Ingredients We Do Use

- CRUST MADE FROM SCRATCH DAILY
- RIMMED BUTTERFLAKE CRUST
- ZESTY SAUCE MADE FROM SCRATCH DAILY
- CUSTOM MADE MEAT TOPPINGS WITH USDA FINEST MEATS

Four Cheese Blend:
- MOZZARELLA
- PROVOLONE
- ROMANO
- PARMIGIANO-REGGIANO IMPORTED FROM ITALY

Ingredients We Don't Use

- L-CYSTEINE
- CALCIUM PROPIONATE
- BHA AND BHT
- SODIUM NITRATES
- SODIUM BENZOATE
- POTASSIUM SORBATE
- HYDROLYZED SOY PROTEIN

- ISOLATE SOY PROTEIN
- WHEY PROTEIN CONCENTRATE
- GUAR GUM
- ASCORBIC ACID
- WHEAT STARCH
- CALCIUM PHOSPHATE
- SODIUM ACID PYROPHOSPHATE

- SODIUM BICARBONATE
- SODIUM STEAROYL LACTYLATE
- MONOCALCIUM PHOSPHATE
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PATTY MEEKS
760.808.6787 | PMEEKS@SAPIAZZA.COM
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2021/2022 Cultural Exchange
Hello Heroes!

This will be a Spring we will always remember!

Our lives and those we care for have changed greatly over this past month. Every one of you could easily share heroic stories about daily challenges and how we overcome them. Our main goals are to feed the children, keep them and our staffs safe and prepare for a better tomorrow.

We have been fortunate throughout this crisis. The USDA has been listening to our needs and supporting us by being flexible as we find our own ways to feed our students during these very difficult times. We thank USDA for their support and hope they will continue to listen as we adjust daily in the coming days.

Though there has not been time to share everyone’s heroic acts we know our industry partners, CDE and our district administrators are there when we need them. Whether we are feeding students by drive-thru or delivering meals by bus we have always been the nutrition team that goes above and beyond. Take a look at some of these heroes below and on pages 20-27!

I am so proud of what we do. We are essential! We are First Responders! We are the ones these children count on. So while we continue to battle the COVID-19 war let’s always remember we have each other for moral support. Be Safe, Protect Yourself and find time to enjoy special moments with your family.

Thank you,

Polly Houston

For a glimpse of some of the great work that our School Nutrition Heroes are doing, please visit pages 20-27 of this issue of Poppy Seeds for some photos on the “Front Lines” as School Nutrition Professionals are doing all they can to keep the kids fed! Thank you all!
KEEPING IT COOL AT SCHOOL
JUST GOT COOLER

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As I wrap up my role as Membership Chair, I would like to thank a few people that have helped me along the way. To our President Polly, thank you for all your guidance and vision. Johnna thank you for helping me move forward with my role in CSNA. Nicole thank you for being my stage partner, working with you has been a great privilege. The rest of the EFC thank you for being patient and understanding as I learn my responsibilities as the Membership chair. Regionals (areas), thank you for your support and willingness to change up a few past practices. Thank you all again, for my term as Membership chair, I have learned so much.

When it comes to volunteering, half the work is just showing up! Let us start this year’s theme with showing up to Conference in Pasadena on October 29 – November 1, 2020. Another reminder that Golden Poppy submissions are digital and are due for 2019-2020 on June 30, 2020. Start entering your meeting goals early so you do not have to rush to get the entries submitted. Please reach out if you have not received your email regarding the google docs. We look forward to giving out more awards in Pasadena. Presidents, please check with your area’s regarding state incentives to aid with the growth in local chapters as well CSNA.

Please remember to highlight and share your ideas, meetings and fun events in Poppyseeds Magazine.

Thank you again for a great two-year journey!
We are ready to support your school kitchen!

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- Bid Work
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Oakland (coming soon!) | Commerce (coming soon!)
I come from a family where education is highly valued. Everyone went to college (there was never a question) and many people went on to receive masters and doctorate degrees as well.

Education is reflected in our work environment. The whole purpose of the schools is to educate children and massive amounts of time, energy and money are expended daily by our colleagues to accomplish this work.

The importance of our own education in school food service has received increasing attention in recent years. Professional standards that were introduced in 2012 have been set for people at varying levels of responsibility. Now we track just exactly how much time we and our staff members are expending in furthering knowledge.

All of this is wonderful and necessary. But I have often encountered employees who didn’t have the access and support for college that I did. I’ve worked with people who have struggled with issues that didn’t make higher education a realistic goal for them.

And over time I’ve come to understand that education alone and by itself will never be enough for success in our field. That’s because you truly have to care. You have to care about the children we serve so that you won’t be satisfied until they are getting the best possible meals we can come up with. You have to care about their future health so that you can raise that eyebrow when they show up every day for ice cream and chips and suggest maybe they try the salad bar tomorrow. You have to care about the silent ones who don’t eat and the loud ones who crave attention and the ones who show up day after day without any money.

I’ve been proud of every one of my employees who have gotten their GED, college degree, Servsafe certificate or School Nutrition Specialist credential. And I’ve also been proud of those who told the student it made them happy to see them in the cafeteria that day.
IT’S ALWAYS HOT AND DELICIOUS RIGHT OUT OF THE BOX.

Domino’s Smart Slice is handmade in a local Domino’s and delivered hot — right to your school. Plus, it can meet all USDA requirements for the National School Lunch Program.

To learn more or request a sampling, call 800.810.6633 or email schoollunchinfo@dominos.com
CSNA’s State Legislative Action Conference (LAC) in Sacramento is where child nutrition leaders from school districts all across California gather to highlight the policy priorities of CSNA. At this year’s LAC, held on January 26-28, CSNA also focused on how members can stay relevant once back in their districts by empowering attendees with the resources they need to build on the relationships they established in Sacramento.

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

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

For this year’s LAC, the PP&L Committee had identified the issues it wanted to discuss with legislators back in December. However, that all changed when Governor Newsom released his budget on January 10, 2020. For the first time since 2007, a Governor is proposing to provide an additional $60 million for school nutrition programs. This funding is aimed at increasing participation in school meal programs, increasing access to healthier meals and would raise the state’s per meal reimbursement rate for free and reduced-price meals by $0.08. The Governor is also proposing another $20 million for increased training around promoting healthier and more nutritious meals and a farm-to-school grant program. In response to the Governor’s budget, the PP&L Committee spent the two weeks leading up to the LAC reworking CSNA’s whitepaper to now focus on this proposed new funding. This shows that CSNA is at the table on discussions and the importance of school meals in education.

Educating Legislators is Important
Proposals around school nutrition are usually introduced with the best intentions. However, legislators proposing these changes, new requirements or responsibilities usually have little, if any, field experience in school
TAKE NACHO DAY TO THE NEXT LEVEL WITH JTM’S QUESO BLANCO SAUCE.

JTM’s Premium Queso Blanco Sauce is made with real cheddar cheese, tomatillos, and green chilis. It’s the perfect way to plus up nacho or burrito day, or for simple speed-scratch recipes like Queso Fiesta Mac and Southwestern Philly Cheesesteaks.

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food service arena. Often, the only way for the Administration and legislators to understand the effect of a proposal is to hear from those who will be affected – you! While CSNA would greatly appreciate this increased funding, we also want to make sure the funding remains flexible in order to maximize its effectiveness for schools. That was the message LAC attendees shared when they met with legislators in Sacramento as well as offering CSNA as a resource as these budget proposals move along.

While the 2020 LAC may be over, CSNA’s advocacy is just beginning. The budget and legislative processes are both exciting and tedious and they become the annual work of your CSNA leaders who are dedicated to making sure our collective voice as an organization counts in Sacramento and Washington D.C. The Governor’s budget proposal is just that, a proposal. It is CSNA’s role to continue to advocate for your schools to make sure the new funding becomes a reality and stays flexible enough to address the need unique to school nutrition programs.

What You Can Do!
That’s where your local advocacy as a CSNA Member comes in. If you met with your state representative as part of LAC, make sure to maintain that connection when you’re both back in the district. Invite them to see a program at a school first-hand, show them the realities of operating a school nutrition program. You are the expert. Legislators and their staffs need your knowledge.
and experience if we are to have sound school nutrition law. Recognize your power and don’t let legislation happen to you. Your officials are responsible to you.

As the legislative and budget process moves forward this year, remember that democracy is not a spectator sport. You can play an important role in the process but only if you choose to do so. Advocating on state policy and fiscal issues may seem daunting but, remember, you advocate for your students every day. The entire membership is stronger with your engagement in the policy making process at all levels of government that impact school nutrition. We want to stay in the discussion and it is important to remember that if you are not at the table you may be on it when the budget cuts come down.
Show Up and kick off the conference with one of the informative pre-conference sessions. Whether it be the fun local tour or an in-depth session on a popular subject or taking the SNS Credential exam, you want to make sure to sign up early as there is limited space and these sessions go fast.

During the 3 days of conference, there will be a variety of educational breakouts, general sessions, and keynote speakers that will excite and motivate you to go back to your District and Make It Happen!

Be sure to visit the ever-growing trade show where not only can you taste new and exciting food items but learn about equipment, packaging, technology and so many other things that help make school meal programs great!

On Saturday, join us for the School Nutrition Heroes Party! Bring your Halloween costume and enjoy good food and fun times with friends and colleagues. Don’t forget to plan your stay through the brunch on Sunday.

The brunch is a time to recognize and celebrate the hard work of the members and chapters within CSNA. To register or for more detailed information on all the activities planned for this conference, visit calsna.org

Don’t miss out on early bird pricing for registration and make sure to book your room early to ensure the best prices.
SAVE THE DATE

The 2020 CSNA Annual Conference

October 29 - November 1
Pasadena Convention Center

This year’s conference hotels are:

The Westin Pasadena
191 N. Los Robles Ave
Pasadena, CA 91101
626-792-2727
Single/Double $169, Triple $184, Quad $199

Sheraton Pasadena
303 E. Cordova St.
Pasadena, CA 91101
626-449-4000
Single/Double $199, Triple $214, Quad $229
Well, hello there, friend! I bet you didn’t count on such an informal greeting from the 2020 California School Nutrition Association Conference Committee. After all, that’s a big title. Please, kick back, relax, and enjoy reading the rest of this article.

Let’s face it - the months of August to December feel like controlled-chaos. Trying to balance vendor orders, parent feedback, staff absences, and accounting deadlines feels insurmountable. And then you get that email that says “Heeeeyyyyy - guess what’s happening? Annual CSNA conference!” If you’re anything like me, your first thought is “It’s happening without me this year!”

Then you start to mull it over. Something nags you about professional development requirements. You think about how your boss wants you to look for more “clean label” items for the next school year (or next week!). You remember that there are people who you never see (but who are always waiting in the wings) that you need to make your day, your serve, and your program a success.

The annual state conference is something looked forward to, something anticipated, and something respected each year. California is not alone in offering a state conference - not by far. However, I propose to you, my dear Reader, that the CSNA offers something you need. That chance to connect with a fellow professional and review menu notes. The opportunity to check out some new equipment. Maybe it is the space to explore new ideas with a mentor during an educational learning session. Whatever it is, don’t you owe it to yourself to take the steps to see if the CSNA conference is right for you?

Afterall, don’t we all do the same thing at the end of the day? Don’t we show up and make it happen?

Sincerely,

April Mackill
Will you Show up and Make it Happen at the 68th Annual California School Nutrition Association Conference?
This year the CSNA Conference is in beautiful Pasadena California. The Conference kicks off on October 29 with a Pre-Conference Tour, Workshop, and CDE State Day Session. The Exhibit hall opens on Friday, October 30 from 10:30 a.m. to 3 p.m. and again on October 31 from 10 a.m. to 1:30 p.m.

Show up with comfy shoes, business cards, and an appetite! Oh, and bring your wish list, Show up and make it happen!

Christina Reynolds
Exhibit Chair
Dear NAC Groups,

Showing up and making the change you all want to see in your cafeterias is in all of your hands this year. Your voices can make this happen at the 68th Annual CSNA Conference in Pasadena.

Our students are our most important customers and your opinion not only matters now, but for all future generations to come. Let our vendors know what all kids want by “Showing Up and Making it Happen” at Conference 2020.

The “Showing Up and Making it Happen” artwork deadline this year is Friday October 2, 2020. Three (3) different grade level winners will be chosen and featured on the NAC 2020 Conference T-Shirts.

HURRY AND REGISTER, SPACE IS LIMITED TO THE FIRST 100!

We look forward to seeing you all in Pasadena on Friday October 30, 2020!

Sincerely,
Dawn Stone

Please submit artwork for the NAC 2020 Conference T-Shirts to Dawn Stone at:

Dawn Stone
Escondido Union School District
2310 Aldergrove Ave.
Escondido, CA 92029
Email: dstone@eusd.org
Work: 760-432-2190 | Cell: 760-315-7283
NAC Mini-Conference

Date: Friday, October 30, 2020 | Time: 9 a.m. - 1 p.m.
Location: Pasadena Convention Center | 300 E. Green Street | Pasadena, CA 91101

- Nutrition Education  - Physical Fitness Fun  - Meet With Other NAC Student Leaders
- Ideas for NAC Activities  - Taste Testing Items for school meals & healthy snacks

SPACE IS LIMITED SO REGISTER EARLY!
We strongly recommend students be 4th grade or older to attend You will have to provide a 6 students to 1 adult ratio for this event please email or send completed form to Dawn Stone.

Registration Deadline: Friday, September 26, 2020

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

Number of Students Attending: ____________ Grade Level of Students: ____________

Student Name_________________________________ Grade: ___________ T-Shirt Size: _______

Student Name_________________________________ Grade: ___________ T-Shirt Size: _______

Student Name_________________________________ Grade: ___________ T-Shirt Size: _______

Student Name_________________________________ Grade: ___________ T-Shirt Size: _______

Student Name_________________________________ Grade: ___________ T-Shirt Size: _______

Student Name_________________________________ Grade: ___________ T-Shirt Size: _______

Dawn Stone
Escondido Union School District
2310 Aldergrove Ave., Escondido, CA 92029
Email: dstone@eusd.org
Work: 760-432.2190 | Cell: 760-315-7283
A NEW CENTRAL KITCHEN
FOR BARSTOW UNIFIED SCHOOL DISTRICT

by Julie Calderon, Chapter 44 Public Relations Chair
September 24th Chapter 44 held our monthly meeting in the new Central Production Kitchen located at the Barstow Fine Arts Academy. Not only is the new school site beautiful but the central kitchen was a dream come true for any Food Service staff. It has separate offices for management, loading docks, large dish room, and a serving area off the large dining area for students. It even has a separate office for parents to fill out applications or get information. It has a training room, and several separate storage areas.

The kitchen features several new pieces of equipment. One that is a smoker and cooks, all in one unit. They have proof boxes for baking, a blast chiller, and several ovens, kettles, mixers, a Buffalo chopper to make their own sausage, and lots of room for food prep. Carrie Bogdanovich, the Director of Nutrition Services, is looking forward to preparing more scratch based entrée’s and bakery items.

All attendees were able to take a tour of the large 5,500 Square foot facility and received cooking tips by Celebrity Chefs from Superior Foods, Jim, Dave, and Chef Michelle, Christine Banta with Fisher Group, and Ardella’s, Bob Oviedo. Thank you to all the vendors that came and participated in this interactive meeting including Shelly Reel with Goldstar Foods, Joey Cuevas, with Schools First Federal Credit Union, and Anita Papke, with Peterson Farms.

Congratulations to the Barstow Child Nutrition Department on such an amazing new central kitchen.
Heroes Working Together to Feed Our Kids

School Nutrition workers are going the extra mile to make sure students have access to school meals while our schools are closed due to COVID-19. Keep up the great work, California School Nutrition Professionals!

Yuba City USD

L to R: Chelsey Slattery, Yuba City USD Food Service Director; Jevan Bains, Riverbend Principal; Jesus Perez, Riverbend Cafeteria Manager; Chris Renzullo, Principal at Albert Powell High School; Karen Leyno, Food Service Supervisor; Ben Moss, Barry Elementary Principal; Jack Gout, Assistant Principal at Riverbend Elementary

Ramona Unified School District

Ramona USD braved the rain and noisy solar panel construction to keep kids fed during school closures. They passed out meals while keeping a safe, social distance.
Birmingham Community Charter High School

Bakersfield City School District: Cato Middle School
Providing approximately 1,900 to 2,000 meals per day at two sites: Washington Union High School and West Fresno Elementary School.

Greenfield Union School District: Arroyo Seco Academy

Sabrina Ramirez (left) and Nicole Pedroncelli (right) put the finishing touches on hundreds of breakfasts to be handed out at Arroyo Seco Academy in Greenfield. Area schools are offering free meals to students while they remain closed. (Photos by Sean Roney, Greenfield News)
Burbank Unified cafeteria workers prepared five-day meal packages at Burbank Middle School for students throughout the district. (Raul Roa/Burbank Leader)

Pathways to College K8 Charter School, chartered under Hesperia Unified School District, each day serve both breakfast and lunch for approximately 125 to 180 families.
Central Elementary School District

1. Lorena, Sawson, Amira, Fay, & Sandy with Mr. Poortman
2. Breakfast Sacks and Lunch Trays at Ruth Musser MS
3. Jenny Lee, Director, with Mr. Poortman, PE Teacher
4. Mary and Tawnya at Central Elementary
5. Lorena, Maryanne, Jenna, Ros, & Itzel at Ruth Musser MS
6. Lorena, Fay, Sandy, Loudi, Ros, & Jenna at Ruth Musser MS

Pacific Grove Unified School District
Walnut Valley Unified School District

Walnut Valley USD Nutrition Services Division is doing their part to feed the children. Packages include a breakfast and lunch item with milk, chips, juice, and fruit. On a busy day they have served over 1,800 meals.

Hollister School District

Nutrition workers Eva Hernandez, Karen Kulpa and Dora Sanchez distributed food to families as they drove up. (Photo by Patty Lopez Day, BenitoLink Reporter)
Feeding three school districts, in two cities, Mountain View Whisman School District is open for Grab and Go, and walk-up feeding. Breakfast, for the next morning and same day lunch are served to the kids. Over 2,000 meals were served on the first day of operation.

Fontana Unified School District

Orchard School District
Alhambra Unified School District recently implemented their Pho Bar at three high schools and are serving about 1,000 per day.

The Pho Noodle with Beef includes pho, cooked beef pho broth, with toppings to include, raw mung bean sprouts, green onions, cilantro, fresh jalapeno pepper slices and limes. The beef used was purchased locally from NTFoods-New Taiwan Trading, in El Monte.

Cooking of pho noodles and beef may be done in a tilting skillet or in a large pot over the stove. Side sauces include Hoisin and Sriracha chili sauce—a favorite among students.

Serving pho can be done on the hot serving line. At Alhambra Unified School District, they put a Pho Bar outside and served from portable serving carts. The broth is dispensed from a Cambro container on top of a table.

The Pho Bar is a self-service and has 4 stations. At the beginning of the serving line, students select a bowl of pre-portioned pho noodles with beef. They proceed to the next station for selection of delicious, fresh toppings (fresh bean sprouts, cilantro, green onions, jalapenos, and sliced lime).

They proceed to the fruit, vegetable, and milk station. Lastly they top off their pho with freshly made broth served out of Cambro containers. Yum! Disposable chop sticks are provided for the true experience of eating pho!

Written by Amanda Carr, Consultant and Steffany Hopkins, Norwalk-La Mirada USD Supervisor, in collaboration with Alhambra Unified Food and William Fong and Judy Huffaker, Directors
**PHO NOODLE WITH BEEF RECIPE**

1 serving = 2 M/MA, 2 G, ½ cup Vegetable

**Ingredients:** Pho (rice) Noodle (4oz), Cooked Beef (2oz), Pho Broth (6oz)

**Toppings:** Raw mung bean sprouts, green onions, cilantro,
fresh jalapeno pepper slices, lime slices

**Directions:**

Blanch Pho noodles in boiling water for approximately 30 seconds to a minute or until noodles have turned from translucent to opaque white and have fully hydrated. Do not overcook.

Immediately place the noodles in cold water-make. Spread the noodles to cool evenly.

Drain the noodles well. Place 4 oz portioned noodles in 16 oz bowls.

Prepare beef by defrosting it in refrigerator until it is 80% defrosted. Cut open bag. Gently separate meat into 3-4 portions. Bring a 3-quart pot of water to a boil. Slowly add the meat into the boiling water. Separate slices immediately and poach for about 1 minute or until it is fully cooked.

Add a 2-oz portion of meat into each bowl, which contains the pho noodles. Keep finished products in the refrigerator until time for serving.

Prepare broth in a stockpot. Fill with 9 gallons of cold water. Bring to a boil. Reduce to medium heat.

Put in 32 oz of the Pho Noodle broth base, plus 24 oz of chicken base (low sodium). Add 12 oz of sugar into the broth. Stir slowly until all ingredients are dissolved. Heat broth to around 200 degrees.
Functional Foods: Not Another Gimmick

You’re probably wondering, aren’t ALL foods functional? You’re right, of course! All foods have nutrients and give energy to our bodies that help keep us alive. So, what in the world is a “functional food” then? Surely, you’ve heard the saying, “an apple a day keeps the doctor away!” That may not just be an old wives’ tale, but instead, an example of a functional food.

A functional food is broadly defined as a food that beneficially affects target functions in the human body to improve overall health and wellness. Functional foods include fortified, enriched, or enhanced foods; conventionally or organically grown foods; and whole food supplements. So, it shouldn’t come as a surprise that you’re already eating functional foods on a regular basis. Check out the list inside the box for some common examples.
Functional Foods to Fight Your Hypothyroidism Symptoms

In scientific studies, the following functional foods and their micronutrients have been shown to improve thyroid function. If you have hypothyroidism symptoms like fatigue, weight gain, brain fog, or depression, it could be due to your thyroid being underactive. Functional foods will not cure your hypothyroidism or alleviate all your symptoms. They are simply options that might help you feel better.

- Seaweed – Iodine: Iodine is a critical mineral for optimal thyroid development and function. Therefore, a diet supplemented with seaweed, which is a good source of iodine, has been shown in studies to improve thyroid hormone production in post-menopausal females.

- Aim for 1 mg of iodine a day for healthy thyroid function. Sprinkle some dulse (red seaweed flakes) on your meals or wrap some veggies in nori to get your daily dose. Seaweed is naturally salty, so you can lessen your salt intake too.

- Brazil nuts – Selenium: This trace element has a profound amount of functions in your body, including a direct relationship with iodine and thyroid hormones.

- You only have to eat about three brazil nuts a day to get the recommended amount of 200 mg.

- Pumpkin seeds – Zinc: A zinc deficiency has been found to suppress thyroid hormone production, which means your hypothyroidism symptoms may worsen.

- With only two small handfuls of these dynamic seeds, you’ll meet the 20 mg of zinc suggested for healthy thyroid function.

Common Functional Foods
Green Tea: Catechins → reduce cancer risk
Yogurt: Probiotics → improve gut health
Oats: Soluble fiber → reduces cholesterol levels
Beans: Saponins → reduce cancer risk
Apples & Grapes: Pectins → protect against diabetes

Reference List


Peanuts and Tree Nuts are two of the most common and severe food allergies. These allergies are so severe, that they can often be life threatening. The only way to avoid an allergic reaction is to avoid all foods containing peanuts & tree nuts.

**WHAT IS THE DIFFERENCE?**

Peanuts are grown underground and considered a bean (legume).

Tree nuts are grown from a tree and include: almonds, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts.

**ALWAYS CHECK FOOD LABELS**

If a child has an allergy to peanuts or tree nuts, ensure they do not get any items that contain the allergen.

Always check food labels, as these two allergens are part of the top eight allergens required by law to be listed on nutritional facts.
WHAT INSPIRES US TO BE OUR VERY BEST? YOU!

We consider it an honor to support those who serve our future leaders as they learn and grow. That’s why it’s our mission to provide schools with foodservice equipment that is trusted to work hard and deliver quality, consistent results day in and day out, empowering you to focus on what you love most—creating delicious, nutritious meals to help children thrive.

Thanks for all you do!

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Marketing is using skill, compassion, and upward thinking to separate us (School Nutrition) from other available choices students choose to frequent for their meal options.

Some ways to do this would be using simple terms to advertise your menu. “Hand-Breaded Chicken Tenders,” instead of “Chicken Tenders.” “Your School Name XXX (menu items),” instead of just XXX (menu items) and so on.

Other ways to keep things exciting and encourage students to visit you at meal time would be to use student-created menu items (as long as they meet current meal program standards) and highlight who the student/students were, their classroom, teacher, and so on. This shows other students that the ideas and suggestions they give the Food Service Department matter to us and if we can, we will showcase them on the serving lines.

Conducting student taste-testing at a few sites to get inputs on possible new menu options also markets your program and gets student buy-in at the same time.

We can also solicit advice and ideas from out front-line staff for new ideas of how we set up service lines, new menu items, food trends in the community and likes or dislikes of students. We must also provide honest answers about our program to parents, teachers, administrators and the community-at-large for them to better understand and appreciate what CN Professionals do day-in and day-out for all those that frequent our lunch (and breakfast) lines.

We must also remain visible and on the District’s or at least your site’s radar. Meaning, doing good things, serving good food, providing excellent customer service, saying “yes” more than “no” for special requests when allowable and knowing what your customers like and don’t like to maximize student participation and reduce over-production and food waste at the end of the day.

It is also very important to ensure front-line staff are properly trained to provide excellent customer service, know the menu items on the lines and are motivated to exhibit a positive image of your program.

continued on page 36
What is a sharing station?

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

At the end of the day food can be donated to a food bank or charity. While students are still encouraged to choose only what they will eat and eat what they choose, the Sharing Table offers an opportunity for sharing items that would otherwise be thrown away.
Lastly, remembering the words of an awesome motivational speaker at a recent CSNA Meeting, nothing is impossible, since I’m possible!

This goes in part to past historical events for flight. There are four basic things needed to get something off the ground, from airplanes to new ideas. These four things are: weight, thrust, drag and lift.

**Weight:** these are oppositions to new (out of the box) thinking and ideas: if birds can fly, why can’t people fly. For CN, this could mean, if an idea another District has implemented, why can’t we try it also???

**Thrust:** the item or idea takes off and starts moving. This could mean to CN bringing in new ideas, products, taste-tests with students, etc.

**Drag:** this is where an idea or concept slows down either from internal or external forces. When this happens, it’s not a bad thing, it’s an opportunity to rethink or reframe the new idea to meet current needs or standards of both the program and your District.

**Lift:** this is the final step in getting a new idea off the ground. It’s when things naturally balance out, goes up and moves forward. For CN, this would be, for example, a front-line staff sharing an idea for a new menu item, asking for inputs from students, presenting ideas to decision makers, getting samples from vendors, conducting nutrient analysis of the products, conducting student taste-testing, and if popular, offering the new item on the menu.

Thank you CSNA for reading this article.
Create a 1-2 minute Smartphone Video telling us why you love your School Lunch Hero

- VISIT EATSMART2BESMART.ORG -> CLICK ON CAMPAIGNS -> SCHOOL LUNCH HERO CONTEST
- STUDENTS, PARENTS & SCHOOL STAFF CAN ALL WORK TOGETHER TO CREATE THE 1-2 MINUTE VIDEO
- DEADLINE FOR ENTRY IS APRIL 17TH
- WINNERS ANNOUNCED MAY 1ST
Well, hello there. We’ve seen you browsing through the CSNA chapters. We’ve seen you wondering what we have to offer. We’re here to show you what Mother Lode is all about! Isn’t that great?

Mother Lode Chapter #45 is a Regional Chapter of the California School Nutrition Association. Our membership includes both Industry and Education partners. We typically have about an equal division of membership - half our members come from our Industry Partners and half come from our Education Partners. We range from the lovely foothills of Nevada and Placer counties, down to the fertile fields surrounding the Sacramento metro-area, and reaching up into the warm planes of Sutter and Butte and even parts of Tehama counties.

As a Regional Chapter, Mother Lode puts an emphasis on providing professional development opportunities and opening networking paths between our Educational and Industry Partners. Mother Lode has four chapter meetings each year. Chapter meetings are planned by the Executive Board and occur about once every three months. To be honest (and we are all openly honest here in CSNA) those meeting dates get moved around quite a bit before they get settled into place. The Mother Lode Execs look at calendars from other CSNA Regional Chapters, Local Chapters, CASBO and more. Once these calendars have been consulted and dissected, four dates are chosen for the years’ meetings.

Mother Lode meetings are typically held on Friday mornings from 9 am to noon, and include both professional development hours and crucial networking breaks. As part of Mother Lode, I have had the opportunity to consult with many of my Industry Partners in rapid order. The benefit to coming to the Regional Chapter meetings with Mother Lode are enhanced by the documentable professional development hours completed with our chapter.

continued on page 40
Welcome to Mother Load!

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Now that we have a basic understanding of who Mother Lode is, let’s see what we’ve been up to for the past several months!

**September 2019**
This whirlwind of a year went off with a bang! California Department Of Education presented both Policy updates and Food Distribution Program updates. We also hosted a stellar demonstration on commodity cooking! During this demonstration we explored how to practically use some of the selected items offered by USDA as “brown box” commodity goods.

**December, 2019**
Oh my, oh my! Our Industry Partners at the Dairy Council of California offered up some lenses to view the world of ever changing food preference in a presentation on the possible integrations of plant-forward entree and side-dish options. December is also the annual Toys for Tots drive and traditionally has been the biggest and most entertaining raffle of the year.

**February, 2020**
We were beyond pleased to host a guest speaker of the 2019 CSNA conference - Mr. Logan Weber. Mr. Weber presented a thought provoking session on the power you hold over creating a positive and impactful work environment.

The rest of the year will see a fourth chapter meeting and the installation of the Board for the next fiscal year.

Large regional chapters can sometime seem overwhelming. How can a small rural school district in the foothills find common ground with a large district in Sacramento? The wonderful thing of being together is we have the chance to make those connections and explore just how we can help each other learn, grow, and do better things in the world of child nutrition.
RD CORNER  Featuring interesting & helpful info

WAYS TO INCREASE WATER CONSUMPTION

- Carry refillable water bottle - not only will it help you drink more water, but it is also good for the environment.
- Choose water instead of sodas/energy drinks.
- Drink when your body is thirsty.
- Add flavors to water - lemons, lime, mint, cucumber - combinations are endless.
- Eat more foods with higher water content - lettuce, watermelon, celery, melons.

We all want to stay hydrated, but many of us have a hard time doing so. General rule of thumb is drinking half your body weight in fluid ounces of water. A 160 pound woman would need 80 fluid ounces of water daily.

FRUIT FLAVORED WATER

What is Intermittent Fasting?

NOT EATING OR DRINKING ANYTHING OTHER THAN WATER FOR 12-16 HOURS.

FOR EXAMPLE, IF I STOPPED EATING AT 7 PM, THEN I WOULD NOT EAT AGAIN UNTIL 7 AM THE FOLLOWING DAY

Here is a summary of the potential benefits of intermittent fasting:

• Weight loss - as fewer hours are spent eating/drinking
• May slightly boost metabolism
• Reduces stress and inflammation in the body
• Cell repair
• Making stored fat more accessible to burn
• Brain health


Mother Lode Regional Chapter 45 had a successful meeting on December 6th, 2019, hosted by Sysco Sacramento!

Dairy Council of California gave a very informative session on Plant based meals: exploring the trends and science."

Our area has had to go through a lot of the PGE power shuts offs and we had an open forum during which member districts shared their challenges and how they dealt with them. In was amazing for all to hear how creative and passionate we all can get when it comes to feeding our children.

A highlight of the day was a most successful Industry partners annual toy drive which was later donated by Sysco on our behalf.

Another highlight was the awarding of the 2nd Annual Lynn Burke Scholarship. The $1,000 award was presented on behalf of Cool Tropics to Laura Howe from Manteca USD. This scholarship was used to send Laura, a first-time attendee, to the California State Legislative Action Conference in Sacramento, January 2020.

The goal of the Lynn Burke Scholarship from Cool Tropics is to promote involvement in CA LAC as Lynn was an early advocate for this conference and had a crucial role in its inception. Her selfless giving to others and leadership in nutritional education was well chronicled:

- Co-Chair SNA Child Nutrition Industry Conference, 2010
- Industry Representative, CSNA, 2002 – 2003
- Classified Education Leader of the Year Award 1997
- Chair of CSNA Public Policy and Legislation Committee, 1997 - 2000
- SNA Education Committee, 1997 – 2000
- Conference Chair, CSNA 1999-2000 and 1994-1995
- President, California School Nutrition Association, 1996 – 1997

Mother Lode thanks Cool Tropics for honoring and remembering Lynn Burke through this scholarship and for her lively spirit and passion for serving others.
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To hear it told, new recipes are developed using a very logical process. Students are surveyed, staff members hold meetings to generate ideas, USDA sends out recipe cards that are adapted for local tastes. Then a careful series of testing, nutritional review, component calculation and HACCP methods come into play. Viola! And it works that way a lot of time. But then there are times when inspiration strikes or a mistake is made that gets you thinking in a new direction or someone just gets a crazy idea that turns out to work. Here are some recipes that were developed using the “crazy” method.

**Baked Apples**

*Yield: 19 ½ cup servings*

We had plain sliced apples on the salad bar several days a week. It seemed so monotonous for the students but let’s face it, they are easy. We thought it might be nice to make a simple apple crisp with them just to break it up. But the employee making the test batch didn’t understand the directions and baked the whole thing on a sheet pan. As we sat around picking the apple slices out from the hunks of dried oatmeal pucks we decided they were pretty good on their own. And it’s still pretty easy.

- Fresh apple slices 6 lb.
- Cinnamon 2 Tbsp.
- Brown sugar 4 oz.

Combine cinnamon and sugar. Toss to coat apple slices. Baked at 350 degrees convection oven for 20 minutes.
We are DRIVEN, let us DRIVE to you. Bring your R&D & Culinary Team for live demonstrations presented by our Culinary Specialist, Dan Chlebowski.

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Macaroni and Cheese

Yield: 525 1-cup servings

I’ve always considered Macaroni and Cheese to be the “Holy Grail” of school food service. It’s popular with students and pretty darn inexpensive if you can pull it off yourself using your commodities. But there’s the problem! It has to be cheesy but not stringy or sticky. It has to be yellow but not TOO yellow or TOO orange. It has to hit that sweet spot between being too runny and too thick. And then you have to get the fat and sodium under control. Here’s our latest version and note there are some “crazy” ingredients in there.

- Elbow macaroni 60 lb.
- Vegetable oil 2 qt.
- AP flour 9 cups
- Raw diced onions 10 lb.
- Canned white beans 2 #10 cans
- Diced fresh garlic 1 lb.
- Frozen butternut squash cubes 15 lb.
- Dry mustard 4 oz.
- Water 11 gallons
- Dry milk 13 cups
- Chicken or vegetable base 1 ½ cups
- Salt 4 oz.
- Worcestershire sauce ½ cup
- Paprika 2 oz.
- Cayenne pepper 2 tsp.
- Cornstarch 13 cups
- American cheese 62 lb.

Cook pasta and drain.

Heat oil. Add onions and garlic and sauté 2-3 minutes. Add flour, beans and butternut squash. Puree mixture until smooth and blended.

Combine dry mustard, dry milk, base, salt, Worcestershire sauce, paprika, cayenne pepper and cornstarch. Stir in 3 gallons of water to make a slurry.

Add to vegetable mixture and cook until thickened. Add remaining water and cooked until thickened a second time.

Add cheese to sauce and cook until smooth and melted. Combine with cooked pasta.

Pizza Salad

Yield: 1 salad

There had been a lot of articles in the magazines showing districts who had great success with individual cold pizza lunch packs. And they did look nice with the bread, cheese, pepperoni, sauce, etc. each in their own little part on the container. But, oh man, who has the time to put stuff in all those little compartments? What if you could just throw the parts of it on a tray or something? Hey, what if you could just throw the parts on a bed of lettuce? This is currently our most popular chef salad variation, one for elementary students and a larger one for middle and high school students.

<table>
<thead>
<tr>
<th></th>
<th>Elementary</th>
<th>Secondary</th>
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<tbody>
<tr>
<td>Romaine lettuce</td>
<td>¼ cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>Pepperoni slices</td>
<td>½ oz.</td>
<td>¾ oz.</td>
</tr>
<tr>
<td>Shredded mozzarella cheese</td>
<td>1 ½ oz.</td>
<td>3 oz.</td>
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APPLICATION

☐ New  ☐ Renewal  ☐ Reinstatement

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______________________________

Name _________________________________
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City,State,Zip __________________________
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Fax # _________________________________
E-Mail Address _________________________

Signature ____________________________ Date ____________

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DUES

Check the box of the supervisory chapter (s) you wish to join. You must join CSNA and at least one chapter.

☐ (Mandatory) CSNA $100 Per Individual (Company memberships not available)
☐ CENTRAL (CCSNA #10) ☐ $30
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☐ MOTHER LODE #45 ☐ $30
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TOTAL $______ You must join CSNA and at least one chapter

Make check payable to: CSNA or pay by credit card

Name on Card: ________________________________ Credit Card No: ________________________________

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Mail completed application and payment to: California School Nutrition Association
PO Box 11376, Burbank, CA 91510

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Chapter (____)____________________________
2nd Chapter* (____)________________________

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

All mailings will go to your home address unless you indicate otherwise below:

☐ Send all mailings to my work address

Your information will be printed in the membership directory unless otherwise indicated below:

☐ Exclude my home address
☐ Exclude my email address
☐ Exclude all information from the directory

Employer pays dues: ☐ Yes ☐ No
Employed by: ☐ Public School System
☐ Private School System
☐ Private management company

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Subscription Categories
(Please check one)

Includes SNA, CSNA and Local Chapter Dues

☐ Foodservice Employee (site level) $ 51
☐ Foodservice Manager (site level) $ 56
☐ Student $ 51
☐ Retired $ 51
☐ Foodservice Dir/Spvr/Specialist** $ 188
(this category is for members employed at the district level)
☐ District ☐ Major City ☐ State Agency
☐ Foodservice Educator** $ 188
☐ Other (principals, etc.)*** $ 188
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I would like to join a 2nd chapter
Local Chapter $ 5
Supervisory Chapter $ 25
Voluntary California School Nutrition Foundation Contribution $______

TOTAL $______

**Dues allows you to join one supervisory chapter in place of a regular local chapter. You can chose chapter 1, 2, 10, 20, or 45.

***All foodservice employees working less than 4 hours and retired members who do not choose to vote in SNA national elections or receive a subscription to School Nutrition magazine, but need SNA membership to maintain certification.

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Updated 10/2019
CULTURAL EXCHANGE 2021
AFRICAN SAFARI

Tentative Dates:
June 20-July 4, 2021

PRELIMINARY ITINERARY INCLUDES:
• Selous Reserve, Tanzania
• Gorilla Trekking, Uganda
• Chimp Trekking, Tanzania
• Ngorongoro Crater, Tanzania

ESTIMATED PRICE: $6,000-7,000*
Price includes: Airfare, lodging, all admissions, & transportation
*Per person double occupancy

For More Information Contact:
Tony Roberts
Office Phone: 714-879-3246
Email: Tonybagelman@cs.com

2022 Cultural Exchange
AUSTRALIA
Date: SPRING 2022
Estimated Cost $5,000
Physical meetings in April are cancelled due to gathering restrictions that are in place based on the guidance of the World Health Organization.

Please be safe and take care of yourself and your family.
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 contacting division that is State of California Licensed, Bonded, Insured, and DIR certified 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
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