



Washington Apple Press

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In this issue . . .



WSNA President Jan Campbell-Aikens
jcampbellaikens@auburn.wednet.edu

January is an especially good time for both looking back and looking forward. As I look back over the past year, I see days, weeks and months filled with new ideas, new experiences, new ways of thinking, and new habits. I think that it is safe to say that 2020 has been a year like no other in our lifetime!

We have served our communities in unprecedented ways. Each one of you has stepped up to meet the needs in your community, and in doing so we have discovered new ways to serve meals; created stronger alliances with other departments in our organizations; developed new relationships with parents of our students; and learned to smile with our eyes!

WSNA is here to support you! Look for more on-line opportunities to learn and network. Planning for the Spring Workshop and our Annual Conference is in progress. We hope the pandemic will be controlled and that we will be able to gather together in our schools and communities, but until then, we will work to connect virtually. Please be sure WSNA has your preferred email address so you receive timely information about opportunities to learn, network, and connect. If you have a little extra time and would like to be involved, please contact me or another WSNA Board Member. We need *you*!

Looking forward into the New Year fills me with hope! Hope for health, for peace, for understanding, for progress, for equity and inclusion, and for kindness.

The following quote by Rainer Maria Rilke is one of my favorites. For me, it evokes positive expectancy, gratitude, and resilience. It inspires me to embrace the journey of life.

*And now let us welcome the New
Year Full of things that have never been.--
Rainer Maria Rilke*

May every day of the New Year inspire each of us to live bravely and brilliantly!

With gratitude,
Jan

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SNA Award Nominations Due March 1, 2021

SNA celebrates members who work every day to ensure well-nourished students across the country are prepared for success. Nominate an employee, manager, and/or director you know to be recognized for all of their great contributions! Awards are given in the following areas:

- *Employee of the Year*
- *Manager of the Year, in honor of Louise Sublette*
- *Director of the Year*

Take this opportunity to nominate someone with whom you work to win one of these awards. Go to the SNA website at <https://schoolnutrition.org/Membership/Awards/MemberAwards/> to learn more about each of these awards.

You may email President Jan Campbell-Aikens ([jcampaellaikens@auburn.wednet.edu](mailto:jcampbellaikens@auburn.wednet.edu)) when you are ready to submit it **or** complete and submit an online application.

Remember, though, no applications will be accepted after March 1.

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ADVERTISING AND EDITORIAL OFFICES

Editor: Karen Brown, kbrown@fpschools.org
26009 114th St Ct E, Buckley, WA 98321

Membership/Mailing: Heather Godfrey
hgodfrey@bethelsd.org
1723 181st St E, Parkland, WA 98387

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KEEP YOUR INFO UP-TO-DATE

Our WSNA website is attached to information SNA sends us monthly regarding your membership. For you to use the WSNA website, and to get emails from us about opportunities or events, your information we receive from SNA must be correct. Unfortunately, many members are not updating information when renewing membership or when something in your life changes – last name, email address, school district, position, telephone numbers. This makes it very difficult for us to stay in touch with you.

To update your information, or to make sure your information is correct, do this:

- Go to www.schoolnutrition.org (our national association)
- On the top right of the page, click on "login to my account". If you have not done this in the past, you may need to set up your password.
- Once you're logged in, the page will say "Welcome [Your name]" and the page is a light green
- Look down to the middle of the page where you will see "Member Record" in blue.
- Click on Member Record and here you will be able to update your member information. If prompted to save it, do so, and you are finished.

Every month SNA sends us updated information, so when you update your information with them, we will receive it the following month and your info will be updated here in Washington.

We so appreciate your help with this. This will cause you to not receive information from us. If you need help, please contact:

Marianne Culligan: Waschoolnutrition@gmail.com 206-714-5832

Thank you so much.



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#80650 - I.W. 5" CHEESE
MMA: 2, GRAINS: 2



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MMA: 1, GRAINS: 1



#90502 - I.W. NO PORK, RED SAUCE BREAKFAST PIZZA
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NOW AVAILABLE!

2021 Legislative Events Donna Parsons, PPL Chair

Each year, WSNA participates in two events to bring attention to the issues we feel are important and to help legislators understand how our child nutrition programs work. We refer to each of these events as a "Day on the Hill". Due to Covid-19, both these events will be held virtually.

WSNA Day on the Hill, Wednesday, January 27, 2021

This WSNA event features a small group, including Mitch Denning, WSNA Liaison, Donna Parsons, WSNA Legislative Committee Chair, and two to three others. We schedule 15 minute appointments with 20 - 30 Legislators regarding WSNA's legislative priorities and we provide informational handouts, documentation and statistics.

Alliance of Educational Associations (AEA) Day on the Hill

Although this event is normally just one day, it has been extended to a week since it is virtual. It will begin on Monday, February 15, 2021. Selected AEA Board members will kick off the week with a meeting at 9:00 am with Legislators from the four caucuses. Members from both associations can then make appointments with their legislators anytime from February 15 at 10:00 a.m. through Friday, Feb. 19. If you'd like help in making appointments, please contact Donna Parsons at drparsons33@comcast.net.



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Mandarin Orange Chicken Rice Bowl
Item # 8-52724-16668-1
Pack Size: 36-9.0 oz. bowls



White Rice
Item # 8-52724-00304-7
Pack Size: 4 / 5 lb. bags



Vegetable Fried Rice
Item # 8-52724-15582-1
Pack Size: 1 / 28 lb. bag

For more information, please contact:

Susan Ulrich * susan.superiorfoods@gmail.com * 425-638-2804
Shanna Green * shannasgreen@gmail.com * 661-889-6445

Fall Workshop

by *Mindy Cass, WSNA President-Elect*

Happy New Year, everyone.

On Saturday, November 14, we had our first virtual Fall Workshop. I was excited that it went off without too many glitches. We had Craig Zablocki join us from Colorado. It was great to hear from him. His presentation was a cross between motivational speaker and comedian. He touched on how to stay positive and in the moment. One thing he said, that I wrote down and put on my bulletin board, is: **I choose to be happy**. I also can choose to be negative but, (I don't know about you), I **want** to choose to be happy. He also pointed out that we need to focus on others. Have you ever noticed how often you are thinking about all the things you have to do: work, home, mom duties, wife duties, and all of the day-to-day things we have going on in our lives? We end up always focusing on ourselves. We get caught up in our own disappointments or our own "What about me?" This can cause even more stress and depression. We need to try to focus more on others. What can I do for my co-worker, my husband, wife, child, neighbor? Focusing on others leaves no room for you to focus on yourself and therefore can help you stay a happy, positive person.

We were also joined by the Washington Red Raspberry Commission that sponsored three great chefs from around the nation to share recipes made with the raspberries. Chef Garrett, Chef Sam and Chef Rebecca all shared really yummy looking recipes--everything from making scones to using them with black beans. I am so excited to try these recipes because using raspberries in a savory recipe really piqued my interest; and using them in scones--well that's just plain yum! You can find all the recipes they shared, plus a whole lot more on redrazz.org/k-12.

In closing, I just want to thank everyone who joined us for our first virtual workshop! I hope you came away with some new insights. For those who were unable to join us, hopefully we will see you at Spring Workshop. Thank you also for being you, and for being the best you that you can be during these hard times. I am a kitchen lady, like most of you, and we have always worked hard. With that being said, we are working even harder now. I didn't think it was possible but here we are: all the meal kits we make; standing outside and delivering them in all kinds of weather; and missing seeing all of our kids daily. We know that the supervisors have their own work, and our vendors have theirs too. Everyone is working harder than they ever have, but you know what? I still have my job, my health, and a whole lot of things to be thankful for. I am going to choose to be happy and shine on for our kids and their families, and I hope you can also. Remember even behind your mask, our kids and parents can see the smile in your eyes, and they can hear it in your voice.

Sending a big HUG to all of you...

GREAT THINGS ARE HAPPENING IN YOUR DISTRICT!

SHOUT IT FROM THE ROOFTOPS!!!

We'd love to hear from you with stories of what is happening in your district.
How about a great photo of staff to go with the story?

Let's share all the good things everyone is doing. Remember that if you send in pictures with kids, you need ensure the parents sign a photo release.

To submit an article and/or photo for the newsletter, email them to Marianne at waschoolnutrition@gmail.com. Be sure to include your name, your school district, and if a photo is submitted, who is in the photo and what it is about.

IT'S TIME TO CELEBRATE HOW GREAT WE ARE!

Submissions will appear in our next Apple Press – Spring 2021.

free school meal recipes

All meals are student-approved. Check out the grab-and-go items!

Recipes include serving size options & nutrition information.

- lemon blueberry chia parfait
- greek yogurt banana muffins
- baked caribbean lime fishsticks
- southwest cheddar chicken

and many more!



A special THANK YOU to food service staff for everything you do, especially during this time of need. Our communities can always count on you to nourish our kids.



The Washington Dairy Council is here to help with meal planning:

[WADAIRY.ORG/SCHOOL-RECIPES](https://wadairy.org/school-recipes)

WSNA Industry Seminar & USDA Food Tasting Show February 16 & 17, 2021

Our planning committee has made the difficult decision that the Industry Seminar & USDA Food Tasting Show will be presented entirely online over Zoom. I am sure we have all been wishing that COVID-19 would disappear, and that we would have been able to gather in person.

Stay tuned and hope to see everyone virtually!

Registration for the WSNA Industry Seminar & USDA Food Tasting Show can be completed on the website: www.washingtonsna.org. Blast emails will be sent regularly with updates, and the agenda. The agenda will also be posted to the website once completed.

Questions: Call Marianne at 206-714-5832 or email

SPRING WORKSHOP – SAVE THE DATE

MARCH 27, 2021 VIA ZOOM

Mark your calendar for the Spring Workshop, March 27, 2021.

Marcia Wagner, our WSNA Vice President, is working on offering us a great day.

When the agenda for the day is completed, registration will open on the website. You will receive an email from WSNA letting you know that registration is open. If you have questions beforehand, please contact us at waschoolnutrition@gmail.com.

WSNA Glass Apple Award Winner Randi Becker



Senator Randi Becker (R-Eatonville) receives WSNA's glass apple from the WSNA legislative leaders, given by Mitch Denning, WSNA consultant, on November 30, 2020 at the State Capitol.

Senator Becker retired December 31, 2020, after 12 years of faithfully supporting the Legislature's role in feeding hungry kids.

In 2018, she was a strong supporter both on the Senate Ways and Means Committee, and in the Senate Republican Caucus, of SHB 1508, Breakfast After the Bell. This program is enabling a substantial number of students, who in the past did not have a school breakfast, to have breakfast in the classroom during in-person instruction.

WSNA wishes her well in her retirement

Washington Grown Food

Chris Eberle, WSDA Farm to School

WSDA Farm to School has made major updates and additions from various partners over the past year to our “Washington Grown Food & Recipe Kit.” This kit helps school nutrition staff, food and nutrition educators, and others working to incorporate, feature, and highlight **over 40 Washington grown ingredients**. It’s great for Harvest of the Month programs, using or expanding local menu items, student education, and more. You can find activities, promotion and education materials, tools, recipes, and nutrition facts for over 40 Washington grown products, with materials such as:

- Dozens of recipes scaled for 50+ servings and NSLP meal pattern contributions
- Nutrition and agricultural facts
- Posters to download & print
- Food images and signage
- Worksheets and student activities
- Flyers & handouts
- Videos with farmer visits, recipe demos, and more

Many of these materials may also be particularly useful for distance and remote education about food, farms, and agriculture in Washington.

Visit the Washington Grown Food & Recipe Kit at: www.agr.wa.gov

Do you have a locally grown recipe, educational tool or other resource you want to share with others? Send any product-specific resource(s) as a link or file to ciberle@agr.wa.gov and we will add it to the kit.

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Potato Pizza Boats



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INGREDIENTS

48 each Potato Hash Brown Patties, Frozen, Low Sodium
1-1/2 quarts Marinara Sauce, Low Sodium
1-1/2 pounds Mozzarella, Shredded, Part Skim
2 ounces Pepperoni, Turkey, Sliced Rounds, Low Sodium

DIRECTIONS

1. Preheat the oven to 450 F. Arrange the frozen hash brown patties onto baking sheets with wire rack inserts.
2. Bake the hash brown patties for 15-20 minutes, or until they are golden brown and crispy on the outside.
3. Remove from the oven and allow them to cool on the racks. Store in refrigerator until ready to use.
4. Serve two chilled hash brown patties with 2 ounces of marinara sauce, a 1 ounce of cheese, and 4 slices of pepperoni.
5. Serve Chilled. Enjoy!

POTATOES.com

Nutritional Analysis per serving: 1 boat
Calories 401g Fat 31g, Cholesterol 22.6mg, Sodium 598mg,
Carbohydrate 36.6g, Fiber 5g, Protein 10.3g

Raspberry Lemon Muffins

Karla Atwood, Child Nutrition Director for Mount Baker School District, values the opportunity to use local fruit. As a Whatcom County resident for over 50 years, Atwood has been a steward of nutrition for the community's children, for over 30 years. Recently, she used Washington red raspberries to create a new breakfast item for her menu. Largely grown and processed within her district, 90 % of the countries frozen red raspberries come from Washington State. Her new Raspberry Lemon Muffin recipe offers great flavor and a local connection. For resources on using frozen raspberries on your menu, visit redrazz.org/k-12.

Raspberry Lemon Muffin- MBSD

Breakfast Entree

Ingredients

Quantity

*Flour, Whole Wheat # 100408 COMM	1 qt., 2 c.
Flour, All Purpose Enriched/Bleached, Gold Medal 8/5lb, 16000-14475	3 c.
Oats (Includes foods for USDA's Food Distribution Program)	1 c.
*Baking Powder #650290	1/4 c.
Salt, table	1 Tbsp.
Yogurt, Greek, plain, nonfat,Zoi 8%, 32lb 977A	1 qt., 2 c.
*Sugar, White #53244	1 qt., 2 c.
*Eggs, Liquid Whole #504548	3 c.
*Oil, Canola #667641	3 c.
*Vanilla Imitation Flavoring #343230	1 Tbsp.
Lemon juice from concentrate, bottled, REAL LEMON	1/4 c.
Lemon peel, raw	1/4 c.
*Sugar, White #53244	2 c.
+Juice, Lemon #2404	2 c.
Raspberries, frozen, red, unsweetened	2 c. unfrozen

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Preheat the oven to 350 degrees F. Line the bottom with muffin liner paper.
2. Sift together the flour, baking powder, and salt into 1 bowl. In another bowl, whisk together the yogurt, 1 cup sugar, the eggs, lemon zest, and vanilla. Slowly whisk the dry ingredients into the wet ingredients. With a rubber spatula, fold the vegetable oil into the batter, making sure it's all incorporated. Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester placed in the center of the muffin comes out clean.
3. Meanwhile, cook the 2 cups lemon juice and remaining 1 cup sugar in a small pan until the sugar dissolves and the mixture is clear. Set aside for top of muffins
4. While muffins are still warm pour the mixture over the muffins and let cool.

Makes: 72 small muffins = 1 wgrain



Raspberry Lemon Muffin

Serving Size: 1 ea

Yield: 72.00

Nutrition Facts

Serving Size 1 ea

Serving Weight 81.089 gm

Amounts Per Serving

Calories 256.713 kcal

Total Fat 12.128 gm

Saturated Fat 1.921 gm

Trans Fat 0.000 gm*

Cholesterol 43.925 mg*

Sodium 209.749 mg

Potassium 22.913 mg*

Carbohydrates 36.135 gm

Fiber 1.605 gm

Sugars 23.514 gm*

Protein 4.222 gm

Iron 0.914 mg

Calcium 89.969 mg

Vitamin A (IU) 87.785 iu

Vitamin C 3.080 mg

Vitamin D 0.000 mcg*

Saturated Fat % of Calories
6.73%

* = Indicates missing Nutrient Information.

^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

1 Oz (Eq) Of Whole Grain-Rich

Welcome New Members

Alexis Acosta
Angie Blankenship
Nicole Boling
Janice Bostwick
Denise Brockamp
Catherina Cabrera
Deanna Caggiano
Monica Champoux
Ronna Churchill
Colleen Clark
Sunni Couch
Susan Cowlshaw
Yadira Coyotecatl
Maria Cruz
Joanne Custis
Cynthia Drevniak
Shawna Fettig
Pam Gabel
Esther Godfrey
Nana Gollihugh
Jesmen Gomez
Christina Guiver

Kelly Hamamoto
Phyllis Harris
Kathleen Hiatt
Kaori Holden
Timothy Howell
Nani Island
Sandy Jerzak
Moirra Jones
Tracy King
Jamie Larkin
Anita Lathrop
Esmerolda Lopez
Jessica Mallick
Amanda Malm
Mandy McDonald
Tamela McGuire
Sulvia Medina
Hope Mejia
Kacee Metheny
Karen Michael
Michelle Mildes
Sun Morgan

Liang Moore
Huong Nguyen
Cameron Norris
Jennie Norton
Susan Oliveto
Teresita Orozco
Raquel Perez
Katherine Peters
Debra Pfrommer
Mary Pierce
Mary Proix
Donnita Reynolds
Julie Robbins
Karen Roy
Jayne Ruffin
Lyzelda Rus
Josie Sabater
Gwyn Seely
Angela Smith
Christina Sodenkamp
Olga Spatarel
Paula Stuart

Natsumi Swideriski
Maria Tapia-Leon
Rosalina Torres
Kimberly Umayam
Maribel Vasquez
Ttacie Vaughn
Katherine Watland
Noriko Welander
Melissa Wolford
Jason Woodruff
Evangeline White
Diane Willoughby
Michael Wright
Michael Wright
Michael Young
Nasreen Yousuf

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Sources
*NPD Supply Track, Total Foodservice Dollar Volume L12M Ending June 2020
**Euromonitor International Passport Data, World, Snack Bars by Brand, Retail Value RSP (\$), 2020

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Conference 2021

Jan Campbell-Aikens, WSNA President

Conference is one of the highlights of the year, and we missed you all!

It was such a difficult decision to cancel our conference, but it was the only prudent thing to do, in light of the current pandemic and public health emergency.

I would like to thank Mark Oswalt and the entire Conference Committee for investing many hours of planning into what would have been a STANDOUT conference. They had planned many wonderful things that we would all have enjoyed, and it is unfortunate that we were unable to be together.

We are looking forward to Conference 2021 – **Un-Bridled Brilliance**—to be held in Tacoma.

We will incorporate some of the ideas planned for this year, and promise a conference filled with creative ideas, inspiration, and highlighting the AMAZING **Un-Bridled Brilliance** of...YOU [all our WSNA members].

Mark your calendars and begin planning to join us in Tacoma. I can't wait to see you there!



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The Star Club is SNA's way of recognizing and thanking members who recruit and retain SNA members. State associations are critical to ensuring that Star Club members are recognized for their efforts



Legislative Report

by

Donna Parsons, WSNA PPL Chair, and Mitch Denning

WSNA members continue to provide meals to students on a daily and weekly basis as most of the schools in our state remain online due to the effects of COVID-19. As a result, WSNA's focus has moved to how can the Legislature provide assistance to deal with school nutrition's new normal. Although the September revenue forecast was encouraging, the State still faces a shortfall by 2023 as they enter what promises to be an incredibly unique 2021 legislative session, most likely a virtual one.

This article will discuss the following: (1) WA State economic challenges due to COVID-19; (2) the preliminary results of the 2020 election and the makeup of the 2021 legislature; (3) the new challenges that online education brings in terms of feeding students and how the Legislature might help with these challenges; (4) second year of two-year pilot program in six elementary school demonstration sites for seated lunch duration; (5) OSPI's proposed rule change re: seated lunch duration and recess before lunch; (6) implementation of Breakfast After the Bell (BAB); (7) implementation of ESHB 2660, increasing the availability of school meals provided to public school students at no student cost; and (8) WSNA's recognition of three retiring Meals for Kids champions, all from the Senate Republican caucus.

One, the **Economic and Revenue Forecast Council** provides their forecast four times a year, with the next one coming in November. Their September forecast stated that revenues are projected to be increased \$2.1B in 2019-21, and by another \$2.2B in 2021-23, now leaving a shortfall of \$4.5B for the next three years. This forecast is \$4.3B above the three year total of \$8.8B, as was forecast in February 2020. Overall, this is good news. Two, based on the results of the **November 3 general election**, the Democrats will control both houses of the Legislature as well as the Governor's office. At press time, the results have not yet been certified, but there doesn't appear to be any significant swings for either party in the Legislature.

However, the 2021 Legislature will not look the same as those in the past. Again, due to COVID-19, it will be primarily virtual, with smaller groups of members meeting for votes, and most of the work being done remotely. Our next Apple Press will describe WSNA's plans for influencing legislation and working with legislators in a primarily virtual setting.

Three, again due to COVID-19, **school food services directors are encountering some administrative challenges** as they try to feed hungry kids both on and off campus during the 2020-21 school year. WSNA has formed a Meals for Kids workgroup, made up of nutrition directors and Donna Parsons, PP&L chair, to define the challenges these directors are facing. Out of this workgroup will come clear needs of school food service directors. Then, our WSNA AEA board members and other designated food service directors will be able to interact with the legislators during the 2021 session on how the Legislature might help meet these needs.

Four, the second year of the two-year pilot program in six elementary school demonstration sites for **seated lunch duration** has technically begun in two of the six schools that are using the hybrid model and feeding students in their classrooms. Original plans of multiple in-person visits were amended due to COVID-19. OSPI's consultant continues to work with the schools this school year.

Five, OSPI's proposed amending of WAC rules which would mandate the **20-minute seated lunch duration in all schools, and recess before lunch in all elementary schools** continues to be on hold. OSPI has yet to consider scheduling the public hearings in the current school year, and possibly extending the SY 2023-24 implementation date.

Six, the **implementation of Breakfast After the Bell** is continuing. Currently, BAB is required in 392 schools in 121 districts, which includes 52 new schools in 13 new districts. With most of the schools still online, Breakfast After the Bell implementation has looked much different than last year which saw in-person summits and OSPI visits to celebrate school launches.

As Breakfast After the Bell is required when schools are operating the School Breakfast Program, the vast majority of schools that would be mandated are currently paused while they are operating one of the summer programs under USDA

(continued pg 15)

Legislative Report

(Continued from page 14)

flexibility. More implementation work will continue as schools begin to return to in-person instruction.

OSPI also reports that there are 13 public schools and two private schools who are currently operating the National School Lunch Program / National School Breakfast Program, with the remaining districts operating Summer Food Service Programs (SFSP) / Seamless Summer Options (SSO).

Seven, with the passage of **ESHB 2660, increasing the availability of school meals provided to public school students at no student cost**, in this past session, OSPI was given \$57,000 in the 2020-21 supplemental operating budget to hire a fiscal analyst to assist with the Individual Student Protocol (ISP) validation and technical assistance for the 18 school districts implementing the **Community Eligible Provision (CEP)** this school year. OSPI will utilize part-time staff to complete this work.

Furthermore, OSPI reports that 60 new schools have joined CEP so far this school year, which is the largest increase in many years. The increase is primarily due to

USDA extending the deadline for allowing them to enroll in the program. Unfortunately, USDA is not providing guidelines to schools which were approved to operate CEP this year, but are running SFSP.

Eight, WSNA is in the process of **recognizing three legislators** who are retiring this year from the Legislature. These lawmakers are Meals for Kids champions in the Senate Republican Caucus, and include Sen. Maureen Walsh (R-Walla Walla), Sen. Randy Becker (R-Eatonville) and Sen. Hans Zeiger (R-Puyallup). A WSNA representative is presenting each legislator with a WSNA glass apple in recognition for their great support of feeding hungry kids.

If you have ideas or comments on any legislative topics, you are encouraged to contact Donna Parsons, drparsons33@comcast.net, WSNA PPL chair; Kim Elkins, WSNA PPL member, kim.elkins@mead354.org; or Mitch Denning mdenning@wasa-oly.org.



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Child and Adult Care Food Program (CACFP) for Program Year 2021

**Arianne McConchie, Community Nutrition Programs Lead
OSPI Child Nutrition Services**

We applaud all the efforts made this past year by school districts statewide to feed children in your communities during the COVID-19 pandemic. We challenge you to consider where hunger gaps might still exist in your district and evaluate how you might be able to better reach that community.

Have you considered participation in the Child and Adult Care Food Program (CACFP) in addition to other Child Nutrition Programs you may already be operating?

CACFP Childcare

The CACFP serves nutritious meals and snacks to eligible children in traditional childcare settings, children attending preschool or enrolled in Head Start and Early Childcare Education and Assistance Program (ECEAP). Sponsors can claim up to two meals and a snack for children participating in CACFP. For more information about incorporating CACFP into your early learning programs, please refer to OSPI's Child and Adult Care Food Program webpage at www.k12.wa.us/policy-funding/child-nutrition.

CACFP At-Risk

The CACFP At-Risk Afterschool Meals component offers a much-needed service to communities in low-income areas. These programs provide children a safe place to go after school while enjoying nutritious food that gives them the energy they need to concentrate on homework and join their friends in physical, educational, and social activities. Sponsors may claim one meal and one snack after the school day has ended, or on non-school days and holidays. Consider offering At-Risk meals at an afterschool program you currently operate or collaborate with a community sponsor to see where there might be need for meals in your area. To be eligible to operate the At-Risk Afterschool Meals component of CACFP, an Afterschool Program must:

- Be organized primarily to provide care for children after school or on the weekends, holidays, or school vacations during the regular school year.
- Provide organized regularly scheduled education or enrichment activities (i.e., in a structured and supervised environment).
- Be located in an attendance area of school where at least 50% or more of the children are eligible for free or reduced-price meals

For more information about incorporating At-Risk meals into your program, please visit OSPI's At Risk webpage.

If you are interested in participating in CACFP, please contact your program specialist for more details or email us at communitynutrition@k12.wa.us.

FEDERAL LEGISLATION REPORT

Donna Parsons, WSNA Public Policy and Legislation Chair

The 2020-21 school year has arrived. I just have to say that I am honored to belong to an organization such as WSNA. The way in which you all stepped up and fed kids in any way you could was heartwarming. You truly are essential workers and are right there on the front line. COVID-19 has been a crushing blow to Child Nutrition Programs, and we hope that when we call on you, you will also step up to *tell your story* on how your programs have been affected at the local level.

HR 6800 HEROS Act was introduced in May. The bill seeks to make emergency supplemental appropriations for the federal fiscal year ending September 30, 2020. The bill passed the House on 5/15/2020. However, there has not been much movement since that time.

The Child Nutrition Relief Act of 2020 (S.4447) was introduced by the Senate in August. This is a companion bill to the House Bill (H.R. 7764). This bill would allow the USDA to extend all COVID-19 emergency school feeding waivers through June 30, 2021. WSNA sent out an email to Food Service Directors and Supervisors in August to encourage them to contact their congressional members to let them know how important it is for this bill to pass.

Pandemic Child Hunger Prevention Act (H.R. 7887) was introduced in July. The bill proposes to reimburse school food authorities at the free rate for meals served during school year 2020-2021 under the school breakfast program and the school lunch program. Again, this bill was included in the grassroots email sent out in August.

If you have any questions/comments or would like to be part of the Legislative Committee, please email me at drparsons33@comcast.net. Your voice counts, as only you can tell the story of how specific legislation impacts your students and your district.



The advertisement features two packages of Pillsbury Cheesy Pull-Aparts. The left package is green and labeled 'ITALIAN CHEESES & GARLIC', while the right package is orange and labeled 'SOUTHWEST QUESO'. A large 'NEW!' graphic is positioned above the packages. To the right, a stylized graphic reads 'Easy, cheesy ON-THE-GO ENTRÉE'. Below this, contact information for the Washington General Mills Team is provided: Marni Fisher (253) 431-6276 Western WA, Ife Ekunsanmi (262) 627-9439 Western WA, and Jeri O'Reilly (509) 944-5099 Eastern WA. The bottom section includes the text 'Pillsbury™ Cheesy Pull-Aparts now available!' and 'A tasty, grab 'n go entrée that meets 2 meat alternative and 2 grain!'. A bulleted list highlights the product's features: 'Rip-able, dippable & made with 100% real cheese', 'Individually wrapped format requires minimal handling - simply heat & serve', and 'TWO exciting flavors: Italian Cheeses & Garlic and Southwest Queso Flavor'. The background of the ad shows a spiral notebook and several colored pencils.

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Twisted Mash Ranch Roll Up



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INGREDIENTS

3 quarts Mashed Potatoes,
Prepared, Plain
1.5 cups Ranch Dressing, Prepared
3 cups Peas, Frozen, Thawed
3 cups Cheddar Cheese, Shredded,
Low Sodium
3 pounds Turkey, Sliced, Low
Sodium (48 slices)

DIRECTIONS

1. Place the prepared mashed potatoes into a large bowl. It's best if the potatoes are chilled during this stage.
2. Mix the ranch dressing into the prepared mashed potatoes. Stir in the peas and the cheddar until well combined. Arrange the turkey slices on sheet pans lined with parchment paper. In the center of each turkey slice place 1/4th cup (#16 scoop) of the ranch potato mixture, repeat this until all the turkey slices have been filled.
3. Carefully roll up each slice of turkey around the potatoes. Store in refrigerator until ready to use.
4. Serve Chilled.

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Nutritional Analysis per serving: 2 Roll Ups
Calories 387, Fat 13g, Cholesterol 405mg, Sodium 350mg,
Carbohydrate 19.3g, Fiber 4.2g, Protein 21g

Fresh Fruit and Vegetable Program (FFVP) for School Year 2020-21

Rachel Floyd, School Meal Programs Lead Specialist
OSPI Child Nutrition Services

Washington OSPI Child Nutrition Services awarded Fresh Fruit and Vegetable Program (FFVP) funds to 195 schools for School Year 2020-21.

Like all school meals programs, the public health emergency has reshaped how school districts can offer FFVP service. In a typical school year FFVP is offered in elementary schools to give students an additional fresh fruit or vegetable snack at least 2 times during the school week and nutrition education activities are required to reinforce program goals of increasing student fruit and vegetable consumption. The USDA continues to offer flexibilities with this program and sponsors have the opportunity to think outside the box when considering operations where many students are learning from home.

Key flexibilities for the 20-21 SY are:

- Schools can offer FFVP items alongside summer meals.
- Schools can offer FFVP items at FFVP awarded schools to any student that gets meals there; regardless of if they attend that FFVP site.
- Nutrition education is not required this year, but still encouraged.
- Schools can offer up to 5 days' worth of FFVP items at once. Whole, unprocessed items can be included in 5-day boxes if labor or refrigeration is a concern. Normally you might slice an Opal apple or Bosc pear for students when they eat FFVP items in their classroom, but schools should consider offering whole items for palatability and food safety in a 5-day box.

We thank all Child Nutrition Program operators for their exceptional work during this public health emergency. We know student families have experienced job loss, reduced hours, or other losses of income during the past several months. It is no secret that when household budgets get tight, fresh produce is often a line item that gets reduced or eliminated.

The FFVP can be a powerful path to expose kids to fresh fruits and vegetables that they don't get at home or through other school meal programs. Giving kids the opportunity to have a new experience when so many other things are limited to them right now, is more meaningful than ever.

For more information on the FFVP please contact Rachel J. Floyd, National School Lunch Programs Lead Specialist at rachel.floyd@k12.wa.us or 360-742-4155.



***SNF SUPPORTS SNA MEMBERS –
THE REAL HEROES WHO FEED
HUNGRY CHILDREN!***

From the Directors Desk

Leanne Eko, Director
OSPI Child Nutrition Services

Greetings! I hope this message finds you, your family, and co-workers well. By the time you read this we will be half-way through a school year - and what a school year it has already been! Despite the changes and challenges associated with this school year I have no doubt that school nutrition staff have and will continue to rise to the occasion.

Here are some highlights from Child Nutrition Services:

- CNS staff are looking forward to year like no other. USDA is allowing states to submit plans that propose how the state agency will provide program oversight in place of our normally required Administrative Review process. We are currently drafting a plan that focuses on supporting YOU. Activities will include technical assistance visits, collaboration meetings, resource development and continuation of regular webinars and weekly CNS Updates.
- We recently received news that USDA will allow districts operating SFSP/SSO this year to apply for NSLP Equipment Grants. This is good news and we are excited we will be able to distribute these grant funds. We have also made adjustments to our Meals for Kids Grants to provide an avenue for you to apply for funds to assist in expanding access. Check out our [CNS Grants webpage](#) for more information.
- We have been coordinating with WSNA and are looking forward to the WSNA Industry Conference and USDA Food Show. The show is going virtual this year – but will continue to provide a great opportunity to learn about successful utilization of your USDA foods entitlement. Whether you are a pro or a novice, there is sure to be opportunities to learn. Please consider joining us for this event on **February 16 - 17, 2021**.

Since the pandemic started in March, you served over 4 million meals to children in need. As this health crisis continues, we know student families have experienced job loss, reduced hours, or other losses of income. We encourage districts to continue to collect and process meal applications as this data will provide a current picture of the economic impact to student households. To support you in this effort, OSPI launched the [It's More Than a Meal Application](#) and [It's More Than the Family Income Survey](#) toolkits. These toolkits are designed to help districts promote the importance of families filling out and returning these forms.

We want to thank you for hard work and dedication to nourish children in Washington State, our programs are so important to the families you serve.

Have You Ever. . .

- **Wanted to play a larger role in helping WSNA provide successful programs for its members?**
- **Wished you could have a greater voice for WSNA?**
- **Wanted to give what you could and give back to WSNA for all it does for its members?**

If you answered “yes” to any of the above, contact **Leadership Chair Joel Latiolias** at jlatiolais@bethelsd.org.

He will answer your questions and provide you with a job description.

Open positions for the 2021 election are

Vice President, Northwest Region 1 Lead, Western Region 2 Lead, and Southeast Region 3 Lead.

Check the map at

<http://washingtonsna.org/cgi/wp/wp-content/uploads/Regional-Map2016.pdf> if you are unsure of your region.

You may nominate yourself or someone else. Contact Joel for more info!

Board Minutes

Board of Directors Meeting November 13, 2020 (Virtual BOD Meeting)

The meeting was called to order by President Jan Campbell-Aikens
A quorum was present

Action items were the approved for the following:

- The Alliance of Educational Associates brochure for 20-21
- The Industry Sponsorship Package was approved.

Reports were given by:

Jan Campbell-Aikens, President
Mindy Cass, President Elect
Marcia Wagner, Vice President
Erica Wistrom, Secretary/Treasurer

Un-Bridled Brilliance



Carol Guettler, Region 1 Lead

I hope this new year finds you safe and warm and that you made the best of the holiday season. All I can say is thank goodness 2020 is over. It was a long and difficult year, but it also brought the work we do as Nutrition Professionals into focus for everyone, not just students and parents. We've been on the front line of the pandemic making sure that no one goes hungry. I'm very proud of all of you for hanging in there despite the difficulties of serving students during a pandemic.

I'm looking forward to, hopefully, being able to meet with all of you sometime this year. Let's keep our fingers crossed that we will be able to get together at our state conference in July in Tacoma or maybe our Spring Workshop in Leavenworth in March. If this is not possible due to restrictions, we will again be offering a virtual opportunity. We will keep the WSNA website updated with any schedule changes.

I'm happy to report that we had 174 attendees at our virtual Fall Workshop on November 14, 2020! We enjoyed a great keynote speaker (Craig Zablocki) and a presentation by the Washington State Red Raspberry Commission. Everyone earned CEUs for attending, so don't forget to register for our Spring Workshop on March 27, 2021, to keep earning those CEUs so you can keep your certification up-to-date.

Lastly, this past year has been a trial, but I discovered that if I just maintain the mottos "Feed the Kids" and "Spread the Love," it has helped get through some of the more difficult days. I hope that we can all maintain our positive attitudes and not let all the craziness in the world bring us down. We have always known we are essential workers, now everyone else knows it, too! Keep up the good work.

Cheers to 2021! May this be a great year! Please e-mail me if you need any assistance.

Carol Guettler carolavon@aol.com

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Hello from Craig! *Craig Zoblocki*

*Hello to all you awesome WA School Nutrition folks,
Craig here!*

I had a fantastic time with you all last Saturday during our virtual morning session. Your participation made it so much fun—hope it was for you too. **Let's be honest...it's some pretty dry stuff usually at these events (just kidding)! Can't wait to dive in with you all next time, live and on-site, July '21.**

May I say as a past teacher in the schools, that the work you do is under-stated, and I commend you! So, since I don't use a power point (thank you), thought I'd send you some highlights to keep the message hot!

Now, of all the institutions and organizations I've worked with over the years... the most successful ones have some things in common:

- They work with passion... they bring their best selves and their creativity to their work
- They have accountability... they do what they say and say what they do
- They have fun... people really enjoy the challenge of what they are up to
- Their culture is positive, staff-centric, and client-centric
- They have great people... honest, direct, compassionate people.
- They know what they do, and ... are great at how they do it...
- And most importantly, ... They know WHY they do what they do!

So, in working with you, do you recall me asking some simple but hard questions to shake things up a bit.

- How much are you really giving? 10% 25% 50?
- How do you let fear get in the way of your life and more?
- Is your work culture hap hazard or on purpose?

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During my program, we talked about children, especially four or five year-olds, and those qualities that we all once had in abundance and have mostly lost. Kids laugh a lot, they are not self-conscious, they're highly creative, they live in the moment, they're honest, don't worry, are okay with

not knowing, and they give 100%, they share their toys, they aren't pretentious, and they have tremendous enthusiasm.

So here is the thing: How would it be, if in your professional and personal lives, you could reclaim and apply some of those wonderful traits that we once had as children? Try to imagine this for yourself feeling more freedom inside yourself (take a big breath here), worrying less, having more fun at work and home, being more in the here and now, letting your creativity flow... Do you feel something loosening?

Now think about what would be available for you within your organization? How about you and your family? Can you imagine what might be possible if you could recover some of those generous, authentic and life-renewing qualities again?

Here are my **Three Secrets to Reclaiming the Joy and Adventurous Spirit** we once had:

First: It's not about learning anything; in fact, it's about un-learning. Does it make sense that we once had all these qualities? So, we've got to ask, what have we "learned" that is blocking these qualities? How can we unlearn that? I think we've learned to be afraid, and this fear controls us. What are we most afraid of? Lots of things.... perhaps most of all, we're afraid of feeling completely out of control, afraid of what others think of us, afraid to fail, afraid to take a positive risk, afraid that we're not keeping up with the neighbors, afraid of our image will be tarnished, and on and on... . We spend an incredible amount of time trying to be accepted, concerned that we've "got the right answer", "chose the right seat at the table", "are funny enough", etc. We're avoiding looking bad while trying so darn hard to look good? With all that going on, we don't have any room for a big purpose, let alone fun! PLAY! That's what we do!!! Just for fun, whistle, dance, sing, throw a party. Try something new. Turn off the TV -- enough brainwashing for now.

Notice when you are trying to impress someone instead of being yourself. Say to yourself, "What I am doing right now is the most important thing I could doing." And most of all, watch how free, loving, and uninhibited young children are. It's profound, I guarantee. (continued pg 29)

Hello from Craig!

(continued from pg 28)

Second: Get Comfortable with Being Embarrassed. Stop trying so hard to not be embarrassed, get comfortable with embarrassment. Let's face it, it's part of the human experience. We all do silly things, make mistakes, spill your soup at lunch with the boss, forget our brother-in-law's name during introductions. But let me ask you, ... how much energy does it take for you to NOT be embarrassed? It takes a lot of energy that could be used for other things. So here's a remedy. Every day do something that makes you feel a bit embarrassed and get used to it. One hundred years from now, will it really matter? Someone once said, "Courage is not the absence of fear; it is seeing something greater than the fear." Being embarrassed is being human.

Third: Find a purpose bigger than you. (This is my personal favorite!!!) Remember our audience member who was afraid of public speaking? Remember all the things they were worried about like "What if I forget what to say, what if I make a mistake?" "What will people think of me?" Then, I asked our volunteer to recall someone they really love. "If your loved one was in front of the room

right now and in harm's way, would you stop at nothing to help them?" "Absolutely" our volunteer replied! When I asked if they'd worry about forgetting what to say, worried what people thought, the response was "of course not!" Immediately, when we are focused on a higher purpose, outside of ourselves, all those fears drop in a heartbeat. **The trick is to focus on your passion, on what you love, on the mission, on the goal, ... whatever it is that is beyond you or bigger than you. When you do that, the self-conscious part of you is not involved anymore. Freedom!**

Three things you can do to live a more purposeful and joyful life -

1. Remember to focus on your mission.

2. Be okay with embarrassment.

3. Constantly look for ways to un-learn those blocks to your authentic self. With this, you'll start to reclaim your innate nature and make a bigger difference! And if you found what we did together helpful, I'd be glad to tailor a fun training for your school/district, down the line. (Most groups qualify our work together towards CEU requirements.)

All the best and lots of laughs, Craig

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- 9** A subscription to SNA's award winning magazine, *School Nutrition*
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Dates to Remember 2021

<i>January 10-12</i>	SNA School Nutrition Industry Conference, Virtual	<i>March (tentative)</i>	WSNA Executive Committee Meeting WSNA Conference Committee WSNA Board of Directors Meeting
<i>January 27</i>	WSNA Day on the Hill		
<i>January 29</i>	2021 Conference Committee Conference Call	<i>March 26</i>	DDS Meeting, Leavenworth
		<i>March 27</i>	Spring Workshop, Leavenworth
<i>February 15-19</i>	AEA Legislator Visits	<i>April 16</i>	SNA Scholarships Due
<i>February 16-17</i>	USDA Food Tasting and Industry Seminar via Zoom	<i>April 29</i>	SNA Leadership Conference, Seattle
<i>March 1</i>	SNA Director of the Year SNA Employee of the Year SNA Manager of the Year Nominations due to Jan Campbell-Aikens	<i>May 3</i>	Apple Press Deadline
		<i>May 3</i>	WSNA Scholarship Applications Due
<i>March 1</i>	Apple Press Deadline	<i>May 7</i>	School Lunch Hero Day
<i>March 7-9</i>	SNA Legislative Action Conference, Washington DC	<i>May 31</i>	Apple Award Nominations Due
<i>March 8-10</i>	National School Breakfast Week Score Big with School Breakfast	<i>June (tentative)</i>	2021 Conference Committee Meeting