

SUMMER 2016

# POPPY SEEDS

THE OFFICIAL JOURNAL FOR THE CALIFORNIA CHILD NUTRITION PROFESSIONAL



SUMMER 2016 • California School Nutrition Association • Volume 60 - No. 1



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# PRESIDENT'S MESSAGE

BY BRUCE HALL, CSNA PRESIDENT

**A**s I write my first presidents message, I sit here reflecting on a fast paced three days of the School Nutrition Association's Leadership Conference. Having attended three of these conferences as part of CSNA's Leadership Team, I find it interesting to learn how SNA continues to build upon their prior year's goals to help grow the association. It is the national level goals that help each state's President develop their state level goals. These state goals are intended to guide the state association in a similar direction as the national association. One way or another, these goals provide an opportunity for growth which ties in with my theme for the year.

Many of my close friends and family know I am a huge fan of ABBA. They also know I have developed a love for the Broadway play and movie, Mamma Mia. As simple as the story is, you can't help but watch the play or movie, hearing that music and feel uplifted. It was one of ABBA's biggest hits, "Mamma Mia" that gave me the idea to play off some of the lyrics which gave me the theme of "Here We Grow Again." It was adapting some of the lyrics that got me thinking about the word "grow" and how it can apply to any of us personally and professionally.



If you think back within the past five years and how the regulations have changed and affected our daily work lives, you might conclude that we have all been forced to grow during this time. When I think of my theme I can't help but reflect back on how much I have grown over the years in my career. With change happening in so many forms of our lives, we don't always have a choice but to grow and adapt to these changes.

Over the past four years of involvement in the local supervisory chapter and in the state association, I have had the privilege of working with some great people who have continued to help grow the association to what it is today. I have really been impressed and appreciate the direction and the work the past four state presidents have provided for CSNA. It was their leadership that inspired me to grow within CSNA.

It takes a great deal of commitment of so many people to keep this association going and growing. It's not just the Executive & Finance Committee but the Strategic Committees and their Chairs and Co-Chairs, Regional Coordinators, the Conference Committee, Executive Management Associates (EMA) (aka, Janine and Jon Nichols) and finally, Lee Angela Reed of Capital Advisors Group who supports us on legislative issues on the state level and Barry Sackin who supports us on legislative issues on the federal level.

*Continued on Page 4*



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## PRESIDENT'S MESSAGE

*Continued from Page 2*

As you can see, it takes a team of dedicated people to help our association grow—in one way or another. A big note of thanks goes out to all the people who have been involved over the years. We wouldn't be the association we are today without them!

In closing, I challenge each of you to think about my theme “Here We Grow Again.” I ask that you reflect on how you have experienced professional growth knowing there are future changes and challenges we will encounter. How will you turn those changes and challenges into your own opportunities to “grow again?”

I look forward to the year ahead and hope to represent you and our great association in a way you can be proud of. Thanks to each and every one of you for what you do each and every day for the children of California.

**Save the Date!**

**2016 President's Party**

**Saturday November 12, 2016**

**6:30 - 11:00 P.M.**

**Anaheim Marriott**





# 2016/2017 LEADERSHIP TEAM

BY TONI CHAFFEE, CSNA PRESIDENT-ELECT

Toni Chaffee, President-Elect - Janine Nichols, Executive Director  
Bruce Hall, President - Kim Ekholm, Vice President



As we move into the 2016/2017 year, we take on our new roles as the California School Nutrition Association Leadership Team. “Here We Grow Again” takes on a whole new meaning and responsibility as we establish our goals and commitment to the association as your new leaders. This year our School Nutrition Association National Leadership Conference was held in Minneapolis, Minnesota. The conference allowed for us to prepare for our presidency and effectively lead our state association. We were introduced to a “Strengths Finders” course which assessed our personal strengths and what we do best. As CSNA leaders, we are eager to focus on our personal strengths and “GROW” professionally within the organization. Bruce Hall, our new CSNA President, has a true commitment to the association and is very passionate about serving America’s children. Our leadership team shares Bruce’s passion and we have established a three-year strategic plan to build and develop the leadership within the association. In this process, we are looking for future leaders who share the same philosophy, goal, and commitment. The seed has been planted, opportunities are encouraged, and “Here We Grow Again!”

*A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent.*

—Douglas MacArthur

# SALLY'S MESSAGE

BY SALLY SPERO, SNS, CHILD NUTRITION DIRECTOR, LAKESIDE UNION SD



**S**ince the beginning of 2016 I have experienced a larger-than-usual loss of friends and family. While we all face this sad situation from time to time, for some reason 2016 has been the year when I've had to face more tough good-byes than I like.

At each service I would reflect that everything this person had known, learned and experienced was now gone. I knew that I would have to face the future without the friendship, help or guidance from that person who had meant so much to me. All the trials we had faced, all the jokes we had shared, all the memories of the good times would now only be remembered by me. It didn't seem possible that the world kept on spinning without them.

But it does for all of us.

And the next day we have to go back to work. The trays of food have to be put in the oven, the computer has to be updated, the truck needs to be loaded (or unloaded!), the phone has started up and our duty calls us.

At a certain time every day a bell rings, a door opens or sometimes you just hear them coming down the hall. The little girls who are best friends holding hands. The boy who looks like a 'gang-banger' but always smiles and calls you "Ma'am." The jumpy ones who can't stay in line. The quiet ones you

sometimes worry about. The ones who forgot their money. The ones who look like they've been crying. The cheerleader with a string of boyfriends trailing behind her. The girl in the hijab. The ones who are laughing too loud. The boy who runs past the register every day if you don't stop him. The ones who give you hugs. The little tiny ones you have to lean over to see. The tall ones who have to bend down to see you. The ones who steal milk. The ones who steal your heart.

In short, life and the future are right in front of us. Life and the future need us there to care for them and to be patient with them. Life and the future needs nourishment and that is our job. We will never forget those who are gone but our work is about life and the future. And there is no better place to heal our aching hearts.

A handwritten signature in cursive script that reads "Sally Spero". The signature is written in dark ink on a light-colored background.

Sally Spero, SNS



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# MEMBERSHIP NEWS

BY RICHARD E. ANDREWS, CSNA MEMBERSHIP CHAIR



## GOLDEN POPPY 2015-2016

2015/2016 Poppy Books will be put on display again this year at our 64th Annual Conference in Anaheim, Ca. I just want to say that you all did a beautiful job last year with your traditional memory books/binders and battery operated photo frames. I am looking to seeing all the work and effort that was put forth by each and every chapter. If you still have the need, the CSNA Board will help local chapters with funding to purchase one frame (value to \$100.00).

As newly elected Membership Director I am looking forward to continue working with all the awesome people/liasons you all know as Regional Coordinators who are working to know better and do better for the chapters they are working with. We have hit the ground running and have some great ideas and incentives planned for you the membership!

As time moves forward you will see oportunites to volunteer during conference - and speaking from personal experience there is a great sense of accomplishment to help wherever it's needed. Just as we do for the students and schools we work for sometimes we just have to go that extra mile to see that smile.

If there is anything I can help you with, please don't hesitate to contact CSNA Membership Director Richard Andrews for questions comments or concerns:  
[andrewsr@bcscd.com](mailto:andrewsr@bcscd.com)





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# STATE SUPERINTENDANT TOM TORLAKSON VISITS PITTSBURG UNIFIED SCHOOL DISTRICT

BY ANGELIA NAVA, DIRECTOR, PITTSBURG USD & CSNA TREASURER



*Superintendent Torlakson, PUSD Board President Duane Smith enjoy Charlie Cart taste testing opportunities with Food Corp leader Elizabeth Esparza and Cooking Matters PUSD High School students.*

**T**he garden program ties into the Pittsburg Unified School District's commitment to student wellness. The district believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. The garden program began three years ago with two gardens, and currently, the district has 13 gardens, one at each school site, including in-ground beds, raised beds, and three-gallon Aquaponics tanks. The gardens allow students the opportunity to be part of the growing process of their food, helping it go from seed to plant, eventually ending up in their cafeterias. Participating in the garden program gives students hands-on experiences aligned with Common Core and Science standards, and makes them much more apt to try new fruits and vegetables. In the last year, over 1300 lbs of produce have come out of our gardens, going to cafeterias, taste tests, and farmers' market stands at the schools.

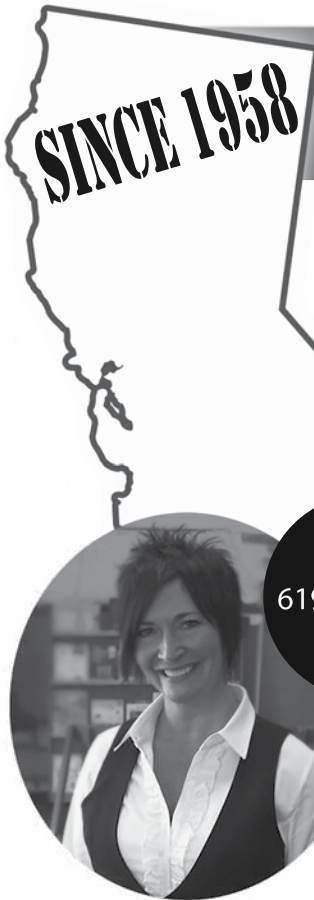


*Superintendent Torlakson presents PUSD Superintendent Schultz, Board President Duane Smith, Teacher Cookie Freeman and Garden Supervisor Michelle DeCoy with a Certificate of Achievement.*



*Superintendent Torlakson eagerly awaits taste testing by Food Corp leader, Elizabeth Esparza, and Cooking Matters students: freshly harvested Fava Beans gently tossed in olive oil and herbs followed by a kale smoothie.*





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# CHAPTER 44 INSTALLATION OF OFFICERS

# Hollywood

BY JANICE CARTER,  
REGION 7 COORDINATOR

**SBCSNA** Chapter #44 rolled out the red carpet for a night out. Dinner and installation of incoming officers at the Spring Valley Country Club in Victorville with our honored guest, Etiwanda Food Service Director, Julie Calderon shared a personal insight on her professional journey and installed President Rose Stark, Vice President Jason Hill, Secretary Vernice Dudley-Radford, Treasurer Lorrie Martin, Parliamentarian LaShawn Bray, Certification Carrie Bogdanavich, Legislation Janice Carter, Hospitality Brenda Ajiringheye, Special Projects Claudia Valdez, Ways & Means Christine Kruze, Membership Cyndi Eastwood and Historian Eloisa Parra. The evening was filled with fancy attire, beautiful people and delicious food! Our friend Matt Upton stopped by to speak with us on “the impact of what we do for child nutrition” and how it is so vital to our lives.

The raffles and prizes made the night even more exciting with the grand prize Kuerig Coffee Maker, we had lots of winners and looking forward to our upcoming 2016-2017 year.







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# CHAPTER 54 PARTICIPATES IN RELAY FOR LIFE

BY JANET BARTH, SNS AND JONI DELGADO



**T**he old saying “April showers bring May flowers” didn’t really hold true for California School Nutrition Association’s Chapter 54 this spring. As we know the desert doesn’t really get showers . . . what we did get for the Relay for Life event on April 16<sup>th</sup> was WIND. And when we say wind, what we really mean is “sand storms.”

On the otherwise beautiful day in the desert, Chapter 54 partnered with the American Cancer Society, the Morongo Unified School District, and Action for Healthy Kids to offer nutritional snacks, information, and prizes for the participants and onlookers of the Relay for Life held at Twentynine Palms Junior High, Twentynine Palms, California. A cancer survivor bag, donated by *Sew You Need a Bag* was raffled, with the \$88 proceeds going to the American Cancer Society.

The volunteers working in shifts of three hours included: Frances Adams, Janet Barth, Bonnie Bolton, Joanne Collins, Joni Delgado, Matt Delgado, Jessica Griffin, Andrea Hartley, Dorothy Hasty, Cindy Henry, Dylan Melly, Kris Pepple, and Robbin Rauschenberg. A fun and rewarding day was had by all.





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## SAN MATEO-FOSTER CITY SCHOOL DISTRICT FARM TO SCHOOL

BY TERRI VANDERSTOUWE



**I**n celebration of Earth Day, we partnered with Coke Farms and the Community Alliance with Family Farms. Coke Farm grows over 50 organic crop varieties each year. They started farming in 1981, and has grown to over 450 acres of certified organic farmland. Located in San Juan Bautista, CA, Coke Farms grows vegetables, fruits and wheat with a collaborative of organic farmers throughout CA.

We started working with the farm in early February to plan, plant and grow radishes, snap peas and strawberries specifically for our Child Nutrition Lunch Program. This gave our students the opportunity to try fresh organic grown fruit and vegetables, from locally sourced farms throughout the region.





# SAN DIEGO COUNTY SCHOOLS CELEBRATE CALIFORNIA THURSDAYS

BY SALLY SPERO, SNS, CHILD NUTRITION DIRECTOR, LAKESIDE UNION SD

**O**n March 16, 2016 school food service directors from San Diego County joined representatives from the Center for Ecoliteracy and County Supervisor Ron Roberts to showcase the delicious and innovative California foods being served in school meal programs as part of California Thursdays.

Nine school districts prepared items from their menus for everyone to enjoy. Many growers, distributors, bakeries and other businesses that support California-grown products were also on hand. Here are the dishes and school districts that showcased their accomplishments.

- San Diego Local Ceviche Fish and Chips, Encinitas Union School District
- Quinoa Salad with Jalapeno Jicama Slaw, Escondido Union School District
- Guacamole with Stone Ground Tortilla Chips, Fallbrook Union Elementary School District
- “Bison Joe” Sliders, Julian Union School District
- Barbecue Chicken Sliders with Memphis Slaw, Oceanside Unified School District
- Chili Lime Chicken Rice Bowl with California Salad Bar, San Diego Unified School District
- Baja Style Opah Fish Taco with Kale Slaw, San Ysidro School District
- Turkey Sriracha Wrap, Sweetwater Union High School District
- Organic Baby Green Salad, Vista Unified School District



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# STUDENTS CELEBRATE CALIFORNIA THURSDAYS

BY SANDRA MCGOLDRICK, MBS, SNS, DIRECTOR OF CHILD NUTRITION SERVICES,  
FALLBROOK UNION ELEMENTARY SCHOOL DISTRICT

**O**n March 17, 2016 the students at William H. Frazier School in the Fallbrook Union Elementary School District took part in a district-wide celebration of locally produced foods through the California Thursdays program.

That day the students enjoyed a lunch that included California free-range herb chicken, California brown rice, California strawberry yogurt and muffin tops from a local bakery. The special “Super Salad Bar” contained kale mango salad with queso fresco, avocados, organic salad mix, and California tangerines. Even more special were sugar snap peas and dried fruit mix from Fallbrook itself. Vendors from Sunrise Produce, Solutions Farms and Cal-Tropics were on hand to set up displays and hand out fruit and vegetable samples.

FUESD began participating in California Thursdays in 2015. In addition to providing healthy delicious meals for the students, it supports the local agricultural economy.





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# CONNECTING WITH STUDENTS IN MARYSVILLE

BY KIT MOLINARI, ELIGIBILITY SPECIALIST, NUTRITION SERVICES,  
MARYSVILLE JOINT UNIFIED SCHOOL DISTRICT

**E**ach school year our department hosts a traveling Nutrition Fair which is held at a different elementary school each year.

After eight years of holding an annual Nutrition Fair, we asked ourselves: What can we do better to “Brand” our Nutrition Fair? Our feedback from past Fairs indicated that despite all our hard work, teachers and students came away from our fair not necessarily knowing who brought it to them - Disconnect.

We had all the pieces, we took over the school for the entire day (including all scheduling); we had good, reliable, and entertaining community partners and vendors; prizes for the kids; and a very popular A to Z Salad bar. We just needed everything to point to **NUTRITION SERVICES**.

So this is what we did....

Connect...

This year’s demographics:

- 500 Students at Arboga Elementary
- 19 teachers
- 21 volunteers from across our District’s Nutrition Services staff
- 19 Vendor stations
- An A to Z Salad Bar

Goal: Connect the Disconnect

We literally got some branding: a new banner announcing who brought the Fair to their school site, and a bright new tablecloth with our department logo and name prominently displayed.

We added a dress code for Nutrition Services volunteers so that we were easily recognizable. In past years we had been one of the vendors presenting at the fair with Nutrition Bingo. This year we added two more activities hosted by Nutrition Services staff: the Nutrition Name Game, and Nutrition Services Physical Activity games.

Before breakfast we met the students bright and early at the door with our new banner, new tablecloth, the Nutrition Trivia Wheel, and prizes. Joining us were our student mascots Strawberry and Chili Pepper, and a parent volunteer in the school’s mascot Cougar who also helped greet the students as they got to school.



*Continued on Page 22*



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In year's past we would dismiss the students to their first vendor station immediately after attendance was taken in their classroom. This year after attendance we had all the students meet on the blacktop for a Nutrition Fair kick-off rally hosted by the Director of Nutrition Services, Amber Watson, the school's Kitchen Manager, Ron Chance, and all of our Nutrition Services volunteers. Our mascot pool grew to include a Banana from The Fruit Guys.



We got two spots on the local morning news show *Good Day Sacramento*. Newsman Cody Stark joined the other mascots, donned our Carrot costume and tossed out prizes during our morning Nutrition Fair kick-off rally. In the second spot he sampled our A to Z salad bar with four students from Miss Deforest's second-grade class. Both spots included an interview and/or commentary from our Director, Amber Watson.



Teachers and their students visited five to six vendor stations throughout the school day, plus lunch and recess, and returned to their classrooms at the end of the day for one last visit from our Nutrition Services Staff volunteers. Volunteers broke up into teams of two for an end of day wrap-up including a quick review of the day's events, reminders of who sponsored the event for them and why, and of course, some awesome prizes.



Arboga 2nd Graders from Miss DeForest's class, volunteer for an A-Z Salad bar taste test.



*Continued on Page 23*



**And these were the results....**

**Students:**

"Dear Nutrition Services,  
Thank you for making it to where we got to have fun. You nutrition people are really fun people you guys are awesome. You guys are the ones who made it to where the school had lots of fun and have fun activities.  
Sincerely,  
Eli Sullivan  
5<sup>th</sup> Grade Mrs. Jones "

**Students:**

"Dear Nutrition Services,  
Thank you so much. It was so fun learning about different foods, and learning how they help your body. It was also fun tryout out different foods. Some of the foods I like and some of them I didn't really like. But all and all it was an amazing time.  
From:  
Skyler C Callison  
5<sup>th</sup> Grade Mrs. Jones"

**Students:**

"Dear Nutrition Services,  
Thank you for coming to our school and teaching us all of the healthy foods to get strong bones, be tall, and that they are just good for you. We appreciate all of the things you taught us and thank you for teaching us what things to eat so we don't become weak.  
Once again thank you for coming to our school to teach us all this cool stuff. We all thank you for everything you've done.  
Sincerely,  
Jaiden Jackson  
5<sup>th</sup> Grade Mrs. Jones"

**Vendor:**

"CONGRATULATIONS!!!! How wonderful your Nutrition Fair has become; an energized, dynamic and fun-filled event that captivates and engages students in your schools. I'm honored to be a presenter and gratified to see all you wonderful people, dressed in blue, working so hard, behind the scenes and in front of the cameras to grab kids and get their attention about good nutrition/foods that will make them eat and think healthy-you deserve to pat yourselves on the back and be proud. This event has evolved into a stellar moment in your careers. Thanks for your hard work I look forward to continue being a small part of your students' activities.  
Gratefully,  
"Farmer Lou"  
Lou & Lola Lodigiani  
Tri-L Mandarin Ranch  
Oroville CA"

**Teachers:**

"...wish we could have this every year at our school."  
"...The kids loved the variety of activities"  
"...The students had a blast and learned so much"  
"...the kids loved the food samplings"

**Nutrition Services Volunteer:**

"Just wanted to thank you all for all your hard work. Yesterday was so awesome for the students. Very proud to be part of our wonderful Nutrition Services Department.  
Thanks  
Sandy McQuay Kynoch Cafeteria Manager"

**Parent/Employee Anecdote:**

Today my little girl came home and put on my Nutrition Services work shirt, the apron she won at the Nutrition Fair, and pulled all my fruits and vegetables into the backyard to play "Nutrition Fair" with her little brother for three hours! Shannon Banach

**Goal: ACHIEVED – Disconnect now Connected!**

***Next year will be our 10<sup>th</sup> year,  
look out Edgewater Elementary! Nutrition Services is coming your way!!!***





## CONGRESSWOMAN VISITS BRING YOUR PARENT TO BREAKFAST EVENT

BY CONSTANCE MONTFERRET, MS, RD, NUTRITION & MARKETING CONSULTANT, COVINA-VALLEY USD

**O**n May 3, 2016 Covina-Valley Unified School District (C-VUSD) welcomed special guest United States Congresswoman Grace F. Napolitano to a ‘Bring your Parent to Breakfast’ event at Manzanita Elementary School. Families were served whole-grain pancakes, scrambled eggs, sausage links, fresh honeydew melon, cantaloupe, and strawberries. ‘Bring Your Parent to Breakfast’ is an opportunity for parents to eat a school breakfast with their children and network with the school community.

During her visit to Manzanita Elementary, Congresswoman Napolitano talked with parents and District representatives, observed classroom lessons, and reviewed the Fresh Fruit & Vegetable Program (FFVP).

C-VUSD Superintendent Dr. Richard Sheehan, and Manzanita Principal Susan Perez-May highlighted the existing programs at Manzanita Elementary and discussed plans for Districtwide programs such as implementing i-Ready, as well as next years’ English and Spanish Dual Immersion Learning Program.

Students from Ms. Sutherland’s first and second grade combined classroom excitedly shared which of the fruits they’ve tried at Manzanita have become their favorites since the implementation of FFVP. On the day of the event, students tried apriums, a hybrid fruit that is a cross of apricots and plums. Students also received a brief nutrition education lesson about apriums. The FFVP allows students to try unique fruit and vegetables three times per week, including longans, lychees, and blood oranges. Principal Perez-May enthusiastically stated this is a wonderful program that the students enjoy and that is impacting their fruit and vegetable choices outside of school.

*Continued on Bottom of Page 25*





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### CONGRESSWOMAN

*Continued from Page 24*

At the end of her visit, Congresswoman Napolitano stated she learned so much about the programs C-VUSD offers its students. C-VUSD looks forward to future opportunities to collaborate with Congresswoman Napolitano to improve the local community, and the programs offered to the students we serve.



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# CARLSBAD CELEBRATES HUSSC AWARDS

BY MICHELLE JOHNSON, CARLSBAD USD, DIR. OF NUTRITION & PURCHASING SERVICES

Carlsbad Unified School District is proud to announce that all nine elementary schools are recipients of the Bronze Award in the HealthierUS School Challenge. The award presentation took place at Jefferson Elementary School on Friday morning, April 1 (*no foolin'!*). The morning started with a welcoming committee of students and parents for our guests: Jesus Mendoza, Western Regional Administrator of USDA, Veronica Davison Public Affairs Director, WRO USDA, Sandip Kaur, Director, CDE Nutrition Services Division, and Desiree Rojo, Child Nutrition Consultant, CDE.



Board members, superintendents, Nutrition Services staff and parents were on hand to be a part of the celebration. We started with the Jefferson morning workout that took place on the playground with students leading the high energy, 20-minute exercise period that occurs on a daily basis. The monthly assembly followed next, which included the presentation of the HUSSC awards.

Award plaques were presented to all nine principals, with awards of special appreciation presented to Director of Nutrition and Purchasing Services Michelle Johnson, Operations Supervisor Susan Renaud, and Administrative Assistant Rose Hansen for all of the efforts to put together the HUSSC submission.

The USDA and CDE representatives stayed on after the assembly to observe a kindergarten classroom instruction of the four food groups, a tour of the school garden, and then second chance breakfast. Sunrise Produce was on hand to showcase a wide variety of fruits and vegetables for the students, which they enjoyed immensely. As Sandip stated “Who would have thought you’d see kids so excited to see fruits and vegetables?”



All in all it was a fun morning to be on campus at Jefferson Elementary School. Carlsbad is honored for the recognition of its wellness program that incorporates healthy eating, physical activity, and nutrition education to help our students maintain healthy lifestyles.





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# Awards and Scholarships News

By Roger Evers, SNS, CSNA Awards and Scholarships Chair



## Here We Grow Again CSNA!

It's that time of the School Year to start thinking about our Bosses, Co-Workers and even ourselves who are deserving of one of many prestigious Awards and Scholarships available at this year's Annual Conference in Anaheim, CA from November 10-13, 2016.

### There are Scholarships available for:

- Conference Scholarship (pays up to \$250 for Conference registration fee)
  - Josephine P. Morris Scholarship
  - Audrey Melikian Scholarship
- Graduating High School Senior Scholarship

### Awards are available for:

- Director of the Year
- Manager of the Year, In Honor of Louise Sublette
  - Employee of the Year
- Moscone Commitment to Child Nutrition Award
  - Don Flahiff Industry Appreciation Award

### Recognition Awards for:

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

All nominations must be submitted no later than September 2, 2016 to CSNA Headquarters. Specific details on who can be nominated, who can nominate a CSNA member, certain professional requirements (SNA Certified or SNS Credentialed), etc. can be found on the CSNA Website at [www.calsna.org](http://www.calsna.org).

After entering the web site, click on the 'Professional Development' tab, and then on the Scholarships Information tab and you're ready to get the process started. 😊

Please nominate all deserving School Nutrition Professionals that proudly serve thousands of California's students to help them succeed in school, and in life.





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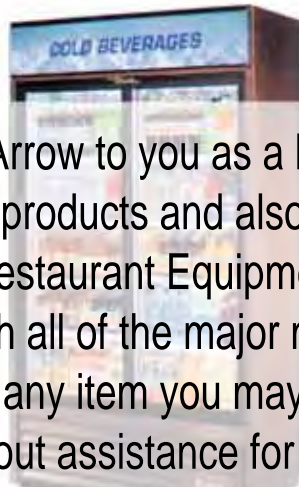
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Sincerely

Michael B Serrao  
President/ CEO





# THE 2016 ANNUAL CONFERENCE

**ANAHEIM MARRIOTT**  
**NOVEMBER 10-13, 2016**

## **MAMMA MIA! Here We Grow Again!**

*The 2016 Annual CSNA Conference will be in Anaheim this year and you're going to want to be with us for outstanding Educational Sessions, exhilarating Keynote Speakers, great Networking Opportunities and a World-Class Industry Trade Show!*

*The 2016 Conference Committee is working around the clock to shape the perfect program for our CSNA Child Nutrition Professionals and Industry Members.*

*Mark your calendars to be with us at the Anaheim Marriott from November 10-13, 2016.*



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# 2016 CONFERENCE KEYNOTE SPEAKERS

## KAYLA HARRISON

**O**n August 2, 2012, Kayla Harrison became the first American in history to capture an Olympic Gold Medal in the sport of Judo. In doing so, she made history for her country and her sport. As an individual, she climbed a personal peak that only a few years prior seemed insurmountable. At the age of 16, Kayla revealed that for years she had been sexually abused by her judo coach. Her revelation turned her world upside down. Kayla pressed charges and a federal criminal prosecution followed. Kayla moved from her home and family in Ohio to Massachusetts to live and train with Jimmy Pedro and his father “Big Jim.” They became her coaches and surrogate family. As a teenager, Kayla was made to rebuild her life in a new place, surrounded by new people. Her Olympic Gold Medal represents the height of her athletic accomplishments, but doesn’t begin to tell Kayla’s story of personal triumph.



*Kayla’s messages of **BELIEF IN ONESELF, PERSEVERANCE AMIDST OBSTACLES, SETTING AND REACHING GOALS AND PEAK PERFORMANCE** have captivated audiences from community groups, to high schools and colleges, to women’s groups to Fortune 500 companies.*

*Kayla is an especially sought after motivational speaker on overcoming adversity and her story is proof that with the right help, **ANYTHING IS POSSIBLE.***

## JEFF JOINER

Jeff Joiner combines his experience as a college professor, professional speaker, and foodservice consultant to provide relevant, useful seminars throughout our industry.

Jeff worked for the Campbell Soup Company for 10 years, where he was awarded Campbell’s prestigious Merit Award for Excellence three times. This is when he first started working with school foodservice groups.

Jeff spent 5 years with Advantage Waypoint, a sales and consulting company specializing in helping companies in the foodservice industry succeed.

Jeff now runs his own company, specializing in helping school districts reach their goals. He has worked with school districts and SNA organizations in 25 states, helping them improve their teams and workplaces.







# CONFERENCE HIGHLIGHTS

## PRE-CONFERENCE SESSIONS

NOVEMBER 10, 2016

### CDE UPDATE: FULL DAY SESSION

*Back by popular demand is the 2017 CDE State Day workshop. This year's State Day is designed to put you in the procurement groove! Whether planning menus for 500 or 500,000, all school nutrition professionals are involved in procurement so we encourage you to attend this interactive workshop, to hear from your colleagues about best procurement practices and learn more from CDE staff about the required components that comply with the State and Federal procurement standards. Be hip and get ready to get your procurement groove on!*

### MANAGING FOOD ALLERGIES IN SCHOOL NUTRITION PROGRAMS

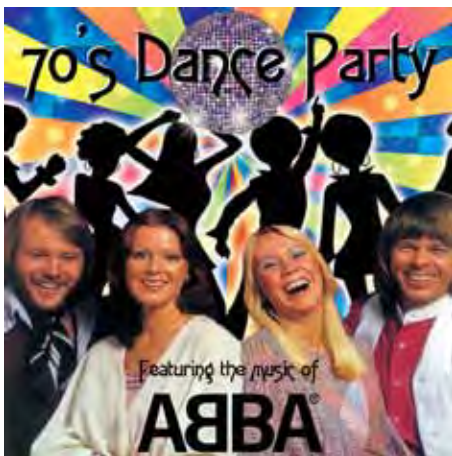
*The Managing Food Allergies in School Nutrition Programs training is for school nutrition professionals to learn how to accommodate students with food allergies. It includes an overview of food allergies, reading and managing food labels, accommodating students with food-related disabilities, avoiding cross contact, and promoting food allergy management in schools.*

## PRE-CONFERENCE TOURS - NOVEMBER 10, 2016

### TOUR OUTSTANDING FACILITIES IN ANAHEIM!

*The Pre-Conference Tours at CSNA's Annual Conference have become one of the most talked about events for those that get a chance to take part and if you have not yet planned to join in the fun in 2016, you're gonna want to reserve your spot on the bus! This year, the tour will take us to A&R Food Distributors, Ardella's and not just one, but TWO Cambro facilities! Buses will pick up at the Marriott at 8 AM sharp and be back to the hotel at about 3:30 PM. Lunch will be provided. Sign up today and join in the fun!*

## PRESIDENT'S PARTY - NOVEMBER 12, 2016



*Every year we urge you to bring your best dance moves and this year's President's Party is sure to make you shake shake shake your booty! It's a 70's themed Dance Party with a special emphasis on the music of ABBA. You can dance and have the time of your life if you put on your Boogie Shoes!*

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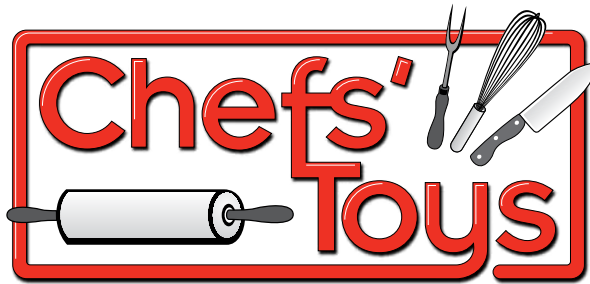
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\*Anaheim location is closed on Sundays



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## **SILENT AUCTION AND RESOURCE CENTER For Conference November 2016**

**By: LaShawn Bray - Silent Auction & Resource Chair**

Fundraising !! Is your chapter looking for more fundraising ideas?

Think CSNA Annual Conference....**Think Silent Auction....**

It's a great way for your chapters to raise money and at the same time help the CSNA Scholarship fund earn money too. The proceeds are split 50/50, so bring as many items as you want. :-)

Examples: Gift baskets, purses, blankets, jewelry, gift cards and even golf or mini vacation packages.

Be Creative, utilize those crafty chapter members for homemade gifts or even promote your local businesses in your area with donations for your silent auction packages.

People love a deal and your chapter raises money to make it stronger.

Another Win! Win! Situation.

For more information please contact [LaShawn\\_bray@upand.k12.ca](mailto:LaShawn_bray@upand.k12.ca)

## **RESOURCE CENTER**



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

Ex: menus, recipes and training ideas to share with others.

We're even adding a new board for speakers

and vendors willing to speak at your meetings, to post their business cards.

This area is where we display your "Back to Basics Golden Poppy Goals" submissions and awards.

Whether it is a book or a battery operated picture frame, please showcase your accomplishments.





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## CSNA Is Looking for Volunteers!

*Get ready for the annual CSNA Conference. Perhaps you have just joined our organization or you've been around CSNA for a while not knowing how to connect. Well we've got just the right place to get you involved.*

*CSNA Conference 2016 needs volunteers to help make this the most enjoyable and beneficial conference ever. There are opportunities for our volunteers to give as little or as much of their time as they would like. Don't worry about missing out on any of the conference sessions as you'll be an active participant.*

*Volunteer positions run the full gambit, from registering attendees, hosting sessions, passing out T-shirts to AV specialists and so much more! Volunteers are an essential part of the program!*

*Join the volunteer team and meet your counterparts.  
Working together to learn and grow.*

***Volunteer at [www.calsna.org/volunteers](http://www.calsna.org/volunteers)***



# Don't Miss the Grooviest Exhibit Hall Around

By **Jamie Sanchez, RD, CSNA Exhibits Coordinator**  
**Nutrition Manager, Santa Ana USD**



**BOOGIE** your way through more than 350 **GROOVY** exhibits during the California School Nutrition Association (CSNA) 64th Annual Conference at the Anaheim Convention Center. The Exhibit Hall will be open Friday, November 11<sup>th</sup> from 10:30 AM – 3:00 PM, and Saturday, November 12<sup>th</sup> from 10:00 AM -1:30 PM. Exhibitors will showcase the latest products and services available in school nutrition.

There will be plenty to do on the Exhibit Hall floor, from tasting new foods to checking out the latest equipment. Below are some tips to maximize your experience while visiting the exhibits:

## Come Prepared:

- Wear comfortable walking shoes. There will be a lot of ground to cover with over 350 booths to visit.
- Bring a list of menu, equipment or service needs and have questions prepared for each item. Staying focused on the needs of your department and menus will keep your tour of the exhibits more productive.
- Take pictures of the products you like and record a quick voice memo with product details such as item description and manufacturer information. This will help jog your memory when you head back to work after the conference.
- Bring lots of business cards. Visiting the Exhibit Hall is a great opportunity to network with vendors and other directors.

## Pace Yourself:

- So much food, so little time! Pace yourself, don't taste it all in one day. Exhibits will be open Friday and Saturday. Vendors will have plenty of food to sample on both days.
- Avoid eating full sample portions, only eat a bite (or two if it is really delicious).
- Mix it up. After making your way down one aisle you will probably start to feel overwhelmed and incredibly full. Take a break, drink some water, and visit an equipment booth or two between food booths.

Most importantly, have fun and enjoy the nostalgia of 1970's **DISCO FEVER** while learning about the latest and greatest in school nutrition.

It's sure to be **DY-NO-MITE!**  
**CATCH YOU ON THE FLIPSIDE!**





# SNS CREDENTIALING



**D**o you have your SNS (School Nutrition Specialist) credentialing yet? If not, what are you waiting for? The SNS credentialing Program was established in 1997 by SNA to enhance the professional image of school nutrition professionals, elevate professional standards and enhance individual performance. It is a mark of excellence and achievement that reflects what it takes to manage a school nutrition program in today's challenging climate. The SNS exam evaluates the candidate's knowledge and skills required to perform specific job activities related to managing or directing school nutrition programs.

CSNA will offer the SNS Credentialing exam again this year as a pre-conference breakout session on Thursday, November 10, 2016. The application fee for SNA members is \$210 and applications are processed through SNA. The exam covers the following topic areas:

## **Key Area 1: Nutrition**

- Menu and Nutrition Management – 17% of exam

## **Key Area 2: Operations**

- Facilities, Technology and Equipment Management- 5% of exam
- Food Production and Operation Management – 15% of exam
- Procurement and Inventory Management – 5.5 % of exam
- Food Security, Sanitation and Safety – 14.5% of exam

## **Key Area 3: Administration**

- Program Management and Accountability – 10% of exam
  - Human Resource Management – 10% of exam
  - Financial Management – 16% of exam

## **Key Area 4: Marketing and Communications**

- Marketing and Communications – 7% of exam

In the past, members have been successful when connecting with other candidates to form study groups. If you are interested, please contact Judi Reynolds, at [jreynolds@fuhsd.net](mailto:jreynolds@fuhsd.net), and she will connect you with other interested parties.

The SNS credential is a great benefit and can enhance your personal and professional growth. This is not an easy exam, so you will want to begin studying early.

SNS offers the following items for purchase that will help you prepare for the exam:

- School Nutrition Specialist Credentialing Exam Study Guide – 2015 Edition
- School Food and Nutrition Service Management for the 21<sup>st</sup> Century – 6<sup>th</sup> Edition

The SNS Handbook contains important information regarding eligibility requirements, the application form, sample questions, content knowledge areas and an exam study resource list. It can be found at the SNA website at : <https://schoolnutrition.org/sns/>

Here to HELP YOU GROW AGAIN, are our preconference sessions. On Thursday, November 10, we will hold special sessions to help you "Grow Again" in your profession. While these sessions have not been scheduled yet, they will surely be educational and fun. In addition, because the entire day is focused on only a few sessions, you will have the opportunity to reconnect with friends from across the state and meet new friends, while learning more about the Child Nutrition Programs.

State Day: Our friends from California Department of Education always put on an interesting presentation on the most important topics in the industry. In this session, you will hear from the experts in the field on the most pressing or trending topics.

ICN: The Institute of Child Nutrition, previously the National Food Service Management Institute, will offer a session again this year. The topic is to be determined, but with the array of amazing instructors available, it should be another fun session.

So, keep your eyes and ears open to see what is in store for you at our pre-conference sessions. See you there!

# OFFICIAL 2016 CONFERENCE REGISTRATION FORM - ANAHEIM

*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.*

**Here We Grow Again! - The 64<sup>th</sup> Annual Conference & Trade Show - November 10 - 13, 2016**

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

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MANAGER	\$230	\$255	\$ _____
STAFF/STUDENT/RETIRED	\$225	\$250	\$ _____
CSNA PAST PRESIDENT	\$ 0	\$ 50	\$ _____
<b>NON-MEMBERS</b>			
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MANAGER*	\$280*	\$305*	\$ _____
STAFF*	\$270*	\$295*	\$ _____
STUDENT/RETIRED/GUEST	\$240	\$265	\$ _____

\* INCLUDES 1 YEAR SUBSCRIPTION TO CSNA AND SNA  
*(\$167 FOR DIRECTORS AND \$49 FOR MANAGERS AND \$44 FOR STAFF)*

<b>SINGLE DAY REGISTRANTS</b> <i>(DOES NOT INCLUDE MEALS UNLESS CHOSEN AND PAID FOR BELOW)</i>			
PLEASE CHOOSE DAY: <input type="checkbox"/> FRIDAY <input type="checkbox"/> SATURDAY <input type="checkbox"/> SUNDAY _____			
	EARLY DISCOUNT FEE <i>IF PAYMENT IS RECEIVED (ON OR BEFORE 9/30/16)</i>	REGISTRATION FEE <i>(AFTER 9/30/16)</i>	AMOUNT
<b>CSNA MEMBERS</b>			
DIRECTOR/SUPERVISOR	\$ 115	\$130	\$ _____
MANAGER	\$ 110	\$125	\$ _____
STAFF/STUDENT/RETIRED	\$ 105	\$120	\$ _____
GUEST	\$ 105	\$120	\$ _____
<b>NON-MEMBERS</b>			
DIRECTOR/SUPERVISOR	\$140	\$155	\$ _____
MANAGER	\$135	\$150	\$ _____
STAFF/STUDENT/RETIRED	\$130	\$145	\$ _____
GUEST	\$130	\$145	\$ _____
<b>MEAL FUNCTIONS (OPTIONAL, NOT ALREADY INCLUDED IN PRICE ABOVE)</b>			
PRESIDENT'S PARTY - SATURDAY, 11/12	\$ 65	\$ _____	
REGIONAL BRUNCH - SUNDAY, 11/13	\$ 40	\$ _____	


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

**Pre-Conference Workshops Thursday November 10, 2016**

CDE State Day - 8:30 am - 5 pm \$35 members / \$35 non-members \$ \_\_\_\_\_


Allergy Workshop - 9 am - 4 pm \$35 members / \$50 non-members \$ \_\_\_\_\_

SNS Credentialling Exam - 12:30 pm - 5:00 pm ( \$210 SNA Members, \$305 Non-SNA Members - **Register Directly with SNA - www.SchoolNutrition.org** )  
( Check in by 12:30 pm - Program begins promptly at 1:00 pm )



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

**Pre-Conference Tour Thursday November 10, 2016**



**Local Tour** - 8 am - 3:30 pm (meet by 7:45 am, bus leaves promptly at 8 am) \$15 \$ \_\_\_\_\_

I would like to participate in the Fitness Fundraiser on Saturday, November 12, 2016 - 7:00 - 8:00 a.m. - \_\_\_\_\_ (No Cost)

**GRAND TOTAL REGISTRATION/MEALS** \$ \_\_\_\_\_

PAYING WITH CHECK NO. \_\_\_\_\_ MADE PAYABLE TO CSNA AND MAIL WITH COMPLETED REGISTRATION FORM TO:  
CSNA, P.O. Box 11376, BURBANK, CA 91510 - PHONE: (818) 842-3040 - FAX: (818) 843-7423

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

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 9/23/16. 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)





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www.kitchenreps.com



# 2016-2017 CSNA Nutrition Advisory Council (NAC) Charter Application

*This Year's Theme is:*

**"Here We Grow Again"**

## **Benefits of becoming an official CSNA-NAC Charter include:**

- An Official 2016-2017 NAC Charter Certificate
- Eligibility for statewide NAC art contest
- Opportunities to share nutrition education materials, resources, and lessons
- NAC groups have the opportunity to attend CSNA– Annual Conference and taste test food items for school meals

---

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

School Name \_\_\_\_\_

School Address \_\_\_\_\_

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

# of Students \_\_\_\_\_ Grades \_\_\_\_\_

---

NAC Advisory Name \_\_\_\_\_ NAC Advisor Phone \_\_\_\_\_

NAC Advisor Title \_\_\_\_\_ NAC Advisor email \_\_\_\_\_

NAC Advisor Signature \_\_\_\_\_

---

Cafeteria Manager/Partner \_\_\_\_\_ Manager Phone \_\_\_\_\_

Principal Name \_\_\_\_\_ Principal Phone \_\_\_\_\_

Please send completed form to:  
Mina Choi, Director of Food Services  
Huntington Beach City School District  
17011 Beach Blvd. #560  
Huntington Beach, CA 92467  
mchoi@hbcsd.us

Nutrition Advisory Council Presents...

# NAC MINI-CONFERENCE

Nutrition Education

Meet other NAC Student Leaders

Physical Fitness Fun

Ideas for NAC Activities

Taste Testing – Items for School Meals, Healthy Snacks

**NOTE: SPACE IS LIMITED SO REGISTER EARLY**



Date: **Friday, November 11<sup>th</sup> 2016**

**Note:**

Location: **Anaheim Marriott**  
**700 W. Convention Way**  
**Anaheim, CA 92802**

NAC conference is  
for students in grades 4-12 only

Maximum of  
**6 students per Chaperone**  
*(Chaperone is legally responsible for students  
and must be 18 years of age or older)*

Time: **9:00 a.m. – 1:00 p.m.**

**Pre-Registration is Required**

Email, Fax or Send completed form to:

Mina Choi  
Director Food Services  
Huntington Beach City SD  
17011 Beach Blvd. #560, Huntington Beach, CA 92647  
Phone (714) 378-2075  
mchoi@hbcasd.us

**Registration Deadline: September 30<sup>th</sup>, 2016**

**PRE-REGISTRATION IS REQUIRED FOR PARTICIPATION**

Use this form to sign up for the Mini-Conference.

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

Contact Name \_\_\_\_\_

School Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Number of students attending: \_\_\_\_\_ Grade level of students \_\_\_\_\_





# CSNA - NAC Art Contest

**Design a Poster for CSNA-NAC**

***This year's theme is "Here We Grow Again"***

## Tips for Artists

Past winning entries have usually been...

### Simple and clear

Do not use details that are so small that they cannot be clearly reproduced.

### Colorful

So they can be reproduced onto a t-shirt and other materials must be bright and bold.

### Drawn by hand

As opposed to using a computer or a stencil.

### Careful consideration

By the artist so that the theme "Here We Grow Again" is implemented in a positive, clear, unique, healthy and creative way.

## Contest Guidelines and General Information

**The poster should reflect NAC members' responsibility to:**

- Work toward high nutrition standards in his/her school
- Bring about understanding and appreciation of school food service
- Become knowledgeable about good nutrition and promote healthy environments

All Students who participate in a CSNA NAC charter are eligible to submit a entry.

Three winners will be selected in these categories:

- one from **grades K-4**
- one from **grades 5-8**
- one from **grades 9-12**

Each entry must be accompanied by a completed and signed official entry from (see next page).

Each entry must be the student's original drawing on an 8½ x 11 sheet of plain, white, unlined paper (poster board is not allowed).

Poster design details must be clear and legible for use in various formats (letterhead, t-shirts, coffee mugs, posters, etc.)

The student's name, grade and school must appear on the back of the original artwork.

All entries become the property of CSNA

The winner selected from each category receive:

- **A Commemorative Certificate**
- **NAC T-Shirt**
- **\$75.00**

One of the three winners will also be selected as The Grand Prize Winner! The Grand Prize winning artwork will be featured in Poppy Seeds magazine as well as the back of the official 2016-2017 NAC T-shirt!

**DEADLINE: Artwork must be postmarked no later than October 6, 2016.**

### MAIL ENTRIES TO:

Mina Choi, Director of Food Services

RE: NAC ART CONTEST

17011 Beach Blvd. #560, Huntington Beach, CA 92647

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**Peter Woods - Buena Vista Food Products**

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**Janine Nichols, CAE, CPL**

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### REGIONAL COORDINATOR 3

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reynoldsc@lancsd.org

### REGIONAL COORDINATOR 5

**Christine Cooter**

2021 M Street, Bakersfield CA 93301  
Bus: 661-889-2375  
E-mail: mamacooter@bak.rr.com

### REGIONAL COORDINATOR 6

**Open**

*Contact Bruce Hall if interested*

3280 Crow Canyon Road, San Ramon CA 94583  
Bus: 925-824-1806 Fax: 925-824-1847  
Email: Bhall1@srvusd.net

### REGIONAL COORDINATOR 7

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E-Mail: janice\_carter@snowlineschools.com

### REGIONAL COORDINATOR 8

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**CALIFORNIA  
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# CSNA LOCAL & SUPERVISORY CHAPTERS & PRESIDENTS 2016-2017

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# THE CALIFORNIA SCHOOL NUTRITION ASSOCIATION STANDING COMMITTEES ~ 2016-2017

## 2016 CONFERENCE COMMITTEE

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### TRADE SHOW ADVISOR

### CSNA EXECUTIVE DIRECTOR

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### EXECUTIVE ADVISOR

**Bruce Hall**

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Bus: 925-824-1806 Fax: 925-824-1847

E-mail: Bhall1@srvusd.net

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following address to access the page directly;

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

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President-Elect.: **Toni Chaffee**

Vice President.: **Kim Eckholm**

Industry Advisor: **Peter Woods**

Exec Dir.: **Janine Nichols**

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Clovis USD

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Co-Chair: **Suzanne Morales, SNS**

Placentia-Yorba Linda USD

E-mail: smorales@pylusd.org

CSNA Member At-Large: **Stephanie Tovar**

Westminster USD

Email: stovar@wsd.k8.us

CSNA Member At-Large: **Kathy Mastel**

Snowline Joint USD

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CSNA Industry At-Large: **Kerry Benson**

A&R Food Distributors

Email: Kerry@aandrfoods.com

CSNA Industry At-Large: **Christine Focha**

Superior Foods

Email: christinefocha@hotmail.com

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Gateway USD

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Associate Director: **Carol Chase-Huegli**

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# WHAT'S COOKING WITH CHEF JIM

BY SALLY SPERO, SNS, CHILD NUTRITION DIRECTOR, LAKESIDE UNION SD

**W**ell it is summertime and we don't always feel like cooking, do we?

This year here in the Lakeside Union School District we have developed a new cold meal option for our elementary students that we have named Energy Packs. My previous cold option had been a yogurt/bagel combination but it wasn't working out too well as the yogurt-lovers threw the bagel away and the bagel-lovers threw the yogurt away and the trash can had as much food in it as the kids did.

My goal was to have a 2 Meat/2 Grain option that was packed together and that, hopefully, would be more appealing. After experimenting around with various bags and boxes we settled in on using a 24-oz. clear plastic container that we also use for our chef salads. Then I made a list of everything cold possible that could be either 2 Meats or 2 Grains and Chef Jim started laying them all out on the table and mixing and matching.

To save you all that work, here is what Chef Jim came up with.

- Nacho Energy Pack—1/4 c. bean dip, 1 oz. cheddar cheese cubes, 1 pkg. tortilla chips
- Yogurt Energy Pack—4 oz. container yogurt, 1 oz. sunflower kernels, 2 pkg. graham crackers
- Cheese Energy Pack—2 string cheese, 1/2 c. marinara sauce, 2 pkg. graham crackers
- Cottage Cheese Energy Pack—4 oz. cottage cheese, 1 pkg. apple slices, 2 pkg. graham crackers

These were so successful that a few months later we decided to expand the concept to breakfast. This time the goal was to have a 1 Meat/1 Grain option (okay, to be entirely correct it should be a 1 Meat Counting as 1 Grain/1 Grain option.) We contacted our paper supplier to get a smaller container from the company making our lunch boxes and Chef Jim began mixing and matching again.

- String Cheese Energy Pack—1 string cheese, 1 pkg. graham crackers, 1 pkg. apple slices
- Egg Energy Pack—1 hard-cooked egg, 1 pkg. graham crackers, 1 pkg. apple slices
- Cheddar Cheese Energy Pack—1 oz. cheddar cheese cubes, 1 pkg. graham crackers, 1 pkg. apple slices
- Sunbutter Energy Pack—1 pkg. sunbutter spread, 1 pkg. graham crackers, 1 pkg. apple slices
- Sunflower Energy Pack—1 pkg. sunflower kernels, 1 pkg. graham crackers, 1 pkg. apple slices

As a clever reader, you have probably clued in to the fact that on the Egg Energy Pack we only needed half an egg to meet the requirement but when we tried that the kids complained that it was too small.

You can see that you could mix up the different components different ways to make new combinations. If you have students that require a gluten-free option you can take out the graham crackers and substitute rice cakes. Finally, we developed some stickers we could do up here in the office on the color printer. They really look nice and are comparable in cost to our other entrée choices. They account for around 20% of our daily sales. All that and no need to heat up the kitchen!

# HEALTHY EATING SHOULD NOT STOP WHEN SCHOOL IS OUT

## FREE MEALS FOR KIDS BRIDGE THE SUMMER HUNGER GAP

BY SHANNAN YOUNG, R.D.N., S.N.S., PROGRAM MANAGER, DAIRY COUNCIL OF CA

**I**n your role as the nutrition expert in your community, I know you are concerned about what summer means for the nearly 3.6 million students who depend on you for their free or reduced-cost meals at school. In 2014, nearly 2 million California children under 18 who participated in the National School Lunch Program missed out on free meals available to all kids through USDA's Summer Food Service Program.

“Having kids home for summer vacation can add as much as \$300 to a family’s monthly grocery bill,” said Tammy Anderson-Wise, CEO of Dairy Council of California. “When extra dollars aren’t available, lack of nutritious food may set up a cycle for poor performance once school begins again and may make students more prone to illness and other health issues.”

Luckily, USDA’s Summer Food Service Program and the Seamless Summer Feeding Option—coordinated by the California Department of Education—that extend the National School Lunch Program, help bridge the summer hunger gap. These programs ensure all children under 18 have access to free healthy meals while school is out, but few take advantage of this opportunity.

Whether your department services a summer meals site or not, you can make sure your students know that healthy eating doesn’t have to take a summer vacation. Finding a site is as easy as texting FOOD or COMIDA (for Spanish speakers) to 877-877.



*Don't let healthy eating take a summer vacation! Let your students and parents know how they can access free healthy meals that include all five food groups, including milk, this summer. Photo Credit, USDA*

This spring, Dairy Council of California worked with the Sacramento Summer Meals Collaborative, organized by United Way California Capital Region, to develop the Sacramento Summer Lunchbox, [www.yourlocalunitedway.org/sacsummerlunchbox](http://www.yourlocalunitedway.org/sacsummerlunchbox). This free, online toolkit contains resources like printable flyers and social media messages you can share to increase awareness of and participation in summer meals programs.

I hope you’ll join in this collective effort to spread the word so more California children enjoy free healthy meals with all five food groups, including milk, to bridge the summer hunger gap.



Print and distribute these helpful flyers, available in the Sacramento Summer Lunchbox, [www.yourlocalunitedway.org/sacsummerlunchbox](http://www.yourlocalunitedway.org/sacsummerlunchbox), to help students bridge the summer hunger gap.



*For kids and teens this summer, lunch is on US! USDA, that is. Keep healthy eating from all five food groups on the menu when school is out by promoting summer meals programs. Text FOOD or COMIDA to 877-877 for locations. Photo Credit, USDA*

# CONGRATULATIONS TO THE WINNERS OF THE 2ND ANNUAL I LOVE MY LUNCH LADY CONTEST!

BY SOFIA AJINE, CSULB DIETETIC INTERN



**T**he “I Love My Lunch Lady” Contest recognizes California child nutrition professionals who work diligently throughout the school year to feed over 3 million schoolchildren a day. The contest coincides with School Nutrition Association’s National School Lunch Hero Day.

The two winners, were announced on School Lunch Hero Day May 6, 2016. The award winners were Madison Elementary from Central Unified School District, at the primary level, and Oaks Middle School from Ontario-Montclair School District at the secondary level.

## MADISON ELEMENTARY

Mr. John Reynolds’ class and their nominee, Ms. Teresa Collins, were the recipients of \$500 each for their creativity in showing appreciation to their favorite lunch lady. In the tribute Ms. Collins and her staff were honored for their work in supporting the students’ education.

*“You could say that the hard work of our Madison cafeteria staff fuels our education.”*  
- Mr. John Reynolds



## OAKS MIDDLE SCHOOL

Ms. Brittany Martinez’s 7<sup>th</sup> and 8<sup>th</sup> grade class and their nominee, Ms. Lisa Stadler, each received \$500 for winning at the secondary level with their “We Will Rock You” rendition. Ms. Lisa is a dedicated member of Nutrition Services at Oaks Middle School.

*“Lisa is an integral part of the food preparation at Oaks Middle School and without her we would not have what we have.”*

All videos may be viewed on the [EatSmart2BeSmart.org](http://EatSmart2BeSmart.org) website’s YouTube link. We encourage every district who had a nomination to show their video at their school board meetings and to publicly acknowledge the work of their child nutrition staff.

This contest serves as a great reminder to appreciate our School Lunch Heroes, who provide nutritious meals, fast service, and smiles, with few accolades.



*Continued on Page 51*



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*Continued from Page 50*

A special thank you to the judges, Ms. Sarah Minkow, a Nutrition Education Specialist, Ms. Stacy Sagowitz, President and Owner of Food Safety Systems, and Dr. Robert Lewis, Director of Nutrition Services for El Monte City School District. The EatSmart2 BeSmart "I Love My Lunch Lady" Contest is sponsored by the Southern California School Nutrition Association, Ultragrain, and Food Safety Systems.

*Ontario Montclair School District Winners*



*Phil Hillman, CBO, Sara Maragni, Director, Food & Nutrition Services, Brittany Martinez, Teacher  
Lisa Stadler, Food Services Lead, Clint Lara, Assistant Director*



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## THE IMPORTANCE OF KINDNESS!

BY LAURIE STOREY, SANTA CLARITA VALLEY SFSA, CSNA SCHOOL NUTRITION REPRESENTATIVE

**E**ver have a day where a stranger said or did something kind for you? Didn't it just make you feel good? Have you ever said or done something kind for a stranger? Didn't their reaction also make you feel good? Why don't we try to do that more often in our daily lives? I find that positive reinforcement really is effective. A simple act of kindness can change a person's day. Your reaction to a situation can make a difference too! The other day a girl at school accidentally dropped her lunch right in my lap. I just had to laugh and say "Accidents happen, get a new lunch." I could see the look on her face waiting to see my reaction. When I reacted in the way I did, I could see her relief and even a smile that followed. I hope the rest of her day was better because I didn't get angry at her. I find that a positive attitude and kindness are infectious.

Recently, I had to cover at a school, I was calling names through the breakfast line (I always try to greet the children with a thank you and a smile), when all of a sudden one of the girls hugged me. It kind of caught me off guard, she wasn't one of the little ones, she was probably in 5<sup>th</sup> or 6<sup>th</sup> grade, not the typical age that likes hugging, I thought "how sweet." Then this same girl came through at lunch, and I got another hug. I covered at this school for a week and every day this little girl gave me a hug, twice a day. So even though this school was extremely busy and challenging every night when I went home I thought of this girl and smiled.

Of course, we all are human, and there are days when I say to myself, "I wish I would have done that differently." Yet, the more I think about being kind and more I include it in my daily routine, the nicer my days usually turn out, for myself and others. Remember, you may be that one bright spot in a child's life that day. That minute, or two, that you take to make a compliment, hold a door, smile that special or approving smile may make your day and someone else's better. Whether at work or home, the act of kindness is truly important.





# SHANNON'S IMPERIAL BRAND SELECTED AS SMALL BUSINESS OF THE MONTH

BY SANDEE LARSEN, DIRECTOR CHILD NUTRITION, SAN LORENZO USD

*We just never know what great results may come from making a congressional call!*



I have a **WOW** story to share with you in hopes of inspiring us all to make those calls and foster relationships!

My staff and I along with other folks from San Ramon Unified and San Leandro Unified were honored to be guests of California State Assemblywoman Catharine Baker at a special presentation as she awarded one of our very own food service business partners!

So, here's the backstory! Assemblywoman Baker became interested in creating a Monthly Award after speaking with Dale Bowman and AnMarie Kumpf during a congressional call made at our Legislative Action Conference (L.A.C.) in Sacramento, January 2016.

According to Dale, Assemblywoman Baker became fascinated in the school food service industry and the connection amongst manufacturing, distribution, and the school service industry as well as the relationship that our California School Nutrition Association along with our local chapters has with Washington D.C. **\*\*GO CalSNA\*\***



*Continued on Page 54*



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## SHANNON'S IMPERIAL - CONT. FROM PAGE 53

After several more conversations, one of Assemblywoman Baker's staff members called Dale in March 2016 with exciting news. Because of the work being done through CalSNA to ensure that its members make every effort to provide schoolchildren nutritious, healthy meals, Assemblywoman Baker decided to offer an Assembly District 16 Small Business of the Month Award. **Ladies and Gentlemen: this Award is a direct result of Dale making those calls and fostering that relationship!**

Assemblywoman Baker selected *Shannon's Imperial Brand* as Assembly District 16's March 2016 recipient of the Small Business of the Month Award. *Shannon's Imperial Brand* was established in 1983 to better serve the school market and have strived to produce the healthiest and most innovative bread products available.



**Kudos to Dale and AnMarie for starting the conversation.** And, giant high fives to Dale for staying the course and **MAKING GREAT THINGS HAPPEN!** This is at the core of our Association. Thank you CalSNA members, one and all. *Now, let's all make some calls!*

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**August 2016**

4      Far North #20 Chapter Meeting      #20

15      Deadline for Poppy Seeds Articles Submission      CSNA

**September 2016**

9      Motherlode #45 Chapter Meeting      #45

15      Far North #20 Chapter Meeting      #20

15      Central Cal #10 Chapter Meeting      #10

15      Northern Cal #2 Chapter Meeting      #02

16      Southern Cal #1 Chapter Meeting      #01

24      *CSNA Fall Board Meeting - Southern California*      CSNA

**November 2016**

10-13      *CSNA 64th Annual Conference - Anaheim, CA*      CSNA

**January 2017**

29-31      *CSNA LAC (Legislative Action Conference) - Sacramento, CA*      CSNA

**March 2017**

4      *CSNA Winter Board Meeting - Northern California*      CSNA

**April 2017**

1-4      *SNA LAC (Legislative Action Conference)*      SNA

**July 2017**

08-12      *SNA 71st Annual National Conference - Atlanta, GA*      SNA

**November 2017**

9-12      *CSNA 65th Annual Conference - Sacramento, CA*      CSNA



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