

## STAR Award Winner

“The University of Minnesota recently recognized MSNA member Roxanne Williams, FS Director, Eastern Carver County Schools, for her efforts in training future health dieticians.

Roxanne was one of five recipients of the STAR Award, presented at the University of Minnesota - School of Public Health (SPH) Community Partner Awards ceremony on Wednesday, November 1, 2017.

The awardees at this event are representative of the large community that contributes to the education, training and guidance of future public health leaders at the University of Minnesota School of Public Health. Roxanne has been a registered and licensed dietician for over 40 years, a part of MSNA's statewide efforts for decades, working to ensure that all children have access to healthy meals and nutrition education.

and at the Minnesota State Department of Education. Since the inception of the coordinated masters program in 2008, Roxanne was nominated by Aida Miles, the Director of Coordinated MPH-Nutrition Program at the University of Minnesota. Aida said “Roxanne takes the time to orient them, gives them tasks and projects that challenge them, takes them to meetings and conferences, answers their many questions and supports them in their future careers. She sees student training and development as a welcome responsibility, as she knows that she is training the next generation of practitioners. As a program director who continuously seeks the assistance of professionals to train and mentor students, I can say that Roxanne exemplifies what giving-back to the profession is all about.”



*Jim & Roxanne Williams*

“Throughout my career I have enjoyed teaching, training, and mentoring students and helping people who work in the school food service arena progress to new jobs,” said Williams. “I have so enjoyed working with the University of Minnesota graduate

students in the Public Health Program and capturing a few students to enter the field of school food service is rewarding. I have a passion for school food service and I enjoy sharing what I have learned throughout my 40-plus years in the business with others.”

Over the past four decades, Roxanne has provided nutrition leadership in six school districts



MSNA President Wendy Knight stated “We could not be more proud that Roxanne has been recognized for her hard work. She is a truly dedicated school nutrition professional, with over 40 years of knowledge and experience to share. She continuously goes above and beyond, giving back to the future members of our professional community.”

Congratulations Roxanne!

*Group photo-L to L  
Mary Anderson, Jackie Brown, Roxanne Williams, Maggie Maggio, Spencer Fischer*

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# President's Message



Wendy Knight, RD, SNS  
MSNA President

HAPPY NEW YEAR!

I hope you have all had a wonderful, well-deserved break and are ready to roll into the New Year with a positive attitude and feel amazing about what school nutrition professionals do every day to support students with healthy meals.

A few items that I want to make sure that you know are coming in School Year 2018-19. SNA is launching an additional level to the Certificate in School

Nutrition Program. The new level will be considered the new Level 2, and will require only 46 hours of continuing education credits versus the 86 which had been required in the former Level 2. It should help you find a more realistic path for your classes.

Because of the addition of the new Level 2, there will now be 4 Levels to achieve in the Certificate Program. If you are a current Level 2, you will automatically advance to Level 3. If you are currently a Level 3, you will automatically advance to Level 4. For more information, log into your SNA account and read The New Bridge Level, which is launching July 2018.

SNA will be holding Another new item coming in 2018 is the Virtual Expo 2018, which you can access through your SNA account. You will be able to take a Virtual Tour of an exhibit hall and will also be able to listen to the most popular prerecorded sessions offered at ANC 2017. You may find an idea or two to use in your own school district.



**Feeding Bodies. Fueling Minds.™**

I encourage you to keep doing what you are doing for the students of Minnesota...serving even better meals to our kids than we did before HHFKA of 2011, and giving them great nutritional offerings every day through our main programs, a la carte programs and following the Smart Snack guidelines.

The USDA released the revised guidelines. Take the time to read more in the MDE article on page 5!

Be proud of all you do every day and know that you have made a difference in a child's life.

Pride, Passion  
and Perseverance Persists!

## Board Briefs

by Jo Lange, SNS  
Secretary/Finance Chair

Greetings from Northern Minnesota!

I hope that you all enjoyed your holidays and are ready for the second half of the school year. The Executive Board has been working on your behalf to ensure our association's continued longevity. At the October 4th Executive Board meeting, the 2018 draft budget was reviewed and approved. December 12th, the final draft budget was approved by the Executive Committee, which consists of all elected members of the board.

After careful consideration, the Executive Committee approved to change MSNA's official bank of depository, from Wells Fargo to Bremer Bank. This decision was based on facts that the new bank would save a large amount of money in fees, account charges,

higher interest rate on the savings account, less fees on credit card transactions.

Bremer Banks's investment advisors are top-notch, and will serve the association's investments with prudence. All three financial accounts, checking, savings, and the investment account will be with Bremer Bank.

Both SNIP (School Nutrition Industry Partners) Conference Committee and Annual Conference Committee have received their operating budgets for the upcoming 2018 conferences and are hard at work planning exceptional conferences for you to attend.

Motions Approved:

- Penny Hoops as 2018 Annual Conference Co-chair
- Elite Industry Membership Tier
- Industry Membership fee increase of \$50.00

- To Change the name of the Industry Conference title to School Nutrition Industry Partnership Conference
- Additional 2-year term for Rebekah DeJarlais to stay on Nutrition Conference Committee and to serve as Nutrition Conference Chair for 2018.

As of December 31, 2017  
financial account balances:

Checking: \$35,750.64  
Savings: \$175,351.46  
Investments: \$278,081.73

Beginning on January 1, 2018 the standard mileage rate for every MSNA approved business mile driven will be of 54.5 cents.

# Public Policy Update

By Noah Atlas, PPL Chair

It seems like politics is everywhere these days. Everything we watch, read, or see on our computers and phones has some sort of political message. I am sure that like the rest of us, you are tired of hearing about politics, and last thing you want to do is participate in the political process.

But as our MSNA Lobbyist Sam Walseth always says, “If you are not at the table then you will be on the menu,” and this is where we find ourselves today. If you did not know, there are many politically active groups in Minnesota, and they are busy working on new legislation that will change how school foodservice works.

This is the time when we need your voice. Save the date for March 26th to help us talk to your legislators about how school meals really work. We are planning a new event this year outside of the workday to make it easier for you to come and participate. We will send out more information in the coming weeks.

As you may have seen in current food service news, the Stewartville, MN school district had a situation where a student’s meal was allegedly dumped and an alternative meal provided. Whether or not this happened, or happened the way it was reported, is not important. What is important is the reaction by hunger advocacy groups, legislators, gubernatorial candidates, and the commissioner of the Minnesota Department of Education. MSNA did issue a press release and our state lobbyist attended a news conference to be an informational source to the Hunger Advocacy groups.

Every one of you work hard to make your programs successful, and you work hard to feed your students the best meals possible. Yours is one of the most important voices in telling legislators and others what really happens in school cafeterias.

Put politics and the news aside and

help us tell the right message when we have a seat at the table. Let’s make sure our voices are heard when new laws and regulations around food service are debated.

We need your help being present during the 2018 legislative session to ensure that if changes are made, they will make our programs better instead of making our jobs harder.

## **Block Grants Putting School Meals on the Chopping Block**

MSNA will be present a workshop at the MN School Board Association (MSBA) conference January 11, 2018 on #StopTheBlock. State President Wendy Knight, Vice President Vickie Speltz, and Jennifer Backer-Johnsson, Lewiston/Altura ISD, will discuss what will happen to schools if Block Grants are approved and will discuss how school nutrition programs work.

Block grants will cut funds and eliminate federal nutrition standards for school meals. Block grant funding caps will prevent schools from serving additional at-risk students when local economic downturns or rising enrollments increase the number of children eligible for free or reduced price meals.

The non-partisan Congressional Budget Office (CBO) warned that block grants could “eliminate access to nutrition programs for some children and reduce it for others. [For more information on Block Grants.](#)”



MSNA is currently working on the final 2018 position paper” U.S. House Agriculture Committee Chairman Michael Conaway (R-TX) announced the launch of the 2018 Farm Bill Landing Page.

The Farm Bill is a massive, far-reaching piece of legislation passed by Congress every five years. The 2014 Farm Bill was 959 pages long and directed over \$956 billion dollars in government spending. 79% of the bill will go to food stamps and nutrition, with crop insurance, conservation and other agriculture allocations making up the rest of the dollars. Commodity programs total \$44.4 billion of the \$956 billion, which includes school nutrition program commodities, otherwise known as USDA Foods. (Have you spread the word about the “Healthy Breakfasts Help Kids Learn Act”?)

Visit [SNA’s Action Network](#) to ask your legislator to support 6 cents in breakfast commodities!

In Rep. Conaway’s press release announcing the landing page, he states, “I’m committed to completing a farm bill on time. We’ve spent the past three years preparing—holding 113 hearings and six listening sessions around the country. We recognize what’s at stake. We’re working on getting the policy right and will use this site as a resource as we advance the next farm bill.”

## **SNA Leadership Draft 2018 Position Paper**

On December 4, the SNA President and President-Elect, alongside the Public Policy & Legislation Committee (PPL), met to draft the Association’s 2018 Position Paper. The Position Paper reflects the Association’s top legislative/regulatory priorities and will serve as the roadmap for SNA’s 2018 advocacy efforts. SNA and members will advocate for these positions to Congress, U.S. Department of Agriculture (USDA) and the Trump Administration during the 2018 Legislative Action Conference’s (LAC) “Charge to the Hill” and throughout the year. In early November, an online survey was distributed via email to all SNA members in order to collect feedback on the issues that members feel are most important to include in the Position Paper. The survey was conducted from November 1-15, 2017. A total of 3,646 responses were received.

# Member Services

by Amy Richardson  
Member Services Chair

## Are you tired of being tired?

My favorite part of the day is when my head hits my pillow at night. After a full day of working and parenting, it's easy to fall asleep, but most mornings I don't feel like I've slept at all. Do you ever wake up more tired than you were the night before?

I recently attended the Midwest SNA Leadership Conference held in Kansas City, November 10-11th. One of the sessions was about being tired. Our speaker, Piet van Waarde, talked about the difference between do-able tired and dangerous tired, and he identified the exhaustion that so many of us are experiencing. I knew I had to dive deeper into the subject and share what I've learned.

**Do-able** tired is the normal rhythm of life with work and rest. It's like a seesaw with periods of intensity and then replenishment, always going back and forth, but still equal.

**Dangerous** tired comes when we lose that equal balance and there is too much intensity and not enough replenishment. Ruth Haley Barton says "Dangerous tired is a chronic inner fatigue accumulating over months (and sometimes years) of time that doesn't always manifest itself in physical exhaustion. In fact, it can appear to be quite the opposite because it can actually be masked by excessive activity and compulsive over-working." By dangerous they mean: dangerous to our health, or making potentially dangerous decisions.

Here are some ways to identify if you are dangerously tired.

### 1. Weariness of your Soul

Merriam-Webster describes weary as "depleted in strength, energy or freshness" and "having one's patience, interest or pleasure exhausted". Are you desperate for rest that sleep cannot provide?

### 2. Emotional Fatigue

Are you increasingly numb to your feelings, not aware of sadness or happiness? Do you find yourself cynical or detached? Do you struggle to feel inspired?

### 3. Take Replenishment Shortcuts

Do you do unhealthy things because you want to feel better fast? Do you over-stimulate to try to get yourself going? (hint: 4 cups of coffee is not replenishing!)

### 4. Personal-Professional Blur

Are you always thinking about work? Are you unable to put work aside for personal time? Do you check your email from the middle of the lake?

### 5. Internal Restlessness

Do you feel out of control and compelled to constant activity? Do you have major irritation over minor issues? Do you have anxiety, inability to focus, or seek distraction?

### 6. Urgent/Important Imbalance

Do you have trouble prioritizing tasks? Do you focus on non-urgent/non-important tasks before tackling the urgent/important ones? Are you filling the napkin dispenser while the pizzas are burning in the oven?

If you answered yes to any of these, you may be experiencing signs of being dangerously tired. Thankfully, there is an internet full of ideas on how to rest and reset, and everyone's solution will look different. Common remedies are to get more sleep, eat a healthy diet, exercise, be in nature, disconnect from media, and practice meditation or yoga. But I think that just acknowledging your exhaustion will help you find ways to beat it.

At the conference, one of our exercises was to make a list of all the things that replenish our soul. You should try it too! It can be as grand as sitting next to a pristine lake in the mountains or as simple as petting your cat. Make your list and post it somewhere as a reminder to always be striving for that balance between activity and rest. Remember,



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it's okay to say no to things that make you too busy, and it's not selfish to take time for yourselves!

References:

[Piet van Waard](#), [Ruth Haley Barton](#), [signs of burnout](#), [decision fatigue](#), [Eisenhower Matrix](#)

### SNA Future Leaders Program

April 26-28, 2018  
Long Beach, California

Held in conjunction with National Leadership Conference (NLC), the SNA Future Leaders Program provides hands-on training to new and future leaders of SNA. Future Leaders are given the opportunity to network with other emerging SNA stars from across the country, hone their leadership and communication skills, and learn from seasoned SNA leaders in a fun and interactive learning environment.

MSNA is looking for upcoming leaders to serve on committees and the MSNA Executive Board. If you are interested in attending the 2018 Future Leader Program and learning more about becoming a future leader and want to be considered for the SNA Future Leaders Conference, please review the criteria and complete the [nomination form](#) and essay, and return it to the MSNA office or fill in the [electronic application](#).

The MSNA Member Services will review and judge all nominations and present names to the Executive Board for approval.

MSNA will cover costs related to attending the SNA Future Leaders Program scheduled for April 26-28, 2018 in Long Beach, California. If chosen, by attending this conference, you acknowledge that you plan to step into an MSNA state or chapter leadership role within the next three years. (cont'd pg 6)



## School Meal Flexibility Interim Rule Passed

In November of 2017, the U.S. Department of Agriculture (USDA) announced that school food service professionals could count on some permanent flexibilities in meal pattern requirements. The changes reflect USDA's commitment to work with school nutrition professionals, industry, and other stakeholders to develop forward-thinking strategies to ensure school nutrition standards are both healthful and practical.

### What does this mean for you?

USDA passed an "interim final rule" that will extend through school year 2018-2019. The interim final rule is the second step in making three menu planning flexibilities currently available to Child Nutrition Program operators more permanent. The interim final rule outlines the following flexibilities:

1. Option to serve low-fat (1 percent) flavored milk on a permanent basis. Currently, schools must serve only non-fat (skim) flavored milk. If School Food Authority's (SFA) want to serve 1% chocolate milk, a waiver from the Minnesota Department of Education (MDE) must be requested. The rule also would provide this milk flexibility to the Special Milk Program and Child and Adult Care Food Program operators serving children ages 6 and older. The interim final rule will not require SFAs to ask for a waiver from MDE.

2. State Agencies (MDE) will also be allowed to continue to grant exemptions to schools experiencing hardship in obtaining whole grain-rich products acceptable to students during School Year (SY) 2018-2019. This is currently a continuation of an already existing exemption option.

3. Schools and industry also need more time to reduce sodium levels in school meals. So instead of further restricting sodium levels for SY 2018-2019, schools that meet the current – "Target 1" – limit will be considered compliant with USDA's sodium requirements.

### Effective Date – July 1, 2018

This interim final rule will become effective July 1, 2018. The above three flexibilities will be in effect for SY 2018-2019.

[Comment Date](#) – Due January 29, 2018

If you'd like to voice your opinion on the three flexibilities, USDA will accept public comments via [www.regulations.gov](http://www.regulations.gov). The comments from the public on the long-term availability of these three flexibilities will help inform the development of a final rule, which is expected to be published in fall 2018 and implemented in school year 2019-2020 if all goes well. To be considered, written comments on this interim final rule must be received on or before January 29, 2018.

### Read More!

For more information on this Interim Rule, please visit the [Federal Register](#)

## TEAM NUTRITION

Team Nutrition is a U.S. Department of Agriculture (USDA) program that works to alleviate childhood obesity and promote physical activity through training and technical assistance for food service staff, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and MyPlate.

The MN Department of Education of-

fers periodical trainings through their U.S. Department of Agriculture Team Nutrition training grant. Upcoming training opportunities include regional culinary skills trainings which will be offered spring and summer 2018. The culinary trainings will each be a half day and will cover topics such as knife skills, preparing and serving tasty vegetable dishes, and finding ways to control sodium levels in recipes.

Dates, locations, and registration details will be available early 2018 and will be posted on the MDE School Nutrition Program Training page.

## Professional Standards Training

The Minnesota Department of Education provides opportunities for training and information on professional standards for School Nutrition Program staff and managers. For more information on the topics visit the [training and professional standards links](#).

*Professional Standards Training Tracker*- This tool can be used to document annual training attendance requirements for an individual employee.

*Annual Training Requirements for School Nutrition Program Staff*-School nutrition staff must participate in a minimum number of training hours annually. This document outlines annual training requirements based on job duties.

*Hiring Standards for New School Nutrition Directors*-Education and experience requirements for new school nutrition directors are outlined in this document.

*Food Safety Training Requirements for Food Service Directors* - This document clarifies food safety training requirements for current and new food service directors.

*Suggested Training for Student Workers, Volunteers, Substitutes and Temporary Workers* - All student workers, volunteers, substitutes and temporary workers are required to complete two hours of training on an annual basis.

# Member Services cont'd

The Future Leaders Program is held in conjunction with the SNA National Leadership Conference. You will need signed approval from your district to be away from your position and they acknowledge your future commitment to be a leader with MSNA.

## It's Awards Time!

Are you inspired by your school nutrition colleagues, friends, and mentors? Nominate someone you admire for an SNA Award for the 2017-18 school year. Nominations for the Employee of the Year, Manager of the Year (in honor of Louise Sublette) and Director of the Year are now being accepted online by SNA. Being nominated for an SNA Award is a great honor. All state, regional and national winners will be recognized at the Red Carpet Awards Ceremony at SNA's Annual National Conference

2018 in Las Vegas! [Click here](#) to learn more and to submit your nomination online today for the SNA Awards! **Nomination deadline for all SNA awards are due by March 1st, 2018.**

MSNA awards forms for the Innovation Award and the E-Team award are due to the MSNA office by March 1st, 2018. The [nomination forms](#) are found on the [MSNA website](#). Any questions, please contact the MSNA office at 877-251-2344 or [minnsna@gmail.com](mailto:minnsna@gmail.com)

All award winners will be recognized at the 62nd MSNA Annual Conference in Rochester.

**Who do you know who should be honored with an award?**

## MSNA Scholarships

Member Services committee are working on creating a 1st Timer Scholarship for the annual conference. This scholarship will be funded by the funds raised during the 2017 Education Scholarship raffle (formally known as the purse raffle).

There will be 8 scholarships available that will be for one conference registration and up to \$300.00 in hotel reimbursement. Criteria is that you must be a MSNA member for at least 1 year prior to application deadline and be a first time attendee. The application information and details will be available in February. Watch the MSNA website for more details coming your way soon All chapter officers will be sent information to share with their chapter members.

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## Education Edibles

### Keeping current your Food Safety Certification

Taking the right food safety course can be a little tricky. If your district just requires you to complete a course, no exam is required. Some districts require all foodservice employees to take and pass a food safety exam. If your district needs you to become the Certified Food Manager for your site, you will need to have taken and passed a food safety class and exam within the previous three years or as soon as possible after hire.

ServSafe is the most common food safety class, but not the only one that can be used to become a CFM. Check with the [Minnesota Department of Health website](#) for other approved courses. Once you have taken a class (in person or online) and passed the exam, you will need to go to the [MDH website](#) to find the application for Certified Food Managers. Fill out that application and send it to MDH along with

a copy of your ServSafe certificate and the required fee. Check with your district to see if they pay the fee or if it is your responsibility.

Once you have your CFM certificate in hand, that is not the end of your training in food safety. All CFMs must complete four hours of food safety training every three years. There are a number of ways to take the renewal course, including online and in-person classes.

There is a Food Safety Renewal course offered nearly every year at the MSNA Annual Conference on Sunday afternoon. Be sure to check the date of your CFM expiration and plan ahead to be sure your certificate does not expire. If you allow it to expire, you may end up repeating the 8-hour class and exam.

Another area where questions seem to arise is that the ServSafe certificate lists an expiration date on it that is three years from the date of the exam.

If you are an Instructor for ServSafe, you would need to take another exam by that expiration date to maintain your status. If you are a CFM, but not teaching classes, there is no need to renew your ServSafe certificate, only to take your CFM renewal class and maintain your certificate with the state.

If you have questions about taking and renewing food safety and CFM certificates, there are a number of food safety instructors who are MSNA members and are happy to help. Contact the MSNA office for instructors to contact.



# SNA Awards Program

Nominate a colleague you admire!

Awards for School Nutrition Professionals



**Nominations are due online by March 15, 2018.\***

For more information,  
please visit [www.schoolnutrition.org/awards](http://www.schoolnutrition.org/awards)

# Conference Corner

## 2018 SNIP Conference

The Industry Conference Planning Committee are excited to announce some changes to the Industry Conference!

Approval from the Executive Board to change the name of the conference to the **School Nutrition Industry Partnership (SNIP) Conference**. This better describe the participants and purpose of this unique conference.

The 2018 SNIP conference is gearing up to be a great event! Mark your calendars for May 9th-11th and plan to join us for great educational content in the beautiful setting of Breezy Point on the shores of Pelican Lake.

The committee has been working diligently to plan informative, beneficial, and engaging sessions for all participants. This year's focus will be **Putting the Service Back Into Foodservice**. We are excited to have Matt Upton as our keynote speaker.



[Click here](#) to hear a message from Matt!

## New this year!

On Wednesday evening there will be sessions for both directors and industry members, followed by a reception for all attendees. A great way to start the conference, meet new people, and connect with old friends. Check back to the [MSNA website](#) for more information on activities, education sessions, and the "SNIPped" recipe challenge planned for the Friday morning session.

Hotel lodging reservations and room selection can be made by going to [www.breezypointresort.com](http://www.breezypointresort.com), select online reservations and enter group #212433.

Continue to check the [MSNA website](#) for the most updated information on speakers, scheduling, and a new service project. No registrations will be mailed. Registration fees will be \$250 for all Food Service and Industry Members and \$350 for non-members.

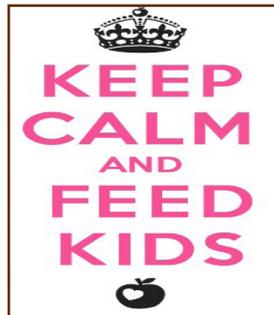
## SNIP Committee Members

Dave Giancristoforo, GVM, Terri Harrington, Hollander Company, Pam Haupt, Richfield ISD, Stephanie Heitz General Mills, Heidi Krabbenhoft, Pep-sico, Jo Lange, Red Lake ISD & Finance Chair, Sharon Maus, MSNA Executive Director, Liz McLaughlin, Proctor ISD, Jennifer Walters, Winona ISD, Wendy Wojtysiak-Erickson, Upper Lake Foods & MSNA Industry Chair, Heather Yanta, Indianhead Foodservice Distributor & 2018 Conference Chair.

## 2019 Industry Conference @ TBD

The SNIP Committee is working on the location for the 2019 conference. A recommendation will be presented to the Executive Board we will announce the new location at the conference!

## KEEP CALM and FEED KIDS



Mark your calendars for this year's 62nd Annual Conference on July 29, 2018 – August 1, 2018 to be held at the Mayo Civic Center in Rochester, MN!

The conference planning committee visited the newly remodeled, beautiful Mayo Civic Center in October and has been busy securing speakers, arranging for workshops and presenters, plotting the schedule, securing an app

(yes, there's an app for that!), and the many other details that go into planning a great conference for everyone!

As mentioned, MSNA now has an app that will be used for conferences. It's called the Caboodle event app and we're excited to be able to offer you a mobile solution for easy viewing of the daily schedule of classes and events and all that will be happening at the conference!

## Keynote Speakers

Our keynote opening speaker on Monday, July 30th, will be Dr. Katie Wilson, former USDA Under Secretary for Food and Nutrition, former Executive



Director of the Institute of Child Nutrition, former SNA President in 2008-2009 and spent 23 years as a school foodservice director

in Onalaska, WI. She will be very engaging and sure to energize you for the conference!

Our closing keynote speaker on Wednesday, August 1st has come very highly recommended! Kelly Swanson,

is a funny and motivational speaker and she will have us all laughing. Through Kelly's wacky wit and powerful stories, she will share what she has learned about connecting through the use of one tool – strategic storytelling!



Check her out at [motivational-speakerkellyswanson.com](http://motivational-speakerkellyswanson.com)

## Workshops

The Workshop committee is currently

# Conference Corner cont'd

reviewing proposals they have received. All the workshop sessions will be coded (if they meet the standards) for the USDA Professional Guidelines and SNA CEUs.

We will be hosting the 10th annual education scholarship fund raffle! Put goodies in a purse, bag, baskets or anything you choose and bring to conference. These funds are used for scholarships and education. Watch for more information on the 1st Timer Scholarship to attend the annual conference!

The conference hotel blocks and registration will open around the end of March, details will be emailed to all MSNA members. The hotel block listing will be on the MSNA website. You will not be able to reserve a room until the end of March when the block officially opens.

We ask attendees to only book the number of rooms needed and not to over book rooms. In previous years, there has been overbooking and then releasing when not needed. This makes it difficult to determine how many rooms are left in the block. Note almost all hotels are within walking distance of the Mayo Civic Center and some will have a shuttle service if

needed.

The MSNA Exhibit Show will be held on Tuesday, July 31st. We will again have attendees broken into two groups (Team Pink and Team Black) for workshop session that will be going on simultaneously with the food show. Dr. Katie Wilson will be the presenter. A directors/food purchaser badge is needed for the "director only" scheduled time.

The Food Show Prospectus registration form for all vendors will be available in early March. Watch the website! The [2018 Industry Membership Packets](#) are now available.

MSNA will be hosting the SNS Exam on Sunday, July 29th. To apply and get more information go to <https://schoolnutrition.org/Credentialing/>

Watch for updates on our [website](#) and through email blasts and April issue of the Thymes!

## 2017 Nutrition Conference

Our Fall Nutrition Conference, "Let's Make a Meal", was a great success.

Sessions touched base on the topics of food allergies in the cafeteria as

well as food labeling and what it all means. Participants commented that all speakers were knowledgeable in their area of study and held the audience's attention. With the large audience, the speakers were able to interact with the audience with quizzes and training epi-pens.

The information provided was a great reminder on why allergen awareness is important in the cafeteria and why it is important to research the truth behind some food labels.

Each speaker was followed by a game session of either "Let's Make a Meal" or "Family Food". Our emcee of the game shows, Bex D, did a fabulous job of drawing in the participants with interactive questions, prizes, and laughter which made everyone feel like a winner. This was the first conference in the last 5 years in which it rained, which made the day well spent indoors for all.

The Nutrition Conference committee is always looking for new ideas and speakers. Please contact Bekah DeJarlais ([bdejarlais@ulfoods.com](mailto:bdejarlais@ulfoods.com)) to submit new ideas for the 2018 conference.



# National Nibbles



**SNA's Virtual Expo** to Feature Expanded Education Sessions, Exhibitors Registration opens January 3 for [SNA's Second Annual Virtual Expo](#) and you don't want to miss it! This free, virtual trade show runs for six weeks, from February 6–March 16, 2018.

Attendees will have access 24-7—no travel required—and the chance to chat live with exhibitors and expert speakers from the comfort of your own computer.

The 2018 Expo will feature not one, but two exhibit halls, a networking lounge to connect with other attendees, and an expanded slate of 23 popular education sessions from the 2017 Annual National Conference, pre-recorded and eligible for CEUs. Session speakers include Dayle Hayes, MS, RD; Bart Christian, Jeff Joiner, and Maureen Mulvaney, MGM. [View sessions.](#)

## **SNA Certificate Program – New Bridge Level Launching in July 2018**

As you begin planning for the 2018-19 School Year and exploring professional development opportunities for your school nutrition teams, please be aware that SNA is launching an additional Level to the Certificate in School Nutrition Program.

The SNA Certificate Program helps provide professional growth for over 19,000 school nutrition professionals across the country. The new Level 2 will launch in July 2018 and will serve as a “bridge” between the current Level 1 and Level 2. The goal of this new level, is to help members have a more realistic professional development path.

The new Level 2 will require 46 hours, which is less than the current Level 2 requirement of 86 hours. View details about the requirements for the new Level 2.

SNA also has information about what the new Level 2 means for current Certificate Holders and a [short video](#) explaining the upcoming changes.

For questions about the changes to the Certificate Program and the new level, please visit [www.schoolnutrition.org/newlevel](http://www.schoolnutrition.org/newlevel) or email [CertSNS@schoolnutrition.org](mailto:CertSNS@schoolnutrition.org).

## **What Should You Do? Ethical Decision-Making in School Nutrition**

The NEW SNA online ethics module is coming in January 2018! This introductory level course is both interactive and fun! This course has been designed to reinforce the importance of ethics and the factors of ethical decision-making.

A fundamental goal of this course is to help school nutrition professionals learn to recognize and address ethical dilemmas in the workplace. As you work through the course you will interact with the training as you work through fun activities, a case study, a self-assessment and a video. [www.SchoolNutrition.org/Ethics](http://www.SchoolNutrition.org/Ethics)

Pricing for individual Member is \$15.00 District pricing is also available.

## **“Yule” be Glad for SNAs New Year’s Webinars**

For the new year SNA will have webinars that you won't want to miss! Registration will be opening soon. Participation in Webinar Wednesdays will help you earn CEUs toward your USDA Professional Standards annual training requirements, along with your SNA Certificate or SNS Credential. All webinars are held at 2 pm Eastern Time (1 pm CT/Noon MT/11 am PT). For more information and to access the webinar archive, please visit [www.schoolnutrition.org/webinars](http://www.schoolnutrition.org/webinars).

## **Update on H.R. 3738, the “Healthy Breakfasts Help Kids Learn Act of 2017”**

Since the “Healthy Breakfasts Help Kids Learn Act of 2017” was introduced on September 12, 2017, by Rep. James McGovern (D-MA-2), SNA has been urging other Members of Congress to support the bill. The bill provides 6 cents in commodity support for every breakfast served through the School

Breakfast Program (SBP) and, thanks to the letters advocates have sent out to their representatives, the bill now has a total of 18 co-sponsors.

Those cosponsors include: Representatives Rodney Davis (R-IL-13), Barbara Lee (D-CA-13), Peter Visclosky (D-IN-1), Peter Welch (D-VT-At Large), Donald Payne (D-NJ-10), Gene Green (D-TX-29), John Garamendi (D-CA-3), Tim Ryan (D-OH-13), Dwight Evans (D-PA-2), Gwen Moore (D-WI-4), Earl Blumenauer (D-OR-3), Michelle Lujan Grisham (D-NM-1), Sanford Bishop (D-GA-2), Ro Khanna (D-CA-17), Sheila Jackson Lee (D-TX-18), Chellie Pingree (D-ME-1) Kyrsten Sinema (D-AZ-9) and Alan Lowenthal (D-CA-47).

The more cosponsors a bill has, the more likely it is to get passed by Congress, so please continue to reach out to your Representatives and ask them for their support. If you see your Member of Congress' name listed here, your [action alert letter](#) will go out as a letter thanking them for their support, so, regardless of your Representative's stance, [take action](#) today!

## **Membership Champions are Out and About!**

Membership Champions were selected by State leadership across the country and are already working hard to recruit new SNA members. With the combination of expert knowledge of their local districts and data analysis from SNA, Membership Champions may be contacting you with ideas to help grow our association.

How do you spot a Champion? At your next conference, look out for someone wearing a cool red and white Membership Champion button!

# What's Happening?

## Calendar of Events

**January 10, 2018**  
MSNA Executive Board Meeting  
Notables

**January 11-12, 2018**  
MSBA Leadership Conference  
Minneapolis, MN

**January 21-23, 2018**  
SNIC Conference  
New Orleans, LA

**February 14, 2018**  
Commodity Expo  
Rivers Edge Convention Center  
St. Cloud, MN

**March 4-6, 2018**  
LAC Conference  
Washington DC

March 5-9, 2018  
Ntl School Breakfast Week

**March 26, 2018**  
MSNA Legislative Conference  
St. Paul MN

**April 26-28, 2018**  
SNA Leadership Conference  
Future Leader Conference  
Long Beach, CA

**May 14, 2018**  
MSNA Executive Board Meeting  
Notables

**May 31, 2018**  
A scope of notice for any amendments to the MSNA Bylaws must be proposed in writing, addressed to the MSNA President and sent to the MSNA office.

**July 9-12, 2018**  
ANC  
Las Vegas, Nev

**July 29-August 1, 2018**  
MSNA Annual Conference  
Rochester, MN

## New Industry Partners

Check out our new Industry Partners! You can find their information on the Industry Directory on the [MSNA website](#).

**TekVisions, Inc**  
**Wild Blueberry Commission of Maine**

*Remember School Super Heros  
"An apron is just a cape on backwards!!"*



[facebook.com/mnsna](https://facebook.com/mnsna)

Don't forget to Like us on Facebook!

## Elite Industry Partners



**DALY & DeROMA  
GROUP, Inc.**

763/543-8080  
Fax: 763/543-8181  
[www.dalyderoma.com](http://www.dalyderoma.com)  
[info@dalyderoma.com](mailto:info@dalyderoma.com)



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# Chapter Chatter

## River Valley Chapter 35

Members from River Valley, chapter 35, collected school supplies for one of their recent service projects. Chapter President, Kathy Hanson, stated "Many students start the school year with a enough supplies, but quickly run low on necessary items". Some foodservice associates forgot to bring a donation to the



meeting. They quickly reached into their purses and made cash donations! The school supplies were

delivered to Rosemount Elementary School. A large box of school supplies were placed in the teacher's lounge. This provided teachers the opportunity to take various school supplies as needed for each classroom.

## Mid Minnesota Chapter 00

Chapter 00 members held a meeting November 21 in Olivia at the BOLD school. Host Margaret Flemming provided a meal. Mary Schroeder from the U of M Extension presented a session on school breakfasts. Next meeting is February 20, 2018 in Minneota.

## South East Chapter 11

Chapter 11 held their meeting on November 30 at the Winona High School. A fun presentation in a Jeopardy format was on nutrition and guidelines and the groups played "name that group"! Fun learning!



A special guest arrived to help the attendees answer questions and to help hand out the baskets to the winners of the raffle. All members brought baskets and the proceeds from the baskets will be used to purchase conference shirts to wear. Chapter 11 will be the Host Chapter for volunteering. They raised over \$400!



## Arrowhead Chapter 15

Chapter 15 members met at Upper Lake Foods, November 14th. A presentation on safety procedures and how to correctly wash produce from Industry Member Gene Woods. Chapter President Liz McLaughlin and members had a great time learning and networking. All members received a CEU for the meeting.

## North Suburban Chapter 9

Chapter 9 held their meeting December 5 in the Gathering Space in Anoka. The attendees participated in a weights and measure session. They also had a session on SNA/MSNA Resources.

Co-Presidents, Faith Ford and Esther Moytka had attendees bring toys for the KARE 11 Toys for Tots drive as their service project. Each attendee was given a ticket and names were drawn to see who would be taking the toys to Kare

11. The lucky group of Lorie Crowley, Deborah Rydberg, Sherrie Sheppard, Bernie Bautsch, Kim Brotkowski, and Faith Ford presented \$150.00 in cash and 200 Toys. Chapter members were [showcased on the 6 pm news.](#)



# SNA Certificate Program—New Bridge Level

## Launching July 2018!



### Level 1

### Level 2 (NEW)

Initial Requirements	Core Courses	» 8 hrs: Nutrition OR 1 College Credit in Nutrition AND » 8 hrs: Food Safety & Sanitation				» 8 hrs: Nutrition OR 1 College Credit in Nutrition AND » 8 hrs: Food Safety & Sanitation			
	Key Area Hours	N/A				» 6 hrs: Key Area 1—Nutrition » 6 hrs: Key Area 2—Operations » 6 hrs: Key Area 3—Administration » 6 hrs: Key Area 4—Communications & Marketing » 6 hrs: General Electives			
	Total Hours	16				46			
	GED/HS Diploma	NO				YES			
Renewal Requirements (CEUs)	EMP	MGR	DIR	SA	EMP	MGR	DIR	SA	
	6	10	12	15	8	10	12	15	
Criteria Modifications	NO CHANGES				NEW BRIDGE LEVEL				

### Level 3 (Old Level 2)

### Level 4 (Old Level 3)

Initial Requirements	Core Courses	» 8 hrs: Nutrition OR 1 College Credit in Nutrition AND » 8 hrs: Food Safety & Sanitation				» 8 hrs: Nutrition OR 1 College Credit in Nutrition AND » 8 hrs: Food Safety & Sanitation			
	Key Area Hours	» 15 hrs: Key Area 1—Nutrition » 15 hrs: Key Area 2—Operations » 15 hrs: Key Area 3—Administration » 15 hrs: Key Area 4—Communications & Marketing » 10 hrs: General Electives (New!)*				» 35 hrs: Key Area 1—Nutrition » 35 hrs: Key Area 2—Operations » 45 hrs: Key Area 3—Administration AND/OR Key Area 4 Communications & Marketing » 15 hrs: General Electives			
	Total Hours	86				146			
	GED/HS Diploma	YES				YES			
Renewal Requirements (CEUs)	EMP	MGR	DIR	SA	EMP	MGR	DIR	SA	
	10	10	12	15	12	12	12	15	
Criteria Modifications	*ADDITION OF ELECTIVES				NO CHANGES TO CRITERIA. COLLEGE CREDIT OPTION STILL AVAILABLE				

Member Type: EMP = Employee, MGR = Manager, DIR = Director, SA = State Agency