



Feeding Bodies. Fueling Minds.™

MISSOURI SCHOOL NUTRITION ASSOCIATION

# Messenger

THE VOICE OF CHILD NUTRITION IN MISSOURI



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# Letter from the President

Happy summer to my favorite school nutrition heroes in all of Missouri! You! Who would have ever imagined or predicted when we were “Revealing the Magic” in October that we’d soon find out what magicians we truly are?! A heartfelt BRAVO! to every single person across the state that worked their magic in order to ensure students were and are being fed during school shut-downs and stay-at-home orders!

It goes without saying that this has been uncharted territory in the business of school meals and all of us were left to figure it out on a moment’s notice. Though difficult and incredibly stressful, I must say I’ve never been more proud to be in the business of ensuring our nation’s children are being fed. I know without a doubt our meals reached students that otherwise wouldn’t have had anything to eat except for the Missouri School Nutrition Heroes manning the frontlines.



I KNOW the hard work that went into making sure there was food onsite, ensuring meal patterns were followed, figuring out how to make it mobile, deciding how things could be packaged, and ultimately still account for meals being served to students! Everyone played their part in our school nutrition operations and made it look seamless to our customers – Shazam! For that, thank you, thank you one and all!

Our program partners have played a major role during this pandemic. I have never seen the USDA, SNA and DESE respond more quickly and nimbly to our needs. No doubt, the assorted of waivers have been lifelines for many districts! I personally applaud DESE and SNA for advocating on behalf of our programs and thank USDA for its responsiveness. Yet, there is still work to be done! SNA is continuing to request from USDA waiver extensions through the 2020-21 school year. Knowing a certain timeline, would sure be helpful... versus this month-to-month approval, don’t you think? I appreciate the work SNA does on our behalf and encourage you to support its efforts. You can reach out to your House or Senate representative and share your story or let your DESE Nutrition Program Specialist know how the waivers have assisted your district and why it’s beneficial for them to continue.

Staying current on waivers is a full-time job in itself! I encourage you to refer to SNA’s special website section: COVID-19, where a summary of current USDA FNS waivers and guidance can be found on the policy page! [www.schoolnutrition.org/covid19/policy](http://www.schoolnutrition.org/covid19/policy)

As you know, the Managers’ Retreat was cancelled this summer. It was a disappointing decision for our board to make. Please know there are many factors that weigh in making these decisions, including current state, city, and county orders, the hotel’s current measures, and how that effects our event’s plans, along with projected impact on attendance and budget. With the Managers’ Retreat scheduled in June, the hotel could not even spatially accommodate distancing guidelines required and there was ultimately no choice but to cancel.

In this summer like no other, I hope you all can take time for something that rejuvenates you. Whether that be time with family, a good book or even just your favorite ice cream cone - find something that reignites you! Our students will be waiting for us come fall... and we’ll still need our magician’s hat, because who knows what that may look like?!

*Sarah Chellberg*

Sarah Chellberg,  
MSNA 2019-2020 President





# 2020 MSNA Annual Conference Cancellation

It is with great sadness that the MSNA Board of Directors announces the cancellation of the 2020 Annual Conference scheduled for November 13, 14 & 15, 2020. Here is what lead to the decision:

- Safety of attendees and vendors. There is no COVID-19 vaccine or treatment, and there's not enough conclusive information about transmission and how to avoid getting it. You are essential and we must keep you safe.
- Feasibility of wearing masks and social distancing at a food trade show. You want to taste and smell foods, take samples, and touch equipment and wares; these activities are severely hindered by wearing masks and social distancing. And, our vendors want you to taste products!
- School reopening uncertainty and revenue shortfalls. Districts need time to assess finances and re-establish income.
- According to SNA's Impact of COVID-19 on School Nutrition Programs: Part 2:
  - 67.5% of survey respondents reported that their programs experienced a financial loss of anywhere from 0 to 90% of revenue; 23% don't even know yet.
  - If USDA waivers expire on June 30, 55% of respondents indicate they will not or are not sure if they will operate summer programs.

A poorly attended conference is a disaster for vendors, MSNA, education presenters and attendees. Our industry partners report losses as well; spending money to attend a conference that does not generate leads and build relationships adds to the loss.

So, stay tuned, check the MSNA website at [www.mosna.org](http://www.mosna.org) frequently for information about the 2021 Annual Conference, and feel free to send us your comments, questions, and suggestions to [msna@mosba.org](mailto:msna@mosba.org).





# Letter from the President-Elect

Hi everyone,

Words could never express how proud I am of what we do. School Nutrition Heroes from all over joined forces through many creative ways including social media. The tremendous outpouring of support for each other to help feed children during the pandemic is utterly amazing. We are taking some of the burden off families and we are being safe doing this. We have served over one million meals. Pat yourself on the back for a great job!

There are a few safe tips from the CDC on pages 8 & 9 that could help as a quick reference in the startup for next fall. Also, if you need more information, SNA is full of resources. The site is currently open to nonmembers, too. Take advantage of and check out the Learning Center or COVID-19 section at [www.schoolnutrition.org](http://www.schoolnutrition.org). Become a member and share in all the benefits.

Thank you for everything you do.

Joene Drechsel, MSNA President Elect



## USDA Extends Three Nationwide Waivers for School Nutrition Programs

On May 15, U.S. Secretary of Agriculture Sonny Perdue announced the extension of three nationwide waivers: [Non-Congregate Feeding](#), [Parent Pickup](#) and [Meal Times](#). These waivers provide operators of child nutrition programs the flexibility and support needed to continue to feed children during the COVID-19 pandemic. All three waivers have been extended until August 31, 2020. Check out [SNA's Summary of USDA FNS Waivers and Guidance](#) for full details on waivers and extensions.





# The Board Report

The MSNA Board of Directors met virtually on January 17, 2020. The topic of this meeting was the hiring of a governance restructure facilitator to oversee a task force. Ric Telthorst, retired president and CEO of Missouri Telecommunications Industry Association for 19 years, was selected to lead the task force. The task force consisted of current board members, a past president, an industry member, and a committee chair. Ric set about interviewing all the current board members to get a feel for the board members, their backgrounds in school nutrition and current and previous board work, along with their feelings and opinions on what direction they would like to see the board take. After these interviews, the task force met virtually twice to review the MSNA governance structure and bring suggestions back to the board for discussion. The results of the task force were presented to the board at the June 23, 2020 meeting. A motion was made and seconded and passed to accept the proposals. Here are the proposals:

The president, with the approval of the executive committee, shall annually appoint the chairmen of all standing committees. Committee chairmen shall serve for one year and may be appointed to serve additional terms. Committee chairmen may appoint committee members from among eligible association members.

A new Industry Partners Standing Committee shall be established with equal numbers of industry representatives from the food service sector and the non-food service sector. The committee chairman will serve as the only industry voting member on the board.

The term of the treasurer shall be changed from two years to one year.

Pursuant with Article VII – Regions, the MSNA Regions shall be reduced from twelve to nine effective immediately. Elections for the regional directors for the new regions will occur in August. The new regions' boundaries are the same as DESE Food & Nutrition Services regions.

If your district resides in one of the new regions and you would be interested in becoming a Regional Director, please contact Joene Drechsel, President-Elect and Nominations Chair at [eenie@att.net](mailto:eenie@att.net) or the MSNA office at [msna@mosba.org](mailto:msna@mosba.org). There is a map of the Regions on the next page to help determine your eligibility. The new regions currently without a regional director are East Region (Region 5), Southeast Central (Region 8), and Southeast Region (Region 9).

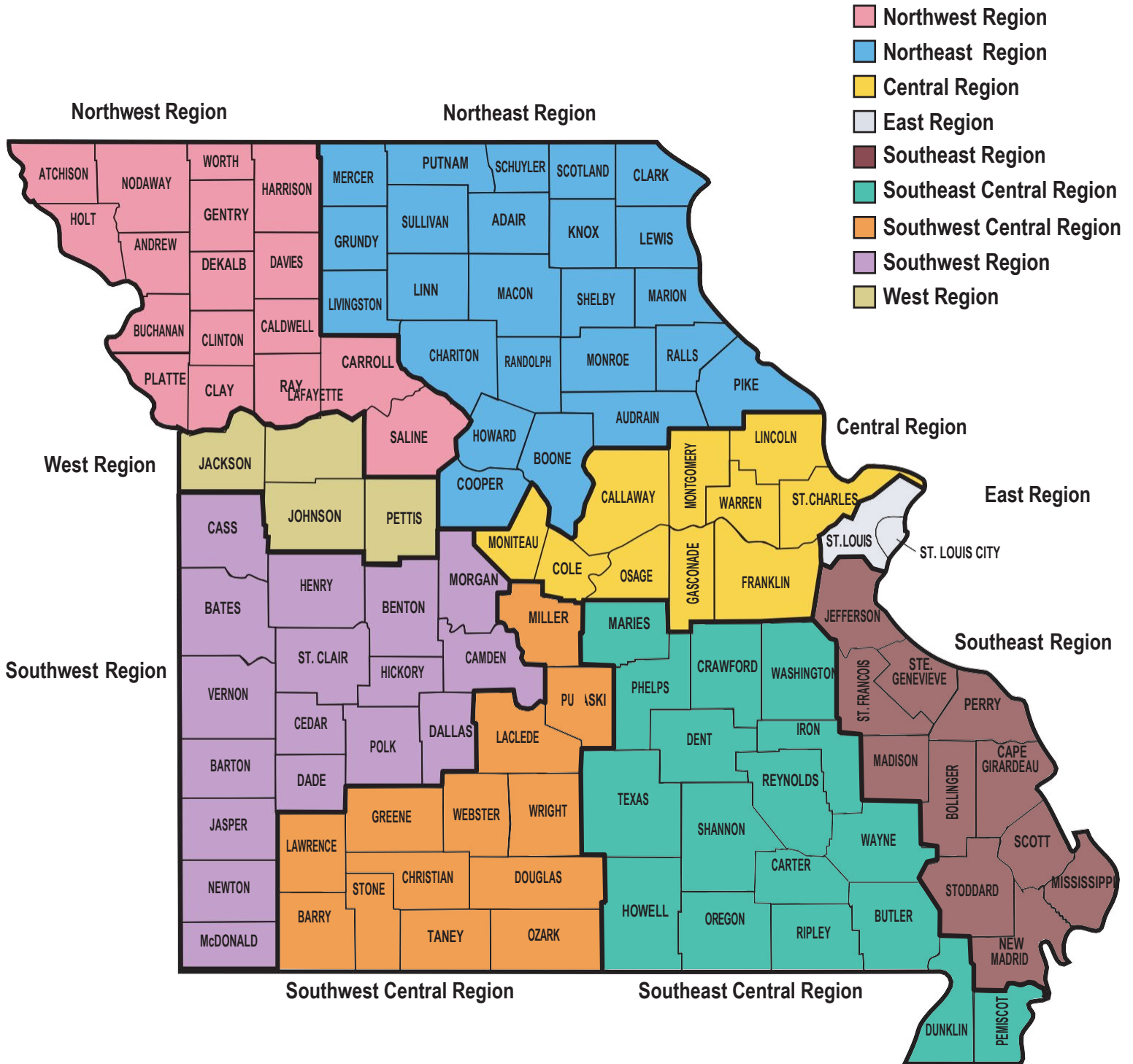
With the reduction in the number of regions and the new Industry Partner Committee chair as the only voting industry member, the board will be reduced from 32 potential members to 23 members.

Those proposals that affect the current bylaws will be proposed at the Annual Membership Meeting for a vote of the membership. The Annual Membership Meeting will be held virtually later.

Also, due to the unprecedented conditions of the COVID-19 Pandemic and pursuant with Article III – Officers, Section C: Term of Office, and Section E: Election, it was moved, seconded and passed that the 2019-2020 officers (president, president-elect, and vice president) will serve a second term and no election will be held for 2020-2021 officers.



# Missouri School Nutrition Association



# Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation, ride-sharing, or taxis.**



## Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
  - See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



## Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 if you have a medical emergency.** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



## If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



CS 316120-A 04/17/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



### Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



### Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



### Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



### Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective.

### How to discontinue home isolation

- **People with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
  - AND
  - other symptoms have improved (for example, when your cough or shortness of breath has improved)
  - AND
  - at least 7 days have passed since your symptoms first appeared.
  - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use of medicine that reduces fevers)
  - AND
  - other symptoms have improved (for example, when your cough or shortness of breath has improved)
  - AND
  - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.



# School Nutrition Offers Bonus Digital Coverage

As the impacts of the COVID-19 pandemic and resulting emergency feeding operations become more apparent, School Nutrition is keeping readers informed with ongoing relevant content. In between monthly print mailings of the magazine, supplemental digital articles have covered worker safety, pragmatic partnerships, creative problem solving and emotional health, with more articles slated for the coming weeks. Be sure to [read these digital articles](#) to stay up-to-date on how the pandemic is affecting your industry.

DESE has created a [COVID-19 Resources webpage](#) with menu templates, posters, food safety guidance, videos, thought starters on reopening schools and a direct link to CDC. Check it out!

**TRAINING  
ZONE™**  
eLearning On-Demand 24/7

As a member of SNA, one of your biggest resources is 24/7 access to the [SNA Training Zone](#). The Training Zone is your One-Stop Shop for all of SNA's eLearning. What can be found on the Training Zone?

- Webinar Wednesdays
- Webinars On-Demand
- Self-Paced Training Modules
  - Dollars & Cents of Financial Management
  - What Should You Do? Ethical Decision-Making in School Nutrition
  - Culinary Skills
    - Calibrating and Using Thermometers
    - Knife Skills for Fresh Fruits and Vegetables
    - Understanding Weights
- Conference Videos
- User Profile
- Certificate Printing

There are many member benefits on the Training Zone. SNA Members have complimentary access to all live Webinar Wednesdays and Webinars On-Demand. Members also receive special members-only pricing on training modules and other trainings provided in the Training Zone. Non-members can also access the Training Zone, however, fees apply.

The Training Zone provides you with a personal user profile. When you successfully complete a training and earn your certificate, you are able to print it, but it also remains on your profile allowing you to reprint it at any time.



# Legislative Action Conference 2020

## Carmen Fischer, MSNA Legislative Co-Chair

This year Missouri had nine MSNA members visiting our members of Congress to discuss the School Nutrition Association 2020 Position Paper. We were able to bring three students, Kaleb Fischer, Ethan Becker and Kinley Becker with us to the meetings to offer first-hand experiences with our Child Nutrition programs.

We were able to meet with nine of the ten Missouri members of Congress offices while we were on Capitol Hill on March 10<sup>th</sup>. Our meetings were productive and topics discussed included:

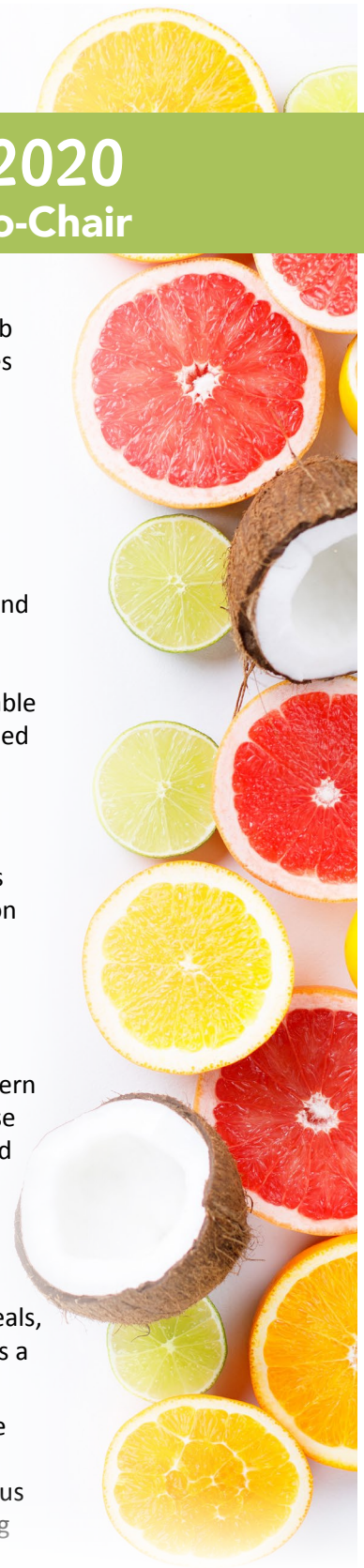
### Increase Student Access to School Breakfast and Lunch:

- **Eliminate the Reduced Price category (ERP).** Students whose families earn between 130 and 185 percent of the federal poverty level qualify to receive reduced price meals. However, some of these students go hungry during the school day or accumulate unpaid meal debt because many families struggle to afford the reduced price co-pay. Allowing these vulnerable children to receive free school meals will ensure consistent access to the nutrition they need to succeed, while reducing growing unpaid student meal debt and easing administrative burdens. [Learn more](#)
- **Expand Direct Certification with Medicaid for Free and Reduced Price Meals (DCM-F/RP) to all states.** Allow all states to use Medicaid data to automatically certify eligible students for free and reduced price meals. Direct certification eliminates the school meal application requirement for needy families, reduces paperwork and processing for schools, improves certification efficiency and accuracy and decreases unpaid meal debt. [Learn more](#)
- **Urge the U.S. Department of Agriculture (USDA) and the U.S. Department of Education, in collaboration with School Food Authorities (SFAs), to develop guidance on ensuring students have adequate time to eat healthy school meals.** Short lunch periods are a concern – especially for millions of food-insecure children who depend on school meals. To increase consumption of fruits and vegetables, which take longer to consume, and to minimize food waste, schools must provide students adequate “seat time” in the cafeteria. [Learn more](#)

### Strengthen School Meal Programs:

- **Preserve USDA’s 2018 final rule *Child Nutrition Programs: Flexibilities for Milk, Whole Grains and Sodium Requirements*.** This final rule preserves strong standards for school meals, including calorie and fat limits, Target 1 sodium reductions and mandates to offer students a variety of fruits, vegetables, whole grain options and low-fat or fat-free milk. [Learn more](#)
- **Increase USDA Foods (commodities) support for the School Breakfast Program (SBP).** The FY 2020 Agriculture Appropriations Bill contains \$20 million for breakfast commodities. Increasing USDA Foods support for SBP will allow more students to benefit from a nutritious school breakfast, help schools cover rising costs and advance USDA’s mission of supporting America’s farmers. [Learn more](#)
- **Support USDA’s ongoing effort to streamline overly complex child nutrition programs.** Streamlining regulations will minimize costs, allowing school nutrition professionals to invest time and resources toward better serving students.

Anytime you are able to invite a member of Congress to your schools to see firsthand what is being offered and to meet with students please take the opportunity. We can educate our members about school meals and develop a relationship with them which will allow you to serve as a resource for them when the need arises.





Feeding Bodies. Fueling Minds.™

Missouri School Nutrition Association  
2100 I-70 Drive Southwest  
Columbia, Missouri 65203

RETURN SERVICE REQUESTED



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# MISSOURI SCHOOL NUTRITION ASSOCIATION MESSENGER

THE VOICE OF CHILD NUTRITION IN MISSOURI

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Spring NEWSLETTER

[www.mosna.org](http://www.mosna.org)