

Washington Apple Press

Winter 2023 Volume XXXIII, Issue 2



Wendy Weyer
WSNA President

HAPPY NEW YEAR!

While I realize this greeting will reach you in the month of February, it really has not been that long since we celebrated the holiday's and ceremoniously flipped the calendar to welcome in 2023. The new year has brought several changes for our association. WSNA President Marcia Wagner (Yakima), Vice President LaToya Morris (Marysville) and Industry Chair Martin Loyche have stepped down from their positions on the Board for personal reasons. On behalf of the WSNA Board and our members, I want to thank these leaders for their time and efforts in support of our association's mission.

The practice of setting resolutions (or goals) for the new year, allows one time to contemplate on what's truly important in your life, reflect on the year behind us, while creating a plan for the year ahead. While many popular resolutions center around exercising more or eating healthier, I have set my own personal resolution squarely around spending more quality time with family, friends and my peers, like you, who had dedicated much of our professional lives in support of meeting the nutritional needs of children while at school.

We have two great opportunities coming up to help us stay connected (and for me to meet my goals)! Spring Workshop will be held virtually on April 22nd and our annual state conference will be held from July 24th to 26th at the Tacoma Convention Center. Save the date for July 23rd as well as we are hoping to offer several pre-conference opportunities as well. I am very excited by the work that is already underway in planning this year's annual conference. Many thanks to our Conference Chair Melissa Erwin (Kent) and Co-Chair Charlotte Marrison (Sumner) for taking the lead. The theme for this year's conference, Navigating into the Future – Together, seems especially fitting given the road we have ahead of us for the association and the national school meal program.

If you have not done so already, I would strongly encourage you to follow the progress of Washington State House Bill 1238 and Senate Bill 5339 (Providing Free School Meals for All). By going to the links below you can review the original bill, provide comments and sign up to receive email notifications.

HB 1238 <https://app.leg.wa.gov/billsummary?BillNumber=1238&Year=2023>

SB 5339 <https://app.leg.wa.gov/billsummary?BillNumber=5339&Initiative=false&Year=2023>

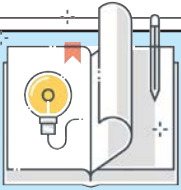
Need help to figure out where to start? You can also contact the Legislative Hotline at 1.800.562.6000.

Working together, we can be a strong voice in advocating for this important legislation!

Wendy Weyer, RD, SNS
WSNA President

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Join the WSNA Board and Make A Difference!

You have such an important job serving school meals to our Washington children. By participating in the WSNA board, you are part of something bigger than just your school or district. You are joining a team committed to fighting for the best way to feed the future, our children. You represent all the hungry children who eat at school and **your voice matters**. We would love for you to join us on the WSNA board!

Start planning now and join our awesome, energetic team next year! For the 2023-2024 School Year the following positions will be open:

President Elect **Region 1 & 3**

Vice President **PPL**

If you care about the future of school nutrition and school nutrition professionals' growth in their careers, we would love to hear from you.

Thanks!

Kristina Marsh, MS, RDN, CD SNS

Leadership Chair | Kristina.marsh@highlineschools.org



Happy New Year Everyone!!

I am excited for 2023 to bring wonderful in-person networking events for all members. We have started planning the WSNA Annual State Conference to be held July 24-26th, 2023 in Tacoma at the beautiful Tacoma Convention Center, 1500 Commerce St., Tacoma, WA 98402. We are going to do our very best to bring great key-note speakers, class presenters, fun activities, and delicious food for all to enjoy this summer. And let's not forget the vendors we all know and appreciate that come every year to demonstrate their delicious and inventive food for us to offer the students.

There will be more information coming soon on our website, so stay tuned. If you would like to volunteer to help us on the conference committee please email me at melissa.erwin@kent.k12.wa.us.

Melissa Erwin – Conference Chair



WSNA Spring Workshop

April 22, 2023, via Zoom

As of this writing we are just in the beginning phase of getting our exciting workshop planned for you. I promise there will be more details following so please watch your emails for updates. We mainly wanted to let you know information so you can save the date and register on time.

Call Mindy at 509-999-5076 or email wsnaexecmc@gmail.com

Spring Workshop Registration

NAME _____

DISTRICT _____ CHAPTER _____

SNA MEMBER# _____ PHONE (____) _____

ADDRESS _____

CITY _____ ZIP _____ EMAIL _____

PLEASE CIRCLE ONE:

Registration (Postmarked by 04-10-23)

Member \$50 Non-Member \$100

PAYMENT:

☐ On-line at www.washingtonsna.org (Preferred)

☐ Visa ☐ Mastercard ☐ Discover ☐ AmEx

Credit Card# _____

Exp. Date _____ Security Code _____

Complete Billing Address:

Printed Name: _____

Authorized Signature _____

Mail registration to: WSNA
13514 W. Sunset Hwy, B362
Airway Heights, WA 99001

Credit Card registrations are done on the
washingtonsna.org website.

Refund & Returned Check Policy: It is the policy of WSNA to grant a full refund up to two weeks prior to the workshop less a processing fee of \$10. No refund will be allowed if the request is made after the meeting has taken place. A \$15 fee will be assessed for returned checks.

Welcome New Members!!!!

Crystal Bergman
Martha Cardenas
Annitta Crowley
Holly Fairweath
Lydia Hale
Dee Hanvold
Patrick Heidinger
Anita Huffman
Dianne Lentz
Yvette Mendoza
Carri Miller
Chau Nguyen

Susanne Pratt
Melissa Sealy-Johnson
Lexi Smith
Lynz Smith
Rosa Smith
Stephanie Stalcup
Meriam Tebba
Avamua Tews
Thu Tran
Tommy Vincent
Judi Weaver
Karen Wieland



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Official Publication of the Washington School Nutrition Association

Apply for a WSNA Education Grant!

Each year WSNA offers several scholarships for members, like you. Historically, there hasn't been many applicants each year for these opportunities, so the WSNA Education and Scholarship Committee went to work! Updates to these grants include the flexibility to apply these funds to education outside of college or university learning, and to help fund furthering your education by offsetting costs to attend conference—there will be lots of learning opportunities there!

The WSNA Board is excited to share these new opportunities with you, so, if you are furthering your education, or planning to attend the 2023 Annual Conference, there's a scholarship for you!

- **Ruth Ann Bennett Scholarship**

This scholarship is updated to award two WSNA members up to \$400 to attend Summer Conference! Scholarship funds can be used for pre-conference and conference registration, and lodging.

- **WSNA Workforce Development Grant**

This grant is to help members enhance their professional development in Child Nutrition. One \$500 or two \$250 grants can be used to attend a professional development class (like a Microsoft Office or Excel class, management skills training, or a culinary class) or to attend college or university.

- **WSNA Hobart Workforce Training Grant**

Also adjusted to help members enhance their professional development in Child Nutrition, the Hobart Workforce Training Grant awards up to two \$300 scholarships to WSNA members. Grant funds can be used to attend a professional development class (like a Microsoft Office or Excel class, management skills training, or a culinary class) or to attend college or university.

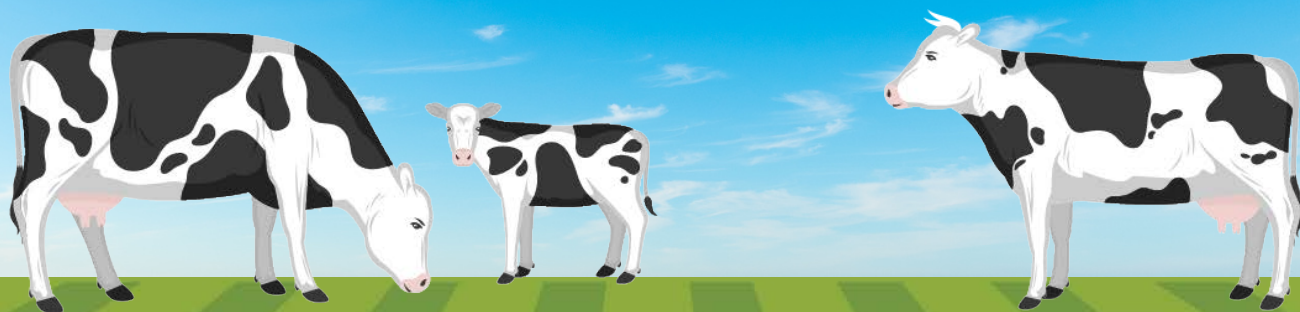
How to Apply

Applications will be submitted to:

wsnaexecmc@gmail.com and available online at www.washingtonsna.org (under the resource tab) beginning May 30, 2023. Applications are due to WSNA by June 15, 2023.

CALLING ALL SCHOOL NUTRITION PROFESSIONALS

**The WA State Dairy
Council is inviting you
to experience where
local school milk starts.**



Contact Bri for up-to-date information
about 2023 farm tours.

brianne@wadairy.org
425-245-2526





It is a new year, 2023.

A new year a new thought for all of region 4 members. I was discussing the subject with a friend, and it baffles me. Why do we have so little participation from region 4 at workshops and conferences in recent years? I would like to think with the virtual capabilities would bring the attendance up as well as the in-person summer conference held in Spokane last year.

What is in fact the reason? Washington has one of the largest memberships in the whole country. Why is participation down? Is it retirements? I can't believe we have had that many to affect participation. Is it cost? I don't think so, the virtual fees are less than in person sessions. Is it a new generation? A generation that is not interested in honing their craft, brainstorming with other people from different districts, or gaining more education to advance their credentials.

Region 4 consists of Adams, Chelan, Douglas, Ferry, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, and Whitman Counties.

Please think about this while signing up for the spring workshop on April 22 and encourage others to attend with you! Feel free to contact me or anyone on the board about suggestions or questions that may help participation and membership in region 4.

Tracy Calhoun

Spokane School District | tracyc@spokaneschools.org | Eastern Region 4



NEW!

Fruity Flavor added to the K-12 Lineup of
2 oz Equivalent Grain Cereal Cups!

- 25% less sugar* and CFCFP eligible
- Meets Smart Snacks in School Standards**
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Marni Fisher	(253)431-6276	Western Washington
Joey Butorac	(253)266-5017	Western Washington
Jeri O'Reilly	(509)944-5099	Eastern Washington



*At least 25% Less Sugar than the leading fruit-flavored cereal. No reduction in calories. Sugar content is 6g/oz eq grain vs the leading fruit-flavored at 10g per serving.

**1 oz bowlpak is Smart Snacks compliant. The NEW 2 oz cup can be served same day or the following day of service. See USDA Memo SP35-2014.

Local Food for Schools Opportunities!

CNS Farm to Child Nutrition Program Team

OSPI Child Nutrition Services

Childhood is a critical time when healthy food preferences are developed. Many children consume over half of their daily calories through school meal programs, so it is important that we provide them with healthy, nutritious, and delicious foods. Studies have shown that schools that include local foods on their menus see an increase in student meal participation.

OSPI Child Nutrition Services (CNS) has several projects underway that will help schools serve more local foods on menus. Here is a brief highlight of each.

OSPI CNS was awarded \$3.6 million dollars for Local Food for Schools Cooperative Agreements from the USDA Agricultural Marketing Service (AMS). The purpose of the project is to purchase domestic, locally grown foods from local producers, small businesses, and socially disadvantaged farmers/producers for distribution to schools operating the National School Lunch Program (NSLP). We will solicit proposals from distributors, farmers, ranchers, and fishers for items such as bison, salmon, flour, and other items not typically available through USDA food entitlement. Current plans are for CNS to purchase these foods and distribute them through the Food Distribution system beginning school year 2024–25.

OSPI CNS recently received a USDA Farm to School Grant. This grant is specifically for planning and supports the Local Food for Schools projects to study sustainability of purchasing local foods to distribute through the existing Food Distribution systems.

This past year USDA made allocations to states for Farm to School Formula Grants. This funding will strengthen training, resources, technical assistance, and collaboration to strengthen access to local foods for schools.

Finally, the Washington State Department of Agriculture (WSDA) and OSPI CNS have partnered to distribute grant funding for local food purchases. There are 88 grantees participating, and the variety of purchases being made for school meals is remarkable. We hope to see this valuable grant continue.



Not only is this a win for our students, who will enjoy foods from right here in Washington, these projects also establish partnerships for schools and local agriculture producers for the future. We are excited to provide students with high quality, nutritious food, along with supporting WA states' local agricultural economy for many years to come.

Happy New Year! I can't believe we are halfway through the school year already. It has been an exciting new school year for me to say the least. I am excited to announce that North Mason School District was granted the opportunity for two of our elementary schools to participate in the United States Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program (FFVP) during the 2022-23 school year. This federally assisted program cultivates healthier school environments by providing a fresh fruit or vegetable snack to all students in participating elementary schools during the school day. Our students in North Mason will be able to have this snack during the time after lunch and before the end of the school day twice a week.

This is the first year for North Mason to have this grant and the students are truly excited about the opportunity to try new fresh fruits and vegetables they might not have at home. This year we will be introducing snap sugar peas, Jicama sticks, radish daikon, honey dew, and cantaloupe just to name a few.

To be honest at first it was very difficult for me at first to find items that my staff could prep easily for our students. I didn't want my staff to be overwhelmed. If you are looking for a way to introduce fresh produce into your program but do not have the staff to do a lot of prep work like I do check out items from Penny's Salsa. They have a wide range of IW fresh produce that is made to order. Which means you are getting super fresh items for the students to enjoy!

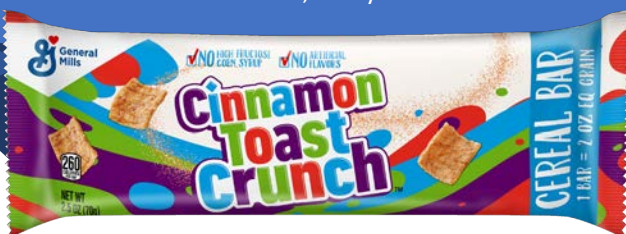
Nichol Haw
Western Region 2 Lead



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Joey Butorac	(253)266-5017	Western Washington
Jeri O'Reilly	(509)944-5099	Eastern Washington

From the Directors Desk

Leanne Eko, Executive Director

OSPI Child Nutrition Services

Greetings! I hope this message finds you, your family, and co-workers well.

So many great things happened last year!

- Superintendent Reykdal announced a proposal to provide school meals at no cost to all Washington Students. We have received very positive feedback from this proposal and anticipate legislative support. Remember, legislation would need to be introduced, passed by both house and senate, be included in the budget, and signed by the governor for this to take effect. In other words, a long ways to go, but still very exciting!
- We are amazed at your efforts to implement the Community Eligibility Provision (CEP) in eligible schools! WA state legislation provided funding to support schools with an ISP between 40 and 62% and you strategized to group as many schools as possible. Due to your amazing work, we estimate approximately 544,000 students have access to meals free of charge through the CEP program!
- USDA released several rounds of Supply Chain Assistance Funds (totaling over \$40 million for WA state) to help support the ongoing supply chain challenges. The first round of funding has been released and we are making plans for release of the additional rounds.
- 2021 Team Nutrition Grant came into fruition! Not only did we host multiple scratch cooking and recipe standardization trainings throughout the state, a special thanks goes to Orca's Island School District, Bellingham School District, Highline Public Schools, and La Conner School District, who were able to standardize multiple recipes as part of these efforts. Additionally, you can now find the Recipe Development Training on our Moodle platform thanks to this project.

Some things we're looking forward to in the new year...



- An increased focus on incorporating your input! We are initiating Advisory Councils for each of our programs to provide an ongoing and consistent opportunity to seek your input. Additionally, based on your feedback we have instituted monthly webinars to provide timely information and discussion.
- Washington was awarded a 2022 Team Nutrition Grant to support a Nutrition Cooperative Mentorship Program. This grant will help provide one on one mentorship and assistance in meeting meal pattern requirements and diet specifications, menu planning assistance, culinary training, and small equipment

through partnerships with ESD's.

- Local Food for Schools opportunities! Washington was also awarded a 2022 Farm to School Grant to explore the option of procuring local foods for schools through the OSPI CNS Food Distribution system.
- We are happy to continue to provide funding to support Child Nutrition Program operations including the following grant programs:
 - USDA NSLP Equipment Grant: To support equipment purchases to serve healthier meals. USDA increased funding for this program year, with WA receiving an additional \$646,000 for a total allocation of over \$1 million!
 - Washington State Department of Agriculture Farm to School Purchasing Grant: This program continues this year, funding districts to buy local foods.
 - Breakfast Meals for Kids Grant: This grant helps with expanding your programs, increasing meal participation, improving meal quality, or can even utilized to purchase or renew a license for nutrient analysis software!
 - Plant Based School Meals: Funding from the WA state legislature to fund districts seeking to implement more plant-based meals will be announced January 2023.
 - You can find information, including application guidance on the CNS Grants webpage at www.k12.us/policy-funding/child-nutrition/child-nutrition-grants

As busy and stressful as the last few years have been, I remain proud of the incredible work of child nutrition professionals and grateful for the increased focus and support of Child Nutrition Programs. Thank you for all you do to serve the children in our state.



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The Signature of Quality



Summer Food Service Program (SFSP) for Summer 2023

Jessica Condron, SFSP & Special Projects Supervisor Megan Harlan, SFSP & Special Projects Lead Specialist OSPI Child Nutrition Services

The school year is flying by, and summer is nearly upon us!

The past few years have quite been different for summer programs, not only in the state of Washington but across the country. Summer 2022 was the first year since the pandemic that Summer Food Service Program (SFSP) operators served meals within traditional SFSP requirements. The shift back to normal SFSP requirements is a reminder to us that summer is often a time when children still need support with our programs.

Summer meals programs have a broad reach. Nearly 80 percent of children in low-income homes live within 1 mile of an urban site or within 10 miles of a rural site in our nation. Overall, 45 percent of households with children living near a summer meal site are food insecure and a lack of awareness of meal programs is the most frequent reason for nonparticipation. ([USDA Summer Meals Study, 2021](#))

We challenge you to consider ways to expand access to summer programs. Could you add a new site? Or maybe there's ways to increase promotional efforts for your summer programming? Perhaps you could consider extending your program into August, as we see a drop in site participation at the end of July.

Promotional Tools

To aid in promotional efforts, OSPI Child Nutrition Services collaborated with United Way of King County and the Washington Dairy Council to create state-wide promotional materials for the SFSP. The Summer Meals Toolkit contains editable marketing and promotional materials that are ready for print. The toolkit includes bookmarks, stickers, flyers, banners, feather flag designs, and social media promotional graphics.

To further assist with the promotion of your sites, OSPI CNS will open the Summer Meals for Kids Grant (Form Package 412 in the iGrants system) in April 2023. Grant funds can be used to start a new summer meal program; increase participation (including promotional efforts), and to improve meal quality, equipment, or small supplies used in the SFSP.

The Summer Meals Toolkit and grant information can be found on OSPI's webpages.

SFSP Applications

The SFSP application is scheduled to open in WINS April 2023, with the federal application deadline being June 15. OSPI processes applications within 30 days of receipt of a complete and correct application, so please be mindful of your program's start date when submitting your application. Meals served prior to application approval are not eligible for reimbursement.

The recommended deadlines below should be followed to ensure your application is approved before your planned start date:

Start Date:	Submission Deadline:
June 1-15	May 5
June 16-30	May 19
July 1-15	June 2
July 16-end of summer	June 15 – Federal Deadline

Let's work together as a state to end childhood hunger during the summer months.

Questions regarding the summer meals programs? Email us at summer-meals@k12.wa.us or call 360-725-6200.





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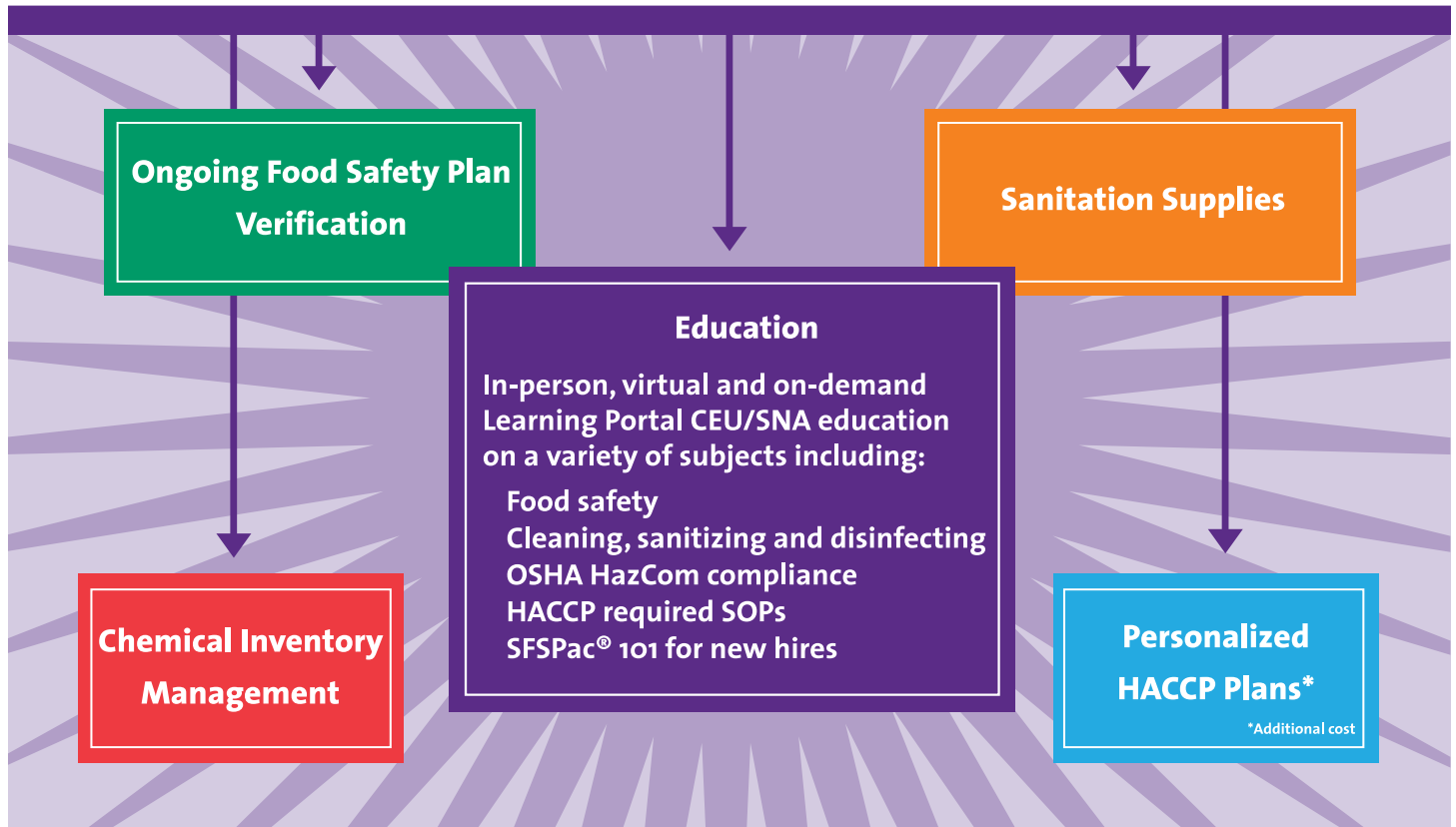


Preparation of healthy, balanced meals and variety of the dishes on offer: this is the winning combination to educate young adults about healthy eating without compromising on taste.

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Call for Education Session Proposals

WSNA's Education Committee and the Annual Conference Planning Committee are seeking education session proposals for two upcoming events: **Spring Workshop** and the **Annual State Conference**.

Do you have a project, research or collaboration that you have been working on that would benefit other school nutrition professionals? If yes, we want to hear from you!

Spring Workshop will be held virtually (via Zoom) on Saturday, April 22nd. Utilizing a virtual platform allows our members from across the state, convenient access to training in support of their annual professional development needs. Education sessions are 60 minutes in length.

The **Annual State Conference** will be held at the Greater Tacoma Convention Center from July 24th to 26th. **Navigating into the Future – Together** has been chosen as this year's conference theme. Education sessions are 60 minutes in length with a few opportunities for multi-hour training blocks if needed.

We are seeking education proposals that can support our member needs in the areas of:

- Food safety and sanitation; changes to WA State Food Code;
- Recipe development; local foods; scratch cooking;
- Culturally diverse and/or special dietary menu planning;
- Customer service; engaging student focus groups;
- Marketing your program and the use of social media;
- Dealing with difficult customers/staff;
- USDA meal pattern compliance and Smart Snacks;
- Second chance breakfast;
- Procurement and USDA Foods;
- New Director Training;
- Resource conservation; and
- Everything in between!



The Call for Proposals Submission form can be accessed from:
<https://forms.gle/5HAQLUGEjDZTm75XA> or Scan the QR Code

WSNA's Education and Annual Conference Planning Committee will review all proposals and notify the speaker if their proposal has been accepted. If you need assistance with accessing the Call for Proposals Submission form or have questions regarding the proposal submission process, please contact WSNA President Wendy Weyer at 425-456-4578 or weyerw@bsd405.org.

WSNA Education Events	Proposal Submission Deadline Date	Proposal Acceptance Notification	Presentation Date(s)
Spring Workshop	March 1, 2023	March 15, 2023	April 22, 2023
Annual State Conference	April 1, 2023	April 15, 2023	July 23-26, 2023

WSNA is unable to pay for education session speakers. We are a non-profit volunteer organization committed to the education and training of our school nutrition members.



One of Washington's own is running for SNA Board of Directors positions. Read all about Mark here. You can read about all the candidates and don't forget to vote at schoolnutrition.org

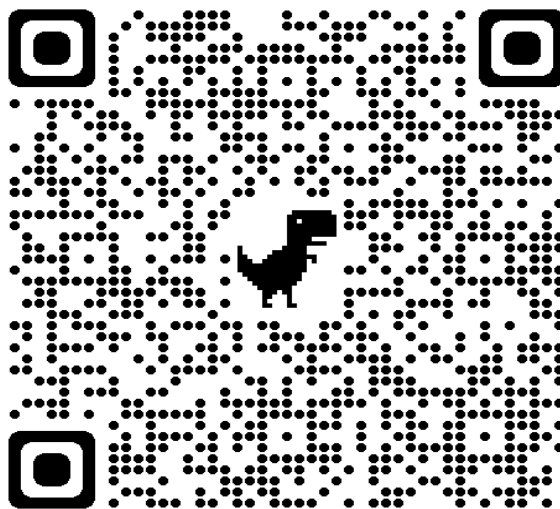
Vote for me, Mark Oswalt, MS, RDN for the SNA Board of Directors! I am a well-qualified candidate for the Director position. I have worked in a small, medium, and large school district, and I have a good understanding of the challenges that may come with varying sizes or organizations. I am a hard-working team player with great listening and communication skills. Over the past 10 years, I have served on the WSNA board for two terms, served as the Conference Chairperson for the WSNA Summer Conference for 3 conferences, served as President-Elect/President of the District Directors and Supervisors Chapter, and I have been a presenter

at breakout sessions for the WSNA workshops and Conferences.

I was nominated to run as a candidate for a Director position with the School Nutrition Association (SNA). The SNA's Board of Directors consists of 10 positions filled with people from around the US. Some of the responsibilities of the board include strategic direction for SNA, oversee SNA's business and financial affairs, promote SNA membership, and serving as a liaison to assigned regions.

Opportunities to become more involved in the field of school nutrition is exciting. What we do is important, and the more knowledge I can bring to the table, the bigger impact I and the SNA board can make for us school nutrition professionals and the students we support. Serving on the SNA Board of Directors will be an incredible learning experience, and with the knowledge I gain over the three-year term, I will be able to better support the WSNA.

The SNA is a major driving force in the field of child nutrition. Similar to our Washington State School Nutrition Association (WSNA), SNA





provides rich education opportunities for its members, supports and represents our interests in state and national legislation, and creates relationships with other groups who help ensure all students in our country have access to healthy meals.

I look forward to representing our profession and state on the SNA Board of Directors.

Scan this QR Code to view Mark's Video and Profile on SNA's candidate page.

Participating in the SNA Election is vital for the future of the organization. Don't forget to vote in the upcoming 2023 SNA Election. Your voice matters! #SNA23Election #SNAProud

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Serving with the Highline Public Schools

Superintendent Dr. Ivan Duran



Kitchen Lead Erika Santanan and Dr. Duran at Seahurst Elementary

On December 1, 2022 I had the pleasure to welcome Superintendent Dr. Ivan Duran for lunch service at the school I currently work as lead for Seahurst Elementary. During this special visit Dr. Duran talked about how he is a proud product of the public education system and growing up was also a recipient of the school lunch program. He told me he always looked forward to his favorite meal, turkey and gravy. He also expressed his gratitude for the school lunch program that he depended on for many years. His favorite part of being able to visit was connecting with the children and learning how the kitchen operates during lunch. He enjoys going out and visiting the schools. Learning and connecting with the staff meeting one on one and creating relationships is very important to him.

The Highline Public school Nutrition Services also encourages and invites superintendent and cabinet members regularly to come and visit different schools throughout the year as guest servers. Dr. Duran has served over 30 years in public school education. Beginning as a teacher, assistant principal, principal, principal supervisor, director of instructional technology, Sup deputy superintendent and Bellevue superintendent. Highline Public schools is one of many school districts in the state of Washington that offers all meals at no cost for every student. Dr. Duran expressed how proud he was as a district to be able to give this option to the students taking away that stigma of

“only for low income”. That sometimes made some students feel different from receiving this program. Now this gives all students the freedom of choice to receive the program and not limiting anyone to do so.

Creating an environment for our students in the classroom and outside of the classroom in which they feel accepted and cared for is so important. As I have expressed before, we all form an important part in the students' lives. Working together no matter what department we are in whether it be nutrition services, custodial or educational, we are here to support their social-emotional and academic needs. We are all contributing to the well being of our students. With the same goal. For our students to thrive and feel

that they can accomplish any academic achievement they put their minds to. As nutrition service staff we are here to create the perfect environment for them in the lunchroom, I also ask Dr. Duran what would be his perfect vision of a cafeteria experience. He said a welcoming experience with hot food and all the components of veggies, protein and grains of choice available to all students.

Having Dr. Duran come to visit was a wonderful experience for me. I truly enjoyed his help and getting to know Dr. Duran, taking the time to try to build a connection with our students, who had a wonderful time and felt so special with his visit. Trying to get to know me is so important. Building relationships with all staff. I encourage all of you who do not have this practice to do so. Every district has so many wonderful projects going on and we need to highlight all that hard work. Spread the news and be proud of our accomplishments. It might be intimi-

dating but reaching out and inviting our school superintendents, cabinet members, board members helps for more exposure for our programs, grants and new food ideas. WSNA also wants to highlight all your achievements in our Facebook page and Apple press. Let's get out there and let everyone know all that we do.



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WSNA WEBSITE: Update from Donna Parsons, Webmaster

I have been busy learning the steps involved in updating our website. Once I get the website completely updated, I will then be looking to spruce it up a bit. Here is a list of the updates so far.

- Home Page: President's Message - Content is up to date.
- Upcoming Events – I have added some upcoming events to the Calendar and will continue posting as time permits.
- About us: Content has been updated
- Industry: Content has been updated
- Job Bank: Content has been updated
- Legislation: Content has been updated
- Membership/Certificate: Content has been updated
- Resources: This page has been updated quite a bit but still needs some work
- Education/Events: This page has been recreated but has not yet been launched. Please keep an eye out for it.
- Contact Us: Content has been updated

However, I really need you to visit the website and to let me know if something is not working in the way expected. Since I have Administrative rights, I am not always sure that I see exactly what you might. Please poke around and let me know of any issues at wsnabookkeeper@comcast.net.



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Celebrating Washington's Winter Harvest

By Annette Slonim, WSDA Farm to School Lead

Happy New Year from the WSDA Farm to School Team! We hope you had a restful and rejuvenating winter break.

While the season of fresh stone fruit, tomatoes, cucumbers, and berries and other warm weather crops is behind us, the winter season is still an exciting time to feature locally grown foods on school menus. Many varieties of apples, pears, winter squash, dark leafy greens, and root vegetables, such as onions, carrots, parsnips, and potatoes, are in abundance. Many of these are storage crops, meaning they are harvested in the fall and available throughout the winter months.

The winter season is also an ideal time to feature frozen or preserved foods, such as locally grown frozen berries, dried apples and cherries, or canned or jarred products such as tomato sauce or local jams. In addition to the preserved harvest, Washington-grown beans, lentils, dairy, grains, meat, poultry, fish, eggs, and mushrooms are great options for featuring local foods during the cooler months of the year. We are lucky to live in a state with so much diverse agricultural production and variety!

In the past year, we've seen many of you integrate more of these local foods with great success. For example, Garfield and Palouse School Districts serve local lentils and garbanzo beans, introducing more diverse meal options such as turkey lentil sloppy joes and hummus. Local bakery products, such as whole-wheat rolls and pizza crusts, have appeared on school menus across the state made from Washington-grown and milled flour. At College Place Public Schools, students sampled mushrooms as a new Harvest of Month item from Chesed Farms in Walla Walla. Check out this great video from the mushroom grower to learn about their mushroom operation and the benefits of farm to school for their farm and community [link #1 below].



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So whether it's pasta, soup, made-to-order salad or anything your latest menu calls for, LTI makes all your offerings easily visible and accessible for students.



WSDA and partners have created many posters and other educational materials to help promote your farm to school efforts to students and families. Explore the materials on the Farm to School Toolkit: Promotion and Education Materials [link #2 below]. Here you will find the Washington Harvest Posters (available to download or order), editable Harvest of the Month templates, Grown Here in Washington flyers in English and Spanish, and a selection of educator handouts. Explore the resources and download the materials that fit your needs!

It is never too early to be thinking about the next season! Now is a great time to look ahead to your spring menus for opportunities to feature local foods. Check out the Washington Grown Seasonality Charts along with the WA Grown Food & Recipe Kit for inspiration [links #3, #4, and #5 below].

As always, we are here to help! Please reach out to us with questions or for one-on-one assistance at the contact information listed below.

Wishing you a bountiful 2023!

Annette & Claire

Full Links to Resources:

- Benefits of Farm to School Purchase Programs from Chesed Farms: <https://www.youtube.com/watch?v=CAXnjBdfpl4>
- WSDA Farm to School Promotion and Education Materials: <https://agr.wa.gov/departments/business-and-marketing-support/farm-to-school/promotion-and-education-materials>
- Washington Grown Seasonality Chart - Vegetables and Legumes: <https://cms.agr.wa.gov/WSDAKentico/farm-to-school//338-SeasonalityChart-VegLegumes.pdf>
- Washington Grown Seasonality Chart – Fruits and Herbs: <https://cms.agr.wa.gov/WSDAKentico/farm-to-school//339-SeasonalityChart-FruitsHerbs.pdf>
- WA Grown Food & Recipe Kit: <https://agr.wa.gov/departments/business-and-marketing-support/farm-to-school-toolkit/wa-grown-food-recipe-kit>

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WSNA DATES TO REMEMBER 2022-2023

March 1, 2023 SNA Employee of the Year Entries due to State President

March 1, 2023 SNA Manager of the Year Award Entries due to State President

March 1, 2023 SNA Director of the Year Award Entries due to State President

March 5-7, 2023 SNA Legislative Action Conference, Washington DC

March 6-10, 2023 National School Breakfast Week: Dig into School Breakfast

March 24, 2023 (TENTITIVE) WSNA Executive Committee Meeting

March 25, 2023 WSNA Board Meeting

March 16, @ 3 WSNA Conference Committee Meeting

April 14, 2023 Apple Press Deadline

April 2023 SNA Scholarship Applications Due

April 18, @ 3 WSNA Conference Committee Meeting

April 22, 2023 Spring Workshop, Virtual

April 27, 2023 SNA National Leadership Conference, Louisville, Ky

May, 2023 WSNA Scholarship Applications due to Education Committee

May 5, 2023 School Lunch Hero Day

May 17, @ 3 WSNA Conference Committee Meeting

May 31, 2023 Apple Award Nominations due to Executive Director

June 13, 2023 WSNA Conference Committee Meeting

July 9-11 2023 SNA Annual National Conference, **Denver Colorado**

July 22, 2023 (TENTITIVE) WSNA Leadership Training Meeting, Tacoma

July 23, 2023 (TENTITIVE) WSNA Leadership Training Meeting Cont./ Board Meeting, Tacoma

July 24-26, 2023 WSNA Annual State Conference, Tacoma

July 26, 2023 WSNA Board Meeting, Tacoma