President’s Message

Welcome to the 2019-2020 school year. Thank you for allowing me to serve as the President of MSNA this past year. It was an honor to represent Missouri at SNA’s Annual Conference in my home city of St. Louis. MSNA has been very busy working for its members from revising bylaws to planning and implementing Managers’ Retreat, hosting SNA’s Annual Conference and planning the upcoming state conference in Branson.

SNA’s Annual Conference was held in St. Louis July 14-16 with many learning opportunities from culinary skills to disaster preparedness and motivational speakers. Carmen Fischer, Rockwood School District’s Child Nutrition Director, served as the local chair for volunteers. She did a fantastic job of coordinating all the volunteers and helping to make the conference run smoothly.

MSNA hosted another successful Managers’ Retreat, Great Leaders Light the Way. Attendees received valuable food safety and sanitation information and how to utilize the cafeteria as a classroom. The retreat was held in Jefferson City July 31-August 2. Look for the 2020 Managers’ Retreat to return to Columbia in June.

Sarah Chellberg is busy adding the final touches to the MSNA Annual Conference, which will be held in Branson at Chateau on the Lake October 18-20. I hope you can join us when we “Reveal the Magic” at the conference. Our keynote speakers, Devin Henderson and Kim Hodus, will help us share our magic and be happy and work happy. In addition, there will be close to 100 exhibitors in the hall to sample new food and learn about new equipment and techniques. Be sure to mark your calendars and I hope to see as many of you as possible at the conference in October.

Hope the 2019-2020 School Year is successful and you always keep smiling.

Gail Jones MSNA 2018-2019 President
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Dear MSNA member,

Thank you so much to the great MSNA members who volunteered at the Annual Nutrition Conference for the School Nutrition Association. We had 70 volunteers assist with the conference. Their support and smiling faces were a great way to welcome industry folks and fellow SNA members to Missouri. I appreciate everyone taking the time out of their busy conference schedule to help, as we couldn’t have done it without our fantastic members!

I hope all who attended the conference were inspired by things they learned, as well as the people they met and were able to bring great new ideas back to their schools.

Thank you again!

Sincerely,

Carmen Fischer
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SCHOOL NUTRITION ASSOCIATION
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SCHOOL NUTRITION ASSOCIATION
DIRECTOR OF THE YEAR

Nominations are due by March 1, 2020*

For more information, please visit www.schoolnutrition.org/awards

*Check SNA website for details
The Missouri Department of Health and Senior Services (DHSS), Culinary Skills Institute (CSI) will be five years young in 2020!

It's hard to believe it has been five years since the pilot training took place August 4-5, 2014 in Columbia. The training has changed slightly over the years, but the mission remains, to support nutrition environments in schools by enhancing the culinary skills and knowledge of school food professionals. The 2½ day, hands-on training takes place in a culinary lab where participants prepare kid-tested, standardized recipes that meet the School Breakfast Program (SBP) and National School Lunch Program (NSLP) nutrition standards.

In 2018, DHSS received a USDA Farm to School Training Grant to develop a cadre of trainers to facilitate the nutrition portion of the training and educate CSI students about seasonal products and incorporating them into their menus.

This summer Lisa Farmer, CSI Coordinator, presented a poster on CSI at the 52nd Annual Society for Nutrition Education and Behavior Conference in Orlando, Florida. Thousands attended the conference and were very interested in CSI.
Overview:
The Missouri Culinary Skills Institute (CSI) is an adaptation of the Institute of Child Nutrition (ICN) Healthy Cuisine for Kids, "Hands-on" culinary training designed to meet the professional development needs of Missouri school nutrition professionals. Missouri Department of Health and Senior Services established an advisory committee to drive development of a culinary-based training that would meet the needs identified in the Training Needs Survey: Key members include:
• Missouri Dept. of Elementary and Secondary Education
• Missouri School Nutrition Association
• School Food Service Directors

Objective:
ing increase knowledge, skills and confidence of Missouri school nutrition professionals in an effort to increase student acceptance of school meals and improve their health status.

Participants learn the research-based reasoning behind eating healthy, and why Americans should be consuming these foods.

The recipes used in CSI are:
• Kid-tested and kid-approved
• Focus on dark green and orange vegetables, whole grains and meat alternates like beans and peas
• Low in total fat, saturated fat, sugar and sodium
• Encourage using fresh produce when possible

Call to Action

Wanted
St. Louis area school district or local kitchen facility interested in hosting a fall 2019 CSI.

Needs:
• 2½ days available for the training
• Kitchen area large enough to accommodate 20 students for culinary lab.
  • We have used FACS classrooms in the past
• Classroom area for nutrition education.
• Mirrored demonstration table for chef.

Check out CSI online at: http://www.health.mo.gov/living/wellness/nutrition/culinaryskills/

Interested individuals with questions can contact Lisa Farmer, Nutrition Specialist, Department of Health & Senior Services at 913-636-1073 or lisa.farmer@health.mo.gov.
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- Advance your career

There are so many benefits that I have gained by earning my SNA Certificate. I gained the confidence and knowledge to inform anyone about school nutrition. It has enabled me to become a kitchen manager and to be Washington School Nutrition Association President next year.

Paula Gualtieri
Northshore School District, WA

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