

Poppy Seeds

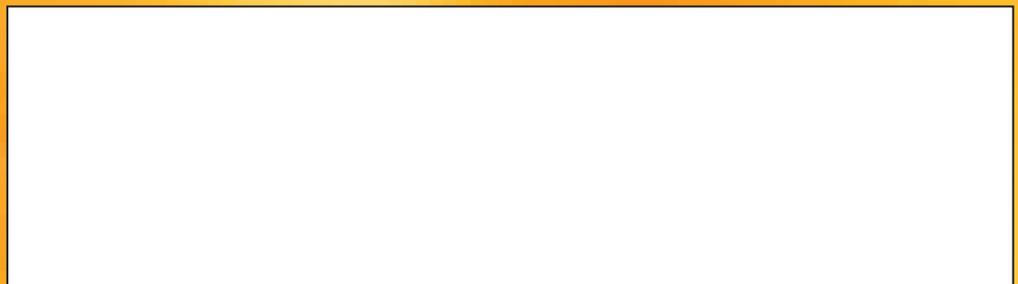
The Official JOURNAL for the California Child Nutrition Professional



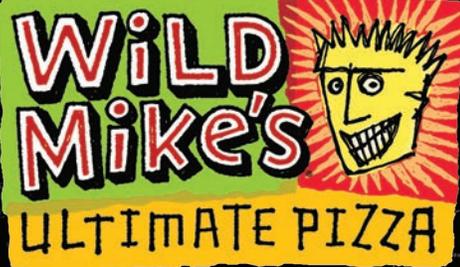
SUMMER 2020 • California School Nutrition Association • Volume 64 - No. 1



SUMMER 2020



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NO ARTIFICIAL ANYTHING
Wild About Flavor

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
 - PARMESAN

Welcome!

We're excited to introduce our newest Pizza Rebel, Chris Amsler, who will be teaming up with Patty Meeks in the SoCal market!



ITEM CODE: 90303 (BLK), 90503 (I.W.)
 COUNTRY WHITE GRAVY AND ALL-BEEF BREAKFAST PIZZA



ITEM CODE: 11003
 CHEESE BITES BULK



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

Ingredients We Don't Use

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- 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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- MECHANICALLY SEPARATED CHICKEN

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PATTY MEEKS | 760.808.6787
 PMEKS@SAPIAZZA.COM
 CHRIS AMSLER | 951.331.0384
 CAMSLER@SAPIAZZA.COM

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PRESIDENT'S MESSAGE

BY JOHNNA JENKINS
CSNA PRESIDENT



The world has changed. What happened March 13th? Can anyone remember what we use to do?

Earlier this year, SNA hosted an informative LAC-DC, but before we could unpack our bags — bang! — our normal routines were gone. No longer were we able to eat inside restaurants. Instead they were replaced by make-shift drive-thru meal services or hands-free delivery. We quickly trained our staff, along with frontline teams, to be able to assist by working the parking lot drive-thru.

This is not the first time that child nutrition has gone through difficult times. In the past, we've dealt with chicken, beef and lettuce recalls but have managed to weather through each and every storm that came our way. Even during the pandemic, Child Nutrition was able to find a way to continue delivering meals and keeping students as the number one priority. In short, we showed up and we made it happen!

During our current situation, we've found a way to continue to keep our students fed through various drive-thru stations in each district. Their bright dispositions and huge smiles from seeing their favorite lunch worker is priceless and makes it all worthwhile.

In order to do our jobs every day, a few things must take place, no matter how we feel. Giving up is not an option!

California School Nutrition Association is an organization that garners volunteers in the Child Nutrition Industry that are willing to share both time and talent. The selflessness of giving ones time speaks volumes and shows the strength of this association. In order to continue building this association, we all need to find one person to volunteer for CSNA.

There are many benefits of being a member of CSNA from networking with likeminded professionals to professional development opportunities from a variety of sources. CSNA has been tested this year with the cancelations of April's Leadership Meeting, the SNA Leadership Conference, Child Nutrition Industry Summit, and the SNA Annual National Conference. With these important meetings, workshops, and conferences cancelled, CSNA has developed virtual options to ensure members receive important information and networking with colleagues and industry partners.

The virtual platform has made it possible to reach members no matter where they are working. The well-attended Leadership meeting presented members with the hierarchy of CSNA, connecting the dots for new and old members. Likewise, The Child Nutrition Industry Summit was transformed into a virtual Installation with Stacy Sagowitz and Jose Quinones welcoming the new board of officers in grand virtual fashion. The virtual leadership summit conference

is a new offering from SNA and will be held twice a year on emerging issues relevant to managing your association.

In our rapidly changing environment, the intent is to provide state leaders with timely topics that will assist in refining leadership and governance abilities. Up next for CSNA will be our annual Conference that was originally slated for the Halloween weekend, will now be virtual!

April Mackill and the fabulous Conference Committee are hard at work figuring out all the details. They're focusing on creating a user-friendly platform with interesting and relevant sessions. Kristin Hilleman and Joshua Rogers are busy stepping into the Public Policy & Legislation as chair and co-chair.

During this time of uncharted waters with the emergency closure and upcoming reopening, they're

staying updated with U.S.D.A. News Release and CDE Information emails both containing important news that help all of us navigate through the 25 waivers that has enabled many to continue feeding our students.

A special thank you goes to all our hard-working volunteers who show up to help feed students every day. Be reassured that your Leadership Team is composed of volunteers ready to lend a hand, give guidance and show up to support CSNA Membership.

My goal as president is leading CSNA to a stronger future. It is an honor to serve you as president of California School Nutrition Association.

Thank you,

Johnna Jenkins



MEMBERSHIP CORNER

BY ROSE STARK, SNS
CSNA MEMBERSHIP CHAIR

Our theme for this year “Show up and Make it Happen” has never been more appropriate than these past months and moving forward. We are all getting back to school, possibly in an altered model, after months of working through the challenges of social distancing, learning how to Zoom, waivers, non-congregate feeding, waivers, item shortages, waivers, staffing concerns, did I mention waivers? Through all of this, we continue to “Show up and Make it Happen”.

Now, more than ever, State and local chapters, vendors, and distributors need to unite and support one another. Being active in our local and state chapters gives us the opportunity to find resources and build connections to allow us to grow and learn in our jobs and helps us move through difficult times more easily. Chapter meetings and our yearly conference provide us opportunities to meet vendors, try new products, network with other Nutrition Professionals and earn Professional Development credits.

This year our annual conference will be VIRTUAL, October 29 to October 31. Look for registration information in this issue of Poppy Seeds. Chapters, don't forget to showcase your Chapter Accomplishments and to send virtual items/resources to share in the virtual resource area. We all look forward to seeing what other chapters have done.

I look forward to “seeing” everyone at Conference, lets all “Show up and Make it Happen.”



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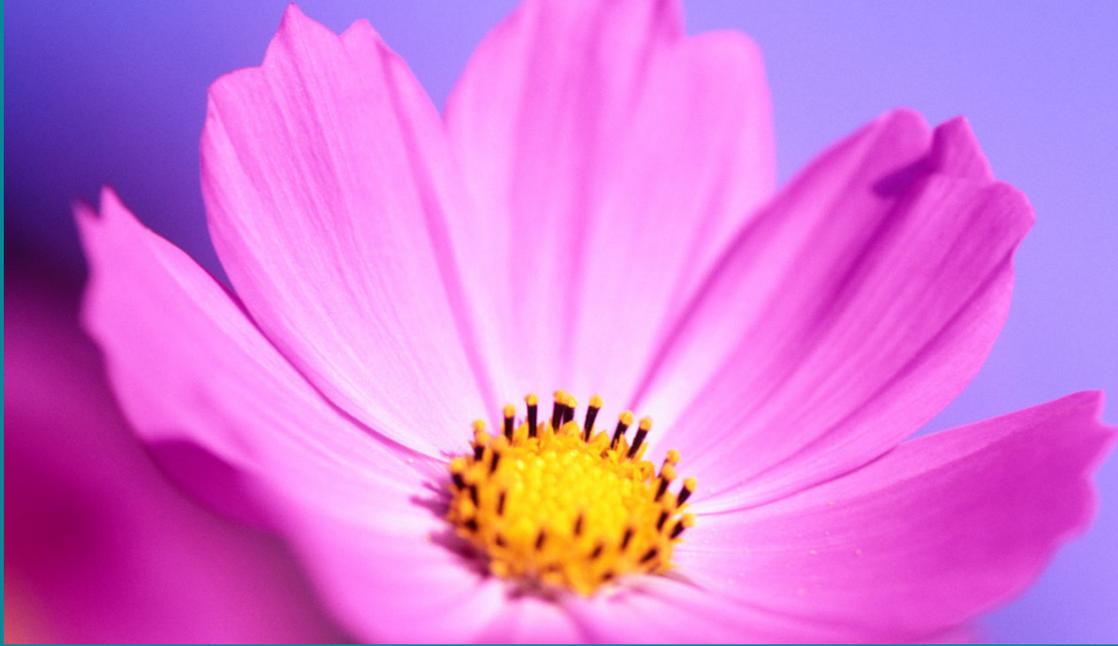
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SALLY'S MESSAGE

BY SALLY SPERO, SNS, | CHILD NUTRITION DIRECTOR, LAKESIDE UNION SCHOOL DISTRICT

No one knows exactly what things will be like when school starts this fall. But one thing is for sure, it will be different! Plans are being made for sanitation, hygiene, social distancing, face coverings and meals served — well, who knows where we will be serving meals! Maybe the cafeteria, maybe the classroom, maybe the drive-thru, maybe the carts. We'll have it figured out somehow. But in all the rush to get things set-up according to guidelines and regulations, let's not forget things from our customer's perspective.

A masked lady wearing gloves may look terrifying to that kindergarten child. It may be hard for the students to hear us with masks on (and I'll bet they find a way to be noisy even if only half of them are there.) No one can see us smile. And they may come in really stressed from all the changes in their lives. So what can we do about all this?

We always need to consider our appearance but now it will be even more important. A masked lady in a clean and attractive top is way more welcoming than one

wearing a dirty black apron. Even if we have to talk much louder to be heard through a face covering, we will need to avoid a shouting tone.

This is also the time to pay really close attention to the attractiveness of the serving area, whatever it turns out to be. Are carts clean and well-organized or is stuff just shoved everywhere? Are the windows being kept clean? It may be challenging to have decorations but you can at least have attractive signage. And make a vow this year — no hand-written signs!

Our customers will still want to know we care for them and that we are glad to see them. Take the time to say “thank you” and “welcome back.” And smile with your eyes! ■





THE BEST THING TO HAPPEN TO PIZZA LUNCH SINCE THE PIZZA LUNCH.

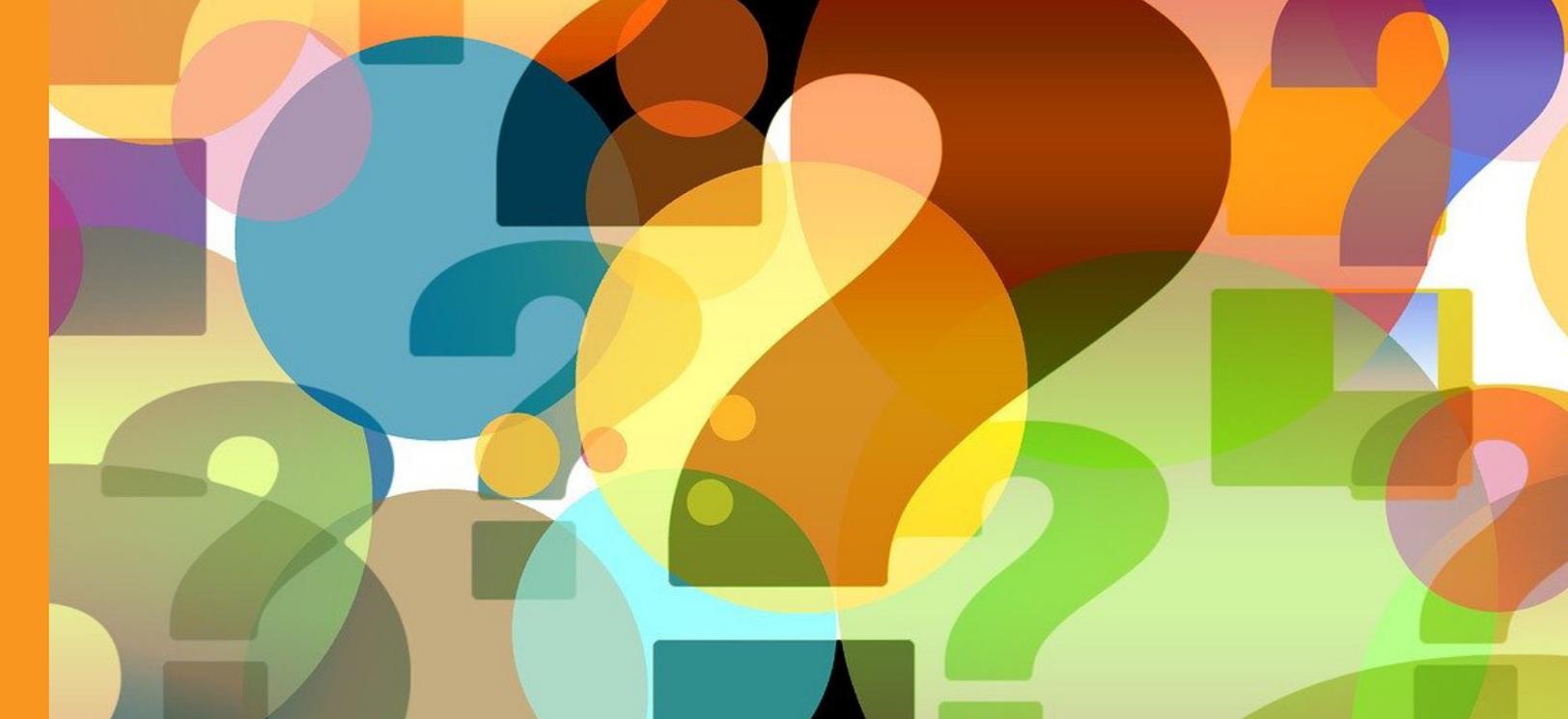
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Criticism and The 5 W's

By Cristine Holmer, MPA, SNS
Food Services Area Supervisor, San Diego Unified School District

Acept it, criticism happens. It is often unsolicited, unwanted, unexpected and possibly unnecessary. Sometimes, you are the receiver. Other times, you are the one sharing your opinion(s) of how others can do better next time. Regardless of the situation, asking yourself the 5 W's: Who, What, When, Where and Why, can help you receive or give criticism in a way that is less painful and more useful.

THE 5 W'S

WHO is Criticizing You?

Is the person someone you feel safe with, someone you trust, or perhaps someone with authority you need to pay attention to? If so, carry on. If not, walk away, shut it down, do not engage/participate. You have the right to feel and be safe. When you give people the gift of your time and attention, you give them a certain level of power. It is okay to be selective and greedy with who gets your time and attention.

WHAT is Being Criticized?

If the criticism is based on valid facts and observations, this is constructive criticism, carry on. If the intention is to cause harm and ridicule, destroy, belittle and or embarrass you, then this is destructive criticism. Walk away, shut it down, and do not engage/participate.

WHEN is the Criticism Happening?

Is the criticism happening when you are in a mindset to give it your undivided attention? If so, listen. If not, try to suggest a better time to have the conversation. Is the criticism happening in a relevant time-period, or days/ weeks/years after the object of the criticism occurred? This answer can determine if and how you continue.

WHERE is the Criticism Happening?

Is the criticism happening in a place that is appropriate for the conversation? If so, carry on. If not, suggest a better place to have the conversation. You have the power to walk away, shut it down and not engage/participate.

continued on page 10

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WHY is the Criticism Happening?

Is the intention of the criticism to educate, relate to the issue at hand, or help generate new ideas? If so, carry on. If the intention is to attack, teardown, destroy you/the current task, then walk away, shut it down, and do not engage/participate.

You may not initially be able to judge the answer to the 5 W's, but once you do, you have the right to not further engage in the conversation.

WHAT TO DO AFTER YOU HAVE DECIDED THERE IS VALUE/NEED IN LISTENING TO THE CRITICISM

Genuinely listen to the person you have chosen to give your attention to. Take notes if possible. It is understandable that you may feel defensive or hurt; however, give the person your full respect and attention, do not interrupt or start trying to defend yourself. Listening purely for the purpose to reply is not truly listening, listen to understand. Be mindful of your body language; rolling your eyes, frowning, crying, crossing your arms, for body language can be louder than your actual voice.

Be willing to accept the possibility there is some truth in what the person criticizing you is saying. They are speaking from their reality, or how they see things. This does not mean that their opinion is wrong; rather, possibly they are lacking all the details. If the person is lacking all the details, be humble and do not attack them. If there is a reason to share the rest of the details, then do so, and if not, then, politely explain that there is more information that you are not able to share with them. Thank them for their time and sharing their opinion with you. Remember, criticisms are other people's observations plus their suggestions on how you or a situation can improve.

This is an opportunity for you to demonstrate that you respect the person, without owning what they said. You

have the responsibility to create a safe and reassuring environment for those whom you are in contact with. At the end of the day, there is always room for improvement.

Listen to what the person is saying and identify if they are speaking for your best interest or theirs. Projection happens when others criticize you but they are really thinking of themselves. They have put themselves into your situation; and, are sharing how they would react to it. When this happens, identify that really, the whole conversation is about them; but since you are a kind and humble person, you listen and thank them for sharing. There is no need to point out the obvious, smile and carry on.

There are times when situations demand that we listen to others, such as when a supervisor or even an elder is speaking. If the criticism is mean-spirited, pure projection or even 100% false, you may have to suck it up at that moment; however, this does not mean you have to own it. Your responsibility is to remain appreciative and respectful. You have the right to return to that person at a later date/time and either try to clarify the misunderstanding or let them know how they spoke to you caught you off guard; and, let them know how they made you feel. This approach has to be about you, not them. The decision to do this is yours to choose and yours to own. You must ask yourself why you want to do this. If you feel taking this action will result in a positive change, then do it. This approach has to be about you, not them. If you do not feel that change will result in a positive change, or that doing so would just make you feel better, then do not engage.

What? Wait. Are They Right?

Breathe, take stock that there is room for improvement in everyone. A mistake is a learning opportunity. There is a learning curve in every situation and relationship.

Express gratitude to the person sharing their thoughts with you. Clarify that you understand what their concerns are, as

well as their opinions on how you can improve the situation. This may entail more training or direction, if so, ask for it. Be specific in your needs, even if you figure out what those needs are down the road, circle back to the person and ask for help.

Create a plan to address the issues that need to be improved. Follow through with this plan and adjust it as needed. After success the next time, thank the person who taught you there was a better way.

Celebrate your successes. Success in receiving feedback, success in performing more efficiently, or success in staying respectful in light of a difficult situation. All of these represent growth, improvement and maturity. Congratulations, job well done!

In reflection, what was your initial reaction to criticism?

Were you angry or defensive, embarrassed or possibly hurt? Examining and understanding your reactions to criticism can help you receive criticism with more grace in the future. Be aware of your triggers and the underlying issues that cause you to react instead of receive. Learning to receive criticism in a healthy manner helps you to participate in the kind of healthy conflict that is essential to good relationships.

Now that you understand how to receive criticism, consider how you criticize others. Ensure that you are sharing your opinions of others in a manner that they can receive well and grow from.

Thank you for your time, be well! ■





GOOD RELATIONSHIPS MAKE GOOD SCHOOL NUTRITION POLICY

BY CAITLIN JUNG, CAPITAL ADVISORS

One of the key roles of CSNA is to be actively involved in state and federal budget and policy issues of interest to the association's members. Our advocacy centers on the goal of ensuring that governmental, legislative or administrative actions do not impede, but rather support, school nutrition programs.

CSNA works with elected officials to develop their awareness and understanding of school nutrition programs, to bring to light the work done to ensure that the students of California are fed and ready to learn every day, and the challenges often faced in doing so.

We frequently serve as a resource to the author and sponsors of legislation related to school nutrition as they work to respond to concerns that may arise as their bill moves through the legislative process. It is widely recognized that no one is more familiar with the responsibilities that must be met and obstacles that can be encountered with the development and maintenance of a school nutrition program, nor more adept at addressing the multitude of issues that can arise, than the members of CSNA.

The COVID-19 pandemic is a perfect example. No one was at the forefront faster nor more effectively to serve students in their deepest need than school nutrition programs. Much of the work that occurred in local school districts drove policy and fiscal changes at the state and federal levels.

CSNA makes great effort to prevent school nutrition programs from being siloed, and, instead to be integrated into the Kindergarten through 12th Grade education priorities for the state. To do so effectively, we have worked hard to build and strengthen relationships with other important nutrition and education stakeholders in order to find common areas of interest and mutual concerns, and to look for opportunities to work together rather than against one another.

Each organization has its own policy perspectives, interests, and objectives; but we all share a common goal – for California's students to be happy, healthy, and have the supports around them they need to succeed.

The universe of stakeholders with whom CSNA interacts is an extremely diverse group. While partners vary depending on the issue, we work closely with the Association of California School Administrators (ACSA), the California School Boards Association (CSBA), and the California Association of School Business Officials (CASBO). We are also often joined by California Food Policy Advocates (CFPA), the California Teachers Association (CTA) and the California State Parent Teacher Association (CAPTA). Sometimes a collaboration includes the American Heart Association and California Medical Association, as well. ■

We have your back.

It's the least we can do. We see all the things you are doing to manage the "right now" so that your students and communities have access to healthy, wholesome foods. On top of all that, you have to try to piece together a feeding plan for the upcoming school year when so many things are still unknown. So, whether you need ideas on how to use up inventory, are looking for some grab 'n go inspiration, or simply need to smile, we are here to support you during these ever-changing times.

Visit us at www.jtmfoodgroup.com/k-12 for access to our emergency feeding resources, videos, and support.



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YOUR INVITATION TO ATTEND



School Nutrition Association

VIRTUAL CONFERENCE
OCTOBER 29-31, 2020

SAVE THE DATE

SHOW UP AND MAKE IT HAPPEN AT THE 68TH ANNUAL CSNA CONFERENCE PROVIDED AT OUR VIRTUAL CONFERENCE CENTER



Like many things over the past few months, our Annual Conference has had to reimagine itself. The Conference Committee has pivoted to a Virtual Conference, to help our members connect, gain professional development hours, and share ideas and products. The dates will move to Thursday - Saturday, but we will be keeping the same weekend - October 29-31, 2020. So, Show Up and kick off the conference with one of the always informative conference sessions.

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 our first ever virtual trade show where you will be able to get information on new and exciting food items as well as learn about equipment, packaging, technology and so many other things that help make school meal programs great! There will be designated times for you to chat live with exhibitors in their virtual booth.

Instead of our President's Party on Saturday night, we are moving this to a School Nutrition Heroes Virtual Party on Thursday evening to celebrate everyone who has Showed Up this year and Made it Happen!!! To register or for more detailed information on all the activities planned for this conference, visit calsna.org

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!



2020 CONFERENCE SCHEDULE

THURSDAY, OCTOBER 29

- 8:00 a.m. - 3:00 p.m.
 - Networking Lounge Open
- 8:00 a.m. - 9:00 a.m.
 - Educational Sessions - Track A
- 9:15 a.m. - 10:15 a.m.
 - Educational Sessions - Track B
- 10:30 a.m. - 3 p.m. - Exhibits Open
- 3:15 p.m. - 4:30 p.m. - General Session
- 4:30 p.m. - 6:00 p.m. - Reception
 - Honoring School Nutrition Heroes

FRIDAY, OCTOBER 30

- 8:00 a.m. - 3:00 p.m.
 - Networking Lounge Open
- 8:15 a.m. - 9:45 a.m. - House of Delegates
- 8:45 a.m. - 9:45 a.m.
 - Educational Sessions - Track C
- 10:00 a.m. - 1:30 p.m. - Exhibits Open
- 1:30 p.m. - 2:30 p.m.
 - State Update General Session
- 2:35 p.m. - 3:35 p.m.
 - Educational Sessions - Track D
- 3:30 p.m. - 4:30 p.m.
 - Educational Sessions - Track E

SATURDAY, OCTOBER 31

- 7:00 a.m. - 8:00 a.m. - Fitness Workout
- 8:00 a.m. - 12:30 p.m.
 - Networking Lounge Open
- 8:15 a.m. - 9:15 a.m.
 - Educational Sessions - Track F
- 9:20 a.m. - 10:20 a.m.
 - Educational Sessions - Track G
- 10:25 a.m. - 11:25 a.m.
 - Educational Sessions - Track H
- 11:30 a.m. - 12:30 p.m. - Regional Awards & Conference Wrap-Up



THURSDAY KEYNOTE SPEAKER
LOGAN WEBER

"OVERCOMING LIFE'S GOLIATHS"
THE IMPORTANCE OF SHIFTING YOUR VISION

HOW TO DEAL WITH SETBACKS

THE POWER OF ATTITUDE

*COMING TOGETHER AS A TEAM
TO ACCOMPLISH GREAT THINGS*

THIS PRESENTATION IS FAST PACED,
INTERACTIVE, AND FUN. OVERCOMING
LIFE'S GOLIATHS IS THE PERFECT WAY TO KICK
OFF A FUNCTION AND SET A POSITIVE,
UPBEAT TONE.



SAVE THE DATE

THE 2020 CSNA
ANNUAL CONFERENCE
OCTOBER 29-OCTOBER 31



Lobby

Exhibit Hall

General Sessions

Education

Networking

My Profile



Will you Show up and Make it Happen at the 68th Annual California School Nutrition Association Conference? This year the CSNA Conference is Virtual. The Exhibit hall opens on Thursday, October 29 from 10:30 a.m. to 3 p.m. and again on October 30 from 10 a.m. to 1:30 p.m. You will earn points by visiting the booths during these times, which will put you in the running for prize drawings. Exhibitors will be available in their booths during these hours to video chat with you and answer any questions you have on their products and services.

Show up from the comfort of your work or home office! Oh, and bring your wish list, Show up and make it happen!



Christina Reynolds
Exhibit Chair

OFFICIAL 2020 VIRTUAL CONFERENCE REGISTRATION FORM - ONTARIO

School Food Service Employees Only - (Industry members please contact Amber at CSNA for Registration Information 818-842-3040)
 Registration is **NOT OPEN** to non-exhibiting Industry Professionals. You must work in a school to attend if your company is not exhibiting.
Show Up and Make it Happen! The 68th Annual Conference & Trade Show - October 29-31, 2020

Please type or print. **ONE Registration Form per person.** Please duplicate this form for additional copies.

NAME _____		TITLE _____	
PREFERRED NAME ON BADGE _____		SPECIAL ACCOMODATIONS & DIETARY REQUIREMENTS _____	
DISTRICT NAME _____			
MAILING ADDRESS _____	IS THIS HOME OR WORK (PLEASE CIRCLE ONE) _____	CITY _____	STATE _____ ZIP CODE _____
WORK PHONE _____	FAX _____	E-MAIL _____	

REGISTRATION FEES

FULL CONFERENCE REGISTRATION			
IF PAYMENT IS RECEIVED	EARLY DISCOUNT FEE <small>(ON OR BEFORE 9/30/20)</small>	REGISTRATION FEE <small>(AFTER 9/30/20)</small>	AMOUNT
MEMBERS			
DIRECTOR/SUPERVISOR	\$99	\$139	\$ _____
MANAGER	\$99	\$139	\$ _____
STAFF/STUDENT/RETIRED	\$99	\$139	\$ _____
CSNA PAST PRESIDENT	\$0	\$ 40	\$ _____
NON-MEMBERS			
DIRECTOR/SUPERVISOR*	\$155*	\$195*	\$ _____
MANAGER*	\$155*	\$195*	\$ _____
STAFF*	\$155*	\$195*	\$ _____
STUDENT/RETIRED/GUEST	\$155	\$195	\$ _____

*INCLUDES 1 YEAR SUBSCRIPTION TO CSNA

SCHEDULE OF EVENTS

THURSDAY, OCTOBER 29

- 8:00 a.m. - 3:00 p.m. - Networking Lounge Open
- 8:00 a.m. - 9:00 a.m. - Educational Sessions - Track A
- 9:15 a.m. - 10:15 a.m. - Educational Sessions - Track B
- 10:30 a.m. - 3 p.m. - Exhibits Open
- 3:15 p.m. - 4:30 p.m. - General Session - **LOGAN WEBER**
- 4:30 p.m. - 6:00 p.m. - Reception Honoring School Nutrition Heroes

FRIDAY, OCTOBER 30

- 8:00 a.m. - 3:00 p.m. - Networking Lounge Open
- 8:15 a.m. - 9:45 a.m. - House of Delegates
- 8:45 a.m. - 9:45 a.m. - Educational Sessions - Track C
- 10:00 a.m. - 1:30 p.m. - Exhibits Open
- 1:30 p.m. - 2:30 p.m. - State Update General Session
- 2:35 p.m. - 3:35 p.m. - Educational Sessions - Track D
- 3:30 p.m. - 4:30 p.m. - Educational Sessions - Track E

SATURDAY, OCTOBER 31

- 7:00 a.m. - 8:00 a.m. - Fitness Workout
- 8:00 a.m. - 12:30 p.m. - Networking Lounge Open
- 8:15 a.m. - 9:15 a.m. - Educational Sessions - Track F
- 9:20 a.m. - 10:20 a.m. - Educational Sessions - Track G
- 10:25 a.m. - 11:25 a.m. - Educational Sessions - Track H
- 11:30 a.m. - 12:30 p.m. - Regional Awards & Conference Wrap-Up

For the most up-to-date information, visit the CSNA website at

www.CalsNA.org



____ I will participate in the Fitness Event on Saturday, October 31 - 7:00 - 8:00 a.m. _____ (No Cost)

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FOR FURTHER INFORMATION ABOUT THIS CONFERENCE OR TO REGISTER ON-LINE, PLEASE VISIT **www.CALSNA.org**



REGIONAL AWARDS & CONFERENCE WRAP-UP SATURDAY, OCTOBER 31 ~ 11:30 A.M - 12:30 P.M.

We couldn't let this year's Conference go by without recognizing our members who are receiving awards for their outstanding achievements in Child Nutrition this past year! Join us as we honor these School Nutrition Heroes during our Annual Awards ceremony! It will be an Awards ceremony like none before, in a year that has been like none before and we invite you to be with us to honor your peers in the best way that we can in 2020.

This will also be a chance for us to wrap the virtual conference up with thoughts on how things played out and to leave you with some notes on what to expect from CSNA as we finish out 2020 and move into 2021. Please make it a point to stay with us until the session is through to understand the tools that will be available to you following the conference and for CSNA to help you navigate the unknown in School Nutrition going forward.

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RIALTO UNIFIED SCHOOL DISTRICT WORKING TOGETHER

by Kristina Kraushaar, Program Innovator, Rialto Child Nutrition



Returning from Spring Break should be an exciting time for students as the end of the year push is right in front of them. Unfortunately, Monday, March 23, 2020 marked the day the students of Rialto Unified did not return to their classroom and instead encountered unprecedented school closures that forced our 26,000 students to stay home. Our students needed their teachers, principals, friends and school lunch heroes more than ever. The big question ahead of us was how to educate and feed our kids while maintaining the new social distancing standards all while keeping our staff safe?

Our plan was to model our meal service to that of our summer feeding program. With one exception, we would be having a drive-thru service. We knew that in order to maintain the required safety standards, we would have to restructure the staff in our kitchens and tweak our production. We also knew that we did not want to stop our scratch cooking. We have very successfully continued our operations and have been cooking from scratch using fresh produce from local farmers including gardens grown by our students. We have been harvesting and tending to the gardens at all of our school sites to be sure none of our students hard work and care does not go to waste.

Our connection to our students and community are a priority to us. We have been utilizing social media since last year, and it has become our lifeline to maintaining relationships with our parents and community partners during this COVID-19 pandemic. Using live video feeds from our production and service lines has helped us interact and educate our families in ways we didn't think was possible. Our families are seeing the large scale production, the quality of meals and the love that is put into making those meals for our kids.

continued on page 22



continued from page 21

The challenges we are facing with the social distancing has not deterred our creativity to have some fun with our families. We had a very successful Cinco de Mayo celebration with a taco Tuesday that included a lunch box giveaway courtesy of the Dairy Council of California and Got Milk. Our PTA helped spread the word about School Lunch Hero Day and we had random drive-thru parades pop up at our service sites. We also do our best to find fun music to play and dance to, to get the incoming kids to smile as they drive through.

Being in a position to serve the children of our community fills our hearts. We understand that many people are losing their jobs and our meals are the reason their kids still get to eat. The daily “thank you”, signs of gratitude on cars when they come for service, and testimonials we have received makes what we do worth it. We are grateful to have a positive impact on our Community, especially during times like this. ■





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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!

Arvin Union School District



1. Dee Abbema Food Service Director and Admin Volunteer
2. Admins packing to-go meals to help cafeteria staff
3. District student picking up her breakfast and lunch
4. Calentino Gutierrez, Haven Drive MS, Principal
5. Patty Amador, Norma Ortiz and Adriana Davila waiting to serve the next car
6. Walk-up line at Bear Mountain Elementary School

Lennox School District



Riverside Unified School District



From L to R: Karen Cox, Evelyn Lopez, Brenda Garner and Theresa Gibson.

San Francisco Unified School District



Written By Anne Moertel, San Francisco Unified Student Nutrition Services

On March 17, the District began to provide free grab and go meals at shuttered schools across the City. Served via walk-up “windows” created at the door of each school site, this program has served over 930,000 meals since schools closed. In San Francisco, many families rely on walking or public transit rather than cars to get around. Student Nutrition Services knew they had to develop an innovative way to serve their families while ensuring the safety of staff. This model has been a great success, providing an easy and reliable way for families to access meals. On Monday, two days worth of breakfast, lunch and supper is served; and on Wednesday, three days worth. Each grab and go bag includes meals such as cereal and muffins for breakfast; sandwiches and pupusas for lunch; pizza and burritos for supper; plus fresh fruit, vegetables and milk.

Parents have remarked that the twice-weekly visit to pick up meals at school provides a routine for their children who are sorely missing their school schedule and the familiar faces of teachers and staff. Plus, the opportunity to enjoy a school lunch favorite at home is a bright spot in their day.

Jennifer LeBarre, Executive Director of Student Nutrition Services, knew that the grab and go meals would not serve everyone, and wanted to address students with disabilities and special dietary needs that could become especially vulnerable to food insecurity during this crisis. The McAteer Culinary Center, the District’s first full cooking kitchen opened last Fall, provided an opportunity to prepare special meals for students. Door-to-door delivery of these special 5-day meal boxes is provided by District employees who now have time to volunteer their services. The District has delivered over 13,000 meals to students with disabilities and special dietary needs since schools closed. To learn more about their program, visit sfusd.edu/schoolfood.

Chino Valley Unified School District



Chino Valley Unified served their students rain or shine. Students shared their love and gratitude with cards.

Sultana High School



San Diego Unified School District



Cedar Middle School



Cedar Middle School fed over 800 kids daily. Neither the cold nor the rain could stop them!



Hesperia Unified School District



Rosemead School District



Rosemead was the first district in the San Gabriel Valley to receive a grant from No Kid Hungry. They used these funds to offer an additional hot supper meal to children in their community (averaging 600 suppers a day). The Superintendent, board members and principals helped with passing out meals .



We feed kids.

We feed a lot of kids — more than 550 4-12 year olds. But we do more than that.

We work with them. We encourage them. We try to shape them into the young men and women that we believe they can be.

My team and I motivate our students daily. We offer them more than food. We offer them smiles, laughter, trust — and sometimes cookies (USDA approved, of course). We offer them advice and guidance from our kitchen. We encourage them to use proper manners and to be decent human beings. We encourage them to be kind.

Over the summer months in 2019, I was scrolling through social media and noticed a teacher friend asking for 34 book donations to start her students' school year off on a positive note. That got me thinking — I could do something like that, but how?

We see 260 students at breakfast and 550 at lunch — there's no way we can hand out a book to every enrolled student at the beginning of the year. So, I started brainstorming. "What if we give out a book a week for good behavior? That could work." That's 37 books. So, I got back on social media and asked my friends for 37 book sponsors. I was bombarded with offers! I was so excited — I had upwards of 60 books, which covered me not only for the 2019-'20 school year, but well into the 2020-'21 school year!

Now, what to call it? I came up with "Good Reads 4 Good Manners." The criteria to students was simple: use your manners in the cafeteria, be polite, say "please" and "thank you", clean up after yourself, and be kind. My administrators and supervisors were on board and my "Lunch Lady Library" was stocked and ready to reward one student a week for good manners in the cafeteria.

Then something absolutely amazing happened: our assistant principal donated nearly 200 books to my library,

continued on page 32

allowing us to reward one student from each grade with a book every week!

As of March 2020 (prior to school closures), we've rewarded more than 150 students and my team of lunch ladies and I have encouraged them not only to use good manners but to focus on literacy, dive into a good book and grow.

I'm enormously humbled by the gratitude and excitement each of our students have shown me. The COVID pandemic has forced a pause to the program, but we plan to pick up next school year right where we left off.

We also encourage our kids to use their creativity. Juniper Elementary School is a literacy-focused school. We encourage our students to read, write and create. My team and I do our part in that through contests during National School Lunch Week (NSLW) and National School Breakfast Week (NSBW).

This year for NSLW our theme was "School Lunch Playlist" and we asked our students to create a rap (much like a poem) about what they love about school lunch. They selected students to perform their rap in front of their peers and judges. My students did a phenomenal job rapping about fruits and veggies, hot ham and cheese, cookies (they love their cookies) and lunch ladies. Participants received a book from the "Lunch Lady Library" and special prizes. It was one of the most memorable moments I've had as a lunch lady — watching them step out of their box and go for it.



For NSBW, themed "Out of This World," we encouraged our students once again to be creative. We asked them to create a short story based on the breakfast week characters and again they shined.

They went all in, creating "out-of-this-world" stories about Blueberry Bot, Hi Tech Yogurt, Wired Waffle and more. Each winning student received a book of their choice from the "Lunch Lady Library" and two students will have their books "published" by "Lunch Lady Publishing House", with a copy to take home and a copy in the school library for anyone to view.

I also had the pleasure to read on video one of our winning books from NSBW for one of the Facebook "Read Alouds" that our school is doing during the closures. That student's book was viewed 600 times with 10 shares. Truly, it was an amazing experience.

Yes, we feed kids — lots of kids. But we do far more than that. They are our future but it is up to us to shape the future. ■

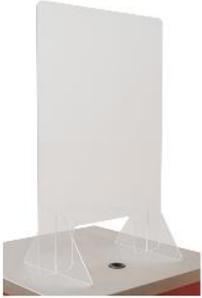




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Beverage Choices Matter

Encouraging Healthy Beverage Patterns for Children

By Renée Farias and Jeri Mobley, Dairy Council of California

For school aged children, dairy remains an important choice for optimal growth and development. The US Dietary Guidelines recommend 2 ½ cups of dairy for children 4 to 8 years old and 3 cups of dairy for children 9 years and older.⁽⁴⁾ Encouraging students to choose dairy milk in the cafeteria at both breakfast and lunch can help ensure children meet their recommended daily intake.

Healthy eating patterns are important at all stages of life, but especially during childhood when children are building the foundation for lifelong health. In these early years, beverages contribute significantly to children's overall consumption and nutrient intake, which makes choosing the right beverages critically important. At Dr. Reynaldo Carreon Jr. Academy, students had the opportunity to try milk samples during lunch in the cafeteria. As part of a joint effort to increase the consumption of white milk, Dairy Council of California and CalFresh Healthy Living Riverside coordinated the event with the support of Daniel Cappello, Desert Sands Unified School District Student Nutrition Director. Students were offered a sample of white milk and received a sticker to vote on how they liked the taste. Many students enthusiastically asked for additional milk samples and others were excited to learn they could choose milk at breakfast and lunch each day. Taste testing healthy beverages in the cafeteria is a fun and

effective way to encourage greater consumption of dairy milk with school meals.

The Dairy Council of California addresses the importance of healthy beverage consumption in the Healthy Eating TABLE (www.healthyeating.org/TABLE), an annual publication that Translates, Amplifies and Bridges the Latest Evidence in nutrition and dairy science.⁽¹⁾ Research demonstrates that dairy milk offers essential nutrients that work together to provide multiple health benefits, including lowering the risk of chronic diseases and supporting optimal growth and development in children. Because dairy has health attributes that are different from plant-based and other animal-source foods it is important to include dairy as a component of healthy eating and beverage patterns.

Research also shows that beverages make a significant contribution to children's dietary intake and therefore can have a big impact on health. Among children ages 2 to 5 years old, 44% consume sugar-sweetened beverages, with an average intake of 9 ounces daily. Overall, beverages contribute 32% of added sugars in children's diets.⁽²⁾

In addition, there are so many beverage choices available that it can be confusing for parents and caregivers to

know which beverages are best to offer. Recognizing the importance of healthy beverage consumption in early childhood, Healthy Eating Research -- an expert panel representing the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association -- developed beverage consumption recommendations for children from birth to 5 years.⁽³⁾

The Healthy Eating Research consensus report recommends plain milk and water as the “go-to” beverages for children starting at age one. The guidelines encourage milk and water for thirst and hydration, while discouraging sugar-sweetened beverages including juice. The report also reinforces the importance of dairy milk and describes plant-based alternative beverages (except fortified soy beverage) as “not recommended” for children ages 0-5. The panel agreed that most plant-based alternatives are not equivalent to dairy due to the wide variability of nutrient content, whereas dairy milk provides numerous essential nutrients that are known to support bone health, muscle growth and overall physical and cognitive development of children and adolescents.

To reach parents in Orange County, parent volunteers, known as “Champions for Change”, work as ambassadors of health to provide education to parent peers during school events and within their communities. They are a part of the “Rethink Your Drink” healthy beverage promotion program, which is a collaboration between the Orange County Health Care Agency CalFresh Healthy Living and Oral Health Programs and Dairy Council of California.

Child nutrition professionals can also utilize the updated healthy beverage handout, “Every Sip Counts”. This handout can be used in schools to educate families about healthy beverage choices and is available by contacting CalFresh Healthy Living programs at <http://calfresh.dss.ca.gov/healthyliving/home>.

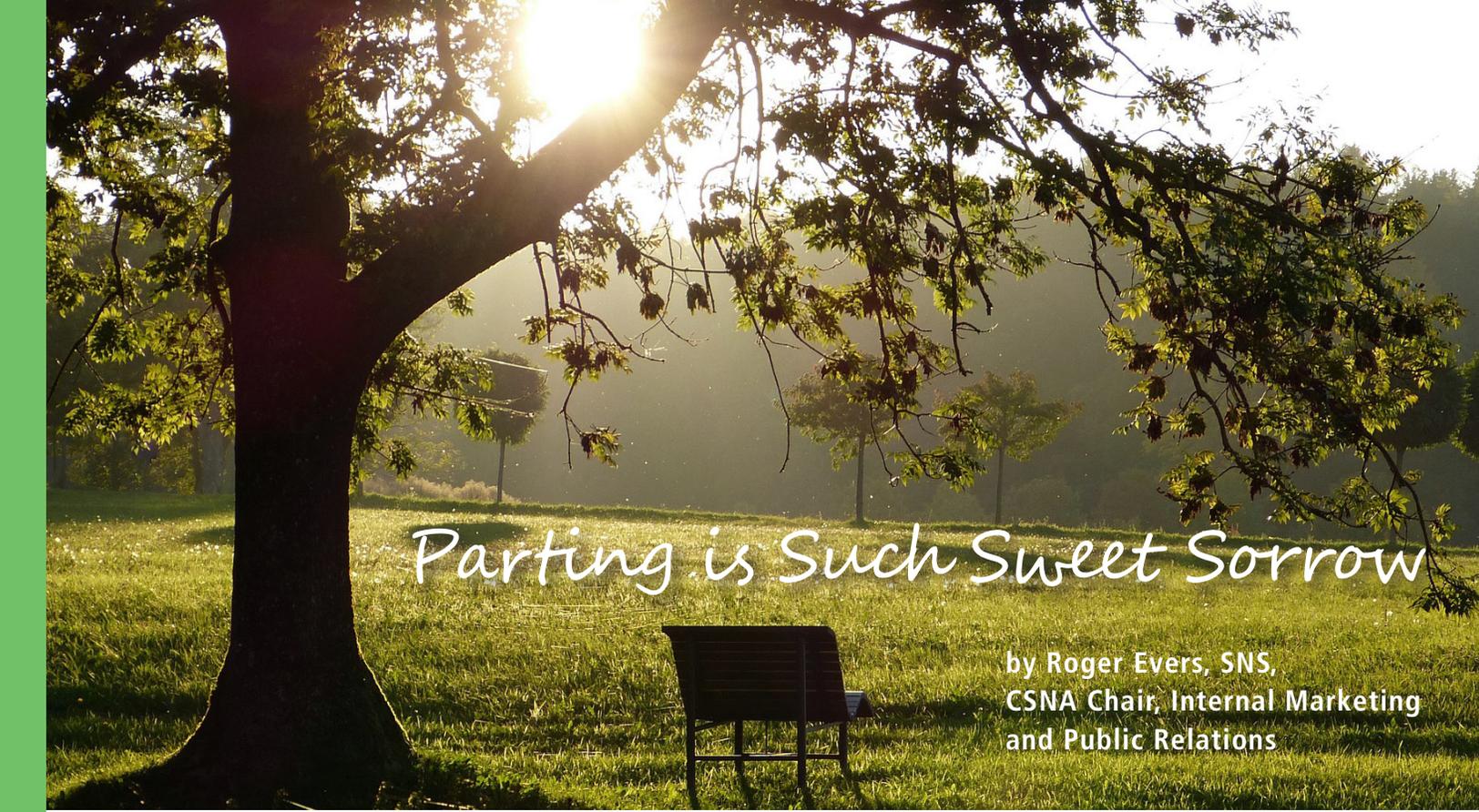
For more information about dairy milk, its health benefits and the recommended dairy choices for children 0 to 5 years, you can access a free resource developed by The Dairy Council of California and The National Child and Adult Care Food Program (CACFP) Association at www.healthyeating.org/cacfp_milk.



Top Photo: Orange County Champion Moms at a workshop that included the unveiling of the new Make Every Sip Count tip sheet; Bottom Left Photo: Dr. Reynaldo Carreon Jr. Academy students tasting samples of white milk at lunch; Bottom Right Photo: Students at Dr. Reynaldo Carreon Jr. Academy using stickers to rate-the-taste of white milk.

References:

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2. Moshfegh AJ, Garceau AO, Parker EA, Clemens JC. Beverage choices among children: what we eat in America, NHANES 2015-2016. Food Surveys Research Group Data Brief No. 22. US Department of Agriculture, Agriculture Research Service. https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/DBrief/22_Beverage_choices_children_1516.pdf (Published May 2019).
3. Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. Consensus statement: healthy beverage consumption in early childhood: recommendations from key national health and nutrition organizations. Healthy Eating Research website. <https://healthyeatingresearch.org/research/consensus-statement-healthy-beverage-consumption-in-early-childhood-recommendations-from-key-national-health-and-nutrition-organizations/> (Published September 2019).
4. Dietary Guidelines Advisory Committee. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Washington, DC: US Dept of Agriculture, Agricultural Research Service; 2015.



Parting is Such Sweet Sorrow

by Roger Evers, SNS,
CSNA Chair, Internal Marketing
and Public Relations

Happy Summer 2020 CSNA Family!

As they say, parting is such sweet sorrow. This will be my last article representing you as your Marketing and PR Internal Chair.

I have had a great school year being an integral part of CSNA. I've learned a lot of tips and tricks for marketing our programs and how public relations are vital to our success in feeding California's children. From being the "floor reporter" at Conference, to attending various workshops during the year, attending meetings, and breakout sessions with educators and motivational speakers and so on, it has been an experience I will never forget.

I would like to thank the EFC for their support and encouragement during this journey as they convinced me I could represent CSNA well in this capacity. I would like to also thank and acknowledge your External Marketing and PR Chair, Ms. Anna Apoian for her guidance, laughter, and infectious sense of humor. We collaborated and communicated effectively to pass on useful and meaningful ways to

help each other market your programs.

As we are navigating uncharted waters during these uncertain times, we remain vigilant on the task at hand — serving our students. We are achieving this by serving thousands of meals daily to all students who visit designated serving locations. We have those who walk-up, drive up and even arrive on bicycles and skateboards to pick up a meal.

"Thank you's," bless you's," and we appreciate you's," are plentiful, which illustrates we are keeping up positive public relations during school closures. When families come to a serving location, they, if for only a moment or so, remember we are all here to serve their children healthy and nutritious meals in both good times and bad times.

In closing, please stay safe out there and thank you for all you do for each other, our students, parents, communities, Administrators and all others that appreciate our efforts to help in the education of students in the classroom and beyond. ■



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Special Guest Speaker at Santa Clarita Chapter 46 Meeting

By Robert S. Lewis, Santa Clarita Valley SFSA
Photos by Laurie Storey, Santa Clarita Valley SFSA

Santa Clarita Valley Chapter 46 welcomed a special guest speaker to their regular meeting on January 23. Chapter President Laurie Storey and Vice President Julie Diamond welcomed former CSNA President Toni Chaffee as keynote speaker. Toni presented a workshop on “Workplace Kindness Builds Stronger Teams.” Toni used Dale Carnegie’s book *How to Win Friends and Influence People* as the basis for her lesson.

Topics included establishing good relationships in the kitchen and the office, supporting fellow employees, focusing on students as a primary goal, and getting involved in professional development opportunities. The meeting was well attended and included games, raffles, and activities for all members. Toni reminded us to always “support others, compliment colleagues, praise fellow workers, recognize each other’s strengths, and always be kind.” School Day Café CEO Dr. Robert Lewis thanked Toni for visiting the chapter and welcomed her back anytime. ■

x





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Nutrition and Your Immune System

By Megan Bustle, RN, BSN, MPH Candidate
School Nurse at Cupertino Union School District

Good nutrition is essential to a strong immune system and malnutrition is the most common cause of immunodeficiency worldwide. In this time when it is critical to have a healthy immune system, let's take steps to avoid malnutrition!

What is malnutrition?

Contrary to popular belief, when someone is malnourished, it does not just mean they are underweight. "Malnourished" really just means the body is not getting the nourishment it needs to function properly. Overweight and obesity are also forms of malnutrition and are the most common found in the United States.

How can we best nourish our bodies to support optimal immune function?

The answer is, eat a healthful diet, drink plenty of water, get adequate sleep, and MOVE your body! Yes, sleep and

exercise also nourish us and support our body's ability to function properly.

What should you eat for optimal function?

A good balance of healthy carbohydrates and lean protein with adequate amounts of micronutrients and fiber is key to fueling your body.

Healthful carbohydrates like fruits, vegetables, and whole grains are your body's favorite food for making energy. Half of your plate should be vegetables and fruits and a quarter should be whole grains. Consuming these items in their whole form is best, though minimal processing such as unsweetened applesauce from apples is fine, too. Highly processed foods should be avoided.

Protein is a significant factor for immune function, as the amino acids found in protein are the building blocks of



all cells in the body, including those that make up our immune system. The last quarter of your plate should be made up of healthful protein. Many people believe they need a lot more protein than they actually do. Believe it or not, you do not have to eat a pile of meat with every meal to get a sufficient amount of protein! Healthy amino acids can also be found in legumes, eggs, dairy, fish, and grains.

Micronutrients have a tremendous influence when it comes to your immune system. In particular, zinc, selenium, iron, copper, vitamins A, C, E, and B-6, and folic acid all have important influences on immune responses. The good news is, these micronutrients are all readily available in a variety of delicious fruits and vegetables. Regularly consume whole foods in a rainbow of colors to increase your intake of micronutrients.

Last, but not at all least, fiber is also significant to health. Fiber is found in plants and helps to keep the digestive system clean and healthy. The majority of our immune system function can actually be linked to our gastrointestinal system and fiber has been found to turn “angry” immune cells into healing anti-inflammatory cells. This is yet another reason to include those fiber-rich fruits, vegetables, and whole grains in our diet.

Should you take supplements?

For some high-risk groups, including the elderly or those who do not get enough to eat, dietary supplements may be beneficial. But, for the vast majority of humans, dietary supplements have been shown to be less helpful than sticking to a healthful diet. Nutrients from dietary supplements, for reasons that remain unclear, but are likely linked to fiber, are not as readily accepted by the body as are those that come from food. If you are regularly consuming a variety of vegetables, fruits, and grains, you likely do not need to take dietary supplements. Compared to supplements, the foods are tastier, more affordable, and offer a multitude of additional health benefits anyway!

What kind of exercise should you do?

You should always consult with your physician before starting any type of exercise program. The American Heart Association recommends at least 30 minutes per day of moderate exercise at least 5 days per week for optimal health. If you can't find 30 minutes, even a brisk ten minute walk three times per day can meet that recommendation and significantly improve your health. The idea is simply to not be sedentary all day.

What about sleep?

Cytokines are a type of protein produced by the body during sleep which are instrumental in fighting off infection. Without enough sleep, your body will produce less cytokines, thereby leaving you more vulnerable to illness. Even vaccines may be less effective in those who are chronically sleep deprived. In addition, a sleep deprived body is less able to function optimally, increasing the risk of heart disease, diabetes, and obesity.

Adults are advised to get 7-8 hours of sleep per night and some studies suggest stocking up on 20-30 minute naps can also provide a health boost. When you do turn in for your long stretch of sleep at night, do so in enough time to give yourself 20-30 minutes to fall asleep and to get those 7-8 hours in before you have to get up. Avoid brain stimulating activities for about 30 minutes before you plan to try to sleep, such as TV, phone use, and work. Instead, try reading or relaxation. Whatever you do, establish a routine and stick to it to develop healthy sleep habits.

The Takeaway

To best support your immune system, be mindful of your nutrition. Do not overeat. Avoid processed foods and added sugars, make water your beverage of choice, move your body for at least 30 minutes every day, and make sure you are getting enough sleep. A bonus of these good habits is that you are likely to experience greater mental clarity and the ability to better cope with feelings of stress and anxiety, which many of us are experiencing now. If you can accommodate only a minimal change, at least bump up your intake of fruits and vegetables and add a ten minute walk to your regular routine. You will feel stronger before you know it! ■



Dr. Lynnelle Grumbles Retires with Honor

By Robert S. Lewis,
Santa Clarita Valley SFSA

Photo by Laurie Storey,
Santa Clarita Valley SFSA

On December 19, 2019, Dr. Lynnelle Grumbles was honored at the Santa Clarita Valley School Food Services Agency (SCVSFSA) Board Meeting. Joining the regular Board Members was California State Senator Scott Wilk (21st District) who presented Lynnelle with a commemorative plaque in admiration for her more than five years of service to the communities of the Santa Clarita Valley.



School Day Cafe

Under her leadership, SCVSFSA underwent a new marketing campaign with the new public name School Day Café. During Lynnelle's time at the helm, the organization increased its breakfast, lunch, supper and summer programs.

She will be greatly missed by her team members at the Agency. Dr. Grumbles also served as chair of Super Coop for five years and worked to streamline and reorganize the cooperative with new innovations. Her leadership and care will have lasting positive effects on both organizations. We wish her well in her retirement! ■

SNAC Bites

SNA COMMUNICATION



Please visit https://schoolnutrition.org/uploadedFiles/Membership/Resources_for_State_Associations/SNAC-Bites-06-2020.pdf for article links

Annual Membership Campaign 2020-21

Now more than ever, members like you are vital to SNA's growth and success. That's why we invite you to take the +1 Membership Challenge! Recruit a new member today for the chance to win a great prize.

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Recruit a new member by May 31, 2021 and you will be automatically entered for the chance to win a free registration for the 2022 Annual National Conference in Orlando, FL. Visit the SNA website to find materials and learn more about the +1 Membership Challenge!

**Void where prohibited. Visit www.schoolnutrition.org to see the complete Campaign Rules for full details*

USDA Releases New COVID-19 School Nutrition Guidance

During the month of May, USDA's Food and Nutrition Services (FNS) has released a new series of waivers and guidance for school meal service during COVID-19 school closures:

- **Nationwide Waiver to Waive First Week Site Visits in the SFSP**
Waives requirements that sponsors visit each of their sites at least once during the first week of operation under the program for sites that have operated successfully in the previous year and sponsors that successfully participate in the CACFP or the NSLP.

- **Nationwide Waiver of Food Service Management Contract Duration in the NSLP and SFSP**

Waives food service management company (FSMC) contracts duration requirements for all state agencies, SFAs and Summer Food Service Program (SFSP) sponsors. FSMC contracts that may expire by or around June 30, 2020 may be extended through SY2020-21.

- **Nationwide Waiver of Local School Wellness Assessments**

Waives requirement for schools unable to complete a triennial assessment of the local school wellness policies by June 30, 2020. For states electing this option, the new first triennial assessment deadline is June 30, 2021.

- **Nationwide Waiver of Annual Review Requirements for State Agencies in the CACFP**

Waives requirement to complete CACFP monitoring onsite through September 30, 2020. State agencies electing this option are encouraged to prioritize reviews of these institutions next year.

- **Nationwide Waiver to Extend Unanticipated School Closure Operations**

Waives the October through April time limitation for implementation of SSO and SFSP during unanticipated school closures and allows State agencies that elect this option to permit SFAs to operate under unanticipated school closure requirements through June 30, 2020.

- **Reporting COVID-19 Public Health Emergency Data**

Each COVID-19 school nutrition program waiver requires that State agencies and local program operators provide certain summaries and descriptions of their use.



WHAT'S COOKING WITH CHEF JIM

BY SALLY SPERO, SNS, | CHILD NUTRITION DIRECTOR, LAKESIDE UNION SCHOOL DISTRICT

If it's San Diego, you gotta have a burrito! We love them here for breakfast, lunch, supper or snacks. You can have fancy ones at an upscale restaurant or platters at a party or take-out ones you eat in your car between errands. They can be big or small and stuffed with just about anything you can find.

And speaking of anything you can find, here are some Chef Jim has developed that use our commodity products. You can roll them up cold in advance and heat them before they are served or make them up on the line hot. The cold ones were also a tremendously popular offering for our take-home meals this spring.

Breakfast Burrito

- 1 commodity egg patty
- 2 slices commodity processed American cheese
- 5 pieces tater tots
- 8" flour tortilla

California Burrito

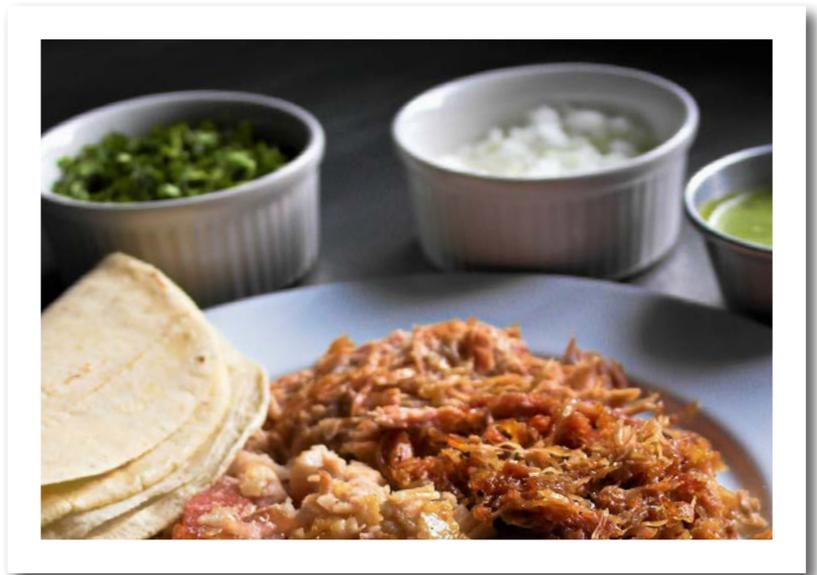
- 1 oz. commodity shredded mozzarella cheese
- 5 pieces tater tots
- #16 scoop seasoned commodity pinto beans
- 1.5 oz. cooked chopped carne asada
- 8" flour tortilla



Carnitas

Yield: 240 #10 Scoops

- 5 lb. diced fresh onions
- ½ cup vegetable oil
- 1 lb. diced fresh garlic
- ½ cup ground cumin
- ½ cup chili powder
- ½ cup oregano leaves
- 1 Tbsp. thyme leaves
- 1 tsp. cayenne pepper
- 60 lb. commodity shredded pork



Heat oil and sauté onions and garlic until softened.

Add remaining ingredients and heat to minimum internal temperature of 165 degrees.



Carnitas Burrito

- #10 scoop carnitas made with commodity pulled pork
- #8 scoop seasoned commodity pinto beans
- 1 half-oz. slice commodity processed American cheese
- 8" flour tortilla

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Updated 10/2019

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Tentative Dates:
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**2022 Cultural Exchange
AUSTRALIA
Date: SPRING 2022
Estimated Cost \$5,000**



Physical meetings are currently 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.

For further information on CSNA events, including Chapter events, please visit www.CALSNA.org/calendar.php.
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Please note that these dates are tentative and subject to change

POPPY SEEDS
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EQUIPMENT & SUPPLIES
GENERAL CONTRACTING



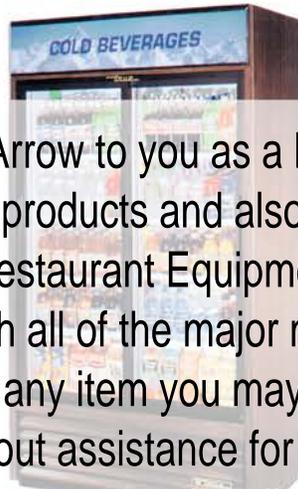
5061 ARROW HWY, MONTCLAIR, CA 91763
PHONE:(909)621-7428 WWW.ArrowRestE.com

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



MAKE SCHOOL MEALS EASY WITH GOLD STAR FOODS!

Dedicated to school meal programs since 1978, Gold Star Foods can help you serve healthy, great-tasting meals that meet new USDA regulations – and your budget. Count on us for a complete solution that will satisfy your district... and student appetites.

TURN TO GOLD STAR FOODS FOR:

All you need to know to plan compliant menus

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

24/7 online ordering and reports

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

Automatic inventory integration

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

Wide selection of quality products

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

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

