



# Washington Apple Press

Official Publication of the Washington School Nutrition Association

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

Spring/Summer, 2021

Volume XXXIII, Issue 2

*In this issue . . .*



WSNA President Jan Campbell-Aikens  
[jcampbellaikens@auburn.wednet.edu](mailto:jcampbellaikens@auburn.wednet.edu)

Spring has finally arrived! As I write this greeting, the sun is shining through the trees, the world is waking up, and I am hopeful. We have passed the one-year anniversary of our school closures. The closure lasted longer than we imagined when we redesigned our work over a weekend or a few days in March 2020. I am so proud of the work that we collectively have done—nonstop—for over a year. I hope you also look back on the year and see the contributions made by all of you as School Nutrition Professionals to your communities.

Expressing gratitude has helped me weather the storms of the past year. I am grateful for so many people who have supported me through my presidential leadership journey. The WSNA Boards and Executive Directors over the past few years have provided wisdom, guidance, humor, and friendship and I am profoundly grateful. I am also grateful to you, the WSNA membership, for providing the opportunity and granting me the privilege of leading this amazing organization. I have grown in many small ways.

**“The older I get, the more I’m conscious of ways very small things can make a change in the world. Tiny little things, but the world is made up of tiny matters, isn’t it?”**

--Sandra Cisneros, writer

We can all make a difference in tiny matters, can’t we? We can all make small changes in our own world. I encourage each one of you to participate in your Association as actively as you can. We are all in different places in our lives. For some of us, active participation might be participating in an online workshop, or taking an online class via the School Nutrition Association or Institute of Child Nutrition website. If you have more time and energy available, I encourage you to serve on a committee that interests you. Becoming more involved with your professional association brings many opportunities and rewards. We need and welcome each one of you!

This is my last greeting to you through the Apple Press. I look forward to greeting you virtually at our Annual Conference on July 27 & 28, acknowledging our accomplishments over the past year, and celebrating the installation of Mindy Cass as President. She will be a thoughtful and inspiring leader as we keep moving forward!

With gratitude and kind regards,

Jan

*Un-Bridled Brilliance!*

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**Welcome New Members**

Asha Abdi	Naomi Lawrence
Kevin Agurs	Tamela Mcguire
Urszula Cieslak	Lisa Morrison
Elvira Drayer	Anne Nybo
Nicole Evans-Galindo	Esther Pelayo
Doree Fazioyoung	Katherine Peters
Miraim Gonzalez	Sonia Pinto
Grace Heger	Esperanza Rodriguez
Wendy Huskey	Marcos Rueda
Su Jen Hsu	Jill Rule
Ami Justice	Lyzelda Rus
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Chelsea Krueger	Elvia Salas
Tracy Kunz	Skye Sarenana-Velton
Vivian Lake	Noah Smith
Jennifer LaQuey	Lisa Wolf
Anita Lathrop	

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## 2021 WSNA Conference

Jan Campbell -Aikens, WSNA President

Questions abounded at our Conference Committee meetings! Will the conference hotel be open? Will the Convention Center be open? What social distancing protocols will be required? Will we be able to have meals together? How many people can be accommodated? What about industry exhibits? Will our membership be able to come? Will our membership be *willing* to come? Is a hybrid conference a viable option? What would a virtual conference look like? Led by our brilliant Conference Chair, Donna Parsons, the committee searched for answers.

Answers to all these questions, and more, were found and carefully considered. We all miss being together. We miss the networking, the new ideas, and the energy of learning together at conference each year. We desperately want to create opportunity for these experiences for all of you. However, after careful consideration of all the information, the Conference Committee recommended and the Board approved, that the conference be planned and held in a virtual format.

Since the recommendation was made, the Conference Committee has been hard at work, planning a **brilliant** conference for *you*! And there are benefits to holding the conference in this manner. It is accessible to everyone. The registration fees are lower. Most sessions will be recorded and available for viewing and continuing education units (CEU) at a later time. So you can access even more CEUs than at an in-person conference.

Check out the conference offerings in this issue. We have learned a lot about virtual meetings over the past year. You'll find a variety of topics, ways to network and connect with people from other districts, and lots of fun stuff, too! Check it out! And register to be a star. Add your light to WSNA's

# Un-Bridled Brilliance!



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## Don't Wish Away Bad to Get to Good

by *Mindy Cass, WSNA President-Elect*

I heard someone say recently "Don't wish away bad to get to the good." Hmmmmmm...I thought about this for a bit and realized this is so true. I was reflecting on this past year; what a year it was; and still is. COVID hit and all went crazy. It was so scary to see empty store shelves and people fighting over toilet paper! It was something we never experienced before, and something I hope we never experience again.

I remember getting the call that we had to shut down the schools. I'm sure we all felt the same fear and uncertainty. First was confusion, when we thought we would only be closed for a couple weeks. Then reality hit and we knew we were in for the long haul. Everyone was scared. We were scared not only for our children and families, but our other children-our school children. Where would their next meals come from? Would they get warm meals? Would they be safe in their homes? There were so many worries and I remember thinking let's just get through this bad so we can get on with life and get to the good.

Through it all my eyes were opened. I started to accept what was going on and saw exciting things happening. School districts stepped up to feed their students and communities, all at no cost for kids 0-18. This was fantastic! You know what else was fantastic? All of the good coming from the bad. I got to meet several parents. When they picked up meals, they talked to us and we talked to them. I got to hear so many of their stories. And, it turns out, when in this situation people actually were forced to slow down a little.

It also meant more family time. For many people, not going at warp speed and having time to spend at home, actually helped many families heal in their otherwise stressful nonstop lives. So many reasons that this BAD actually has brought good to so many.

Can you personally think of some good things that happened in your life because of the bad thrown at us all a year ago? I got to see so many people start volunteering for the first time and people were forced to start cooking at home more. But, they did it as families! There were more game nights and more movie nights and all of this wonderful family bonding. Hopefully it helped us all grow.

Speaking of growing, we're having our first virtual WSNA Conference this July. You and I know this isn't going to be as fun as travelling and having our big slumber parties, but remember good comes from bad. I'm hoping you all will still take time to attend virtually; learn a lot from this conference; and grow from it. We have great keynote speakers planned. I'm very excited to see them again because I know how much I learned from them in the past. Logan Weber was so wonderful and full of so much energy. Craig Zablocki, whom we heard from in our Fall Workshop, always has new and exciting things to share!

We have many breakouts planned. In fact, there are so many that you can keep going back in electronically and earn even more CEUs. This may be very important since people were not able to get to many meetings this past year. We were lucky to get Matt Upton to do a breakout for us. He is one person who puts a smile on my face before he even speaks. We will see culinary ideas from Chef Klink, who always keeps everyone listening, We have a popular favorite Debbie Rodewald teaching us more exciting ways to decorate our school kitchens. This is truly just a sneak peak. I'm so excited for this year's conference. I hope to grow from it and hope you all will join the fun with us. Please watch for more details as they come out..

In closing I want to share with you all something I saw on a picture. It really goes with how I started off this note.

**The trick to enjoying life is don't wish away your days waiting for the better ones ahead...**

Get out there my friends!! Enjoy life to the fullest. Each and every day is a gift to us and one to be cherished. We have the ability to make it the best day ever, and to make memories out of everything that happens even if in the beginning we thought it was so bad.

As always send me a note with questions or concerns. I would love to hear from you. I hope to see you all at the conference.

President Elect, Mindy Cass MelindaC@spokaneschools.org





*WSNA Glass Apple Award Winners*

Heather Berthold, Nutrition/Warehouse Director for Renton SD and WSNA member, presents Rep. Zack Hudgins (D-Tukwila) WSNA's Glass Apple.

It was given for his excellent support as a Meals for Kids Champion in the House Democratic Caucus on February 26, 2021. The award was given in Tukwila.

From right is Mitch Denning, WSNA lobbyist, Berthold, Hudgins, his wife Gabriela, son Sebastian, and the family dog. Photo is taken in front of Tukwila Elementary School where Sebastian attends school.

Heather Berthold, Nutrition/Warehouse Director for Renton SD and WSNA member, presents retiring Representative Eric Pettigrew (D-Seattle) WSNA's Glass Apple for his excellent support as a Meals for Kids Champion in the House Democratic Caucus on February 26, 2021 in Tukwila. On left is Mitch Denning, WSNA lobbyist.



## Our School Lunch Stories from the Pandemic Year

*Jan Campbell-Aikens, WSNA President*

We have learned much about ourselves. We have found strength within ourselves that we didn't know we had and have seen the value of the work we do recognized by others nationwide. The past year has vividly shown the importance of school meals. I believe each one of you has a story from the past year that supports this observation.

Food is not just nutrition and fuel for our bodies; it is part of our history, our culture, our family.

~Alissa Rumsey, RD, US News & World Report, 2018

When I was installed as President last July, I promised to help you tell your stories. Now I'm asking for your help. How have your experiences over the past year affected you? How have you grown and changed? What changes have you seen in your community? What changes have you seen in the kids you serve?

Send me your stories! Just a few sentences, or as much as you would like to share. We will compile your stories into a booklet form, creating a remembrance of this year.

Send your stories on or before June 1, by following the instructions below:

Go to [www.washingtonsna.org](http://www.washingtonsna.org) Click on "Contact Us" in the toolbar on the right

When the contact page opens click on "Contact Us" in the middle of the page

Fill in your name, and email, then tell us your story in the comment box and submit

I would love to have something from each member. You are all stars! Every star adds another light, adding to our

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## Dairy's Role in a Sustainable Food System

Tim Pierson, MS, RDN, CDN  
Washington State Dairy Council

Dairy foods, such as milk, yogurt, cheese, and kefir, can play a vital role in a well-balanced and sustainable diet. In fact, healthy diets containing dairy products have been linked to health benefits such as reduced cardiovascular disease risk, type II diabetes, osteoporosis, and even weight management.

For centuries – at least as far back as 3,000 B.C.E – dairy has provided critical nutrients necessary for a healthy life. Once known as the “white elixir” the importance of dairy in the diet remains to this day. Whether it is preventing disease, building bones, or providing economically and sustainably friendly nutrients, dairy can have a role in every healthy diet.

As our farmers look to provide for the future, dairy can play a crucial role in ensuring we can feed the growing global population at a reasonable price, without contributing to the decline of the environment. As a matter of fact, dairy farmers across the U.S. have already started to protect the environment, be it the air we breathe, the water we drink, the food we eat, and the land we use. Dairy farmers in the state of Washington are working hard to provide delicious and nutritious products at a low cost without harming the environment. As we look to the future, dairy farmers are using new technology and employing new techniques to become carbon neutral, or better by 2050.

These goals have come about based on decades of improvements in dairy farming that have contributed to greater sustainable practices in production and quality of dairy, whilst supplying affordable nutrients to the population.

Not only do dairy farmers provide an incredibly nutritious product, but they also give back to a sustainable economy. In 2018, Washington dairy provided 57,635 jobs, whilst contributing \$3.2 billion USD in wages with a combined economic impact of \$11.6 billion USD.

With all of the efforts and strides being made to ensure our land, water, and air are protected, dairy pulls through today, and even more in the future, as a solution to feeding our children, families, and the globe. For more information on the commitment dairy farmers have made in being sustainable, please visit the [US Dairy Innovation Center](https://www.usdairy.com/about-us/innovation-center) (<https://www.usdairy.com/about-us/innovation-center>).

2050 Environmental Stewardship Goals: according to a life cycle assessment for fluid milk commissioned in 2007, U.S. dairy contributes only 2% of all U.S. greenhouse gas emissions. Coupled with a rigorous and third-party reviewed materiality assessment, the industry prioritized the most pressing areas of environmental sustainability as the foundation for the 2050 goals:

1. Become carbon neutral or better
2. Optimize water use while maximizing recycling
3. Improve water quality by optimizing utilization of manure and nutrients

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## Farm to School Updates & Opportunities

By Chris Iberle, [WSDA Farm to School](#) Lead

Spring is here! Produce farmers across Washington are especially busy this time of year with planning, planting, and already harvesting some early spring crops. Many of you are already planning ahead for summer and fall too, so below is a preview of farm to school opportunities and support coming up.

### Washington State Farm to School Network Member

**Gathering: May 20** – Members of the network will be coming together to share updates on network activities and support, connect with other members, learn about advancing racial equity in farm to school, and hear about farm to school in tribal communities. Sign up for the network here: [wafarmtoschoolnetwork.org/join-the-network](http://wafarmtoschoolnetwork.org/join-the-network)

**Farm to Summer Week: July 12-16** – Pledge to participate with OSPI, then serve at least one local food in your summer meals the week of July 12-16, and provide one food education activity for kids (in-person or virtually). Then share your success using social media or other communications during the week! Questions, or ready to sign up? Contact OSPI Child Nutrition at [kendra.vandree@k12.wa.us](mailto:kendra.vandree@k12.wa.us)

### WSDA Farm to School & Scratch Cooking Institutes:

**August 19-20, August 23-24, or August 26-27** – School districts and ECE providers are invited to apply for these institutes, which will be held in three different locations in late August. Child

nutrition programs interested in starting or expanding their farm to school efforts will get training from experts and guest speakers on scratch cooked meal production, sourcing ingredients from local producers, culturally appropriate foods, and planning out farm to school efforts from the kitchen to cafeteria, and classrooms, gardens, and other school settings. Contact [ciberle@agr.wa.gov](mailto:ciberle@agr.wa.gov) if you're interested in finding out more, or applying for the institute!

**Farmer & local food directories** – WSDA Farm to School and the Eat Local First Collaborative are working on updating and enhancing a statewide listing of farmers and local food suppliers interested in selling to schools, childcare centers, and other child nutrition programs. Stay tuned for future announcements about new farmer lists, but see some great current tools on the WSDA Farm to School Toolkit [“Finding Farms”](#) page.

**Taste Washington Day: October 6, 2021** – Save the date! Join with schools and other child nutrition programs across the state in featuring local foods in school meals, working with school gardens, doing a Washington Apple Crunch, or teaching kids about food & agriculture for this farm to school & harvest celebration the first week in October. Read more on [WSDA's website](#).



## If You See a Need, Take the Lead

Joel Latiolais- Field Supervisor Bethel SD

Are you considering volunteering and getting involved with the WSNA Board and Committees? With most of us living super busy lives during this Covid era, the idea of volunteering and giving your time and energy is hard... But! It's time to snap out of this Covid rut. Get back out there and get involved! WSNA is always looking for volunteers, and nothing gets done by one person alone, which means we need YOU!

Here are 3 reasons to get involved:

1. Meet new people and build on the Child Nutrition community. Everyone loves new friends!
2. Gain knowledge and understanding of what we do. It will allow you to bring people into your social network and learn from those who come from different districts in our state.
3. A sense of purpose. What a great reason to do something that gives you a sense of accomplishment to get the most of what you do right now!

So, if you are ready to play a larger role, and use your voice to help WSNA provide successful programs for our members, we are ready for you! For more information on how to join the Board or Committees, contact Jan Campbell-Aikens (President) at [jcampbellaikens@auburn.wednet.edu](mailto:jcampbellaikens@auburn.wednet.edu), or Mindy Cass (President-Elect) at [dcassand2@aol.com](mailto:dcassand2@aol.com).

Open positions for the 2021-22 election are: Western Region 2 Lead and Southeast Region 3 Lead  
(If you are unsure of your region, go to our website.)

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\*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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## You Are The Driver Marcia Wagner, Vice President

Despite all of the change, upheaval, and uncertainty that we have dealt with this year, it sure is flying by! As I was sitting here thinking about what to write, I remembered *The Energy Bus* by Jon Gordon. It is a fun, quick read about how attitude affects our entire life. Many things are out of our control, but we are always in control of our attitude and how we live our lives. The energy of one person can change the energy of the entire group in a good or bad way.

As it says in the book, *The Energy Bus*, **you are the driver of your bus**. You can't drive anyone else's bus. You can't control the path or destination of anyone else's bus. You may have someone on your bus that you don't like, but you are driving your bus. You don't have to pay attention to that rider. You don't have to force them out the door at 50 mph either. Eventually, they will get off your bus if it is not where they are supposed to be.

One very good piece of advice I received from my father was "Your happiness is directly proportional to your expectations of others." What he meant was if you have high expectations of what other people are going to do, you will always be disappointed. That does not mean to set low standards. It means to change your mindset. Instead of judging others, try to be understanding and try to partner with them so you can both have positive and healthy energy.

Many people that I have talked with this year have told me that once they accepted things that were happening (ie-Zoom meetings), they were much happier and could actually start to see some benefits that were coming out of the forced change. They did not change what happened, they just changed their expectations.



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## Conference Agenda, tentative

### TUESDAY JULY 27, 2021

7:30 am to 9:30 am

**Welcome**

**Keynote: Craig Zablocki** – “Creating a Work Culture of Excellence That Builds on Joy”

9:30 am to 9:45 am

**Break**

9:45 am to 10:45 am

**Education Sessions (Choose One):**

- DDS Breakout Meeting
- Decorating Your Cafeteria on a Budget – Debbie Rodewald
- CNIC Culinary Presentation (TBD)

10:45 am to 11:00 am

**Break**

11:00 am to 12:00 pm

**Education Sessions (Choose One):**

- POS/Meal Service Models w/Section on BAB – OSPI
- Core...and More! Minimize Ingredients and Maximize the Menu – Washington Red Raspberry Commission
- Food Prep 101 – Tips, Techniques, Tools & Technology –Performance Reps NW

12:00 pm to 12:15 pm

**Break**

12:15 pm to 1:15 pm

**Education Sessions (Choose One):**

- Menu Planning for USDA Foods
- Wasted – What We Throw Away & Shouldn't – LJ Klink
- There's Been An Injury – Now What? – Brooke Thomsen, NCESD & Orlando Cerillo, ESD105.

1:15 pm to 3:00 pm

**Social Get Together** – Brilliant Bauble Bash Scavenger Hunt and More...

### WEDNESDAY JULY 28, 2021

7:30 am to 8:30 am

**Education Sessions (Choose One):**

- CNS Updates – OSPI
- CINC Culinary Presentation (TBD)

8:30 am to 8:45 am

**Break**

8:45 am to 9:45 am

**Education Sessions (Choose One):**

- Washington Potato Commission Culinary Presentation (TBD)
- Nutrition for Disease Prevention – Brianne Kappel, Washington Dairy Council

9:45 am to 10:00 am

**Break**

10:00 am to 11:30 am

**Keynote: Logan Weber** – “Leadership Redefined”

11:30 am to 11:45 am

**Break**

11:45 am to 1:30 pm

WSNA President's Celebration and Board Installation



## Conference Registration Information

### Un-Bridled Brilliance

This year's conference is being held virtually. Registration will open in May. You will receive an email when registration opens. The email will contain a link that takes you to the registration form to fill out and submit.

You can also go to the WSNA website: [www.washingtonsna.org](http://www.washingtonsna.org) and look for the event listed under

*Upcoming Events* after registration opens.

Cost to attend the conference is only \$70 for members and \$100 for non-members.

Sixteen CEUs are possible, if you view all offered sessions after the live event.

Login information will be sent to all registrants late in the week before Conference.

### DON'T FORGET THE SOCIAL EVENTS...

**Silent and Live Auctions** – Calling all chapters and WSNA school and industry members! Please donate for the auctions! Since this is a virtual event, plan to donate small items that are easily mailed. Consider buying an item from a local store in your area. The donor is responsible for mailing the item to the auction winner.

All proceeds from the auctions go to the WSNA Education Fund.

**Tuesday Afternoon Social Event** – Join us at the end of the day's education sessions to visit with other members, play games and have fun. More information to come...

**Wednesday Afternoon** – President's Celebration and Officer Installation. Celebrate everything WSNA and your Board of Directors has accomplished this year. Thank our outgoing board members and welcome new members to the Board of Directors.

**Conference Wellness Events** - Yes, even though we will be holding a virtual conference, there will be opportunities for stretching, walking, and possibly a wellness education session added to the agenda. Look for more information as we get closer to conference.

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## ***Conference Keynote Speakers***



### **CRAIG ZABLOCKI, KEYNOTE SPEAKER, JULY 27**

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### **LOGAN WEBER, KEYNOTE SPEAKER, JULY 28**

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### **Your mask helps protect those around you**

COVID-19 spreads mainly from person to person through respiratory droplets. Respiratory droplets travel into the air when you cough, sneeze, talk, shout, or sing. These droplets can then land in the mouths or noses of people who are near you or they may breathe these droplets in.

Masks are a simple barrier to help prevent your respiratory droplets from reaching others. Studies show that masks reduce the spray of droplets when worn over the nose and mouth.

You should wear a mask, even if you do not feel sick. This is because several studies have found that people with COVID-19 who never develop symptoms (asymptomatic) and those who are not yet showing symptoms (pre-symptomatic) can still spread the virus to other people. Wearing a mask helps protect those around you, in case you are infected but not showing symptoms.

It is especially important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart since COVID-19 spreads mainly among people who are in close contact with one another.





## Legislative Report

by

*Donna Parsons, WSNA PPL Chair, and Mitch Denning*

The 67th session of the Legislature just finished the three-quarter point at the time of this writing, with their adjournment scheduled for Sunday, April 25. So far, WSNA has had a very productive session as the remote access has been quite accommodating for many members. Fewer bills remain alive as the session moves into their home stretch with the concentration on the 2021-23 Operating and Capital Budgets. This article will address the following WSNA activities: (1) WSNA Legislative Day, January 27; (2) AEA Day on the Hill, February 15; (3) SHB 1342, elimination of reduced-price copay for grades PreK and 4-12; (4) WSNA PPE funding proposal; (5) SHB 1094, 2021-23 House Operating Budget; (6) SSB 5092, Senate 2021-23 Operating Budget; (7) SHB 1080, House 2021-23 Capital Budget; (8) SSB 5083, 2021-23 Senate Capital Budget; (9) Seated Lunch Duration Pilot program; (10) OSPI proposed rule change for seated lunch and recess before lunch; (11) year two implementation of Breakfast after the Bell; (12) implementation of ESHB 2260, Community Eligibility Provision; and (13) WSNA recognition of retiring Meals for Kids (MFK) champions.

**One**, on January 27 and a couple of dates in February, **WSNA members met with House and Senate members**, many of whom are MFK champions. The WSNA legislative team was composed of Donna Parsons, Public Policy and Legislative Chair, and AEA board member; Kim Elkins, Mead SD, and AEA board member; Marcia Wagner, Grandview SD, AEA board member and WSNA vice-president; and Jan Campbell-Akins, Auburn SD, WSNA president, and former AEA board member. With each legislator, we discussed our three 2021 WSNA legislative priorities, which include (1) fully funding OSPI Child Nutrition; (2) support for HB 1342; and (3) support for WSNA PPE funding proposal. We met with the following lawmakers or their assistants: Sen. Claire Wilson; Sen. Perry Dozier; Sean Laue, assistant for Sen. Sam Hunt; Danielle Cohen, assistant for Sen. Lisa Wellman; Kylie Berghaus, assistant for Sen. Ann Rivers; Danielle Carrasquero, assistant for Sen. T'wina Nobles; Sen. Keith Wagoner; Matthew Smith, assistant for Sen. Jim McCune; Noelle Connolly, assistant for Sen. Andy Billig; Rep. Jim Walsh; Leslie Harbaugh, assistant for Rep. Melanie Morgan; Rep. Tarra Simmons; Erika Odem, assistant to Rep. Monica Stonier; Rep. Bruce Chandler; Sami Bailey, assistant to Rep. Mia Gregerson; Mary Soderlind, assistant to Rep. Tina Orwall; Robert Lewis, assistant for Rep. Michelle Caldier; Eileen Swarthout, assistant for Rep. Laurie Dolan; Alex Hamasaki, assistant for Rep. My-Linh Thai, and Rep. Jacquelin Maycumber.

**Two**, on February 15 and through February 19, **AEA's virtual Day on the Hill** took place. A total of 20 members signed up with six participating from WSNA. On Feb. 15, two representatives from WSNA and WAMOA met with each of the four caucus leaders to discuss the three aforementioned WSNA 2021 priorities and a fourth one, support for SSB 5128, Student Transportation Funding During an Emergency. This bill would allow school buses to deliver meals to students doing on-line classes, and provide reimbursement for the school districts. The group met with Rep. J.T. Wilcox, House Minority Leader; Rep. Lillian Ortiz-Self, House Democratic Caucus Chair's LA, Israel Rios; Sen. Christine Rolfes, Chair, Senate Ways and Means; and Sen. John Braun, Senate Republican Leader. Parsons and Elkins joined each meeting, along with Sandy Conradi, Yelm SD, who joined Rep. Wilcox's meeting. WSNA's comments were very well received.

**Three**, WSNA is pleased that **SHB 1342** passed the House on February 12, and at present is in Senate Rules. It needs to move out of the Senate by April 11. If passed by the Legislature and signed by the Governor, beginning in SY 2021-22, the \$.40 lunch copay for all reduced-price students would be eliminated. As we know, during the Pandemic, the USDA has approved a waiver through September 30, 2021, which allows all students to eat for free. The effects of COVID have hit our working poor in challenging ways economically. With the prospect of reduced-price students being unable to afford to eat lunch in the fall, Rep. April Berg (D-Edmonds), and a MFK champion, introduced this bill. Although the fiscal note on the bill calls for \$8.8M over the 2021-23 biennium, there is excellent bi-partisan support for the bill in both houses. It is included in the House Operating Budget for 2021-23.

WSNA appreciates the support of the following WSNA members who testified in support of SHB 1342. On February 2, Ariane Shanley, Director, South Kitsap SD, and Megan de Vries, Director, Edmonds SD, testified in House Appropriations. On February 12 it passed the House by a 95-1 vote. Testifying in Senate Early Learning/K-12 on March 10 were Leeda Beha, Director, Bethel SD, and Sandy Conradi, Director Yelm SD. On March 12, the bill moved to the Senate Ways and Means.

## Legislative Report

(Continued from page 18)

Then on March 22, Beha again testified, this time in Ways and Means. WSNA was pleased on March 26 that it moved without amendments out of Ways and Means to Rules, where, at press time, it remains, awaiting debate and passage. All WSNA testimony was well received by the members of the three committees.

Four, **WSNA's PPE funding request** grew out of a severe shortfall in nutrition directors' local district budgets this year. Due to the Pandemic, the need for protective personal equipment has become extremely critical. Parsons and Elkins surveyed about 30 nutrition directors to see what financial needs they had. By the end of 2020, this working group had developed a request of \$1.02M for additional PPE equipment, specifically masks and gloves, for the remainder of the current school year. As noted above, on January 27, WSNA legislative leaders met with Sen. Wellman's assistant, and she took WSNA's funding request to Sen. Wellman. On January 29, Sen. Wellman approved the request, and sent it to the Senate Budget Writing Committee. However, the request was not included in SSB 5091, the 2019-21 second supplemental operating budget.

Five, **SHB 1094, 2021-23 House Operating Budget**, was heard on March 27 in House Appropriations, and Mitch testified in support. WSNA is pleased that SHB 1342 is funded at \$8.8M. Also funded was an emergency food reimbursement provision. Unfortunately, it doesn't apply to ala carte meals or student paid meals.

Six, **SSB 5092, 2021-23 Senate Operating Budget**, was heard on March 26 in Senate Ways and Means. It also contains the emergency food reimbursement provision, without applying to ala carte and student paid meals.

Seven, **SHB 1080, 2021-23 House capital budget**, was heard on March 29. Since 2015, the Governor's Healthy Kids/Healthy Schools initiative has been in the capital budget, and has included funds for kitchen repair or greenhouses. Unfortunately, SHB 1080 does not reference any kitchen work or greenhouses in their Healthy Kids/Healthy Schools grant proposal.

Eight, **SSB 5083, 2021-23 Senate capital budget**, was heard on March 25. Unfortunately, it doesn't contain any reference to the Healthy Kids/Healthy Schools grant.

(continued on pg 26)

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## 2021 Industry Seminar & USDA Food Tasting Show Denise Greer, 2021 Industry Seminar Chair

WSNA, in partnership with OSPI, hosted our first virtual Seminar and Food Show on February 16 & 17, 2021. Thank you to everyone who was able to attend – we had 205 attendees, which was a record for this meeting!

The seminar began on Tuesday with a General Session “Child Nutrition Services and Food Distribution Program Updates” by Leanne Eko, Liz Beechler and Marlon Hopkins from OSPI. Day One break-out sessions included topics on “Food Distribution & State Legislative Updates” by Marlon Hopkins and Mikhail Cherniske; “Menu Planning” by Doug Wordell; “Making The Most Of Your Entitlement” by Leeda Beha; “Marketing Your School Meal Program” by Megan de Vries; and “Wellness – Be You, Be Fabulous” by Pam Fobes. These were engaging sessions with many great ideas and take-away information that could be put immediately into practice.

On Day Two in the general session, we dove deeper into “How To Efficiently & Effectively Utilize The USDA Foods Program” moderated by Marlon Hopkins and a panel with Karla Atwood (Mt. Vernon SD) and Jerry Carlson (Onalaska SD). Other sessions included “The Menu Drives Your Business” by Linsey LaPlant & Lynn Shavinsky, and “Understanding Chicken Processing” by Bob Kooyman. The seminar closed with lively recipe demonstrations presented by Chef Brandon McDearis (Federal Way School District) and Chef LJ Klinkenberg (Cheney School District). Each chef showcased vibrant and creative recipes that incorporated new approaches to utilizing USDA processed foods.

We look forward to incorporating aspects of the virtual seminar next year as there was a lot of positive feedback on accessibility, ease of use, reduced travel and affordability for attendees.

A big THANK YOU to the Industry Seminar Committee, the presenters and our Industry partners who made this event a great success!





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### REMEMBERING SHARON WORGUM

Sharon Worgum passed away March 1, 2021, at the age of 73, at her home in Olympia, Washington, after a long battle with cancer.

Sharon worked over 30 years directing school/child nutrition programs in Western Washington. During this time, she was very involved in both WSNA and SNA. She enjoyed her career immensely and especially liked traveling the country for the many conventions she attended. Sharon was beloved by many of the staff that she worked with and stayed in regular contact with them throughout her retirement. She retired from the North Thurston School District in June 2011.

Sharon was an excellent seamstress who enjoyed sewing all her life. She spent many happy hours making beautiful quilts for each of her grandchildren, Bailey, Mackenzie, Avery, Cooper and Willow.

Sharon was an avid antique collector. Her sister, Debbie, joined her in this endeavor. Together they shopped and sold antiques for over 20 years, sharing many enjoyable hours with this hobby.

Always a lively conversationalist, Sharon loved to chat with family and friends, on any range of subjects. Sharon was a woman of strength, honesty, and loyalty with a big dose of humor. She is going to be missed terribly by those who knew and loved her.



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## Summer Food Service Program (SFSP) for Summer 2021 Arianne McConchie, Community Nutrition Programs Lead OSPI Child Nutrition Services

The school year is flying by as summer feeding continues in many school districts throughout the state! This past year was quite different, not only in the state of Washington but across the country. With the Summer Food Service Program starting in March of 2020 and extending through the current school year due to COVID-19, we know meal service was quite different than in the past.

Thank you for all your efforts over this past year to feed children in your communities during this 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, not only this school year, but this coming summer as well.

Historically, summer meals only reach 17% of the 21 million children receiving free or reduced-price lunches during the school year in our state. In 2020, with emergency feeding, the traditional summer program, and the extension of summer feeding into September of 2020, we saw a 52% increase in sponsors of the Summer Food Service Program (SFSP). We also saw a 53% increase in site participation. There were **40,464,737** SFSP meals served in 2020, this was **38,702,210** more SFSP meals served than in 2019.

USDA has granted Nationwide Waivers through June 30, 2021, to allow sponsors to provide nutritious meals in all locations while minimizing potential exposure to the coronavirus. Some of the allowances granted in these waivers include:

- Meals to be served in a non-congregate setting
- Multiple meals to be served together, to include multiple days' worth of meals
- SFSP meals to be provided in all locations regardless of area eligibility
- Allows for parent/guardian pick up of meals for children
- Meal pattern flexibility

In the state of WA utilization of these waivers was seen by almost all sponsors; 90% of sponsors served meals in a "grab and go" meal service, 52% of sponsors conducted mobile or bus route meal delivery, and 25% of sponsors incorporated home delivered meals. We also see that 92% of sponsors served multiple meals together, and 61% of all sponsors served multiple days' worth of meals.

We encourage districts to continue the SFSP this summer, as our state works to close the hunger gaps while school is not in session. Sponsors currently operating SFSP have an approved application to serve meals this summer, and the transition to operating the traditional Summer Food Service Program would be streamlined. Please keep in mind that USDA has only extended the nationwide waivers through the current school year. If waivers are not extended for traditional summer operation, plans should be made to conduct meal service only at eligible sites in a congregate meal service.

If you are not currently approved to operate SFSP for Program Year 2021, we encourage you to start the application process by April, with the federal application deadline being June 15, 2021. OSPI processes applications within 30 days of receipt of a complete application checklist, so please be mindful of your program's start date when submitting your application.

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

before June 1, 2021	May 1, 2021
between June 1-15, 2021	May 7, 2021
between June 16-30, 2021	May 21, 2021
after June 30, 2021	June 4, 2021

To aid in promotional efforts, OSPI has updated our Summer Meals Toolkit! The Summer Meals Toolkit contains editable marketing and promotional materials that are ready for print. The toolkit includes bookmarks, stickers, doorhangers, flyers, and banners. The Summer Meals Toolkit can be found on OSPI's SFSP webpages.

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

**Questions regarding the summer meals programs?** Email us at [summermeals@k12.wa.us](mailto:summermeals@k12.wa.us) or call 360-725-6200.



## Regional Lead Candidates Board of Directors



### Erika Santana Region 1 Lead

(Region 1: Island, King, Skagit, Snohomish and Whatcom Counties):

My name is Erika Santana. I have the pleasure of working for Nutrition Services at the Highline School District since 2016. I had no idea that I would fall in love with working with children and seeing their smiles each day. It truly is very special. I have learned a lot working for the Highline Nutrition team. What we do is done with careful planning, dedication, discipline, and compassion for other's needs. We have a saying at Highline NS: *Strive for knowing every child by name, strength and need.* My middle schooler and my elementary schooler talk about how much they love lunch time, eating and talking to their friends. This proves to me that we are a big part of each child's life. We have also been a big part of our community this year, also serving *them* with compassion. We have faced so many challenges this year, but we never stopped feeding our communities. I love doing what I do! our communities. My goal is to keep growing in every possible way at work and in life. Serving on the WSNA Board of Directors will be a great opportunity for me and help me grow.



### Corrine Christensen Region 2 Lead

(Region 2: Clallum, Clark, Cowlitz, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Skamania, Thurston and Wahkiakum Counties)

I am Corinne Christensen. I moved here from Las Vegas, NV, 12 years ago with my family. I have a middle schooler and a high schooler. After a couple of years as a restaurant manager, I decided to apply at the school district. My first job at Bethel SD was a district wide helper, then I became a district wide serving cook. My first WSNA Conference was in 2019. The WSNA President then was my Assistant Director. She was listing open Regional Lead positions, and I quietly said I'd do it. I was new to Child Nutrition, unsure what I was volunteering for, but she heard my whisper and said "Do you want to do it?" I don't volunteer for just anything, especially since I was new. But, I'm always up for a new challenge. Besides, the best way to learn is to get involved. As a district wide serving cook, I work with wonderful people and have picked up tips from many of them. I worked during the COVID shutdown and volunteered to work the summer to make sure kids got fed. Working at Bethel SD has been an adventure, and I'm so grateful to have a supportive team behind me.

## Legislative Report (continued from page 19)

Nine, **seated lunch duration pilot program**, which is currently in its scheduled second year, in six elementary school demonstration sites, is currently on hold. Grant funds are scheduled to expire on June 30, 2021. Ten, **OSPI's proposed rule change process which would implement seated lunch duration of 20 minutes in all schools, and recess prior to lunch in elementary schools** continues to be on hold. OSPI has not yet considered holding public hearings, and has not yet decided on a possible extension to the SY 2023-24 implementation date.

Eleven, **implementation of SB 1508, breakfast after the bell**, is in its second year of implementation. The number of BAB schools has increased from 392 to 450, primarily due to the increase in Community Eligibility Provision (CEP) schools. OSPI remains flexible on mandating of BAB, depending on what school looks like in the fall. OSPI is also working with United Way/King County on a tool kit that includes how to transition from current practices to more normal practices. Also, there will be two BAB webinars in April and May.

Twelve, **implementation of SHB 2660** continues as most CEP schools are operating Summer Food Service Program (SFSP). USDA has not yet provided guidance as to the four year CEP cycle and COVID. The question is whether or not 2020-21 will count as a year in the cycle. USDA is aware of the question and will provide guidance at a later date. A total of 13 new school districts and 79 new schools have joined CEP this school year, with the total number of students increasing from 127,000 to 160,000. The total number of school districts using CEP this year is now 115, with a total of 477 individual schools. The UWKC/OSPI tool kit has information on participating in CEP. There were two trainings, on March 17, which was an introduction to CEP for school administrators and their staff. A second training was held the third week in April, and will focus on how to apply to become a CEP school.

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

## From the Education/ Scholarship Committee

### Samantha Brueske, Committee Chair

Each year WSNA offers several scholarships for members, like you. If you are furthering your education, or planning to attend the 2021 Annual Conference, there's a scholarship for you! Applications are due to WSNA by June 30, 2021.

1. **WSNA Hobart Professional Growth & Education Scholarship** Two \$300 scholarships are awarded each year to WSNA members who are enrolled in a college or university and can be used to offset costs for attending school.
2. **WSNA Professional Growth & Education Scholarship** One \$500 or two \$250 scholarships are awarded to members to offset costs for attending a college or university.
3. **WSNA Directors & Supervisors (DDS) Scholarship** A \$500 Scholarship which can be used to offset the cost of a college or university.

To apply for the Hobart, DDS or WSNA Scholarship, go to [www.washingtonsna.org](http://www.washingtonsna.org). Login. Click on Membership/Certificate on the toolbar at the top of the page. Click on Scholarships in the dropdown that appears and you can choose the scholarship you are interested in applying for.

The past year has been quite busy for everyone! Over the past several months, the Education and Scholarship Committee has been working hard to streamline the application process. We anticipate new processes to be in place in 2021-22.

---

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### WSNA PROFESSIONAL GROWTH SCHOLARSHIP

#### **Three \$50 Scholarships for the 2021 WSNA Annual Summer Conference registration fee.**

This scholarship can be used to defray the cost of conference which will be held Tuesday July 27 through Wednesday July 28, 2021.

#### **Scholarship Parameters:**

1. Applicants must be a current, active member of SNA/WSNA
2. Applicant must register to attend the 2021 summer conference (2 days)
3. Applicants must not already receive reimbursement of the fee from their school district, chapter, or other source. Partial reimbursement is acceptable if applicant is required to pay their own fee of at least \$50.
4. If the number of applicants exceeds the number of scholarships available (3), priority will be given to those who are first time conference attendees. If more than three members apply, applicants will be chosen by random drawing, but priority will still be given to first time attendees.
5. **Applications must be received by WSNA no later than July 1, 2021.**

#### **To Apply:**

Go to [www.washingtonsna.org](http://www.washingtonsna.org) and login.

On the Member page that opens click on the link for the Tools for Schools Scholarship.

Fill the form out completely and submit.

For questions, please contact Marianne at WSNA: [waschoolnutrition@gmail.com](mailto:waschoolnutrition@gmail.com)

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## From the Directors Desk

Leanne Eko, Director  
OSPI Child Nutrition Services

Hello! It is hard to believe, but by the time you read this message we will have passed the year mark of the beginning of the COVID-19 pandemic. It's crazy to think back to the beginning when we all thought we were dealing with a short term crisis. Yet, a year later here we are... continuing to deal with and adapt to a new reality.

All too often this year you have been presented challenge after challenge— program changes and waivers, food and supply shortages, and constant change, with never enough lead time to adequately plan. I hope you can look back at the past year and be proud! You did it! When much of the world hunkered down, you were on the front lines working, changing, adapting— and most importantly handing meals to children with a smile.

Here are some highlights from Child Nutrition Services:

- Thank you for your support of the roll-out of Pandemic EBT (P-EBT). Your efforts will ensure students and families get additional food benefits. P-EBT school resources can be found at the [Pandemic and P-EBT Guidance webpage](#) and families can be directed to the P-EBT call center at 1-883-578-0282.
- Consider operating a summer feeding program this year! Many families continue to struggle. Summer feeding programs provide nourishing meals and can provide additional educational opportunities for children. Need equipment or funds for promotion and support of your summer program? Consider applying for the Meals for Kids Summer grants. Details can be found at the [Child Nutrition Grants webpage](#).
- Check out trainings we are offering and hosting. In an attempt to meet your needs, we have increased our offering of virtual trainings. Details can be found at the [Child Nutrition Training webpage](#).

I wish I had a crystal ball and could tell you what our programs will look like in the future, but quite honestly I cannot. What I do know is that this pandemic and its economic impact has highlighted the importance and value of healthy meals for children. I hope that this will serve our programs and the children we serve well in the coming years.



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## Board Minutes

Board of Directors Meeting  
March 12, 2021  
(Virtual BOD Meeting)

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

Action items were approved for the following:

- 
- The use of \$11,000 from the Education Fund to pay conference keynote speakers
- Combine the Spring and Summer Apple Presses
- Move the 2021 WSNA Conference to a virtual format

Reports were given by:

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

**Un-Bridled Brilliance**



This year WSNA will have both a live auction for “big ticket” items as well as a silent auction with bid sheets. Bidding will be open for silent auction items throughout the conference. The live auction will be held during our Tuesday afternoon get together at the end of the education sessions.

Since Conference this year will be virtual, auction items should be items that are easily shipped to the successful bidder. But if you have a great item you don’t mind shipping, feel free to offer it. Some easy ideas are:

- Fun items that can be shipped directly from online retailers (make sure the item is available before the auction)
- Wine shipped directly from wineries (restrictions may apply)
- Tickets to Events
- Unique items from local shops in your area
- Overnight getaways
- Coffee, Tea or Food Gift Boxes
- Use your imagination!

Mailing/shipping of the auction item(s) will be the responsibility of the person donating the item. If you’d like to donate a “big ticket item” such as a getaway, plane tickets, a hotel stay, a signed piece of art, etc., these items will be auctioned off live. All proceeds from the auction go to the WSNA Education Fund. If you would like to donate to either the live or silent auction please fill out the auction form by going to: <https://form.jotform.com/211174656401146>.

Have questions about the auction? Please contact: Marianne Culligan, [waschoolnutrition@gmail.com](mailto:waschoolnutrition@gmail.com)

Thank you in advance for your continued support of the WSNA Education Fund. This event helps WSNA with professional development. We hope you will plan to donate and to bid on your favorite items!

# make your meal service shine

with support from your Dairy Council

## **START STRONG PROGRAM**

Funding available for equipment to make smoothies, hot chocolate milk, cold storage, and more!

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## **FUEL UP TO PLAY 60 GRANTS**

Funds to enhance school meals—the options are endless!

•

## **HAVE EQUIPMENT NEEDS?**

Reach out to Bri to discover more opportunities for your school.



## **CONTACT BRI TO GET STARTED**

Bri Kappel, RDN, CD  
[brianne@wadairy.org](mailto:brianne@wadairy.org)



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## *Dates to Remember*



<i><b>April 16</b></i>	<i><b>SNA Scholarships Due</b></i>	<i><b>May 31</b></i>	<i><b>Apple Award Nominations Due</b></i>
<i><b>April 29</b></i>	<i><b>2021 Conference Committee Virtual Meeting</b></i>	<i><b>June (tentative)</b></i>	<i><b>2021 Conference Committee Virtual Meeting</b></i>
<i><b>April 29</b></i>	<i><b>SNA Leadership Conference</b></i>	<i><b>July 11 -13</b></i>	<i><b>SNA Annual National Conference, Virtual</b></i>
<i><b>May 3</b></i>	<i><b>Apple Press Deadline</b></i>	<i><b>July 24 (tentative)</b></i>	<i><b>WSNA Executive Committee Meeting</b></i>
<i><b>May 3</b></i>	<i><b>WSNA Scholarship Applications Due</b></i>	<i><b>July 25</b></i>	<i><b>WSNA Board Meeting</b></i>
<i><b>May 7</b></i>	<i><b>School Lunch Hero Day</b></i>	<i><b>July 27-28</b></i>	<i><b>WSNA Conference, Virtual</b></i>
<i><b>May (tentative)</b></i>	<i><b>2021 Conference Committee Virtual Meeting</b></i>	<i><b>July 28</b></i>	<i><b>WSNA Board Training and Meeting</b></i>