

Washington Apple Press

Official Publication of the Washington School Nutrition Association

www.washingtonsna.org

Fall, 2019
Volume XXX, Issue I

In this issue . . .



WSNA President Pam Milleson
pmilleson@wwps.org

WOW! The 2019-2020 school year is here.

WSNA is strong and ready to tackle the many challenges we face. We begin this year with a comprehensive strategic plan in place (See page 34). This provides the organization with clear direction for the next three years. A strategic plan provides continuity from one year to the next. In addition, the board has a challenging plan of action.

2020 Vision: Bringing Nutrition Services into Focus is my theme for this year. We will focus on membership, education and professional development, governance, public image, advocacy and community outreach. Our vision, *Every student has access to nutritious meals, to strengthen their health and well-being*, will be at the heart of our work.

Focusing on our Core Values:

- Integrity: Always act ethically and responsibly
- Inclusion: Embrace diverse perspectives and ideas
- Collaboration: Educate and share strategies, solutions to achieve professional excellence
- Commitment: Embody care and compassion for student well-being
- Innovation: Drive change with creativity and strategic thinking
- Courage: Resolve to protect and advocate for school nutrition programs

Focusing on what we do well: Feeding the youth of America healthy, well balanced, delicious, appetizing meals and serving these children with love, kindness, and respect.

These goals can only be accomplished with strong and dedicated people. I am encouraged and inspired with the 2019-2020 board: President-elect Janis Campbell-Aikens, Vice President Mindy Cass, Secretary-Treasurer Karen Brown, Member-at-Large Teresa Fields, Parliamentarian Joel Latiolais, Northwest Region 1 Lead Carol Guettler, Southeast Region 3 Lead Marsha Wagner, Eastern Region 4 Lead Tracy Calhoun, Leadership Chair Erica Wistrom, Membership Chair Dara Edwards, Marketing Chair Debbie Rodewald, PP&L Chair Donna Parsons, Education Chair Samantha Brueske, Industry Chair Doug Voeller, State Liaison Leanne Eko, Executive Director Peggy Rieper, and Executive Director (in training) Marianne Culligan. The position of Western Region 2 Lead is vacant,

I would like to welcome our new executive director Marianne Culligan, who is currently in training with Peggy Rieper and Kathy Buchanan. We are very fortunate to have someone with her qualities and knowledge of WSNA.

Many hands make easier work. Our committees met on the last day of conference and forged ahead, stargazing and planning for the upcoming year. The Education Committee, led by Samantha Brueske, discussed surveys, materials for the webpage, trainers, the certificate program, and credentialing. The Membership Committee, led by Dara Edwards, discussed welcoming new members, creating a membership video, resources for directors,

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(Continued on page 2)



**Sign Up Online Today
for Taste Washington Day
Celebrate how you do farm to school!**

**What is Taste Washington Day?
A CELEBRATION of your Farm to School efforts!
See the full article on page 8 of this issue.**

**If you are planning a Taste Washington Day event,
sign up online today at
<https://www.surveymonkey.com/r/TWD2019Schools>
Make sure you are on list of participating schools!**

Washington State Department of Agriculture (WSDA) can help you find local ingredients, posters for your cafeteria, inviting a farmer to lunch, or scheduling a visit to a farm, school garden, or farmers market.

Contact Chris Iberle at ciberle@agr.wa.gov
or call (206) 256-1874.

**THE WASHINGTON APPLE PRESS:
THE OFFICIAL PUBLICATION OF
THE WASHINGTON SCHOOL NUTRITION
ASSOCIATION**

The Washington Apple Press is published four times a year
by the Washington School Nutrition Association

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President's Message

(Continued from page 1)

surveys, and the personal touch of phone calls. The Marketing Committee, led by Debbie Rodewald, discussed the WSNA website, launching the Facebook account, a marketing plan, communication for upcoming workshops and conference, and other social media tools. The Public Policy and Legislation (PPL) Committee, led by Kim Elkins, discussed a new name for the committee, monitoring, training, Washington's *Day on the Hill* in Olympia, PPL team/grassroots network, social media outreach, and talking points. The Leadership Committee, led by Erica Wistrom, discussed a new director packet, a leadership conference, recruitment, and nominations. If you would like to be involved with this work, please let me know.

Education is one of our primary focuses, and several events are being planned for the coming year. President-elect Janis Campbell-Aikens is planning two fall workshops. The first one will be in Walla Walla on October 19, and the second one will be held in Auburn on October 26. See page 5 for more information and the registration form.

Vice President Mindy Cass is planning the Spring

Workshop on March 28. Our hope is that we can hold that workshop in Leavenworth again this year.

The USDA Food Tasting Show and Industry Seminar is being planned by Ariane Shanley, Industry Seminar Chair, and Executive Director Marianne Culligan for February 18 & 19 at Emerald Downs.

Conference 2020 will return to Spokane July 27-29. and Conference 2021 will be in Tacoma July 26-28.

As we focus on the future, we are currently planning *Focus on Tomorrow, Putting your Talents to Work*, a new idea for leadership. Watch the *Apple Press* and WSNA website for more details on all the training opportunities.

In closing, I would like to thank all of you for the support I have received. It has been an amazing time to learn and grow. I hope to put all that knowledge to good use this year. Remember to keep your focus on the positive. We all have challenges in this profession, but the rewards far outweigh the challenges. We have 2,440 members in the state of Washington. We can do amazing things for our kids.



NO ARTIFICIAL ANYTHING
Wild About Flavor

Ingredients We Do Use

- CRUST MADE FROM SCRATCH DAILY
- RIMMED BUTTERFLAKE CRUST
- ZESTY SAUCE MADE FROM SCRATCH DAILY
- CUSTOM MADE MEAT TOPPINGS WITH USDA FINEST MEATS
- FOUR CHEESE BLEND:
 - MOZZARELLA
 - PROVOLONE
 - ROMANO
 - PARMIGIANO-REGGIANO IMPORTED FROM ITALY



ITEM CODE: 11003
CHEESE BITES BULK



ITEM CODE: 90303 (BLK), 90503 (I.W.)
COUNTRY WHITE GRAVY AND ALL-BEEF
BREAKFAST PIZZA



ITEM CODE: 20210
10-CUT PEPPERONI CHEESY BOTTOM "PRE-CUT"

Ingredients We Don't Use

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- CALCIUM PROPIONATE
- BHA AND BHT
- SODIUM NITRATES
- SODIUM BENZOATE
- POTASSIUM SORBATE
- HYDROLYZED SOY PROTEIN
- ISOLATE SOY PROTEIN
- WHEY PROTEIN CONCENTRATE
- GUAR GUM
- ASCORBIC ACID
- WHEAT STARCH
- CALCIUM PHOSPHATE
- SODIUM ACID PYROPHOSPHATE
- SODIUM BICARBONATE
- SODIUM STEAROYL
- LACTYLATE
- MONOCALCIUM PHOSPHATE
- MONO-AND DIGLYCERIDES
- MECHANICALLY SEPARATED CHICKEN

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"RECOGNIZED AS
THE **BEST TASTING**
SCHOOL PIZZA!"



2019 Fall Workshops ~ Pulling Focus--Another Look at School Lunch

October 19, 2019 ~ Edison Elementary School, Walla Walla

October 26, 2019 ~ Auburn Riverside High School, Auburn

Registration: 7:30 am ~ Workshop: 8:00 a.m. - 2:30 p.m.

Pulling focus is a creative camera technique where the focus changes during the shot, usually from one subject to another. Come and join us at the Fall Workshops as we take some time to pull focus on School Lunch. We'll look at how the program began and changed over time and where we are now and discuss current issues that are important to all of us in our work and as we engage with others in our communities.

We'll begin the day with a screening of the documentary film, *Lunch Line*, followed by an update of progress since the film was made. A panel of Child Nutrition leaders will answer

and discuss questions and ideas raised by the film. We will break into smaller groups to discuss issues of importance, then come together again for a closing speaker.

Come and join us! The day will provide 4 hours of CEU credit and will include a light breakfast and box lunch. The workshops are always a great time to learn and network with child nutrition professionals from other districts.

Let's sharpen our 20/20 Vision and take another look at Child Nutrition by pulling focus on the National School Lunch Program. We have the joy and responsibility of feeding our children—let's pull the focus to the amazing job we do!

Fall Workshop Registration

Please check one ONLY: Eastside ~ October 19, Walla Walla SD Westside ~ October 26, Auburn SD

NAME _____

DISTRICT _____ CHAPTER _____

SNA Member # _____ PHONE (____) _____

ADDRESS _____

CITY _____ ZIP _____ EMAIL _____

PLEASE CIRCLE ONE:

PAYMENT:

Early Registration (Postmarked by 10/11 for 10/19 workshops and 10/18 for 10/26 workshop)

Member \$40 Non-member \$95

Registration (Postmarked after early registration dates listed above.)

Member \$60 Non-member \$105

- On-line at www.washingtonsna.org (Preferred)
- Check (enclosed) Payable to WSNA (NO PURCHASE ORDERS)
- Visa MasterCard Discover AmEx

Credit Card # _____

Exp. Date _____ Security Code _____

Mail registration to: WSNA, PO Box 686, Loon Lake, WA 99148. Credit card registrations may be faxed to 509.233.0230.

Questions: 509.220.6121, wsnaexec@comcast.net

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

Complete Billing Address:

Printed Name: _____

Authorized Signature _____

2019 Conference Evaluations

by

Janice Campbell Aikens, WSNA President-Elect

Many thanks to those of you who attended the Annual Conference in Spokane and completed the conference evaluation form. We have read the evaluations and the many comments, and we will carefully consider them as we plan our 2020 conference.

Overall, the comments were very positive. Spokane is a lovely location, and most of you enjoyed the conference and activities. There were many very thoughtful suggestions made regarding the conference which we will consider as we plan the conference for next year.

The food and meals were generally well received. Most of you enjoyed the Presidents' Dinner and the entertainment provided by the band, Masterclass Big Band. Several of you wished for more protein-rich choices for breakfast, so we will keep that in mind as we plan. One thing to keep in mind is that our standing rules require that the budget for meals be no more than the registration fee for conference. At times this limits our ability to provide more protein at breakfast. We will also work to improve the communication and distribution of food for those of you with special diet needs. Those of you who require special meals can help us in this effort by making sure that you notify us at the time you register of those needs.

We have carefully reviewed the ratings of the education sessions and will use them as we plan the next conference. Most sessions were very well received. We especially appreciate the suggestions of additional topics and will consider these in our planning.

The conference planning committee will carefully consider your evaluations and comments, and we will incorporate as many of your suggestions as possible into our conference plans for next year. We look forward to seeing you at the Annual Conference in Spokane next summer!



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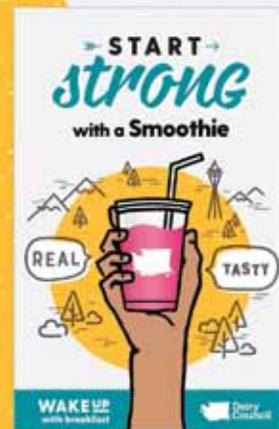
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WSNA Industry Seminar & USDA Food Tasting Show ~ February 18 & 19, 2020

When: February 18 & 19, 2020

Where: Emerald Downs, Auburn, WA

Who: District Directors, Supervisors, and Decision Makers

Tentative Schedule:

Day 1: February 18 – 8:30 am – 3:00 pm

Day 2: February 19 - 8:30 am – 3:00 pm

It is time to plan for the 2020 Industry Seminar, so mark your calendar for February 18 and 19, 2020. The format will be similar to last year. We will have two days where you will have the opportunity to taste food items that can be processed through the state or the co-ops. Additionally, we will have workshops with a variety of topics geared around USDA foods, processing and purchasing (just to mention a few); and of course there will be plenty of time to network. So please stay tuned for more detailed information to come on the website (washingtonsna.org) and in the winter issue of the *Apple Press*.

Mountain View Auburn Inn, Best Western Plus

401 8th Street SW,

Auburn, Washington, 98001-5901

Reservation Phone: 253.887.7600

Fax: 253.887.0292

You must mention that you are booking your room with Washington School Nutrition Association to received the reduced rate.

Hotel Accommodations:

- **Group Rate:** \$99 for a King or 2 Queens (Reservations made after 1/17/20 are subject to availability). Rooms are available for February 17 and/or February 18.
- 15 miles from SEA/TAC Airport
- Free Hotel Shuttle Service to Emerald Downs or Supermall upon request with hotel
- Complimentary full breakfast available from 6:00 – 9:30 am
- 24 hour pool, spa, fitness room, and gift shop
- Mini Spa on site with Licensed Massage Therapist available
- Free Wireless

2020 Industry Seminar Registration Form

The postmark date for early registration is Friday, February 4, 2020. Registrations postmarked after February 4 must include a \$25 late fee. No refunds will be made after February 4. It is the policy of WSNA to charge a \$15 fee for registration refunds.

Name _____ Title _____

WSNA Member # _____ Company / District _____

Address _____ City _____ State _____ ZIP _____

Phone _____ FAX _____ Email _____

- WSNA Member - Industry Seminar & Commodity Tasting \$110
(This option includes industry members who do *not* wish to have an Industry Table)
- WSNA Non-Member - Industry Seminar & Commodity Tasting \$205
- WSNA Industry Member *w/Table** \$150
- *NOTE: IS Tables are informational materials only (no samples)
- ADDITIONAL LATE FEE (Postmark after February 4) \$ 25

Ways to Register

- Online: Find the link for online registration at www.washingtonsna.org. (Preferred)
 - Fax: Fax registration form and credit card information to 509.233.0230.
 - Mail: Send form & payment to WSNA, PO Box 686, Loon Lake, WA 99148
- If you have questions about registration, contact Peggy Rieper, 509.220.6121, [wsнаexec@comcast.net](mailto:wснаexec@comcast.net)

CHECK enclosed, payable to WSNA CREDIT CARD: MasterCard Visa AMEX Discover

Total: \$ _____ Card #: _____ Expiration Date: ____/____ Security Code: _____

Credit Card Total: \$ _____ Corporate/District Card? Y N Billing Address ZIP Code _____

Signature

Printed Name on Card

Taste Washington Day ~ October 2, 2019

Once again, it's time for the annual Taste Washington Day! It's a great opportunity to highlight and celebrate the wonderful foods grown locally and served in school meals during the fall harvest season. This year's WSNA theme is *20/20 Vision: Bring Nutrition Services Into Focus*. And this annual event is a perfect way to do that.

WSNA is fortunate to partner with WSDA Farm to School, and the Office of Superintendent of Public Instruction Child Nutrition (OSPI) to sponsor Taste Washington Day. Schools connect with local farms to make the most of our bountiful fall harvest, and use Taste Washington Day to kick off Farm to School Month in October.

A popular way to participate is a *Washington Apple Crunch*. Apples are a big deal in Washington – we grow more apples than any other state! More than half of all apples in the US for fresh eating come from orchards in Washington State.

How to hold a *Washington Apple Crunch*:

1. Order enough apples to go around and serve them to students as part of lunch or snack.
2. Have everyone bite into their apple and CRUNCH across Washington at noon on October 2, or at any time that works for your school schedule.
3. Celebrate the moment everyone bites into their Washington-grown apple. Take a photo and post in on social media using the #WAapplecrunch and #TasteWADay hashtags.

Be sure to publicize the event with families and school administrators to encourage participation!

“Taste Washington Day offers our kids a chance to establish a deeper connection and develop a better understanding of our state's food system, from farm to fork and each step in between. The more opportunities our children have to learn about the people, time, effort, and resources necessary to turn a seed into a crop, the more they will appreciate the food on their plates. As the next generation, it will be up to them to continue our state's agricultural heritage and history.” (Excerpt from the Congressional Record of the 111th Congress introduced by Hon. Jay Inslee; September 29, 2010)

You will find helpful resources for making your Taste Washington Day fun and educational at the WSDA Farm to School website, www.wafarmtoschool.org. You can find recipes using Washington grown foods, as well as sign up your district/school to participate.

We'd love to see how your program is celebrating Taste Washington Day. Send us your photos and stories to me at debra_rodewald@sumnersd.org so we can share with other districts on our new social media pages that are coming soon.



Taste Washington Day Recipe

Very Berry Overnight Oats ~ Svgs: 32 - 9 oz portions

Ingredients:

4 qts low-fat strawberry yogurt
2 qts. low-fat or fat-free milk
5# frozen, unsweetened strawberries
10 2/3 cups quick cooking dry oats

Optional Topping:

1 qt. vanilla yogurt
1# frozen strawberries, thawed

Preparation:

1. Combine all ingredients in a large bowl. Stir to mix thoroughly. Cover and refrigerate several hour or overnight. Hold at 41° F or lower (CCP)
2. Divide evenly between 32 - 9 oz cup and cover. Hold at 41° F or lower (CCP)

Preparation (cont.)

3. Serve one 9 oz portion and hold no longer than 72 hours

Optional:

Top each cup with 1 oz of vanilla yogurt and 1 TBSP berries.

Meal Pattern Contribution:

1 M/MA
1 oz grain serving
1/2 c fruit

Recipe developed in partnership with Land o' Lakes, General Mills, Midwest Dairy, and National Dairy Council.

WSNA 2019 Silent Auction Recap

by

Paula Gualtieri, 2019 Silent Auction Chair

Thank you to everyone who participated in the Silent Auction at our Annual State Conference in Spokane this past summer. This includes everyone who donated and/or bid on items. Donations were made by individuals, chapters, and organizations.

We had over thirty items on display including a wine tasting trip, Seahawk signed footballs/flags, handmade jewelry, a Style Dot necklace, a Seahawks picnic basket, a wine tower with wine, and numerous other theme items and baskets. Every donation was popular with the bidders, and we are very grateful for your generous donations.

The Silent Auction brought in over \$1,800 for the Association's Education Fund. This includes the amount collected from the live auction at the closing general session of the conference. A special thank you goes to Doug Wordell, who served as the auctioneer for the two Seahawks items. It was great fun, and the addition to the auction proceeds was significant.

Again, thank you for your participation; you are what made the event a SUCCESS!

Industry Partners Make Generous Donations

Thank you to the following industry partners for generously donating for silent auction, door prizes or Night of Entertainment gifts, food, or supplies:

- Acosta*
- Comida Vida*
- The CORE Group*
- Duck Delivery*
- Foster Farms*
- Gehl's*
- J & J Snack Foods*
- J.R. Simplot Comapny*
- JTM*
- Performance Reps*
- Simplot*
- USA Pears*
- WA State Dairy Council*

Thank you as well to all those industry partners who contributed to these events but whose names were not recorded.

Give Your Mac Menu a *Makeover*

JTM offers a variety of mac and cheese products that your students will love. Our popular cheddar mac is made with an elbow pasta in a creamy cheddar cheese sauce, and our NEW Three Cheese Cavatappi features an irresistible blend of cheddar, Romano and Parmesan cheeses.



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 Tom Adams - tadams@jgneil.com
 Rachel Martin Lafond - rachelmartin@jtmfoodgroup.com

Let's Create Great Dishes Together!®



2019 Annual State Conference in Review

Pam Milleson, WSNA President

WOW! *Shout It From the Rooftops: School Meals Matter*. And we did. What an outstanding conference. The Spokane Cheerleaders with Doug Wordell started us off and set the tone for our conference.

MJM, Maureen G Mulvaney, had us on our feet and shouting. Her message rang true with all of us. "School nutrition is saving the nation---one five-star meal at a time! We need to Shout That from the Rooftops! It is time to cheer about school nutrition.

- We have the cleanest, safest kitchens in America—yet no one knows about us
- We are serving fruits, veggies, whole grains, proteins and milk in the correct proportions to keep our students healthy and reduce childhood obesity---yet no one knows it but us
- We serve 800 students in 1 hour and 30 minutes—yet no one knows it but us.

She challenged us to cheer about what we do!!

Katie Wilson motivated us with *Take Pride in Your Stride*. What stride do you bring to work each day? Only you can decide what shoes you will put on each morning. That decision will determine how you get through the day. Once you have decided on your "stride," then you can learn to put P-R-I -D-E into that stride. Let's send you on your way with Pride in Your Stride!

Many thanks to our conference committee led by Mark Oswalt and including Decorations Chairs Dara Edwards and Adora Domser; Entertainment Chair Mark Oswalt; Exhibits Chair Doug Wordell; Finance Chair Peggy Rieper; Hospitality Chair Mindy Cass; Meals Chair Peggy Rieper; Night of Entertainment Chairs: Dennis Bair, Carmen Steele, and Caroline Keegan; Program Book Chair Kathy Buchanan; Publicity Chair Kaydee Harris; Registration Chairs Jennifer Witting and Samantha Slipper; Silent Auction Chair: Paula Gualtieri and Denice Kwate; Special Services Chair Garrett Berdan; Transportation Chair Kim Elkins; Wellness Chairs Raeann Ducar and Ellen Arguinchona; and OSPI Advisor Samantha Brueske. What an outstanding job this group did, taking care of every detail to make the conference a huge success.

Education is at the heart of our Association's mission. We provided eight one-hour education sessions with 38 different options; several classes were offered more than once. All of our education sessions are taught by volunteers. I would like to take this opportunity to thank all of you for giving of your time and talent.

In order to help our membership with certification requirements, we offered *Financial Management for Directors* and *Food Safety* as pre-conference classes. *Nutrition 101* was offered during conference. In addition we offered the SNA Credentialing Exam.

Delegate Assembly: WSNA, with the help of SNA, proposed several revisions to the Bylaws. The revisions were presented to the assembly and approved.

WSNA Election for the 2019-2020 board: Mindy Cass, Kitchen Manager, Spokane Public Schools, was elected as Vice President. Carol Guettler, Secondary Manager, Seattle Public Schools, was elected as Northwest Region I Lead. Marcia Wagner, Nutrition Service Director, Grandview School District, was elected Southeast Region III Lead.

Tuesday was the day to attend exhibits. What a fantastic food show! Our vendors outdid themselves. We saw many new products and received information on all products. I would like to thank our vendors for your support and partnership. Our industry partners also sponsored the Night of Entertainment on Monday evening. We all enjoyed food, music, dancing, lively games, and contests. It was a great time to relax and connect with friends and colleagues.

Our First Timers Breakfast was a huge success. We had over 80 first-timers this year. We are so glad you joined us, and we hope to see you back next year. Plan to bring a friend!

Daily Wellness walks and Essentrics Stretching were well attended this year. Kudos to those of you who got up early and joined the fun and the beautiful mornings along the river in Spokane.

The President's Banquet was outstanding. The passing of the torch is always a special time. The food was great, and the evening was topped off with a local big band. Many danced well into the evening.

This year we honored Peggy Rieper, Executive Director and Kathy Buchanan, Executive Assistant, as they prepare to retire. These wonderful champions of WSNA have given countless hours and love to our organization. You will be missed. Thank you, from the bottom of our hearts, for your long term dedication and guidance.

Get ready and mark your calendar for next year. We will be back in Spokane July 27-29, 2020. In 2021 we will return to Tacoma.

Watch for our upcoming workshops. Fall will be on the east side in Walla Walla October 19, and on the west side in Auburn October 26. Spring Workshop will be March 28, and the location is to be determined.

Thank you

to the conference breakout speakers who gave of their time to share their knowledge with us:

OSPI Child Nutrition Staff

Leanne Eko, OSPI Child Nutrition Director

Katie Bretanus
Samantha Brueske
Debbie Calhoun
Mikhail Chernike

Andrea Hollin
Marlon Hopkins
Lisa Jekel
Barbara Lloyd

Kari Lund
Pam Mahre

Other Presenters

Ed Aylesworth
Kristina Baker
Garrett Berdan
Tim Braun
Dr. Shirley Brown
Tony Cabrera
Brent Dallman
Dara Edwards
Kim Elkins
Stacy Fox-Ogilvie

Kent Getzin
Jeff Jarchow
Erin Jordan
Lindsey LaPlant
Joel Latiolais
Scott Latiolais
Mark Maleng
Charlotte Marrison
Abby Miller
Jennifer Milleson

Laura Raymond
Camden Ro bbin
Debbie Rodewald
Jerome Silva
Gayle Swain
Mark Thompson
Wendy Weyer
Doug Wordell

Congratulations!

Scholarship & Award Winners

Manager of the Year Award
Regina (Gina) Coleman
Tacoma School District

* * * * *

President's Award of Achievement
in honor of Thelma Flanagan
Vickie Ayers, 2018-2019 WSNA President

* * * * *

Smith and Greene Chapter Scholarship
South Sound Chapter 49

* * * * *

Ruth Ann Bennett Scholarship
Christi Thrasher

Win a Trip to SNA's

Legislative Action Conference (LAC)

Do you know a manager or employee in your school district who is passionate about child nutrition policy and could benefit from attending SNA's Legislative Action Conference (LAC) in Washington, D.C. on March 8-10, 2020? Encourage your members to apply online to be the Josephine Martin National Policy Fellow! The Fellow will attend with expenses paid (up to \$3,000) and be recognized at the event. The application opened on September 1, 2019 and you must submit the online application by October 31, 2019. Visit www.schoolnutritionfoundation.org/scholarships/ for more information. To apply, you must:

- Be an active SNA employee or manager section member, who has been a SNA member for at least three years, as of LAC 2020 (since no later than April 1, 2017)
- Have never previously attended LAC
- Be interested in child nutrition policy
- Submit an online application by October 31, 2019.

Please preview the form before applying.

If you have any questions about the fellowship, please contact Heide Voss at hvoss@schoolnutrition.org

Spotlight on Regions



Northwest Region 1 Carol Guettler, Region 1 Lead

I hope everyone had a great summer and is looking forward to a great school year. I had a great time at the state conference in July.

Attendees enjoyed the excellent hospitality of the Spokane Convention Center and Doubletree Hotel and listened to wonderful speakers to get us all fired up to come back to our schools and chapters. I attended sessions from learning about roasting vegetables all the way to how to get involved in state government legislation. I also had a great deal of fun getting to know many new people and attending the evening entertainment. I'm already getting excited for next year's conference which will be held again in Spokane. Mark your calendars for July 27-29, 2020. I already have!

I had a great visit with the Northshore School District nutrition professionals on August 21 during their all-staff meeting. I made a brief presentation on the benefits of joining WSNA/SNA and the perks of earning a Level 1 certificate in their school district. I would be happy to make similar presentations to all chapters in Region 1. My goal for this year is to help as many chapters as possible with membership development and would love to discuss ideas regarding improving membership participation and meeting attendance. Please e-mail me at carolavon@aol.com if you would like me to attend any meetings and/or kick around a few ideas.

I'm looking forward to a great year of fun and continuing education. The WSNA Fall Workshop will be in Auburn on October 26. I hope to meet as many of you as possible. See you there!



Southeast Region 3 Marcia Wagner, Region 3 Lead

About six months ago, I was feeling discouraged and isolated. It seemed that no one in my district really understood what we do in foodservice or remembered that we were even here until, of course, they wanted food for something.

Fortunately, about that time, I took the opportunity to go to the Legislative Action Conference in D.C. It was a terrific experience, and I met some wonderful people from right here in the beautiful state of Washington. It was interesting to me that I traveled almost 3,000 miles to meet some amazing people from right here in my home state.

This made me realize that I needed to be more involved in our Association. I connected with others and no longer felt so alone. There were other people out there who were going

Southeast Region 3 (cont.)

through the same things, and they were willing to share their challenges and how they overcame them.

In late July, I attended the WSNA conference in Spokane and was elected as the Region 3 Lead. I feel so blessed to be part of such a wonderful group of people and to be trusted to serve in a Region Lead role.

The Annual State Conference in Spokane was wonderful! We had great food, great education, and fun all mixed together with meeting new people. I want to thank all of our members that worked so hard to make the Spokane conference such a success.

I am really looking forward to meeting the people in my region and helping to keep our organization strong. If there is anything I can help you with, feel free to send me an email (mkwagner@gsd200.org), or give me a call (509.882.8432).

Remember: The best way to predict the future is to create it!



Eastern Region 4 Tracy Calhoun, Region 4 Lead

Hello, everyone. I hope everyone had a wonderful summer. I'm originally from the Seattle area and moved to Spokane 26 years ago. I have worked for Spokane Public Schools for 10 ½ years and have been a kitchen manager for 7 of them. I have also been a part of Spokane's Summer meal program for about 9 years. It's a wonderful way to make sure our kids in need have at least 2 meals per day.

I hope everyone enjoyed our annual state conference in Spokane this year! Did you check out Riverfront Park's recently updated attractions? How about our keynote speaker Maureen G Mulvaney (MGM); wasn't she awesome? I surely felt reenergized for the next school year after listening and laughing with her! There was also a great selection of classes to choose from like: *Decorating Your Kitchen on a Budget*, *Knife Skills*, and *Reducing Food Waste*. The exhibitors for the food show rocked it again! I always have fun chatting with the vendors.

For those of you who were not able to attend this year, next year's conference will be back in Spokane July 27 – 29, 2020. On October 19 the Eastside Fall Workshop will be held in Walla Walla, a scenic area known for its wineries. I hope you see everyone there as we begin a new school year.

Thank You from Peggy

Many of you know I am retiring as your WSNA Executive Director on November 30. I want to thank the WSNA board, past presidents, officers and all of the members for making my last conference a humbling, wonderful experience!

A special thank you from the bottom of my heart goes to all of you who donated the wonderful basket and the treasures inside. I could tell many hands were involved and special messages included. Thank you, too, for to those who have given me cards and special items not in the basket and for the flowers.

I have treasured my years as your executive director and getting to know and work with so many of you. I truly love my involvement with the association. As a member of the association since 1978, I was blessed with the journey that started my life with WSNA and the friendships and association family that I gained.

I am not saying goodbye forever; you will see me off and on in the future assisting our new Executive Director Marianne at next year's conference and as a past president.

Humbly and Sincerely,
Peggy Rieper

Thank You from Kathy

As I prepare to retire as Executive Assistant, I think back often on the past 18 years of my involvement with WSNA, first as treasurer and then as Executive Director and Executive Assistant. I am so thankful for this organization that has been such a big part of my life during all those years.

I believe that the heart of this Association . . . that "thing" that keeps it so important to so many of us is the sincere care and concern that its members have for one another. You all want to help each other succeed in your programs, and you take such good care of one another. It has been a privilege to be a part of that.

Thank you to all of you who have helped me along in this journey. Thank you to all the members, board members, and past presidents with whom I've had the pleasure to work and get to know. Thank you most of all for your friendship.

Thank you, too, for the lovely send-off at conference. It was a very emotional experience, and one I cherish. The gift basket and flowers were beautiful!

I will miss you,
Kathy Buchanan

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Legislative Report

by

Donna Parsons, WSNA PPL Chair, and Mitch Denning

WSNA is busily addressing important issues during the 2019 interim. After lots of involvement in the 2019 session, we are monitoring the issues discussed below.

As reported in the previous issue of *Apple Press*, the highlight of the 2019 session came when **SHB 1272, seated lunch duration**, which died in Senate Ways and Means, was funded in the final operating budget. Per the proviso, OSPI will select and provide technical assistance to six demonstration schools, who will ensure that their student lunch periods include 20-minute seated lunch duration. Each school will receive an annual grant for \$5,000 during the two-year pilot program. OSPI will receive \$20,000 each year to hire a consultant who will oversee the demonstration project and provide technical support. OSPI will also receive \$10,000 each year to provide technical support and eventually report the findings to the Legislature. Washington State School Directors Association (WSSDA) will receive \$6,000 to develop a model policy based on the best practices of the demonstration schools. Total funding for the program is \$126,000. OSPI states that applications for the demonstration schools along with a survey are available online. The six schools will be chosen by OSPI by October 1. Also, OSPI is in process of hiring the consultant. They are also working on a separate contract with WSSDA for the model policy work.

ESHB 1102, 2019-21 capital budget, contains a WSNA-supported grant for the third consecutive biennia, the **Healthy Kids/Healthy Schools Grant (HKHS)**. Here are the details. The budget funds \$3.25M for OSPI to implement the grant. One, the Washington Green Schools grant is funded (\$225K) which help reduce stormwater runoff. Two, the remainder of the grant, \$3.025M is allocated to OSPI, in consultation with WAMOA and the Department of Health, to fund specific projects within WA's Healthiest Next Generation Priorities. Included in these priorities are (1) purchase of water bottle filling stations, which may include replacement of lead-contaminated drinking water fixtures; (2) purchase or repairs re: fitness playground equipment, covered play areas and physical education equipment or related structures or renovation; and (3) garden related structures and greenhouses to provide students access to fresh produce, and kitchen equipment or upgrade. Receiving funding in the 2017-19 HKHS grant for garden related and kitchen projects were the following school districts: Bellingham, Central Valley, Cheney, Columbia (Stevens County), Federal Way, Granger, Granite Falls, Hoquiam, Mt. Vernon, Oak Harbor, Oakville, Orondo, Port Angeles, Sequim, Skamania,

Spokane, Tonasket and Tukwila. OSPI reports that the 2019-21 HKHS grant information will be posted in late August or early September with applications due in mid-October. There will be a separate grant for drinking water fixture replacements for lead-contaminated fixtures, but there will be no due date for applications. OSPI will be scheduling a webinar on general iGrant information in the near future, which will help districts apply for the HKHS grant.

OSPI is continuing monthly stakeholder meetings discussing the stages of implementation for **Breakfast After the Bell Grant Program**. Mikhail Cherniske, program specialist, is the OSPI facilitator. There were 289 high need schools that applied for the grant, representing 133,792 Washington students from over 80 school districts. All districts that have applied have received their grants. Twenty-seven schools requested and received an exemption. Fifteen non-high need schools will be implementing BAB this coming year. Overall, the funding approval process went very well. OSPI's technical assistance and awareness activities include (a) webinar with UWKC for WA SNAP-ed providers; (b) presentation at WSNA's Spring Workshop; (c) district presentations the week of April 22 in Yakima, Wapato and Toppenish School Districts; (d) a webinar on district administration on May 2; and (e) in partnership with UWKC, regional BAB summits on May 29 (Grays Harbor College), June 5 (Tukwila Community Center), and June 7 (Moses Lake School District). All of the regional summits were well attended, and they gave districts an opportunity to work together on launching the new program. New logo and toolkits are under production.

In addition, as this article is written, a statewide BAB kickoff is planned in Kennewick on September 11, 2019, at 8:00 a.m. Supt. Chris Reykdal will be in attendance, along with several legislators who were instrumental in the bill's passing in 2018. Representing WSNA will be President Pam Milleson from Walla Walla School District. Also, planning for breakfast events around the state is under discussion.

Regarding **Community Eligibility Participation (CEP)**, 74 additional schools will be participating in CEP next year, the largest increase in three years. It's estimated that CEP will take place in 347 sites this coming school year, with no sites discontinuing the program. OSPI will be developing welcome packets for the new sites, and discussion is taking place regarding involving OSPI program specialists in CEP planning discussions. In the near future OSPI will be sending out two CEP surveys to various school districts. One will be

(Continued on page 15)

Legislative Report

(Continued from page 14)

sent to non-participating districts to help determine what barriers exist to their participation, and the other will be sent to participating districts to assess their satisfaction with the program and how OSPI can better support them.

HB 1685 Implementing the Hunger-Free Students Bill of Rights Act was one of two bills which were priorities for WSNA that did not pass. WSNA sought language that would limit the meal debt, as it is significantly increasing since the passage of SHB 2610 in 2018. The bill would have allowed schools to withhold meals from students in grades 9-12 with meal debt providing the Legislature had not reimbursed districts for their meal debt. WSNA proposed an amendment that would have extended this language to all students, provided the Legislature hadn't reimburse the districts for their meal debt. Unfortunately, House Appropriations Committee members couldn't agree on language that would have limited meal debt; and the bill died in that committee.

The second bill that did not pass was **HB 1892 Eliminating the Reduced Price Lunch Co-Pay for Grades Pre-K and Grades 4-12**, which would have eliminated the reduced price lunch copay for grades pre-K and 4-12. Unfortunately, it didn't move out of House Appropriations.

WSNA Interim Plans:

~Work with Rep. Strom Peterson (D-Edmonds) on best ways to deal with the current meal debt due to the passage of SHB 2610 in 2018; specifically based on SY 2018-19 district meal debt data, help develop strategies to fund the existing meal debt; and

~Work with Rep. Melanie Morgan (D-Tacoma) on HB 1892 to develop a strategy on how to move forward the elimination of the Pre-K and 4-12 reduced price lunch copay most likely during the December 2019 House Committee Days; and

~Coordinate a school nutrition lunch visit with Rep. Roger Goodman (D-Kirkland), a meals for kids champion in the House Democratic caucus; school districts included in his legislative district are Issaquah, Lake Washington, Northshore, Riverview and Snoqualmie Valley.

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

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From the Director's Desk

Leanne Eko, Director, OSPI Child Nutrition Services

Greetings and welcome back to the new school year! It was great to see so many of you at the WSNA Conference. Please join me in thanking the conference committee and WSNA leadership team for organizing a great conference! OSPI is happy to attend and support the conference. If you have suggestions for next year's sessions, please let us know!

I would like to share two recent OSPI staff changes: (1) Wendy Barkley has been appointed as the Assistant Director. Wendy brings a wealth of knowledge with experience as a food service director, program specialist and school meals programs supervisor and (2) Laura Neal joins the team as Administrative Assistant for our School Meal Programs.

I hope you had an opportunity to meet some of the new OSPI Child Nutrition staff at conference. If not, please feel free to reach out to any of our new staff; we are always here to assist you!

We are excited to kick off the first year of Breakfast After the Bell (BAB)! As a reminder, starting this school year, high-needs public schools are required to implement a Breakfast After the Bell (BAB) program. Check out our growing collection of BAB materials and resources on our School Breakfast webpage. You can also reach out to Mikhail

Cherniske at 360-725-6056 with any questions.

Trainings continue to be scheduled for the menu planning and nutrient analysis software, Cybersoft Primero Edge. Visit our Primero Edge website, <https://primeroedge.com/washington/>, to sign up and for more information.

I'm also happy to share that OSPI CNS requested a waiver to conduct Administrative Reviews every four years (instead of every three years). Our request has been approved, and we will start this new review schedule this year. We anticipate this decrease in the Program Specialist work load will provide them with more opportunities to connect with you and provide technical assistance outside of a review visit.

Don't forget the Food, Body, and Mind Awards program. This program seeks to recognize schools, child care institutions, and non-profit organizations operating Child Nutrition programs that make exceptional efforts to support child nutrition. Visit <http://bit.ly/2lJEzrz> to see the overview and for more information on the award criteria, timeline, and application.

Best wishes for the new school year and as always, thank you for your dedication and hard work to nourish the children in Washington state!

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2019-2020 Fresh Fruit and Vegetable Program

Rachel J. Floyd, National School Lunch Programs Lead, Child Nutrition Services, OSPI

One hundred ninety schools in Washington were awarded funds to participate in the Fresh Fruit and Vegetable Program (FFVP) for School Year 2019-2020.

This program is for elementary schools to give students an additional fresh fruit or vegetable snack at least 2x per week. Accompanying nutrition education activities reinforce program goals of improving students' diets for better short term and long term health. The grant provides per student funding ranging from \$50-\$75 to operate the program for the school year. More than four million dollars will be distributed amongst the schools selected for funding. Schools are encouraged to use funds to expose students to a wide variety of fruits and vegetables. Last year, Washington State schools reported that students had the chance to try things outside of their normal breakfast and lunch offerings including creative snacks such as unique apple varieties, watermelon radishes, raw zucchini coins, and rambutan.

The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating elementary schools with a variety

of fresh fruits and vegetables at no cost during the school day. This grant is funded by the United States Department of Agriculture and facilitated by OSPI. The annual application process opens in April of every year. Elementary schools with a free and reduced price percentage of 50% or more may apply.

A USDA Study showed that for schools that operate the program, it is popular and well supported among principals, food service staff, teachers, parents, and students. In addition, operating FFVP can increase student's consumption of fruits and vegetables. Children from socioeconomically disadvantaged families tend to have the lowest intake of fresh fruit and vegetables which puts them at greater risk of poor health outcomes. By focusing on higher need schools, FFVP specifically targets this at-risk group. Offering FFVP can promote equity in students' ability to access a healthy diet.

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

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Thank you to the following vendors for your support of WSNA. Your generous donations have helped to make this year's conference a success and have helped to insure the continuations of successful programs throughout the coming year.

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Congratulations to the 2019 Apple Award Winners

Golden Apple Award

This award is given to a certified WSNA member who demonstrates outstanding leadership and professionalism and who is an enthusiastic role model and an inspiration to others in the school food service program, local chapter, or the state association.

Sharon Belt, Kitchen Site Manager at Bethel Middle School in Spanaway, is this year's winner. Sharon is a great leader, manager, and teacher. She is a very hard worker, always willing to help, is organized, and has a great personality. She shows patience, positivity, and encouragement toward training staff, explaining things well, and then trusting them to be able to perform their jobs, while letting them know that she is always there to help.

Sharon's enthusiasm and dedication to the school meals program is above and beyond. She is always finding ways to market the breakfast and lunch programs, whether it's advertising, encouraging students to try new foods, or just having fun with them. All the while, she is making the presentation of the food look good. She does all of this happily and with a positive attitude.

During the past school year, Sharon was vice president of Bethel Chapter 30. During her year as vice president, she jumped right in, unsure of her direct responsibilities, but determined to assist in keeping high morale and togetherness and bringing new ideas to the chapter. Her enthusiasm and excitement draws others into becoming enthused and excited as well. Sharon created *Around the Sound in 179 Days*, which entails members of the chapter meeting once a month to have lunch just to have fun and converse at different restaurants that served different foods from around the world. Everyone is issued a passport and stamped when visiting these restaurants. How creative is that? She is currently working on creative ideas for fundraisers as well.

Apple Blossom Award

This award is given to a WSNA member who has been employed for 5 years or less in a school district's meal program and who 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 schools meal program, local chapter, or the state association and who is a source of inspiration to others.

Andrea Goff, Kitchen Assistant with the Walla Walla Public Schools, is this year's winner.

Apple Blossom Award (cont.)

Andrea is an outstanding person. She is flexible, caring, hard working, and calm under pressure. She loves and understands students. She knows when it is best to hand out a hug or a gentle reminder of the cafeteria rules. She treats all students with respect.

Andrea went right to work to earn her Level 1 Certificate. She has been able to work in several of the district's sites to help out when they are short-handed and is often the first person requested.

Andrea's single greatest achievement is that she shows up every day with a smile and ready to make a difference in children's lives. Even in the most difficult situations, she stays positive. It is an honor to have her on the team in Walla Walla.

Industry Award

The Industry Award is presented to any person working in industry who impacts school meals programs and who demonstrates outstanding leadership qualities and supports child nutrition programs above and beyond the normal duties of his/her position.

Ivan Holeman, Foster Farms Pacific NW Area sales Manager, is this year's winner. Ivan demonstrates exceptional customer service and is willing to go above and beyond to meet the needs of his customers. He provides our industry with cost effective ways to use and market his products in a way that is appealing to kids.

Ivan attends and participates in many events sponsored by SNA and WSNA. He has also volunteered to represent industry on specialty committees, the most recent being WSNA's USDA Foods Adhoc committee which was formed last year and will continue on through at least March 2020. The purpose of this committee is to create a taste testing event that follows the completion of new bid awards but occurs prior to school food authorities completing their USDA foods survey including diversions. At the event manufacturers are only showing items that can be purchased for the next school year. The goal of this process is to meet the needs of all involved buyers and sellers, making Ivan's input as a seller extremely important.





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Effective October 1 SNA Increases Membership Processing and Certificate Program Fees

For the 2019-20 year, the SNA Board of Directors has approved small increases for the membership processing fee and Certificate program fees. As of **October 1, 2019**, the processing fee for memberships will be changed to \$2.50, reflecting the ongoing costs of doing business. The membership processing fee had been unchanged since 2014 and SNA continues to strive to keep costs down, while still providing high-quality member benefits. The increased fee is reflected on the membership application printed on pages 25 and 26.

Also effective on **October 1, 2019**, the Certificate program fees will increase as outlined below. The changes apply to new Certificate applications, renewals, and reinstatements. SNA members can take advantage of the newly launched Training Zone, to find a variety of resources to help earn a new certificate or level up! The Training Zone, <http://bit.ly/2mfL1XE>, includes educational webinars, comprehensive training modules, CEU tracking tools and more.

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- ⑪ Membership Category (Check either individual membership or school district/state agency membership (SDM). See back for description)

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Member Categories	Individual Membership	School District/ State Agency Membership
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SN Manager	\$38 <input type="checkbox"/>	\$38 <input type="checkbox"/>
District Director/Supv/Spec	\$130 <input type="checkbox"/>	\$130 <input type="checkbox"/>
Major City Director/Supv/Spec	\$130 <input type="checkbox"/>	\$130 <input type="checkbox"/>
State Agency Director and Staff	\$130 <input type="checkbox"/>	\$130 <input type="checkbox"/>
Nutrition Educator	\$130 <input type="checkbox"/>	\$130 <input type="checkbox"/>
Other	\$130 <input type="checkbox"/>	\$130 <input type="checkbox"/>
Affiliate Employee	\$18 <input type="checkbox"/>	N/A
Affiliate Retired	\$18 <input type="checkbox"/>	N/A

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⑳ TOTAL PAYMENT \$.

⑯ Your STATE DUES are: (Record state dues in the space provided on right) * Select one.

\$5.50 Washington State Dues

㉑ CREDIT CARD INFO: EXP. DATE _____

㉒ Individual Membership Signature _____ Date _____

For SDM multiple applicants, you may use a spreadsheet found at www.schoolnutrition.org/sdm.

See reverse side for important information.

Dues subject to change.

㉒ FOR SCHOOL DISTRICT MEMBERSHIP (SDM) ONLY

SDM Main Contact Name _____

(Optional) SDM Main Contact Member ID _____

Email _____

Business Phone Number _____

Return this form with your credit card information, or your check or money order made out to SNA
 Mail application to SNA, PO Box 759297, Baltimore, MD 21275-9297

SNA National and State Membership Application Guidelines
Membership Application for Individual and School District Memberships.

Instructions for completing the front of this application:

1. Please indicate if you have ever been a SNA member.
2. Print your full name as you would like it to appear in your membership record and on your membership card.
3. Print your email address and job title. All SNA members automatically receive emailed information related to the organization.
4. Print your current school district.
5. Print your current school name.
6. If you know your local chapter number, please fill in.
7. Print your work and home phone number.
8. Print your work mailing address.
9. Print your home mailing address.
10. Print full name of member referrer who introduced you to SNA (only needed for new members). This will give the person credits for Star Club and annual membership campaign drives. Optional: Include referrer's SNA member ID.
11. Please review the membership categories listed. Check one that best describes your position. **School District/State Agency Membership (SDM) is a membership managed or coordinated by the school district/state agency and can be transferred to another individual in the same membership category. Please check with your district to see if you are eligible for SDM.**
12. Please check if you are employed by public school, private school, or private management company.
13. Please indicate if your employer pays your dues.
14. Please indicate if you are responsible for school nutrition operations in your school district.
15. Record your national dues based on membership category checked.
16. Record your state dues based on the dues listed on left side of application under "Your state dues are:"
17. All applications must include the processing fee.
18. Please add national, state dues and processing fee amounts. This is the total dues amount to be paid. Applications with incorrect total amount will be returned resulting in a delay of member benefits.
19. Record your optional contribution to the School Nutrition Foundation. The School Nutrition Foundation is a 501(c)(3) organization and donations are tax deductible. Your contribution of \$10 or more will be acknowledged by the School Nutrition Foundation.
20. Add national dues, state dues, processing fee and any optional contributions. This is the total payment.
21. If paying by credit card, please enter your credit card information.
22. This box must be completed for SDM applicants.
23. Please sign and date your completed application. Required for individual membership only. Mail your application and payment to SNA, PO Box 759297, Baltimore, MD 21275-9297.

Membership dues cover a full year of benefits. Processing of application takes approximately two to four weeks from receipt of payment. New members will be mailed a membership card about two weeks after application has been completely processed.

Dues Category	Membership Category	Description	Individual Membership	School District/ State Agency Membership
SNE	School Nutrition Employee	Cooks, chefs, bakers, bookkeepers, technicians, assistants, etc.	\$36	\$36
STU	Student	Full-time students enrolled in post-secondary nutrition, health or other food related program. Does not include right to vote.	\$36	N/A
RET	Retired	Retired Members.	\$36	N/A
SNM	School Nutrition Manager	Managers, head cooks, head chefs, assistant managers.	\$38	\$38
DDS	School Nutrition Director, Supervisors, Specialist, Executive Chefs	Working in a school nutrition program at the school district level.	\$130	\$130
MCD	School Nutrition Director, Supervisor, Specialist (Major City)	Working in a school nutrition program where the school district enrollment is 40,000 or more or city population is 200,000 or more.	\$130	\$130
SDS	State Agency Director, Supervisor, Specialist	Working in state office for child nutrition programs, including nutrition education.	\$130	\$130
EDU	School Nutrition Educator	Faculty working in a college/university setting.	\$130	\$130
OTH	Other	Principals, Superintendents, Teachers, etc. Does not include right to vote.	\$130	\$130
AFE	Affiliate Part-Time Staff (less than 4 hours daily)	Optional membership category for retired or part-time school nutrition staff. Does not include a subscription to SN magazine or the right to vote in the annual SNA election.	\$18	N/A
AFR	Affiliate Retired		\$18	N/A

Note: Contributions or gifts to SNA are not deductible as charitable contributions for federal income tax purposes. Contributions to the Foundation are deductible for IRS purposes. \$2.00 of your national dues is used for your subscription to the SN magazine.

Welcome to Our New Members

Beckie Adler
 Nidian Alegria
 Cinthia Alfaro Espinoza
 Amanda Anderson
 Brenda Anderson
 Wynne Arriola
 Heidi Astley
 Amy Avis
 Connie Bair
 Diana Bakken
 Astrid Bamba
 Erica Banks
 Nichoel Birch
 Audrey Branham
 Wendy Braun
 Amy Bridges
 Joseph Burch
 Paul Busebing
 Heidi Busebing
 Corinne Christensen
 Amanda Clayville
 Lynette Cochran

Amy Cole
 Jessica Collison
 Monica Comollo
 Keith Cone
 Angela Critelle
 Marianne Culligan
 Genoa Dause
 Chisato Dingman
 Elvira Drayer
 Mary Ege
 Yukari Everson
 Naomi Fanene
 Li-Hung Feng
 Jessica Francis
 Kristen Franklin
 Flor Garcia
 Andrea Gardner
 Abigail Gilbert
 Tara Gromley
 Monica Guffey
 Leah Harp
 Paul Harris

Alisha Hill
 George Hulett
 Baljit Kaur
 Ileana Koons
 Bobbi Jo LaForce
 Wai Yan Lee
 Sadie Lord
 Saira Maga
 Wendy Marske
 Rosemary Martin
 Ina Martnos
 Patricia McDowell
 Joyce Montgomery
 Shannon Morgan
 Florence Ortega
 Ericka Parke
 Roxana Parker
 Brandi Pearson
 Carla Powell
 Heidi Pritchard
 Emily Ramakka
 Wendy Reich

Christina Richardson
 Stacie Rogers
 Kim Rollins
 Rosa Romero
 Josephine Rubio
 Emily Rue
 Shannon Samia
 Diana Shepherd
 Regina Simon
 Caroline Soderquist
 Judith Sperle
 Robin Sphuler
 Carolyn Stephenson
 Kelly Sullivan
 Jermaine Tuggle
 Narlene Van Beek
 Danny Vasquez
 Kristina Vincent
 Wei Wang
 Mary Whelan
 Cecily Widner
 Lisa Wilson

and to Our New Industry Members

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Board & Delegate Assembly Minutes

Pre-Conference Board Meeting ~ 7/28/19

The meeting was called to order by President Vickie Ayers.

The action items were the approval of the following:

- Email votes to approve the 2019-2022 Strategic Plan, proposed bylaw changes, slate of candidates, CD signatory changes and transfer of funds to savings, and the hourly rate for the new Executive Director
- Purchase of a Director/Officer liability insurance policy
- Increases to fees beginning in 2020: conference registration from \$140 to \$160 and exhibits from \$950 to \$1,050, spring and fall workshop registrations from \$40 to \$50, fee for processing refunds from \$15 to \$20
- Continuation of the USDA Food Ad Hoc Committee
- Proposed 2019-2020 budget with a net profit of \$10,010
- Acceptance of standing rules for Delegate Assembly
- The 2019-2020 appointed board members and committee chairs

Delegate Assembly ~ 7/29/19

The action item was the approval of the proposed bylaw changes as printed in the summer issue of the *Apple Press*.



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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 Erica Wistrom, 253.961.4291 or eryka322@msn.com. She will answer your questions and provide you with a job description. Open positions for the 2020 election are Vice President, Secretary-Treasurer, Western Region 2 Lead, and Eastern Region 4 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 use the form below to nominate yourself or someone else. Mail the form to Erica Wistrom, 15935 67th Avenue Ct E, Puyallup, WA 98375.

Recommendation for Nomination

Nominee’s Name _____ Nominated Position _____

Address _____ City/State/Zip _____

Employed by _____ Home Phone (____) _____

Current Chapter _____ Years of Membership _____ Nominee’s Mmbrshp # _____

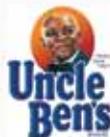
Nominator’s Printed Name _____

Nominator’s Signature _____

- The nominated member has been contacted and is willing to run for this position.
- The nominated member has not agreed to be considered for this position, but I believe that he/she is qualified to run.

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Membership & Certificate News

As you can see by the information on page 33, we are in the middle of the Back to School Membership Drive. As you talk with your co-workers about becoming members of WSNA and SNA, please share with them that the membership enhances and furthers their careers in many ways, including:

- Nationally recognized certificate and credentialing programs
- Year-round free educational webinars on pertinent topics like food allergies, food safety and procurement
- Educational meetings and networking events tailored to their needs
- Legislative and advocacy efforts
- PR and marketing tools to promote their programs to parents, students and the school community
- Scholarships
- A subscription to SNA's award-winning magazine
- Access to the latest news and issues from the SNA website and e-newsletters including SNA SmartBrief
- Member-only insurance plans including comprehensive health insurance and life insurance.

Q & A with SNA Regarding Your Certificate

Q: As I look at moving forward from a Level 1 Certificate to a Level 2 or 3, do the CEU credits I earn each year count towards the hours in each Key area?

A: Yes, if you were not audited for that year. The rule is you cannot submit credits to SNA that you have already used for something else. For example, if you were audited for your CEUs during your 2019-2020 certificate cycle, once you turn in those hours to meet your audit requirements, you are not able to use those same credits towards moving up to a new level. Now the flip side is if you are not audited, you can then submit those hours to level up because you have never submitted those courses to SNA before. To us, those are new courses.

Did you know?

- Out of the 56,824 members in the U.S. as of July... We represent 2,400 of them.
- Washington state ranks 7th in the U.S

*Something to shout out about!
Be proud because WE ROCK!*



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What is a sharing station?

A sharing station is a place where students can place un-opened food and drinks they choose not to eat or drink. Students donate unwanted food to their hungry classmates at no cost and this helps with reducing food waste. The unwanted food must be placed on the sharing station immediately after leaving the serving line. The sharing station remains open to all students to take from if they see something they would like to eat.

At the end of the day food can be donated to a food bank or charity. While students are still encouraged to choose only what they will eat and eat what they choose, the Sharing Table offers an opportunity for sharing items that would otherwise be thrown away.





BACK TO SCHOOL MEMBERSHIP DRIVE

WIN A FREE REGISTRATION TO NLC 2020 IN TEMPE, ARIZONA!

The SNA State Association from each of the three Membership Divisions that recruits the most NEW members from September 1 - November 30, 2019 during the Back to School Membership Drive will win a free National Leadership Conference (NLC) registration to Tempe, Arizona in 2020*!



This and That from SNA

Updated Unpaid Meal Charge Talking Points

Last month, SNA released the *2019 School Nutrition Trends Report*, which included new data on the growing problem of unpaid meal debt in school cafeterias. This topic continues to be the focus of national media stories, and given heightened interest in this issue, school nutrition professionals should be prepared to discuss district charge policies, how they compassionately respond to students unable to pay for their meals and work to enroll needy families in the Free and Reduced-Price Meal Program. To assist with these conversations, SNA has updated member talking points on unpaid meal charges. SNA members can access these points on the Talking Points and Customizable PR Tools webpage, <http://bit.ly/2khhCuN>. A variety of other helpful PR resources, including backpack brochures and media outreach guides can be found at www.SchoolNutrition.org/PR.

Final Public Charge Rule Published

On August 14, the Department of Homeland Security (DHS) published a final rule titled *Inadmissibility on Public Charge Grounds*. This change to U.S. immigration policies will make it much more difficult to apply for a green card or earn a visa for applicants who are deemed likely to depend on government aid such as SNAP, housing assistance and Medicaid. The new policy is set to go into effect in mid-October. Learn more at <http://bit.ly/2lX61SC>

SNA Publishes 2019 School Nutrition Trends Report

On August 20, SNA published its *2019 School Nutrition Trends Report*, based on survey responses of school nutrition directors nationwide. The report reveals that whole grains will remain a staple on school lunch trays this fall, as 90% of school districts will exceed whole grain mandates. More than 70% reported that about three-quarters or more of grains offered will be whole grain rich. The survey also explored emerging menu trends and unpaid student meal debt. SNA's press release summarizes key findings. SNA members can access the full report at <http://bit.ly/2lSauWQ>.

Overall Findings:

- More than 70% of districts reported that about three-quarters or more of grains offered will be whole grain rich.
- More than 80% of districts surveyed identified at least one barrier to increasing whole grain options.
- Almost 90% of districts are working to improve student acceptance of whole-grain items.
- Nearly 85% of districts offer customizable menu

options.

- About 43% of districts with unpaid meal debt reported that the number of students without adequate funds has increased since the previous school year.
- The median amount of unpaid meal debt per district rose by 70% since SY2012-13.

New School Meal Bills Introduced to Congress

Nine new bills impacting school nutrition programs were introduced in August 2019:

- Sen. Susan Collins (R-ME) and Rep. DeSaulnier (D-CA) introduced *S. 1949* and *H.R. 3444, the School Food Modernization Act*. This act would require the Secretary of Agriculture to make loan guarantees and grants to finance specific improvements to school lunch facilities and to train school foodservice personnel.
- Sen Patrick Leahy (D-VT) and Rep. Marcia Fudge (D-OH) introduced *S.2026* and *H.R. 3562, the Farm to School Act of 2019*. The bill expands participation in the Farm to School Grant Program to preschools, afterschool programs and summer food service sites, and increases annual mandatory funding from \$5 to \$15 million.
- Rep. Joseph Morelle (D-NY) introduced *H.R. 3667, the Summer Meals and Learning Act of 2019*. The bill would create a new federal grant program to allow schools operating a summer lunch program to keep their libraries open during the summer months. The bill appropriates \$5 million per year to fund the program through 2024.
- Rep. Adam Schiff (D-CA) introduced *H.R 4065, the Food for Thought Act of 2019*. This bill would authorize Food and Nutrition Service (FNS) to make grants available for community college campuses in order to establish a free meal program for eligible students, prepare and purchase meals from manufacturers and provide information to eligible students on federal food assistance programs through campus outreach.
- Sen. John Kennedy (R-LA) introduced *S.2359*, a bill that *amends the Food and Nutrition Act of 2008*, requiring the consideration of “non-income assets” in a household that qualifies for the Supplemental Nutrition Assistance Program (SNAP) through broad-based categorical eligibility.

This and That from SNA

(Continued from page 32)

- Sen. Patty Murray (D-WA) introduced S.2331, the *Improve Training for School Food Service Workers Act of 2019* to address issues in training food service workers. This bill *amends the Child Nutrition Act of 1966* to clarify the availability and appropriateness of training for local food service personnel.
- Sen. Robert Casey (D-PA) introduced S. 2358, the *Wise Investment in Children Act of 2019*, to *amend the Child Nutrition Act of 1966* to increase the age of eligibility for children to receive benefits under the special supplemental nutrition program for women, infants and children (WIC).

USDA Releases Evaluation of the School Meal Data Collection Process

USDA has released a final report for its Evaluation of the School Meal Data Collection Process. This study evaluates the methodologies and processes of school food authorities (SFAs) and State agencies to collect and report data using three FNS forms for various Federal school meal

programs. This study also identifies potential sources of error when completing forms and goes on to provide helpful recommendations for improving the collection and reporting process. Read the full story at <http://bit.ly/2kR66al>.

Overall recommendations include:

- Involve a diverse range of operators in the designing and testing of forms before implementation;
- Ensure that software companies create data systems that schools and SFAs are aware of and fully understand all program requirements and changes;
- Increase the promotion of toolkits and program materials associated with the certification and verification process, in particular, the Verification Toolkit;
- Support and specify training for teachers and other non-foodservice staff that are involved in serving program meals outside of the cafeteria; and
- Provide case-by-case flexibility to state agencies in applying the SNAP Direct Certification threshold standard.

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2019-2022 Strategic Plan & 2019-2020 Plan of Action

Following is WSNA's Strategic Plan that forms the broad framework for WSNA's activities over the next three years. The items in bold blue print are the items the Board will be working on as its Plan of Action for the 2019-2020 year.

Purpose: Nourish and educate students in support of lifelong success

Mission: Engage, educate and empower School Nutrition professionals to advance the accessibility, quality and integrity of school nutrition programs

Vision: Every student has access to nutritious meals, to strengthen their health and well-being

Core Values:

- *Integrity: Always act ethically and responsibly*
- *Inclusion: Embrace diverse perspectives and ideas*
- *Collaboration: Educate and share strategies, solutions to achieve professional excellence*
- *Commitment: Embody care and compassion for student well-being*
- *Innovation: Drive change with creativity and strategic thinking*
- *Courage: Resolve to protect and advocate for school nutrition programs*

Goals and Objectives

1. **Professional Development: School nutrition professionals will continually increase their knowledge and skills to administer, manage, deliver, and sustain successful school meal programs.**

Objective 1: Enhance communication methods to reach members regarding educational opportunities.

Strategies:

1. **Update and improve WSNA website including ADA compliance (Year 1-3)**
2. Create a social media platform; i.e. Facebook, Twitter, Instagram, and other Smart-phone apps. Once developed provide training on how to use platforms. (Year 1-3) **(2019-2020 Plan of Action only: Develop procedures for WSNA Facebook account. Provide instruction sheet for members and launch.)**
3. Promote WSNA image by using diverse media markets and expand on partnerships to increase WSNA presence (Year 1-3, year in 1- identify markets)
4. **Create new member welcome and information packets, including e-mail version (Year-1-3)**
5. Incorporate live links to available educational resources on the website. (Year- 1-3)
6. Create Reference sheets on various topics (OSPI reference sheets concept) (Year- 1-3)

Objective 2: Promote accessibility and utilization of professional development tools, and resources.

Strategies:

1. **Develop and implement marketing plan to support existing professional development products and services to increase awareness and usage.** (Year-1)
2. Promote association's educational tools such as webinars and professional standards tools, procurement training tools through WSNA website. (Year- 1-3)
3. Continue to enhance the quality of educational programming at meetings and expand ways to leverage the content to all member segments. (Year- 1-3)
4. **Survey members for educational topics to assist in topic development.** (Year- 1)
5. Develop a training program for members to become new trainers/educators. (Year-1-2)
6. **Create database of qualified trainers (include OSPI and industry) and resources.** (Year- 1)
7. Research translating classes into other languages. (Year- 2-3)

2019-2022 Strategic Plan & 2019-2020 Plan of Action

(Continued from page 34)

Objective 3: Provide educational opportunities to all member segments.

Strategies:

1. Incorporate live links to educational resources on website (Year-1-3)
 2. **Improve communication and advertisement of upcoming workshops and conference(s) by using email notification and creating a fun calendar of events.** (Year-1)
 3. **Actively promote the certificate and credentialing program with the emphasis on career path opportunities and professional growth. Promotion should target all member segments.** (Year-1-3)
 4. **Post conference & workshop materials on website.** (Year-1-3)
 5. Develop a plan to create WSNA sponsored webinars (Year-1-3)
 6. **Form a Taskforce that will develop a plan to use and promote the education fund; such as creating scholarships to attend conference or workshops.** (Year-1)
 7. Develop mentorship program with clear guidelines. (Year-2-3)
2. **Advocacy and Public Image: WSNA will be the recognized authority and leading advocate for school nutrition programs.**

Objective 1: Encourage WSNA members to take an active role in advocacy efforts that will drive policy change at the state & federal levels.

Strategies:

1. **Find a different name for PPL to encourage member participation** (Year-1)
2. **Continue to monitor emerging state/federal nutrition program related legislation and policies.** (Year-1-3)
3. **Develop trainings (best practices, resource roadmap) on how to become an advocate; i.e. how to find; contact and write to your legislator.** (Year- 1-3)
4. **For the Washington “Day on the Hill” create take a friend program. Teaming up experienced attendees with someone new. Budget for travel costs.** (Year-1-3)
5. **Build a strong PPL team/grassroots network (CAN)** (Year-1-3)

Objective 2: Increase efforts to educate policy makers and other decision makers on the value, scope, and complexity of school nutrition programs.

Strategies:

1. Develop campaign; organize statewide “invite your legislator to lunch.” (Year-2-3)
2. **Continue to monitor emerging state/federal nutrition program related legislation and policies.** (Year-1-3)
3. Develop a public Facebook page to share information on what is happening. (Year-2-3)
4. Create a committee which will present at other conferences such as WSDA, WASBO, (Year-2-3)
5. Develop and implement a plan to seek support for Universal Feeding funding. (Year-1-3)

Objective 3: Increase efforts to enhance the public's positive perception of school nutrition professionals and school nutrition programs.

Strategies:

1. Create a commercial (Year-1-3)
2. **Use social media to enhance outreach and online presence (including YouTube)** (Year-1-3)
3. Participate in community and school events to enhance presence and awareness of WSNA and School Nutrition programs. (Year-1-3)
4. **Develop a plan to be viewed as the trusted resource by media outlets and local and state policy makers.** (Year-1-3)
5. Increase outreach on the local level. (Year-1-3)

(Continued on page 36)

2019-2022 Strategic Plan & 2019-2020 Plan of Action

(Continued from page 35)

6. Create talking points and templates for announcements and press releases on current issues and topics (Year-1-3)
7. Build and enhance partnerships with allied organizations (Year-1-3)
8. Continue to educate members on block grants and its impacts on programs. (Year-1-3)
9. Succession plan for lobbyist. (Year-1)

3. Membership and Community: WSNA will strengthen membership through the engagement, leadership, and collaboration among WSNA's members, chapters, allied partners and other stakeholders.

Objective 1: Increase membership and member retention among all stakeholders.

Strategies:

1. Create a membership video using high school or college students (Year-1-3)
2. Develop resources for Directors to promote membership, certification, and District-owned membership (Year-1-3)
3. Pair new members with a mentor (Year- 1-3)
4. Build resources that promote professional development and membership in various languages to reach more members. (Year-1-3)
5. Develop a New Director and New Industry packets which include letters from member Directors as a point of contact. (Year- 1-3)
6. Reach out to non-member Directors to promote WSNA. Offer free registration to workshop or conference (Year-1-3)
7. Partner with industry members to encourage other industry segments to participate and support WSNA (Year- 1-3)

Objective 2: Build the strength of chapters by providing resources and support.

Strategies:

1. Form a Taskforce that will assess the viability of chapters, develop new concepts (Year- 1)
2. Conduct panel discussion at annual conference lead by Regional Leads and successful chapters. (Year-1)
3. Regularly assess member needs by using targeted surveys in various languages (Year-1-3)
4. Provide information for conference and workshops via various methods, such as email, website, Facebook, and other social media tools. (Year-1-3)
5. Statewide virtual meeting with the president (Year-1)
6. Build a virtual community (Year-2-3)

Objective 3: Increase pathways for involvement among different demographics segments of WSNA membership that reflect the association's core values.

Strategies :

1. Provide other platforms for meetings, such as Skype and other smart-phone apps. (Year-1-3)
2. Create a fun promo video for conference including testimonies from attendees. (Year-1-3)
3. Host a leadership event to identify potential leadership candidates. (Year-1 & 3)

4. Governance and Operations: WSNA will have a financially sustainable funding model with a flexible governance that is aligned with the Strategic Plan and reflects contemporary business practices.

Objective 1: Follow WSNA processes, practices, and structures that contribute to a sustainable and progressive business model.

Strategies:

1. Manage Ad-Hoc and Taskforces (Year-1-3)
2. Create a mechanism to evaluate programs and services to sunset under-utilized programs and services. (Year-1-3)

(Continued on page 37)

2019-2022 Strategic Plan & 2019-2020 Plan of Action

(Continued from page 36)

3. **Conduct an annual financial audit** (Year-1-3)
4. **Review financial practices to assure strong checks and balances are in place.** (Year-1-3)
5. Work on planning the next Strategic Plan (Year-3)
6. **Assure that the WSNA Board acts as a cohesive and accountable Executive Board** (Year-1-3)
7. **Maintain a plan that includes language to accommodate changes in revenue/expenditures and organizational changes.** (Year-1-3)

Objective 2: Assess governance structure to support the current Strategic Plan.

Strategies:

1. **Annually identify special committees and taskforces needed to achieve goals outlined in the Strategic plan.** (Year-1-3)
2. **Annually review Bylaws and job descriptions to assure accuracy and compliance** (Year-1-3)
3. **Have an emphasis on recruiting diverse leadership talent for open elected and appointed positions.** (Year-1-3)
4. **Review structure to ensure adequate numbers of volunteers to support the work of the WSNA Strategic Plan.** (Year-1-3)

Objective 3: Prioritize objectives and appropriately fund the current Strategic Plan.

Strategies:

1. **Review and reallocate available financial and human resources to meet the new Strategic Plans priorities.** (Year-1-3)
2. **Identify and prioritize new funding methods** (Year-1-3)



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(Until November 30, 2019)**

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Scholarship Chair

Open Position



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Dates to Remember

October 1 - 31	National Farm to School Month	February 4	AEA Day on the Hill Olympia, Washington
October 2	Taste Washington Day	February 18-19	USDA Food Tasting & Industry Seminar Emerald Downs, Auburn
October 14-18	National School Lunch Week School Lunch: <i>What's on Your Play List?</i>	March 1	SNA Director of the Year SNA Employee of the Year SNA Manager of the Year Nominations Due to Pam Milleson
October 19	Fall Workshop Walla Walla, Washington	March 1	Apple Press Deadline Due to Marianne Culligan
October 4	2020 Conference Committee Meeting Spokane, Washington	March 2-6	National School Breakfast Week <i>Out of This World</i>
October 26	Fall Workshop Auburn, Washington	March TBD	2020 Conference Committee Meeting Conference Call
November 1	Apple Press Deadline Due to Kathy Buchanan	March 8-10	SNA Legislative Action Conference Washington DC
November 16	WSNA Executive Board Meeting SeaTac	March 27	WSNA Executive Board Meeting Leavenworth
January 10	2020 Conference Committee Meeting Conference Call	March 28	Spring Workshop Leavenworth
January 29	WSNA Day on the Hill Olympia, Washington		