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The mission of WSNA is to engage, educate and empower School Nutrition professionals to advance accessibility, quality and integrity of school nutrition programs.

WASHINGTON APPLE PRESS WAS

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Our WSNA Membership Is Growing!

WELCOME NEW MEMBERS!

Teresa Adams, Dorena Annoni, Alma Arceo de Pena, Hiroe Ball, Maria Ballard, Carrie Becket, Kelsey Blair, Alyssa Bogh, Tessa Bradford, Tamara Britton, Dulce Bueno, Sylvia Bueno, Linsa Cervantes, Kimberly Chasez, Ana Chavez-Estrella, Sarah Chun Fook, Karen Clark, Kayla Clinedinst, Mellisse Cochrane, Heather Cruz, America Cuevas, Anita Davis, Lisa DelFavero, Shayne Despain, Stephanie Endres, Theresa Evans, Donna Ferreira, Lorna Flannery, Bryce Gaines, Kristy Galloway, Ida Ghramm, Sandra Gutierrez, Delinda Hansen, Nicole Haugland, Adolphus Henley, Jennifer Hepperle, Tuyet-Hoa Hoang, Cassandra Hurley, Marquita Jennings, Audrey Johnson, Valentina Karcha, Haiyan Li, Tatiana Lindgren, Becky Lofgren, Nina Malevannaya, Carissa Mallon, LeAnne Mallos, Brit Maltos, Claudia Marin, Ashley Matatall, Lemei Matsuoka, Ruth Maxey, Wandah Messinger, Rebecca Miller, Dee Moran, Adbul Muahead, Maria Munoz, Nun Nyunt, Davis Ohl, Janet O'Leary, Irma Ortega, Adriana Ortiz, Crystal Pate, Thomas Price, Joshua Pyles, Alison Quagg, Taraann Quichocho, Martha Ramirez, Robin Ramm, Dreher Reed, Lekia Refour, Vitalina Reye, Deborah Roberts, Alexandria Rollins, Douglas Sears, Solvita Sefere, Bobette Sharpley, Margarita Silva, Rachel Southworth, Malchour Vang, Gloria Vazquez-Arde, Marisol Velazquez-Velazquez, Asako Voorhees, Carol Waddell, Myshile Lee Waltier, Tracy watts, Gabrielle Williams, Catherine Williamson, Nathan Wong, Leigh Woody, Shawnna Woolcutt, Rachel Young, Diana Young, Xiaobo Yue



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SPRING IS BLOOMING WITH POSSIBILITIES!



Springtime has got to be my favorite time of year. While anyone that knows me well will attest to the fact that I do LOVE the summer sun (*if a lake or pool is nearby*), spring, especially in the Northwest, is just a beautiful time. The birds are chirping, the flower bulbs are emerging, the trees are in full bloom, the grass is green, the bunnies are bouncing around and just about everyone you meet seems just a bit happier.



Julia Jarrell, WSNA Executive Director WashingtonSNAinfo@gmail.com

Much like those bunnies, April has been a busy month for WSNA as we welcomed a new Executive Director. Julia Jarrell, RDN, PMP, LD quickly emerged as the top candidate for the position based on her previous school nutrition experience, volunteer roles with the Texas Academy of Nutrition & Dietetics (AND) and current role as the Co-Executive Director for the Texas AND.

Originally from Hot Springs, Arkansas, Julia grew up in Houston and currently resides in Dallas. The Executive Board has been working to familiarize Julia with our state association so that she can support our members and activities. In WSNA's Executive Director role, Julia will additionally provide support for our website and association finances. WSNA members will get an opportunity to meet Julia at annual state conference. I want to thank everyone who served on the search committee for their time and support during this process.

In April we also celebrated the successful return to in-person training and networking opportunities with a District Directors and Supervisors event on April 12th and Spring Workshop on April 13th. Both events were held in the picturesque town of Leavenworth.

Following the DDS meeting, those that had the opportunity to stay over, ventured outside for a round of mini golf, smores around the fire pit, and lots of laughs. Thank you to our exceptional Industry Sponsors and especially our Industry Representative on the WSNA Board, Janel Rupp for making the <u>Par-Tee</u> possible.





Annual conference will be here soon and my time as President of WSNA will come to an end. I have enjoyed getting to meet and volunteer alongside so many of you from across our state over the last 1+years. You all truly are the HEREOS that make sure, no matter what, that children across our state have nutritious meals waiting for them each day they come to school! Thank you for all that you do!

WSNA President





2024 Legislative Recap

WSNA's Public Policy & Legislative Committee members were busy this session advocating for our students. HB 2058/SB 5964 School Meals for All were introduced in Olympia. HB 2058 was heard in House Education, and SB 5964 in Senate Early Learning/K-12 Education. WSNA had the opportunity to provide testimony to both committees. Thanks to everyone who testified, provided written testimony, or signed in PRO on the bills. Unfortunately, SHB 2058 moved out of House Education but didn't receive a public hearing in House Appropriations. SB 5964 did not move out of Senate EL/K-12. However, plans to move legislation to feed all kids are already underway for 2025 session.

On January 25, Juliana Fisher, Director, Food and Nutrition Services, Northshore SD, Wendy Weyer, Director, Nutrition Services, Bellevue SD (and WSNA President), and Mitch Denning, WSNA consultant, met with 26 legislators discussing WSNA's 2024 legislative priorities focusing on fully funding CEP and Meals for All Kids. Based on our meetings, we could say that there's strong support for both issues.

ESSB 5950, 2024-25 supplemental operating budget, added \$45 million to fully fund CEP schools. OSPI Child Nutrition educated legislators that our program is reimbursement based and estimates for meal participation is a fluctuating number.

WSNA continued that conversation during AEA Day on the Hill on Feb 6. We met with 29 Senators and Representatives or their assistants. It was powerful having a combined voice and legislative priorities of WAMOA and WSNA. Thank you to all that participated. A huge thank you goes to Mitch for organizing and making appointments for both days.



FOR MORE INFORMATION

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WASHINGTON ANNUAL STATE CONFERENCE MARK YOUR CALENDARS – JULY 29-31ST!

Even though spring has barely sprung, the volunteers on our 2024 WSNA Summer Conference committees are already busy at work planning a conference that will be educational, informative, and fun! Our theme this year is "Go for the Gold - Imagine the Possibilities!" with an Olympics twist to tie in with the Summer Games occurring in Paris during the time of our conference.

We will all be gathering this year in downtown Spokane at the Doubletree by Hilton City Center Hotel. This has been a great venue in years past and is beautifully situated right on the river and Riverfront Park. A block of rooms has been set aside at the hotel with special pricing for those attending the conference. More information is available on reserving rooms in this issue of the Apple Press and can be found on the <u>WSNA website</u>.

The group has been going over the conference surveys from last year. Yes, we really do read those things, and try to take suggestions from them! Many of you said you liked the convenience of having the conference program on the phone app. However, some of us still prefer the old-fashioned way on paper, so we will again have an option for both. The committee is working on plans for a Silent Auction...time for your creative ideas.

One of our keynote speakers will be JoAnne Robinette who is currently chair of the Board of Directors for the School Nutrition Foundation. She is also the administrator for the Facebook group "School Nutrition Professionals," with more than 8,000 members, so she truly is "one of us." Our Wednesday keynote speaker will be Joe Pettit. With more than 20 years of hands-on leadership experience, including over seven years as a school nutrition administrator, he understands leadership in its raw, practical form, as well as being familiar with the special nuances of school nutrition. Joe will inspire us with his insights and empower us to become better leaders in our own right.

We will have many educational breakout sessions on Monday, Tuesday and Wednesday with various topics. Presenters will be from OSPI, as well as our keynote speakers, and many others. There should be something for everyone.

We will once again offer the Certified Food Protection Manager (CFPM) training as a pre-con on Sunday. It is now a requirement from the Health Department that each school district has at least one person with this certification. Additionally, we will have a Farm to Flavor Tour offered as a Sunday pre-con. Registration deadline for both pre-cons is June 30th.

Of course, there is always plenty of time at conference for networking with your peers. Finding out what other schools are doing and sharing ideas is an important part of the conference experience. It is a great opportunity to make friends that are doing our same job from all across the state. Friends that you can call or email and say, "I've got a problem...What are your thoughts?"

WASHINGTON ANNUAL STATE CONFERENCE MARK YOUR CALENDARS – JULY 29-31ST!

Our wellness activities for this year will combine some physical feats, brain/social exercises, and visiting iconic sites around the downtown area. There will be prizes for those who participate!

We will have the always popular Food & Equipment Show put on by all the vendors on Tuesday. Be sure to come hungry so you can taste all the new items they have come up with for us this year. Check out the new equipment and software that can help to make our jobs more efficient. This is a HUGE event. Getting through the entire show can be an Olympic marathon in itself!

Our Night of Entertainment on Monday, July 29th will have an Olympic theme with fun games and competitions. *Come wearing costumes representing your favorite summer Olympic sport*. We can all have a lot of fun with this...Imagine the Possibilities!

Tuesday evening's Medal Ceremony will include a themed dinner, awards and passing of the torch (installation of officers). The evening will end a littearlier than in years past giving you time to explore the sites Spokane has to offer. We are looking at ways to make the conference work better AND be more enjoyable for all of you.

So get your calendars marked for July 29th through July 31st and plan to join your fellow School Nutrition professionals at this terrific event!

Submitted by: Sharon Robertson, Publicity Chair WSNA Annual Conference Committee





JoAnne Robinett

Keynote Speaker

THE POWER OF IMAGINATION

Think you're not creative? Think again!

This interactive session will explain the top reasons we sometimes lack creativity. JoAnne will provide tips and show examples for YOU to creatively solve problems while smiling, earning a CEU, and displaying your mad genius qualities!



Keynote Speaker



Join Joe Pettit in this insightful keynote as he digs into how planting three key seeds can enhance personal and organizational leadership success. With a background as a former school nutrition administrator, Joe draws upon his own challenges and triumphs as a leader to empower audiences to become stronger leaders themselves. He emphasizes the significance of self-discipline, self-care, and positive self-talk, leaving attendees with practical tools to cultivate their own leadership potential. Get ready for a thought-provoking and transformative experience with "Seeds to Success".





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Make a Reservation!

Online Click Here

Phone (509) 744-2363 and ask for the WSNA 2024 rate. The group code is **WNA**.

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Triple Occupancy: \$155 (+ tax)
Quad Occupancy: \$165 (+ tax)
Tax: 12.1% plus \$5.00 TPA per night



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Spokane

2024



WSNA Annual Conference at a Glance

Doubletree by Hilton Spokane City Center

Sunday July 28, 2024

Monday July 29, 2024

Registration Desk

Voting Open Silent Auction Drop Off

6:30 AM to 4:00 PM

Tuesday July 30, 2024

Registration Desk

Silent Auction Open

7:00 AM to 10:00 AM

Continental Breakfast

Wednesday July 31, 2024

Pre-Conference Trainings

Pre-Registration Required to Attend

Certified Food Breakfast Buffet

6:45 AM to 7:45 AM

First Timer's Session 7:15 AM to 7:45 AM

Opening Ceremony with Keynote Speaker JoAnne Robinett, MSA, SNS

8:00 AM to 10:00 AM

Education Sessions

10:15 AM to 11:15 AM 11:30 AM to 12:30 PM

Luncheon & Legislative Update 12:45 PM to 2:00 PM

Education Sessions

2:15 PM to 3:15 PM 3:30 PM to 4:30 PM 7:00 AM to 7:45 AM District Directors &

Supervisors (DDS) Meeting 8:00 AM to 8:45 AM

Education Sessions

8:00 AM to 9:00 AM 9:15 AM to 10:15 AM

Food & **Equipment Show** @ Spokane **Convention** Center

District Directors & Supervisors Only

9:00 AM to 10:15 AM **All Attendees** 10:15 AM to 1:00 PM

No entrance to the Show before stated times. Attendees must wear name badge.

Silent Auction

Closes @ 4:00 PM

Education Sessions 1:30 PM to 2:30 PM 2:45 PM to 3:45 PM

Dinner, Awards & Installation of Officers (Passing of the Torch) 5:30 PM to 7:00 PM

Registration Desk Open Silent Auction Pick Up

7:00 AM to 9:00 AM

Continental Breakfast 7:00 AM to 7:45 AM

General Session with Keynote Speaker Joe Pettit

8:00 AM to 9:30 AM

Closing Education Sessions

9:45 AM to 10:45 AM 11:00 AM to 12:00 PM

WSNA Executive Board Meeting & Orientation Shades Conference Room

12:30 PM to 3:00 PM

Save the Date 2025 **WSNA Annual** Conference

July 28-30, 2025 Doubletree by Hilton Spokane City Center

Theme: The Magic of Child Nutrition



Protection Manager (CFPM) Training Parkside I & II

7:45 AM to 7:55 AM Registration 8:00 AM to 5:00 PM **Training** 5:00 PM to 7:00 PM Exam (1 hour break for lunch NO LUNCH provided)

Field to Flavor

(Farm Tour, Recipe Testing & Tasting!) 12:45 PM to 12:55 PM Registration 1:00 PM to 5:00 PM Tour *Tour begins and ends at the hotel. Transportation

provided.

WSNA Executive Board Meeting Shades Conference Room

2:00 PM to 5:30 PM

Registration Desk Board Election Voting Open Silent Auction Drop Off

4:00 PM to 7:00 pm

Night of Entertainment

Networking Reception with No Host Bar 5:30 PM to 6:00 PM

> Let the Games Begin! 6:00 PM to 8:00 PM

Dressed in attire representing your favorite summer Olympic sport, join in on some friendly competition, enjoy food from around the globe all while having buckets of fun!

Medal Ceremony

Reception with No Host Bar 5:00 PM to 5:30 PM

2024 WSNA ANNUAL STATE CONFERENCE REGISTRATION

July 29- July 31, 2024 | Doubletree by Hilton City Center | Spokane, Washington

Early Bird Deadline: June 30, 2024

Ways to Register:

Preferred Name on Badge:				 Online (Preferred): Go to www.washingtonsna.org and click on the link for online registration.
First, Last				Mail: Send form with payment information to: Washington SNA (or WSNA) PO Box #133301
School District/ Job Title				Spring, TX 77393 Registration Payment
Mailing Address (Street)				**Purchase orders will not be accepted** Total: \$ (A+B)
City, State, Zip				☐ CHECK enclosed, payable to WSNA ☐ CREDIT CARD
Telephone	Email Ad	ldress		☐ MasterCard ☐ Visa ☐ Discover ☐ AmEx
SNA Membership No. (Required	for Mem	bership P	ricing)	Card #
Are you a District Supervisor or Di	rector?	lYes⊡No		Exp Date/ Security Code Signature (Required):
Is this your first conference? □Yes	s□No			Printed Name on Card:
Section "A" - Registration Fee Early Bird Rate • EB (postmarked		24)		Zip of Billing Address:
Regular Rate • RR (postmarked af	ter 6/30/2	024)		Liability & Indemnification Agreement
Non-Member• NM				I understand there is some risk inherent in traveling to and
Please circle at least one	EB	RR	NM	from, and because of attending the WSNA Conference in Spokane July 29-31, 2024. I hereby release WSNA and the
Conference Registration: Employee/ Manager Directors/ Supervisors/ Chef Pre-Con Registration (Deadline 6 Field-To-Flavor Tour Certified Food Protection Man	/3 0 /2 0 24 ager Clas	s/ Exam	\$350 \$450 \$60 \$90	committees, members, officers, employees, as well as other participants and other person who may take part in said conference from all liability from injury, death, and property damage that may be suffered in connection with such activities, where due to negligence or otherwise,
Section *Conference registration includes	"A" Total	-	nday	accepting such risks involved and waiving all right or any kind that might otherwise arise. I agree to indemnify
Luncheon, Monday Night of Enter			-	WSNA, its committees, members, officers, employees,
Dinner Banquet.		- 700000	,	and directors against all judgements obtained and against
Section "B"- Guest Meals:				the cost of defense of such claims including reasonable attorney's fees.
Meal	# of	guests		Signature:
Monday Night of Entertainment	\$80		= \$	
Tuesday Medal Ceremony Bango	uet \$80	X	= \$	Date:

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Contact Washington SNAInfo@gmail.com by June 30 if you require a special diet or require special services under the Americans with Disabilities Act of 1990.

Requests received after this date may not be accommodated.

Refund & Returned Check/ Denied Credit Card Policy

Section "B" Total \$

Total: \$ (A+B)

Cancellations must be in writing and received by July 10. Cancellations received by July 10 will be refunded less a \$15 administrative fee. No refund if the request is made after July 10. A \$20 fee will be assessed for returned checks.

WSNA Pre Conference Training Opportunities

Certified Food Protection Manager (CFPM)

Training & Exam

The Washington State Retail Food Code requires that at least 1 employee of the Child Nutrition Department hold a certificate as a Certified Food Protection Manager beginning March 1, 2023. CFPM certificates are valid for 5 years. If you are interested in expanding your food safety knowledge or need to become CFPM certified for your job, please join us for this pre-conference training opportunity that will be taught by certified instructors. Did you know that completion of the 8 hour CFPM training can additionally count towards meeting the 8 hour Food Safety & Sanitation requirement for Level 1 certification with SNA?

Sunday, July 28, 2024

8:00-5:00 pm Training (includes 1 hour break for lunch) 5:00 pm Exam (2 hours is the maximum time allowed)

CEUs: 8 hours Fee: \$90.00

Material: Participants are required to purchase the Serv Safe Manager Book 7th Edition, with Exam Answer Sheet and bring these materials to the training. Materials are available in multiple languages, for \$72.99 on the ServSafe website. The in-person training will be offered in English. Review of these materials prior to the training is highly recommended for exam success. Photo ID must be presented at registration.

Registration Deadline: June 30, 2024







WSNA Pre Conference Training Opportunities

Field to Flavor Tour

Join us for a farm-to-school and local foods in school pre-conference event. We will start with a farm tour at <u>CasaCano Farms</u>. CasaCano Farms is a vegetable and livestock farm in Valleyford, WA, 12 miles south of Downtown Spokane. They have been very active in selling to school districts for two years. Attendees will learn about how they have worked with schools and how this has impacted their business. Next, we will head to the Freeman School District kitchen to test some of the most popular farm to school dishes in the Eastern WA region. Learn tips and tricks for cooking these items, as well as how to enhance flavor and add choices with toppings bars.

Sunday, July 28, 2024

1:00-5:00pm CEUs: 4 hours

Fee: \$60.00 (Includes round trip transportation from

the conference hotel)

Registration Deadline: June 30, 2024





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-Jennifer McNeil, Co-Founder of LunchAssist



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Be the Reason Someone Smiles Today

by: Karen Brown, WSNA President Elect

We have all been to a restaurant or store where the person who works there seems not to care if you are there or not. This is exactly the opposite of how we want our customers to feel when they come in for breakfast and lunch. Nothing shows you care like feeding kids.

Whether we notice it or not, we have an impact on the kids we serve every day. We want to have positive interactions with them because often their lives can be changed by a kind word or gesture. In spite of how they sometimes act, the kids count on us to be their stability. They look forward to meals not only to see their friends, but to see us. As the Nutrition staff, we are in a unique position to connect with the kids because we are not responsible for discipline.





I know it can be challenging when the kids are wound up and seemingly out of control, but seeing your face can change that. Food is the perfect way to build a bridge with all kids. And getting to know the kids you serve can have an amazing impact not only on them, but you as well. An easy place to start is using your cashiering system, if allowed, to see when their birthday is. The look on the child's face when you wish them a happy birthday will make your day.

Challenge yourself to say good morning, have a nice day or thank you to every student you see each day. At first, they may not respond, but eventually they might surprise you. At some point, they may actually say it before you do. Kindness is a two-way street.

Seeking Nominations for WSNA Apple Awards

Nominations Due: June 15, 2024

Please read over the awards and criteria listed below and nominate someone you believe is, a good candidate for the award using the application form. We need to hear from you about outstanding candidates for these awards.

The first two awards are designed for WSNA members working in a school district. The third is for an industry member. The winners of the Golden Apple, Apple Blossom, and Industry Award will receive special recognition in front of their peers at the WSNA Annual State Conference. They will receive an award in recognition of their achievement.

Golden Apple Award

Who is eligible? A certified WSNA member employed in a school district's meal program (all categories of employees except Directors.)
What are the criteria? The candidate demonstrates outstanding leadership and professionalism. A Golden Apples award candidate is a role model and is an inspiration to others in the school food service program, local chapter, or the state association.

Apple Blossom Award

Who is eligible? A WSNA member who has been employed for 5 years or less in a school district's meal program (all categories of employees except Directors.)

What are the criteria? The candidate demonstrates leadership, enthusiasm, and dedication to the school meals program. An Apple Blossom Award candidate is someone who has made a marked difference in the short time they have been involved in the school meal program, local chapter, or the state association and is a source of inspiration to others.

Industry Award

Who is eligible? Any person working in industry who impacts school meals programs.

What are the criteria? The candidate demonstrates outstanding leadership qualities and supports child nutrition programs above and beyond the normal duties of their position.

WSNA Award Nomination Form

Nominations Due: June 15, 2024

I nominate	for the award marked below.
(Check only one using the	criteria outlined to determine your choice.)
☐ Golden Apple Award	$I \ \square$ Apple Blossom Award (5 years or less)
	☐ Industry Award
Candidate's Information	1
School District:	
Job Title:	
Address:	
City/State/ Zip:	
Daytime Phone:	
Email:	
Please describe in the sp	pace below how your nominee
demonstrated leadershi	p, enthusiasm, and dedication to the
school meals program. H	How have they been an inspiration or role
model to others in the w	ork environment, local chapter, or state
association? Describe ye	our nominee's single greatest
achievement (please be	specific). If applicable, list any
community activities or	awards they may have received related to
Child Nutrition. (Attach	additional sheet if necessary).
Your Name/ School Dist	rict/ Title:
How do we contact you	if we have any questions?
Send completed applica	ation to: WashingtonSNAInfo@gmail.com
1	5
For WSNA use only: WSNA	A/SNA Membership Number
Nominee is certified	_YesNo

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DIRECTOR'S DESK

By: Leanne Eko, Chief Nutrition Officer
OSPI Child Nutrition Services
Happy Spring 2024!

Recently, a very savvy Nutrition Services Director said to me, "it's an exciting time to be in Child Nutrition." I couldn't agree more! Here is what I'm especially excited about:

Local Foods for Schools

I could not be happier and prouder of this project. Proud of the Office of Superintendent of Public Instruction (OSPI) Child Nutrition Services team that was so creative and worked hard to get this program off the ground and contracts in place. Proud of all of you, for your enthusiasm and willingness to develop and try new recipes utilizing these foods. And so incredibly happy to see all the wonderful pictures of delicious and nutritious meals featuring local foods being served across the state! We are working with the OSPI Communications team to showcase this project, including a press release, and videos. We are also planning opportunities to share this project and your great meals to: United States Department of Agriculture (USDA), state legislative representatives, and other stakeholders. We plan to continue to make these foods available for you to purchase into next school year and are seeking funding opportunities to reduce or eliminate the cost.





Summer Nutrition Programs

Child Nutrition Professionals know the importance of school meals. We also know that despite our efforts, many children that rely on school meals go hungry during the summer months. That is why I'm very excited about the changes to the USDA Summer Nutrition Programs to include non-congregate summer meals in rural areas (and an expansion of the 'rural' designation) and implementation of the new Summer EBT program! These programs are an unprecedented opportunity to dramatically reduce childhood hunger during the summer months. Thank you for your efforts to quickly implement these programs!

And finally, I'm excited for this summer's Washington School Nutrition Association (WSNA) Annual Conference - I look forward to seeing you there!

Membership Information

National Dues				
Member Categories	Individual Membership	School District/ State Agency Membership		
SN Employee	\$40	\$40		
Student	\$40	N/A		
Retired	\$40	N/A		
SN Manager	\$42	\$42		
District Director/Supv/Spec	\$143	\$143		
Major City Director/Supv/Spec	\$143	\$143		
State Agency Director and Staff	\$143	\$143		
Nutrition Educator	\$143	\$143		
Other	\$143	\$143		
Affiliate Employee	\$20	N/A		
Affiliate Retired	\$20	N/A		



\$15.00 SNE/SNM/RET/STU/AFE/AFR

\$50.00 DDS/MCD/SDS/EDU/OTH



I hope you enjoy the benefits of membership as much as I do – conferences, workshops, industry events and having like-minded connections across the state and nation. To watch videos and learn more click <u>here.</u>

See you at the WSNA Annual Conference in Spokane, WA. – July 29-31, 2024. Submitted by Melissa Erwin (melissa.erwin@kent.k12.wa.us) - Membership Chair



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Ruth Ann Bennett Annual WSNA Summer Conference Scholarship

Nominations Due: June 15, 2024

Ruth Ann Bennett was a dedicated WSNA member and leader from 1978-1997. She wanted every Child Nutrition Program in the state to be successful. She was committed to ensuring that WSNA members were offered valuable continuing education opportunities through workshops and conferences. This scholarship was set up in her name in 1997 when she retired. The purpose is to provide members with financial assistance to attend WSNA sponsored education sessions. Unfortunately, Ruth Ann passed away in 2020. Her impact, however, continues through this continuing education scholarship opportunity.

Scholarship for Expenses to attend WSNA Annual Summer Conference. This can be used for pre-conference and/ or conference registration fees and up to 2 nights of lodging for 1 person in a conference hotel. Additional expenses like parking may be covered with approval. **Two Scholarships for up to \$400**.

NOTE: Only 1/2 of the room cost can be covered by adhering to the WSNA Policy that board members share a room when traveling.

Requirements of Applicants:

- 1. Be a current, active member of SNA/WSNA.
- 2. Deadline for submission is June 15th.
- 3. The scholarships will be awarded within 30 days of conference. The recipients will work with the WSNA Executive Director to coordinate pre-payment of conference registration and hotel fees.
- 4. Member can receive this scholarship only once.
- 5. Scholarships will be awarded based on the applicant's response to the question:
 - "Why do you want to attend summer conference and how would the Ruth Ann Bennet scholarship help?" (Be specific: What excites you about attending conference? How would the scholarship help you?)
- 6. The education committee is responsible for the selection of scholarship recipients. A scoring system will be used based on:
 - $\circ \quad \text{Content, completeness, professionalism, spelling, and punctuation.} \\$
- 7.A committee of at least 3 WSNA members will score scholarship applications; the highest average score will receive the scholarship. In the event of a tie the committee will award by random drawing. An alternate will be selected if one of the scholarship recipients is not able to attend the summer conference.
- 8. The grant recipient will be recognized at the annual summer conference.

Complete the following short application and email to <u>WashingtonSNAInfo@gmail.com</u>

Questions can be emailed to the WSNA Executive Director at

<u>WashingtonSNAInfo@gmail.com</u>

Ruth Ann Bennett Annual WSNA Summer Conference Scholarship

Nominations Due: June 15, 2024

Questions can be emailed to the WSNA Executive Director at WashingtonSNAInfo@gmail.com

Name:
Address (Street, City, State, Zip Code):
Best Telephone Contact Number: (MobileLand Line)
SNA/WSNA Membership#:
Email Address: How many years have you been a WSNA member?
School District Employed by/ Employer:
In 3 sentences or less; Why do you want to attend the summer conference and how would the Ruth Ann Bennett Scholarship help?
(Please check) I agree to register and attend the WSNA annual summer conference (Please check) I certify that I will not be reimbursed by my employer, chapter or other source for fees associated with attending the annual summer conference.

On behalf of the WSNA Board, thank you for applying!

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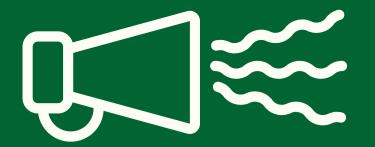
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(360) 624-7097 JanelR@prnw.com

Janel Rupp school segment specialist



Exciting News: The Silent Auction Returns!

At WSNA, we're passionate about promoting nutritious meals for children and empowering school nutrition service professionals across our state through continuous education. And guess what? One of the coolest ways we fund this mission is through our annual Silent Auction at the State Conference! Your contribution can make a huge difference in supporting our education initiatives. Plus, it's a blast! Want to join in the fun? Donate an item and be a part of our journey towards better nutrition and professional growth for all school food service employees. Simply drop off your donation at the registration booth on Sunday or Monday of the conference. Have any questions? Reach out to Denice Kwate at dkwate@cvsd.org.

Let's make this year's Silent Auction the best one yet!

Although WSNA (Federal ID #23-7404031) is a not-for-profit organization, donations to the WSNA Silent Auction are not tax deductible as gifts to a non-profit organization.



Plant-Power:

How and Why Schools Are Adding More Plant-Based Options to Menus

By Kristie Middleton and Lauren Pitts, RD

The rise of plant-based foods is not only a trend but a movement towards healthier, more sustainable eating habits for both children and adults. Packed with essential nutrients crucial for growth and development, plant-based foods offer a plethora of benefits. From vitamins and minerals to antioxidants, they contribute to bolstering immunity, warding off chronic diseases, and fostering overall well-being among people of all age groups, including youngsters.

Moreover, opting for plant-based fare means choosing options that are inherently lower in saturated fat and cholesterol compared to animal-based counterparts. This dietary shift can significantly lower the risk of heart disease, a prevalent concern nationwide. By introducing more plant-based choices, Washington schools aim to support children in adopting balanced diets that prioritize heart health. This is one reason The Washington State Legislature provided \$150,000 to support grants for schools to implement more plant-based meal options in the 2022–2023 school year.



Beyond individual health, the adoption of plant-based foods in school menus aligns with environmental conservation. Plantcentric diets have a smaller carbon footprint, making them a sustainable choice for mitigating environmental impact. By integrating plant-based options, schools in Washington and beyond are cultivating eco-friendly practices and instilling a sense of environmental stewardship in students.

As parental awareness regarding the benefits of plant-based diets grows. schools are responding by diversifying their lunch and breakfast offerings. Taking cues from initiatives like the Plant-based Wednesday program in Santa Ana Unified School District in California, which features enticing options such as bean burritos and plant-based chicken sandwiches, Washington schools are stepping up to meet the demand for healthier, eco-conscious meals.

In a notable shift towards plantbased fare, Bellingham Public Schools replaced its chicken nuggets environmental impact, and enhance with Rebellyous plant-based Kickin' Nuggets. This change reflects a broader trend towards embracing plant-based alternatives due to their popularity and nutritional benefits.



High School sample Rebellyous Kickin N Photo: Pasado's Safe Haven

Some districts are even curating special menus for occasions like Earth Day or National Nutrition Month to spotlight the environmental and health advantages of plant-based foods. From a dozen schools in New York State to Bellevue School District here in Washington, these menus showcase plant-based options that marry health and sustainability with student favorites.

Moreover, the introduction of plantbased options has proven to be a hit among students, driving up participation rates in school meal programs. A recent tasting at Juanita High School (Lake Washington School District) of plant-based chicken resulted in 62 out of 66 students surveyed saying they would order the products at lunch with students commenting they, "couldn't even tell it's plantbased."

By championing plant-based diets in schools, Washington aims to foster healthy eating habits, minimize student engagement with meal programs. It's a win-win scenario that prioritizes the well-being of both individuals and the planet for generations to come.

Kristie Middleton is the Vice President of Business Development for Rebellyous Foods and author of MeatLess: Transform the Way You Eat and Live–One Meal at a Time. Lauren Pitts, MA, RD, is a registered dietitian with a Masters in dietetics and the co-author of The 30-Day Vegan Meal Plan for Beginners.



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- Kickin' Tenders Plant-Based #KTFC21
- Kickin' Patties Plant- Based #KPFC21



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- Mango Pineapple Yogurt Smoothie

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- Donut Buttermilk Bar #WG1111
- Chocolate Chip Muffin #WG825
- Blueberry Muffin #WG829
- Cherry Muffin #WG841



- 16" Cheese Pizza WG #BSTR1608CW
- 16" Pepperoni Pizza #BSTR1608PW
- IW Cheese Wedge Pizza #BSTR100C



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- Mandarin Orange Chicken JR #15555-5
- BBQ Teriyaki Chicken Gluten Free #15559-3
- Spicy Sichuan Chicken #15556-2
- Lemongrass Chicken #15553-1
- Edamame Kung Pao Chicken #15557-9
- Chow Mein with Sauce #00301-6
- Chow Mein without Sauce #00302-3
- Vegetable Fried Rice 15582-1

For more information, please contact:

- Susan Ulrich *
 - 425-638-2804
- susan.superiorfoods@gmail.com
- Lauren Rivera *
 - 253-209-2131
- lauren.superiorfoods@gmail.com









THE ART, BENEFITS AND FUN SIDE OF NETWORKING



by: Janel Rupp

Networking: noun 1. the action or process of interacting with others to exchange information and develop professional or social contacts: "the skills of networking, bargaining, and negotiation".

Often, the word "networking" can cause adverse reactions. While there are so many benefits to networking – just the word can be intimidating. So, let's look at alternate words that mean the same thing, but maybe come across as less daunting: collaborating, engaging, communicating, connecting, mingling, socializing and so many more.

How do we help establish the important role networking can make in your professional and even personal life, while taking away the negative? For example, equating networking to aggressive salespeople just wanting to get your information so they can sell you something, or the sudden onset of anxiety related to the fear of putting yourself in front of peers or knowing you have the information you need and would rather spend your time in other ways.

While these are valid feelings, I would like to focus on the positive aspects of networking – connecting with your peers, building relationships with those that have knowledge that can make your work life easier, face-to-face interactions and simply having fun.

To put this idea to the test, WSNA Industry Partners recently hosted The Par-Tee Networking event during the DDS meeting in Leavenworth. The Par-Tee consisted of friendly competition amongst peers and industry friends during a 9-hole Putt Putt Tournament where 45 golfers (WSNA Members and Industry Friends) were randomly assigned to teams and took to the putt putt course. During the course of the "competition", smiles were seen, laughter was heard, stories were shared, and relationships were being built. After clubs were put away, everyone commenced for awards, prizes, food, fun, laughter (and networking). During this fun time, attendees were able to connect and share ideas and information. They say pictures speak louder than words – so please enjoy photos from the Par-Tee!

My takeaway, the next time you attend a conference, are invited to a cocktail reception, a welcome reception, a get together, etc. – I recommend that you take this opportunity and go –you may be surprised at how much you learn and gain in a short period of time.

See you at the next event!

























SUMMER FOOD SERVICE PROGRAM IS RIGHT AROUND THE CORNER!

The Summer Food Service Program (SFSP) is a great way to help children in your community receive nutritious meals when school is not in session. The SFSP provides reimbursement for meals served to children aged 18 and younger, in lower income areas, at no cost. Good nutrition is essential for effective learning every day, all year long. Just as learning does not end when school lets out, neither does the need for good nutrition!

In December 2023, Congress established a permanent noncongregate meal service for rural areas with no congregate meal service option. This allows sponsors to expand program participation in high-need, rural areas and provide nourishing meals to more children in their communities.

If you are interested in learning more about the SFSP or how you can participate, visit the OSPI <u>Summer Food Service</u> <u>Program webpage</u>. You can also reach out to the Summer Meals team by phone, 360-725-6200 or email: <u>summermeals@k12.wa.us</u>.

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WSNA Elections

Voting will take place at the State Conference. If you cannot be present, you can request an absentee ballot.

Requests must be postmarked by June 30th.

Be sure to include a self-addressed stamped envelope.

Absentee Ballot Request

Signature

I request that an absentee ballot be sent to me for the Election of State Officers, on Monday, July 29th at the Annual Conference in Spokane, Washington.

Date
Please print the following information:
Name
Name Member #
Phone
Address
City/State/Zip

Mail Requests to:
Julia Jarrell
WSNA
10800 Gosling Rd.
PO Box 133301
Spring, TX 77393

Must include a self-addressed stamped envelope, and requests must be made by the individual member.

Candidates for WSNA Board Positions

Juliana Fisher



Position: Vice President

Job title: Food & Nutrition Services Director

District: Northshore School District

How many years working in child nutrition: 11 years

How many years a member of WSNA: 11 years

My journey in Child Nutrition began as a Dietetic Intern, where I was immediately captivated by the challenges and opportunities presented by the new HHFKA guidelines. I was hired by Sodexo K12 Schools as a Registered Dietitian in 2012 and later a Regional Nutrition Manager. In that role I supported over 30 school districts across WA, OR, MT, and UT in menu planning and database management, training, Administrative Review preparations, and onsite support.

When the Food & Nutrition Services Director in my home district retired, I knew it was time for a change. The opportunity to work in my own children's district and make a difference in our community called to me. Over the last six years with the Northshore School District, I've had the privilege of contributing to Child Nutrition at multiple levels, from speaking at state and national conferences to advocating for legislative action and leading the WASBO Child Nutrition Networking Group. My tenure in Northshore has been filled with growth and learning, demonstrating the vast potential for innovation and improvement within Child Nutrition.

As a candidate for WSNA Vice President, I am eager to leverage my experiences and insights to enhance WSNA's role as a key resource for Child Nutrition Programs in our state. My commitment to equity in access and innovative leadership positions me to help WSNA navigate the evolving challenges and opportunities in Child Nutrition, with the aim of creating a more inclusive and adaptable future for this vital field.



Melissa Miller

Position: Secretary

Job title: Director of Child Nutrition District: Oak Harbor School District

How many years working in child nutrition: 19

Sodexo General Manager for 19 years

Bachelor Degree in Nutrition Sciences, MBA in Project Management

I have worked in school nutrition for the last 6 years in Oak Harbor and Yakima School District. I am also a member on the SFSP Advisory Committee in the state of Washington for the last two years.

Candidates for WSNA Board Positions



Mackenna Long

Position: Region Lead - 2

Job title: Director

District: North Mason School District

How many years working in child nutrition: 5 How many years a member of WSNA: 1

I have worked in food service since 1986 and have a baking degree. I have watched the changes over the decades between food safety and nutritional guidelines. It is a passion of mine to create menus which are culturally inclusive while offering varieties of fruits and vegetables which they may not have been exposed to. I would love to help teach others the importance of working within the current guidelines but to use their creativity with menus and presentations to increase student engagement and sales.



Sheila Myrvang

Position: Region Lead - 4

Job title: Director of Nutrition Services
District: Newport School District

How many years working in child nutrition: 19 years

How many years a member of WSNA: 9 years

I started in School Food Service as a dishwasher 19 years ago. I wanted a job that had the same schedule as my children; I was not looking for a career, just to have a job that worked for my family. Several months later, the director that hired me said she knew right away that I would be a Food Service Director someday; little did I know she was right. Over the next 5 years, I learned all about school food service and all the positions in the kitchen, I worked at three different sites during this time. Then an opening became available at a nearby small school district needing a Food Service Director and I was encourage to apply. It was a big and scary step but one of the best things I had ever done for myself. I was a Director for four years in Idaho than moved to Newport School District 9 years ago; I really have loved the last 14 years as a FS director I am very fortunate to be in a School District that supports our program and work with some amazing people.

When I became a SNA member in 2005, I did not realize how much the program had to offer. During the past 19 years, SNA has provided me with many opportunities; it has offered educational classes to finding other sources of trainings. I have been to conferences and a learned so much from a community of likeminded people throughout the country. As part of WSNA I would like to help others understand what WSNA has to offer, continue to help build a strong community here in Washington as we all work and grow to meet the need of our students throughout the state. Remembering this is not just a job but a career and WSNA can help you grow with whatever goals you want for yourself.





Where to Begin?

By Alexandra Epstein-Solfield WSNA Vice President

It is an exciting time to be in school nutrition. Districts across the country are introducing creative initiatives to elevate the quality of their meal programs, connect with students, and market their successes. Additionally, new funding sources and organizations aimed at supporting change in school meals are stepping forward to provide assistance. After attending WSNAs Spring Workshop in April I felt inspired by the incredible things happening right here in Washington. But learning about all these new opportunities and what others are doing can also make me feel overwhelmed and like I am not doing enough. So where do you or I start if we want to make changes to your program?

Begin with what you can influence:

Focus on a single change. Pick one goal or area where you would like to improve, whether it's incorporating a scratchmade side dish into your monthly or weekly menu, introducing a local fruit or vegetable on your salad bar, or starting an Instagram account for your department.

Gather data and evaluate your current program. Calculate your MPLH or conduct time and motion studies to determine which sites could potentially take on more tasks to achieve your goals.



Build Allies and Partnerships:

Connect with your school administration. Share your enthusiasm for improvement and outline some initial ideas. Their support is crucial for long-term success.

Bring staff into the conversation. Let your team know what your goals are during in-person meetings and through other forms of communication such as emails or newsletters.

Consider partnering with local organizations. See if there are local farms or gardens interested in collaborating. They may be able to provide fresh produce at reasonable prices and potentially offer educational opportunities for students.

Remember, change takes time. Start small, celebrate wins (no matter how minor they seem), and keep the momentum going.



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Do you have great ideas about how to make your work easier or more fun?!

Do you have fun decorating ideas that you love to put in your kitchen?

If are interested in being a speaker for a break out session, email me at kbrown@fpschools.org. We can talk about your topic and what you plan to speak on. Nutrition staff are the most creative and supportive people I know.

Share Your Knowledge with others!



MINUTES WSNA BOARD OF DIRECTORS MTG FEBRUARY 15, 2024 VIA ZOOM

The meeting was called to order by President Wendy Weyer at 3:06 p.m. A quorum was present.

A motion was made to approve the minutes of the WSNA Board Meeting on 12-3-13 and was accepted.

A MOTION WAS MADE TO APPROVE THE AGENDA FOR 2/15/24

DISCUSSION ITEMS:

Apple Press, Spring Edition Accountability Forms

ACTION ITEMS

A MOTION WAS MADE TO APPROVE THE 2023-2024 BUDGET. Motion passed A MOTION WAS MADE TO ACCEPT THE EXECUTIVE DIRECTOR CANDIDATE. Motion passed

REPORTS

Reports were given by Wendy Weyer, President Day on the Hill--Kim Elkins and Leeda Beha, PPL Chairs

DDS and Spring Workshop--Karen Brown, President Elect and Alexandra Epstein-Solfield Vice President

2024 Conference--Kim Elkins, Conference Co-Chair and Karen Brown, President Elect Membership/Marketing Chair—Melissa Erwin

OTHER BUSINESS

None

There being no other business, at 5:08 p.m. the meeting was moved to adjourn. Motion passed.

Respectfully submitted,

Karen Brown, President-Elect (standing in for Secretary Treasurer)



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WASHINGTON SCHOOL NUTRITION ASSOCIATION 2023-2024 EXECUTIVE BOARD MEMBERS (Revised 4.17.24)

OFFICER	NAME & ADDRESS	PHONE & E-MAIL
POSITION		
President	Wendy Weyer	E-Mail: weyerw@bsd405.org
Finance Committee	Bellevue School District	425-456-4578
Executive Team		
Executive Board		
President Elect	Karen Brown	E-Mail: kbrown@fpschools.org
Finance Committee	Franklin Pierce School District	253-677-3931
Executive Team		
Executive Board		
Vice President	Alexandra Epstein-Solfield	E-Mail: alexandra.epsteinsolfield@esd401.org
Finance Committee	Ellensburg School District	206-697-2442
Executive Team		
Executive Board	m Pill (f	DACTA CALCULATE
Secretary/Treasurer	Teresa Fields (Appointed 1 year)	E-Mail: teresa.fields@kent.k12.wa.us
Finance Committee	Kent School District	206-898-8759
Executive Team		
Executive Board		
Leadership Co-Chairs	Kristina Marsh (West)	E-Mail: kristina.marsh@highlineschools.org
Finance Committee	Highline Public Schools	206-631-3224
Executive Board		
	Denise Kwante (East)	E-Mail: dkwate@cvsd.org
	Central Valley School District	509-315-7503
Member at Large	Lisa Johnson (Appointed 1 year)	E-Mail: lisa.johnson@highlineschools.org
Finance Committee	Highline School District	253-279-6681
Executive Board		
Executive Director	Julia Jarrell	E-Mail: WashingtonSNAinfo@gmail.com
(Non-Voting)	WSNA	682-334-4135
Finance Committee	10800 Gosling Rd.	
Executive Board	PO Box 133301	
Apple Press Editor	Spring, TX 77393	
Northwest Region	Erika Santana	E-Mail: erika.santana@highlineschools.org
1 Lead	Highline Public Schools	L-Ivian. Cirka.samana@mgmmcschoois.org
11/000	Inglinic I done belloois	
Western Region	Nichol Haw	E-Mail: nhaw@upsd83.org
2 Lead	University Place School District	586-255-0519
Southeast Region	Stephine Burkett	E-Mail: burkett.stephine@evsd90.org
3 Lead	East Valley (Yakima) School District	509-823-7694
	, , , , , ,	
Eastern Region	Kara Carlson (Appointed 1 year)	E-Mail: kara.carlson@wvsd.org
4 Lead	West Valley (Spokane) School	509-232-6092
	District	

OFFICER POSITION	NAME & ADDRESS	PHONE & E-MAIL
Public Policy &	Leeda Beha (federal legislation)	E-Mail: lbeha@bethelsd.org
Legislative Co-Chairs	Bethel School District	253-800-3911
	Kim Elkins (state legislation)	Email: Kim.Elkins@mead354.org
	Mead School District	509-951-7462
Membership/	Melissa Erwin	Email: melissa.erwin@kent.k12.wa.us
Certification Chair	Kent School District	206-293-2419
Education Chair	Melissa Miller	E-Mail: mmiller@ohsd.net
	Oak Harbor School District	541-233-9064
Marketing Chair	Patricia Barret	E-Mail: barret@skschools.org
	South Kitsap School District	360-528-1856 text
		360-443-3667 office*
		*preferred # during workday
Industry Chair	Janel Rupp	E-Mail: Janelr@prnw.com
	Performance Reps NW	360-624-7097
NON-VOTING BOARD	POSITIONS:	
Parliamentarian	Kameron Lott	E-Mail: klott@bethelsd.org
	Bethel School District	253-228-0631
State Liaison	Liz Beechler	E-Mail: elizabeth.beechler@k12.wa.us
Zini Zinion	Director of School Meal Programs Child Nutrition Services, OSPI	360-522-2103



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