Refrigerate 20 minutes, and enjoy!

*Continued on Page 69*

## EASY GLUTEN-FREE RECIPES (CONTINUED)

There are also items you are already using in your kitchens that are gluten-free:

- Corn products- corn tortillas, corn chips
- Rice- all types
- Quinoa
- Fruits/Vegetables
- Non-breaded meats, Eggs
- Cheese(except blue cheese)
- Yogurt/Dairy products
- Nuts/Seeds
- Legumes/Beans

\*Always make sure to check the ingredients- there may be hidden sources of gluten!

### Hidden sources of Gluten:

- Oats- can be contaminated by gluten in factories
- Barley or Malt
- Dressings
- Gravy/Sauces
- Soy sauce

### Gluten-free Oatmeal Cookies

Serves: 12     \*Adapted from Trader Joe's recipe

- 2 very ripe Bananas, mashed
- 1/2 cup Unsalted Almond Butter
- 1 tsp Vanilla extract Flavor
- 1 tsp Blue Agave Sweetener
- 1 cup Certified Gluten-Free Rolled Oats
- 1 cup Dark Chocolate chips



#### Directions:

1. Preheat oven to 350 degrees. Combine mashed banana, almond butter, vanilla and agave.
2. Slowly add oats to the mixture, then chocolate chips.
3. Drop 1 Tbsp of cookie mixture onto cookie sheet. Bake for 14 minutes.

# 2014 INDUSTRY SEMINAR

## THE “THREE-LEGGED STOOL” FOR SUCCESSFUL SCHOOL MEAL PROGRAMS!



**W**e are very excited about the 2014 CSNA Industry Seminar. This year the focus is on the Key Success Factors for School Meal Programs. There are (3) integral components SCHOOL DISTRICTS - INDUSTRY - CDE/USDA. Common in many businesses is the analogy of the “Three Legged Stool”. You remove any one of the legs and the stool fails to stand. Similarly, if SCHOOL DISTRICTS - INDUSTRY - CDE/USDA are not working together our programs will suffer and are in danger.

Consistent with this theme, we have outlined a number of critically & timely discussion topics lead by dynamic speakers and complimented with panel discussions from all three legs of the stool.

### ***SOME HIGHLIGHTS!!***

#### ***SEC. KAREN ROSS—CA DEPARTMENT OF FOOD AND AGRICULTURE***

KAREN ROSS was appointed Secretary of the California Department of Food and Agriculture on January 12, 2011 by Governor Edmund G. Brown Jr. Secretary Ross has deep leadership experience in agricultural issues nationally, internationally, and here in California. Prior to joining CDFA, Secretary Ross was chief of staff for U.S. Agriculture Secretary Tom Vilsack, a position she accepted in 2009.

#### ***PEGGY CANTFILL- USDA FNS***

“How USDA Foods Champion the American Agriculture Sector and Where’s the Fruit?”

#### ***PEW RESEARCH –***

“Serving Healthy School Meals: Kitchen Equipment” Presentation will outline their groundbreaking research related to School Kitchen infrastructure and the impact/ limitations in light of the new School Meal Regulations. This is a critical discussion with a panel discussion to follow including Members of CDE, Equipment, and Food vendors. Our aging infrastructure could be the biggest obstacle to success.

#### ***TODAY’S COMMODITY SYSTEMS -***

A discussion about the use, accountability and future of entitlement dollars towards commodities and produce. Discussion will include members of the State Commodity Team, Processors, Distributors, and DOD Providers.

#### ***THE ADMINISTRATIVE REVIEW -***

What is it and how should can School Districts & Industry work together towards compliance & seamless audits.

#### ***SMART SNACKS & SODIUM –***

How these changes impact the system for all facets of School Meals.

\*\*There are several key invitations outstanding. We hope to add to an already packed agenda.

Go to <http://www.calsna.org/events/industrySeminar2014.php> for the latest information and to register.

**[www.CalSNA.org](http://www.CalSNA.org)**

***See you all May 4-6, 2014 at the Laguna Cliffs Marriott in Beautiful Dana Point!***

# 2014 CSNA Industry Seminar Registration Form

May 4-6, 2014 at Laguna Cliffs Marriott, Dana Point, California

Name \_\_\_\_\_

District/Company \_\_\_\_\_

Job Title \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_

Email \_\_\_\_\_

## Seminar Registration Fees

	After April 5	Total
Director/Supervisor	\$445	_____
Non-CSNA Member Dir./Sup.	\$495	_____
Industry Representative	\$495	_____
Non-CSNA Industry Representative	\$545	_____
GUEST <i>(Guest Fee Includes all CSNA meal events. Does NOT include Sessions)</i>	\$345	_____

GUEST NAME \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_

Billing Address \_\_\_\_\_

Billing Zip Code \_\_\_\_\_ V-Code \_\_\_\_\_ V-Code is the 3 Digit Code on Back of Visa & MC  
or the 4 Digit Code on the front of American Express cards

Signature \_\_\_\_\_

**If paying with a Credit Card, you may FAX Completed Registration to (818) 843-7423**

Please make checks payable to CSNA. **SORRY, NO PURCHASE ORDERS**

Please send your completed Registration Form with Fee to:

CSNA Industry Seminar, 210 N. Glenoaks Blvd., Suite C, Burbank, CA 91502

This registration is for Seminar ONLY! Please contact Hotel directly for Room Reservations.

Laguna Cliffs Marriott ~ 25135 Park Lantern, Dana Point, California 92629

Make Reservations online at [www.lagunacliffs.com](http://www.lagunacliffs.com) or call the Hotel at (949) 661-5000

**Hotel Reservation Cut-Off date is Saturday, April 7th!**

**SEMINAR REGISTRATION IS NON-REFUNDABLE AFTER April 5, 2014**



**April 2014**

10-13 SNA Leadership Conference (*By Invitation Only*), St. Louis, MO SNA  
17 Far North #20 Educational Meeting #20

**May 2014**

03 CSNA Leadership Workshop CSNA  
04-06 CSNA Industry Seminar - Laguna Cliffs Marriott CSNA  
14 Northern Cal SNA #02 - Meeting #02  
15 Central Cal #10 Installation of Officers #10  
15 Far North #20 Installation/Employee Recognition #20  
16 MotherLode Cal SNA #45 - Fundraiser #45

**June 2014**

23-27 Child Nutrition Program Administration - Ontario CalProNET

**July 2014**

13-16 SNA Annual National Conference - Boston, Massachusetts SNA  
21-28 Child Nutrition Program Administration - Sacramento CalProNET

**November 2014**

13-16 The 62<sup>nd</sup> Annual CSNA State Conference - Sacramento CSNA



*November 13-16, 2014*  
*Sacramento, Convention Center*



*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](http://www.CALSNA.org/calendar.php)** or call (818)842-3040  
*For more information on SNA events, please visit [www.schoolnutrition.org](http://www.schoolnutrition.org)*



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Find the products you want in our searchable online database of over 6,500 school-related items... plus helpful information about food groups and item specifics, including servings, calories, allergens, and nutritional.

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Place customized orders, search through our inventory, and download real-time reports for all your business with Gold Star Foods... at your convenience.

### Automatic inventory integration

Your Gold Star Foods orders seamlessly sync with your own inventory software, so you always know your current on-hand and on-order balances.

### Wide selection of quality products

We stock over 960 commodity items from 55 processors... plus local foods, your favorite brands, and the latest releases.

Discover how Gold Star Foods can help you comply with the new School Lunch and Breakfast Program guidelines. Call us today at 1-800-540-0215, or email [info@goldstarfoods.com](mailto:info@goldstarfoods.com).

