As we spring forward into the final stretch of the school year, it’s always a great time to look back and see what we’ve been able to accomplish and to look forward to finishing up the new projects and programs that we started this year.

At the national level, SNA was successful in its legislative efforts this past year when we received a resounding “Yes” from the new administration in Washington, D.C. when they agreed to maintain the Target 1 sodium levels and delay the implementation of further reductions. They also continued the whole grain waivers and funded the $1 million independent study to simplify regulations for our programs.

While attending LAC in DC, it was clear that we still have a great deal of support from the USDA and our legislators from Missouri that want to see common sense reform for our programs. We are hopeful that they will permanently take off the table the further reduction of sodium standards and that they will eliminate the need for whole grain waivers by returning the standards to 50% offered being whole grain rich.

At the state level, we had a great annual conference in Branson with a wide variety of learning opportunities for our members. Members were able to earn up to 10 CEUs during the conference! For frontline staff and managers, they were able to meet their Professional Development requirements for the year over the weekend, and directors were only lacking 2 which they can easily pick up attending the DESE workshops or one of the fantastic SNA Conferences.

Your President-Elect, Gail Jones is already working hard on next year’s annual conference at Lake of the Ozarks; we hope you’ll save the dates of November 2 – 4, 2018 so you’ll be able to join us.

This year, we held our second successful Managers’ Retreat and are looking forward to hosting it again this summer in Blue Springs, June 20 – 22. We’re also excited about the increased number of members that want to get involved in MSNA, and we have had the largest number of nominations for the Employee and Manager of the Year awards that we’ve seen in several years!

As you continue to find ways to Unmask Excellence in your nutrition programs, the MSNA Board hopes that you will continue to look at us as a partner in your program. Whether you need additional training for your managers or fresh new ideas, by attending the Managers’ Retreat in the summer or annual conference each fall, you’re sure to find something new to spring you forward!

Enjoy!

Jill A. Morey, SNA-1
MSNA President 2017 -18
Table of Contents

4  2018 MSNA Managers’ Retreat
6  SNA Legislative Action Conference 2018
7  2018 Position Paper: Talking Points
8  Missouri Culinary Skills Institute Graduate Spotlight: Teresa McAdams
10-11  A Message from the SNA Midwest Regional Director
12  2018 MSNA Annual Conference
14-15  Marketing Events for Salad Bars Show an Increase in Student Participation

DESE Food & Nutrition Services Summer Workshops

June 13
Kirksville High School
1300 S Cottage Grove Ave
Kirksville, MO, 63501

June 21
Blair Oaks Middle School
6120 Fiacon Lane
Jefferson City, MO, 65101

June 26
Cape Girardeau Career and Tech Center
1080 S Silver Springs Rd
Cape Girardeau, MO, 63703

June 27 & 28
Wildwood Middle School
17401 Manchester Road
Wildwood, MO, 63038

July 17
Carden Park Elementary
1510 Duncan St
St. Joseph, MO, 64503

July 18
Grain Valley North Middle School
31608 E Pink Hill Road
Grain Valley, MO, 64029

July 24
Joplin East Middle School
4594 E 20th Street
Joplin, MO, 64801

July 25 & 26
Parkview High School
516 W Meadowmere
Springfield, MO, 65807
LoKOHLMotion Foodshow!

Oakley Lindsay Center
300 Civic Center Plaza Quincy, IL 62301

**SPRING:** April 19th, 2018 (9AM - 3PM)
**FALL:** October 17th, 2018 (9AM - 3PM)

- Continuing Education Opportunities
- New Warehouse Tours
- Savings Opportunities
- Samples & New Items
- Menu Ideas

**Join Us For:**

- K-12 Services:
  - On-site Nutrition & Culinary Training
  - Beverage, Chemical & Equipment Specialists
  - Food Safety Education: ServSafe Certification
  - Cycle Menus & Smart Snack Compliant Food Guide

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AGENDA:

**Wednesday, June 20**
8:00 am - 5:00 pm  Nutrition 101, Presented by Lori Danella, Nutrition Coordinator, Lee's Summit R-VII

**Thursday, June 21**
9:00 am - 4:30 pm  Managing Food Allergies in School Nutrition Programs, Presented by Institute of Child Nutrition

**Friday, June 22**
8:00 - 9:00 am  Tricks of the Trade, Round Table Session, Tables: Café Marketing, Employee Management, Allergies, Food Prep, Presented by Misty Newland, RD, LD, CLS, Liberty School District
9:15-10:15 am  Chef Michael, Culinary Skills Institute
10:30-11:30 am  Chef Michael, continued
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SNA Legislative Action Conference 2018
By Carmen Fischer, Legislative Committee Chair

LAC is my favorite conference because we learn how regulations are changing, who the movers and shakers are in Washington DC and then try our hand at influencing law makers on Capitol Hill.


1. Oppose any effort to block grant school meal programs.
2. Support H.R. 3738, the Healthy Breakfasts Help Kids Learn Act, to provide 6 cents in USDA Foods (commodities) for every school breakfast served.
3. Continue to monitor and support USDA’s work to simplify overly burdensome child nutrition mandates to improve efficiencies and reduce costs.

See the 2018 Talking Points sheet for details.

Tuesday morning, nine Missouri SNA members headed to Capitol Hill and met with seven of our ten members of Congress or their staff. We had wonderful meetings with many of the offices.

I encourage everyone to reach out to their member of Congress and ask for a meeting when the member is back in their local office to discuss the position paper topics. While it was impactful for us to reach out to them in Washington DC, it’s even more powerful when the members from their area visit with them about how USDA funding is vital to our programs. Invite them to breakfast or lunch at school, so they can see firsthand the students we are feeding and teaching by example, the importance of a variety of fruits and vegetables in a well-balanced meal.
SNA urges Congress to bolster historically under-funded school meal programs and support USDA efforts to minimize unnecessary regulatory burdens. Specifically, SNA requests that Congress:

1. **Oppose any effort to block grant school meal programs.**
   
   - The success and sustainability of school meal programs depend on continued federal involvement, including federal reimbursements for each meal served.
   
   - Block grants would dismantle an effective federal program and put students at risk by cutting funds and abolishing federal nutrition standards and eligibility rules for free and reduced price school meals.

   **Hungry students could go without:**
   
   - Under fixed-sum block grants, when the number of children eligible for free or reduced price meals increases, states receive no additional funding to feed these students. *Cite examples relevant to your program, i.e.*
     - Natural disaster
     - Local economic recession
     - Rising enrollment

   **Slash funds & abolish standards:**
   
   - The House-proposed block grant would have eliminated annual inflationary increases, all paid meal and 6 cent reimbursements, resulting in a crippling 12% funding cut after three years ([Center on Budget and Policy Priorities](https://www.cbpp.org)).

   - *Cite examples of potential impact to your program*
     - Limit free and reduced price meals for students
     - Meal program losses covered at the expense of academics
     - Reduce the variety and quality of school menu options

   Refer to [Block Grant fact sheet](#) for more information.

2. **Support H.R. 3738, the Healthy Breakfasts Help Kids Learn Act, to provide 6 cents in USDA Foods (commodities) for every school breakfast served.**

   - Help schools cover rising breakfast costs and support America’s farmers. *Share examples of how USDA Foods at breakfast would help you improve menus and allow more students to benefit from nutritious school breakfast, i.e.*
     - Invest in innovative breakfast in the classroom or grab-and-go programs, proven to increase breakfast consumption
Graduate Spotlight: Teresa McAdams, Middle School Cafeteria Manager, Westran R-I School District, Clifton Hill, Missouri, Randolph County

Missouri Culinary Skills Institute (CSI) Class of August 2015

MSNA Culinary Skills Institute $200. Scholarship winner!

How do you think the Culinary Skills Institute impacted you as the Cafeteria Manager of a rural middle school?

It opened up so many possibilities. I learned new skills. I learned how to reduce and recycle – how to make the most of everything. I learned skills I could pass on in the kitchen. We were just talking about growing a few items, so the students could see where their food comes from. My dream of a 4 X 4 foot pallet garden grew to eight raised beds!

What or who encouraged you to apply for CSI?

Wendy Schemmer, Westran R-I, Food Service Director, thought I would enjoy the training. She was planning to attend and invited me to go with her.

What was your favorite part of the 2 ½ day training?

The teamwork portion and working with my team to prepare our products for the class taste-testing. I loved learning from Chef. I learned skills I could apply in my home and school kitchen. We learned so much!

What would you tell prospective students about the training?

I think there is something for every person that attends. You will learn something that will help you in your school or home kitchen. I am so proud of the skills I learned. Before attending CSI, I was not using a chef knife. During class, I learned the importance of choosing the right tool for the job, and now the ONLY knife I use in my kitchen is my chef knife that I received in class!

2017 Update – Congratulations Teresa! ConAgra Rethink School Meals award winner!

According to the Rethink School Meals web page, “when we heard that Westran Middle School in Clifton Hill, Missouri goes from garden to table with produce they grow on-site, we had to meet the school meal hero behind it all – Cafeteria Manager, Teresa McAdams.”

Here is the link to the story:

Teresa McAdams School Meal Hero Award Story
There are two types of blueberries.

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and get more.

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For savory and sweet “plus one” recipe ideas that meet USDA fruit guidelines and add excitement to your school program, visit

wildblueberries.com/schoolfoodservice
GREETINGS MISSOURI!

It is hard to believe that the school year is over half way through, but there are plenty of things still going on.

First, I would like to thank your great state of Missouri for hosting the Midwest Regional Leadership Conference in Kansas City in November. The Missouri Leadership of Brad Kramer, Jill Morey, Beth Stocksick and Matthew Essner organized a great conference. State leaders and future leaders came from all the Midwest states. Wisconsin will be hosting the next Midwest Leadership in November 2018.

We just finished attending the School Nutrition Industry and Legislative Action Conference in January and February. I hope some of you had the opportunity to attend these conferences. If not, you can go on to the SNA website and go into the Presentation & Paper Library. There are powerpoints and resource information on all of the sessions.

SNA is busy preparing for the National Leadership Conference in April. This conference builds strong state leaders and future leaders. I know there are lots of great Future Leaders in Missouri.

I hope you had a chance to go on the SNA website and visit the virtual expo 2018. What a great way to learn about new products, gather information, network and watch education sessions without driving in a car. I put my feet up and let my fingers do the walking.

There are so many great things on the SNA website. It never gets old for me because I am always finding new things to help me with my job. Breakfast Week just finished, and there were great resource materials on the website to use. School Lunch Hero day is May 5 and School Nutrition Employee Week is May 1-5, 2018. Check out the materials you can download to promote and recognize School Nutrition Employees. If you need to keep updated on the federal policies, SNA is your site. (They will list everything from block grant calculators and Unpaid Meal Charge Talking Points to where you go to comment to USDA.)
ONE LAST THING to put on your calendars: ANC 2018 Registration is now open and it is in Vegas this year. Please note they changed the dates this year to start on a Monday July 9th till July 12th. If you have never been to ANC this is the year to go. It should be an exciting conference and I am a little partial to this year’s celebration because Gay Anderson from South Dakota will be installed as SNA President. South Dakota is not that large so we need the help of the Great Midwest to help celebrate her installation!

I look forward to meeting as many of you as possible. I feel very privileged to represent the Midwest and if you see me at a conference, please introduce yourself. School Nutrition Employees are a special group of people and we all have something in common. We care about kids and what we do every day matters to a child.

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MISSOURI SCHOOL NUTRITION ASSOCIATION

ANNUAL CONFERENCE

November 2-4, 2018 | Tan-Tar-A, Osage Beach

PUTTING THE PIECES TOGETHER FOR SUCCESS

KEYNOTE SPEAKERS:

Friday, November 2
Pre-Conference, Kim Ratz,
"There's Always SOME-thing" and
"Playing Nice in the Sandbox"

www.kimratz.com

Saturday, November 3
Cathy Newton
"Connect... How to Get Great Results in Teamwork"

www.CathyNewton.com

Sunday, November 4
Kelly Swanson
"Who Hijacked My Fairy Tale?"

www.MotivationalSpeakerKellySwanson.com
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Make a Rainbow at the Salad Bar, more commonly known as Rainbow Days, and FreshLIFE: Enjoy a Salad Today! are two simple, yet adventurous promotional events that market salad bars to students in grades K through 12. Rainbow Days is an educational event targeting elementary schools. FreshLIFE: Enjoy a Salad Today! is an educational event for middle and high schools. Participating schools are guided to supply the salad bar with traditional as well as nontraditional fruits and vegetables that represent the colors of the rainbow: red, orange, yellow, green and blue. Participating schools receive the following educational incentives:

- Downloadable Tool Kit or Produce Guide
- Customizable promotional flyers
- Signage encouraging etiquette at the salad bar
- Posters for the cafeteria with educational tag lines
- Aprons for cafeteria staff in elementary schools
- Visors for cafeteria staff in middle and high schools
- Educational incentives for the students
- Stipends of $200 to help defray the taste-testing food cost

The salad bar events have a large appeal with school food service due to their simplicity and program support. FreshLIFE! and Rainbow Days are going into their 5th and 6th school year, respectively, reaching 40,000 students and counting! When a school chooses to participate, they go to the Missouri Team Nutrition home site [http://health.mo.gov/teamnutrition](http://health.mo.gov/teamnutrition) to register at their convenience anytime throughout the year, including summer!

After a letter of agreement is executed between Missouri TN and registered schools, supplies are shipped with additional instructions. School food management receives a classroom and food service survey. Past surveys show exciting results of a 10 percent increase in student salad bar sales (actual servings based on production records) 60 days past the original event! Missouri TN surmises that most schools expand or enhance their salad bar operations resulting in observed and desirable student behaviors long after the date of the original events. Missouri TN is also led to conclude that the boost in salad bar sales consequently boosts an increase in fruit and vegetable consumption amongst youth. . . and that’s a good thing!

Schools are invited to come check us out! Go to [http://health.mo.gov/teamnutrition](http://health.mo.gov/teamnutrition) and click on either Rainbow Days and/or FreshLIFE!
Testimonials 2016-2017 School Year:

We loved this event! We predicted the elementary level would enjoy Rainbow Days more than the high school would enjoy FreshLIFE — We were wrong! High School students loved this event — they were excited and have since requested many of the items they tried on the day of FreshLIFE!

-Michele Hoover, Maysville Jr./Sr. High School Maysville RI

The students were very excited & willing to try vegetables—vegetables they would not normally try! Students were talking about it for days! RD

-Dr. Tina Hamilton, Principal Oak Hill, St Louis Public Schools

We all know how hard it is to impress HS students! They were impressed. They are still asking for different veggies they tried that day. We let them request a new item each week as a result of this program. FL

-Michelle Hoover, Stewartsville C2

Students enjoy Rainbow Days at Oak Hill Elementary, St. Louis Public Schools!

Fun times at Hawk Point Elementary, Lincoln County RIII with Rainbow Days!
In this issue:

- DESE Food & Nutrition Services Summer Workshop Dates & Locations
- SNA Legislative Action Conference 2018
- 2018 Position Paper: Talking Points
- Missouri Culinary Skills Institute Graduate Spotlight: Teresa McAdams
- 2018 MSNA Managers’ Retreat
- A Message from the SNA Midwest Regional Director
- 2018 MSNA Annual Conference
- Marketing Events for Salad Bars Show an Increase in Student Participation