

WASHINGTON APPLE PRESS

Fall 2023 | Volume XXXIV, Issue 1



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

WASHINGTON APPLE PRESS

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The official publication of the Washington School Nutrition Association.

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JOIN THE WSNA BOARD AND MAKE A DIFFERENCE!

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

Current Board Openings: **Education Chair**

The Education Chair is key to our association's work with roles in coordinating training offered during Workshops and the Annual State Conference. To learn more about this opportunity contact one of our Leadership Co-Chairs:

Kristina Marsh kristina.marsh@highlinesschools.org
Denise Kwante dkwate@cvsd.org



IN THIS ISSUE....



3 **PRESIDENTS MESSAGE**

4-6 **2023 STATE CONFERENCE RECAP**
Highlights from the July 2023 annual state conference

8-9 **SUMMER FOOD SERVICE PROGRAM HIGHLIGHTS**

12 **THE DIRECTOR'S DESK**
Updates from OSPI's Chief Nutrition Officer, Leanne Eko

18 **PRESIDENT ELECT MESSAGE**
A dream come true!

20 **VICE PRESIDENTS MESSAGE**
Let's talk grants.

25-26 **2023-2024 WSNA PLAN OF ACTION**

30 **FALL FLAVORS FOR SCHOOL NUTRITION PROGRAMS**

32-33 **2023-24 WSNA BOARD MEMBERS**

35 **DATES TO REMEMBER**



FALL 2023 PRESIDENTS MESSAGE

OVERJOYED



OVERJOYED is the best way that I can describe how I felt in being able to gather alongside 300 of our members at the annual state conference held in Tacoma this past July. This was our largest gathering since something called, “the pandemic”, changed our world. There is a long list of volunteers who spent many (*many*) hours in planning for conference, but I would like to specifically recognize a few. They include our Conference Chair Melissa Erwin (Kent) and Co-Chair Charlotte Marrison (Sumner); Exhibits Coordinator Karen Brown (Franklin Pierce) and Night of Entertainment Visionary Janel Rupp (Performance Reps. NW). Thank you (*and all our volunteers*) for your commitment to ensuring that the association was able to offer a memorable event that included a pre-conference Farm tour, inspiring keynote speakers, informative education sessions and exhibits, varied networking opportunities, fun nightly entertainment, personal wellness activities and lastly, some much needed JOY!

Now that we have the annual state conference in the books (*and schools open for the new year*), the WSNA Board of Directors will this Fall form an Ad Hoc Committee to develop an RFP to recruit for a new Executive Director to lead the association. We will additionally be reviewing our Bookkeeper needs. Donna Parsons, our current Bookkeeper, has informed the Board of her desire to move to full retirement.

Please join me in welcoming the 2023-24 Executive Board Members, Committee Chairs, Parliamentarian and OSPI State Liaison. The names and contact information for these volunteers can be found in this edition of the Apple Press.

Please contact the Board at wsnaboard@gmail.com if you are interested in volunteering to be part of the work being done by any of our committees (Public Policy, Membership/Certification, Education, Marketing and Industry) to support our Plan of Action efforts.

In closing, I hope all of you have had a successful opening to the school year in your district. Keep up the good work that you do to ensure that children in your community are offered nutritious meals each day.

Wendy Weyer, RD, SNS

WSNA President



2023 WSNA ANNUAL CONFERENCE RECAP

NAVIGATING INTO THE FUTURE – TOGETHER!

by: Melissa Erwin & Charlotte Marrison
WSNA Conference Co-Chairs



Off to a great start at the 2023 WSNA Conference in Tacoma, WA. We partnered with the WSU Puyallup Research Extension to provide a new and fun pre-con activity, Field to Flavor Showcase. Members went to a buckwheat field and taste tested products made from it.



Conference kicked off bright and early Monday, The planning committee worked to provide relevant and interesting classes, fun entertainment, opportunities to collaborate with other members of WSNA and a fabulous food show featuring delicious school meal possibilities.

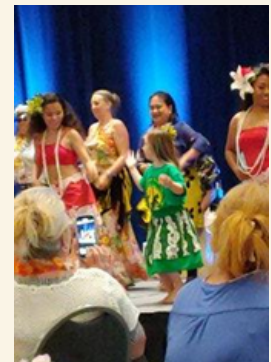
THANK YOU to the planning committee, volunteers, Class presenters, vendors and especially Wendy for Navigating us through a successful conference. I was glad to see so many faces attending, we were able to hold the Delegate Assembly to conduct business and update the bylaws. The keynote speakers Andy Masters and Jan McDonald were fabulous and insightful.



Our wellness committee provided a scavenger hunt, yoga class and wellness walk to keep us moving all 3 days.

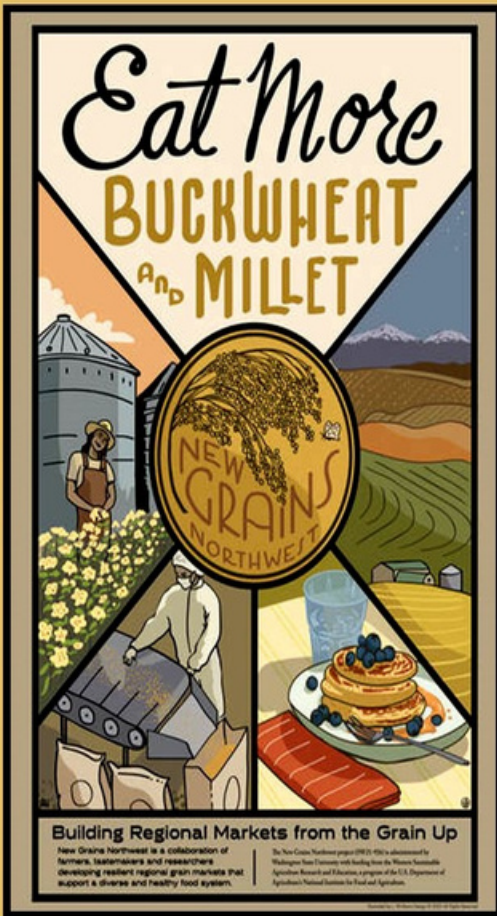


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It was great to see all the friends who got their party hats on for the Night of Entertainment and tropical colors for the Luau.





Field to Flavor Showcase Recap

June 23, 2023 - Puyallup

About Field to Flavor

This farm-to-school and local food research tour was organized by **New Grains Northwest** as a pre-conference event for food nutrition staff attending the **Washington School Nutrition Association** Conference in Tacoma. The activities of the day were conducted with an emphasis on educating school nutrition staff on sourcing ingredients from local farms and incorporating buckwheat and millet into their menus.

The first stop of the day was at **Four Elements Farm**, where farmer Amy Moreno-Sills gave us a tour of her row crops and hoop houses. Discussion centered around wholesale purchasing and how schools could work with farmers to source locally-



WSU Researcher Stephen Bramwell educates the group enroute to Four Elements Farm

grown produce for their cafeterias. We also learned about land improvements underway at this Certified Organic farm, including compost amendments.

Amy gave inspiring advice to school nutrition employees on how to best work with farmers.



Farmer Amy Moreno-Sills of Four Elements Farm shows attendees her purple carrots—a favorite for students!

Key takeaways are for school staff to try reaching out directly to farmers who are interested in wholesale, and plan ahead with farmers so they grow what is needed. Micha Ide from **WSDA Regional Markets Program** recommended searching the Washington Food & Farm Finder from Eat Local First to find farms

that are interested in selling to schools.

TOUR PARTNERS

- ◆ New Grains Northwest
- ◆ WSU Extension
- ◆ Washington School Nutrition Association
- ◆ WSDA Farm to School Program
- ◆ Office of Superintendent of Public Instruction
- ◆ Four Elements Farm



Researchers Doug Collins and Stephen Bramwell explain their buckwheat trials at WSU Extension—Puyallup.

Our second stop was a buckwheat research trial plot at **WSU Extension in Puyallup**. There we saw different varieties of buckwheat being grown at different planting densities and heard about the trials from WSU researcher Doug Collins. A new WSU-bred buckwheat variety designed for success in Western Washington seemed to be growing very well.

After the tours concluded we moved indoors at WSU Extension Puyallup, which was much appreciated after a long day in the hot sun. Stephen Bramwell from WSU gave a presentation about the New Grains Northwest project and the benefits of incorporating millet and buckwheat into school meals. Some interesting product development is in the works that could be useful for schools like breakfast bars and pancake mix.

Annette Slonim of the **WSDA Regional Markets Farm to School Program** gave a brief overview of the program and provided information about upcoming grants and opportunities for school districts. Nichole Garden

from **Office of Superintendent of Public Instruction** presented on their partnership with New Grains Northwest to survey school districts to learn about their interest and preferences for sourcing and serving items made with millet and buckwheat.

Finally – participants were treated to taste-testing of various foods and beverages featuring buckwheat and/or millet, including pancakes, focaccia, and delicious concoctions from chef Elise of **Chicory** restaurant in Olympia.

Selected Takeaways

- ◆ Millet and buckwheat can be successfully grown in Western WA – though increased infrastructure for harvesting, drying and further processing is necessary.
- ◆ Millet and buckwheat are nutritious grains that can increase protein levels in meals.
- ◆ Schools need easy-to-use recipes and/or ready-to-eat items for maximum efficiency in their cafeteria programs. The development of breakfast bars piqued a lot of interest!
- ◆ Buckwheat and proso millet are often used as cover crops, providing agronomic gains but no direct financial gains. With variety testing and regional market development, these crops have the potential to become cash crops, rather than just cover crops, in the Pacific Northwest.



Photo of buckwheat pancakes courtesy of Stephen Bramwell

***New Grains Northwest** is a collaboration of farmers, tastemakers and researchers developing resilient regional grain markets that support a diverse and healthy food system.*

*“**Building Regional Markets from the Grain Up**” New Grains Northwest Project (SW21-926) is administered by WSU with funding from Western SARE.*

For more information, contact Stephen Bramwell at bramwell@wsu.edu.

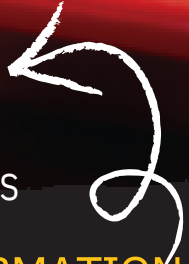
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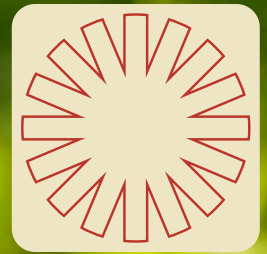
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SFSP RECAP

It is hard to believe summer has already come to an end. We at OSPI CNS would like to thank you for your hard work and dedication feeding the children in your community! We are thrilled to report that we added over 100 summer meal sites this summer! Although we will not have final participation reports until the end of November 2023, the consensus from many of our sponsors is there was an overall increase in participation this year.

In addition, the Consolidated Appropriations Act, 2023 authorized a permanent non-congregate meal service for rural areas. This summer, seven (7) of our SFSP sponsors piloted this meal service. Based on the feedback we have received so far, it was a resounding success and sponsors were able to provide more children in their communities with nutritious meals! We look forward to expanding this meal service option to reach even more children in future summers.

We would also like to highlight one of our districts that participated in Farm to Summer Week – Granite Falls School District! This district pledged to service local foods during the week of July 10 through July 14 and feature educational activities to celebrate where their food comes from. They did a fantastic job promoting Farm to Summer and sharing pictures on their social media!

If you would like more information about the Summer Food Service Program (SFSP) please check out our [SFSP webpage](#) or email the Summer Meals team at summermeals@k12.wa.us.

Granite Falls School District Child Nutrition
July 7

Granite Falls School District Child Nutrition Services is excited to participate in Farm to Summer Week! We've pledged to serve local foods during the week of July 10th through July 14th and feature education activities that celebrate where our food comes from. Look for more information to be posted on social media next week.

#WAFarmtoSummer
#GFSDSummerLunch
#GFSDChildNutrition



Granite Falls School District Child Nutrition
July 11

Not only are we serving the best Chicken & Cheese Quesadilla on locally made & sourced tortillas by Tortillas Con Madre today but we are handing out Watermelon Radish Seed Grow Kits! There are 100 kits available. Thank you to our own local Granite Falls Hardware ACE for their donation to help make these grow kits a reality.

#wafarmtosummer
#gfsdsummerlunch
#GFSDChildNutrition



11 8



The Granite Falls Middle School is full of Watermelon Radish seed growing kits. Thank you Granite Falls Hardware ACE for helping us to make this a reality. #wafarmtosummer #gfsdsummerlunch #GFSDChildNutrition See You

Granite Falls School District Child Nutrition
July 12

Look at these beautiful berries the kids attending the Summer Lunch Program have enjoyed this week. All these berries are grown and sold at Garden Treasures Nursery & Local Farm in Arlington.

On the menu today: BBQ Teriyaki Chicken and Rice Bowl with lots of fruits and veggie choices and milk.

#wafarmtosummer
#gfsdsummerlunch
#GFSDChildNutrition



Granite Falls School District Facebook Page

Granite Falls School District Child Nutrition
July 13

Happy Thursday! There is nothing better than carrots and cucumbers fresh from the garden. I hope the kids have been enjoying these in-season vegetables this week. Tomatoes will soon be ready to pick around here and we can't wait to share those at Summer Lunch too.

Today on the Menu: Cheeseburger Sliders!

#wafarmtosummer
#gfsdsummerlunch
#GFSDChildNutrition



11 1

Like Comment

Jessica Barber
I LOVE that the kiddos are eating veggies that they had a part in growing! How awesome for them to see where their food came from!

This week is a fun Summer Lunch week! We are celebrating "Farm to Summer" by serving local produce and product.

This week we will be serving up fresh raspberries, strawberries and blackberries grown by Garden Treasures Nursery & Local Farm as well as their fresh, locally grown cucumbers and carrots.

Tomorrow we are serving the BEST Chicken & Cheese Quesadillas using tortilla made by Tortillas Con Madre...not only are the tortillas locally made but they use all locally sourced ingredients.

Also tomorrow, we will be handing out Watermelon Radish Seed Growing Kits to the first 100 kiddos that show up for Summer Lunch. These grow kits would not have happened without the support of our very own local Granite Falls Hardware ACE!

Join us for good food and fun activities this week as we celebrate #WAFarmtoSummer.

#gfsdsummerlunch
#GFSDChildNutrition

Summer Lunch Menu
Week Of: 7/10/2023

July 10th	Pinwheel Pizza OR Yogurt Pack Includes: Assorted Veggies, Fruits & Milk
July 11th	Cheese & Chicken Quesadilla OR Yogurt Pack Includes: Assorted Veggies, Fruits & Milk
July 12th	BBQ Teriyaki Chicken Bowl & Rice

Granite Falls School District Child Nutrition
July 11

Thank you Tanya for creating a fantastic lunch today. The local berry cup was delicious! The local carrots & cucumbers tasted fantastic dipped in the homemade ranch and homemade hummus. But the hit of the day was the Chicken & Cheese Quesadilla on the tortillas from Tortillas Con Madre...so dang good!

#wafarmtosummer
#gfsdsummerlunch
#GFSDChildNutrition



24 1

2024 WSNA ANNUAL STATE CONFERENCE JULY 29 - 31, 2024

Mark your calendar and make plans to attend the 2024 WSNA Annual State Conference from July 29th to 31st. We will be returning to the DoubleTree by Hilton Spokane City Center & Convention Center as our conference hotel. *"Imagine the Possibilities"* has been selected as the conference theme.



The Beautiful Spokane Riverwalk.

WSNA is currently recruiting individuals with an interest in being part of the conference planning committee, including a Chair. The conference committee typically meets (remotely) once a month starting in the Fall.

Please email wsnaboard@gmail.com if you are interested or to learn more.



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From the **DIRECTORS DESK**

By: Leanne Eko, Chief Nutrition Officer
OSPI Child Nutrition Services

**Happy New School Year!
Here we go, another school
year of this wild, busy,
MEANINGFUL work we do to
nourish children! Here is
what's on my mind for this
year...**

Meals for Students:

The Washington State Legislature passed [House Bill \(HB\) 1238](#) during the 2023 legislative session. House Bill 1238 requires LEAs to provide meals at no cost to students enrolled at elementary schools where 40% or more of enrolled children are eligible for free or reduced-price meals and expands in SY24-25 and beyond, to elementary schools where 30% or more of enrolled children are eligible for free or reduced-price meals. And we are not stopping there. State Superintendent Reykdal continues to prioritize making meals free of charge for all students and will continue to ask the legislature to fund this initiative. Watch for continued legislation this year.

Funding Supports:

USDA continues to provide support in announcing a fourth round of Supply Chain Assistance Funds. WA received over \$22 million in this round of funding. Allocation to districts will follow the same USDA formula as the previous rounds, and districts can expect a similar dollar amount to Round 1. We anticipate releasing the funds with January apportionment.

You have received notification about the increase in USDA Foods delivery fees. We want you to know that we did everything we could to minimize impact to district, including continuing to cover part of the increase and keeping your increase to a minimum.

We are very excited to see the Local Food for Schools project come together. You can look forward to the option to order WA grown products through our Food Distribution system! Products include salmon, bison, berries and more! Details will be released soon.

Rule Making

Many of you may remember that prior to the pandemic, OSPI was pursuing rule making around seated lunch time. That effort was halted due to the pandemic. We are pleased to announce we will resume rule making efforts during this school year. We anticipate state-wide engagement and listening opportunities to allow for school and community input and will include an implementation timeline that will allow plenty of time for planning and preparation.

Special Projects: Team Nutrition

We are very excited to announce that WA was awarded a USDA 2023 Team Nutrition Grant. This grant will focus on additional opportunities to provide training and technical assistance to all of you! A synopsis of our grant application can be found [here](#) and we look forward to providing you more details as we get up and running with this work.

Best wishes for the school year. We look forward to continuing to partner with you to support students.



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Child Nutrition

Save the Date – USDA Foods Show!

OPSI Child Nutrition Services (CNS), the Puget Sound Joint Purchasing Cooperative (PSJPC), and the Spokane Cooperative are hosting a USDA Foods Show for Washington state sponsors of school meal programs. The Food show will include education sessions on a variety of topics relevant to anyone who orders USDA Foods and a vendor floor where you can sample foods available for order.

Dates:

January 29th – University Place School District, University Place, WA

February 2nd – Rogers High School, Spokane, WA

Time: 8:30 AM – 3:00 PM

Check out our tentative schedule here:

8:30 – 9:00 Welcome

9:00 – 10:00 Education Session

10:15 – 11:15 Education Session

- Beginner track -
- Advanced track + panel

11:15 – 11:45 Pre-tasting Instructions

12:00 – 3:00 Tasting

Help us plan for the best Food Show by clicking [here](#) for the USDA Foods Show session interest survey.



Show off your school meals this year ✨



Win equipment for your school cafeteria!

Submit photos of your school meals to the WA Dairy Council for a chance to win free equipment for your school! Social media will vote to determine the best-looking school meal.



Get students
involved



Showcase
popular meals



Highlight
new menu items

The WA State Dairy Council
supports school meals!



For participation rules and
submission timing, contact:

Bri Cowan, RDN, CD
brianne@wadairy.org
425-245-2526

EFFECTIVE NOV. 1, 2023

WSNA MEMBER DUES INCREASE

An increase in state dues was approved by WSNA members during the Delegate Assembly held on July 24, 2023 at the Greater Tacoma Convention Center. A dues increase was recommended to members by the WSNA Board due to financial losses the association sustained as a result of the pandemic. Beginning November 1, 2023 Washington state dues will be as follows:

\$15 SN Employee, Manager, Retired, Student, Affiliate Employee & Affiliate Retired

\$50 Major City or District Director/Supervisor/Specialist, State Agency Director & Staff, Nutrition Educator & Other



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THE INSIDE SCOOP

Bibbidi Bobbidi Boo... Not So Magical Tricks to Get the Most Out of Your Cooking Equipment

By Janell Rupp
WSNA Industry Member Chairperson

Whether the equipment is new or existing, it is important that the staff feels comfortable using it. Here are a few tips to help.



Hands-on-Training

It is important to understand how to operate the equipment. Most new cooking equipment comes with start-up training provided by the manufacture's rep or service company. It is important to take advantage of the training and set up a time that works for staff. Make sure to set aside enough time where staff can focus and ask lots of questions and ensure that they have the basics of operation by the end of the training. If possible, have the staff get their hands-on the equipment and add a little time to cook some product for a better training experience.

Manuals are Your Friend

Keep paper manuals in a binder or easy to find location and download an electronic version from the factory website for your files. Reference manual for help, the manuals often have good step-by-step directions to help you become more comfortable with the operation. Use post-it notes and bookmark the cleaning, maintenance and troubleshooting sections for easy access.

Assign a Champion

For each piece of cooking equipment: This is the "go to" person that feels comfortable with this piece of equipment and can help answer questions, program, and train new staff.

Experiment with Family Meals

Use the equipment to cook a favorite dish or dishes for the staff to share. Do not fear the equipment, by using the equipment more, it helps create a comfort level with the equipment and allows the staff to learn more about what it can do.

Phone a Friend

You are not alone. Create an info sheet to post and include a list of contacts to reach out to when you need help: Technical Support Line, Local Equipment Rep, Local Service Agent, etc. There are also lots of great videos on YouTube created by the factory and other users that may offer some guidance.

Cleaning Keeps Equipment Happy

Cleaning is an important part of keeping cooking equipment in tip top shape so that it performs as it should. The operation manual includes best practices for cleaning and it's important to make sure you are cleaning the equipment but also cleaning it correctly – using products that are meant for the piece of equipment, food safe, etc. Create a Cheat Sheet for cleaning with the basic info and list of chemicals that can be used.

Maintain Equipment

Do not walk by torn gaskets, dirty air filters, crooked doors, etc. These can all cause issues with equipment performance. Get these items replaced or repaired. Operation manuals include basic maintenance tips – items that could be completed by a facilities person to help get the most out of the equipment and reduce costly service calls.



THE INSIDE SCOOP CONT.

Service Calls, Selfies & Serial Numbers

Sometimes a piece of equipment gets tired and decides to take a break. Before this happens – create a Service Call Sheet for each piece of cooking equipment. Take a photo of the equipment and the nameplate. These are often located on the side, the back or sometimes inside a door. Include the Brand, Model Number, Serial Number, Date of Install, Location of Equipment. Also include the Tech Support service number or the local Service Co. number. Save this in a file on the computer and include it in the binder with the manuals as well. All this information will be asked for when a service call is necessary. With any new equipment, make sure to complete the warranty registration as this will also help track service calls and any issues the unit has had.

Equipment 411

Create a spreadsheet or use software that manages/tracks (equipment). It can be a lot of work, but time invested pays off as it can help keep all the necessary information in one place, track maintenance and service costs, etc. to determine when its time to repair or replace a unit.



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A Dream Come True

**By: Karen Brown, SNS
WSNA President Elect**

Have you ever had a dream for a long time? And all along the way, something seems to come up, whether real or due to fear that you couldn't finish? It doesn't matter which it is; they both can get in the way of realizing your dream. For the past fifteen years, I have always wanted to build a summer meals bus. I watched my peers build them and I would think that is the coolest thing ever. But did I start working on it? No. I would always find a reason like I'm too busy, I don't have enough money, I don't know how to build a bus, and on and on and on. When I went to Franklin Pierce four years ago, the Maintenance and Operations Director (we found out in the interview that we went to Junior High together) looked at me and said, "Have you ever thought about building a food bus?" I looked at him like he had three heads and I said "Always!" That spark was enough to make me work toward fulfilling my years' long dream.

In the Fall of last year, our district received a sizeable grant to help kids get more access to food. We all met to discuss the best way to support our students and I said I had always wanted to build a summer meals bus. I ended up getting more than half of the money to build my bus. And look, another spark. More people now know what I want to do and are willing to give me money to get there!

I got back to my office, looked at our M&O Director and told him I was building my bus. We immediately started talking about making it electric and solar and on and on and on. We would talk about his guys taking the seats out and installing equipment that would make providing hot meals from a bus so much easier, and safer. When more people know, more sparks start.

The next call was to our Transportation Director to see if he had any buses that were going to surplus. I told him what I was planning on doing and he said he had two 32' buses, that would be perfect. A few months later, two buses rolled into our service lot. I ran out to look at my bus, outside and in. I was imagining where the equipment would go and how handy the lift would be, and holy cow what would I do on the outside?! Another spark and more and more people are learning about my plan.

I went to my office and searched for other districts that had built buses. There were pages and pages and pages of designs because there are a lot of creative people out there! I finally landed on several design elements that I loved and talked to our Contract Manager about a company he had worked with to do the design and wrap it. You guessed it, another spark and five more people who know my dream.



The bus was scrubbed clean and delivered to be wrapped. The final design was printed on vinyl. And the staff of the company began what would turn into a ten-day wrapping of our bus. The sparks got faster and faster.

When our summer meals bus was loaded by Laura and finally rolled out of the Keithley Middle School parking lot with Varreice driving, and Iryna and Mark riding inside with the food, the plan caught fire!! It was rolling away and it was real.

I hope by now you see something of yourself in this. We all have dreams, and we all want to achieve them, but sometimes it takes time and patience to get there. But if you have people around you who want to help you be successful, you will get there. You will see your success and you will finally see what you had only dreamed. Your own dream will catch fire because you are the driver of your own bus!



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- Blue Raspberry-Lemon Sidekicks #2009
- Strawberry-Mango Sidekicks #2015

albie's

- Soybutter & Grape Jelly Sandwich #608
- Chicken Enchilada Empanada #860
- Cheeseburger Calzone #831
- Egg, Tky Sausage & Cheese Pocket #853



- Cherry Apple Dunker Bar #01197
- Nacho Cheese Bites # 77044



Apple Orchard Blended Fruit Pouch #1812380

rebellyous foods

- Kickin' Nuggets Plant-Based #KNFC212
- Kickin' Tenders Plant-Based #KTFC21
- Kickin' Patties Plant-Based #KPFC21



- Peach Yogurt Smoothie #TGPCY50
- Strawberry Banana Yogurt Smoothie #TGSBY50
- Mango Pineapple Yogurt Smoothie #TGMPY50

APPLEWAYS + DARLINGTON + CRAVE-N-RAVE

DARLINGTON

snacks

- Oatmeal Strawberry Bar #75400
- Veggie WG Crackers Shelf Stable #76301
- Cheddar Cheese Cracker WG #76100
- Waffle Snap #74100



- Corn Bread Loaf # 5000
- Donut Buttermilk Bar #WG1111
- Chocolate Chip Muffin #WG825
- Blueberry Muffin #WG829
- Cherry Muffin #WG841



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

Dick & Jane

- States & Capitals Crackers #SC8801
- Presidents Crackers #SC8802
- English & Spanish Crackers #SC8803



- BBQ Teriyaki Chicken #15554-8
- Sweet & Sour Chicken #15551-7
- Mandarin Orange Chicken JR #15555-5
- BBQ Teriyaki Chicken Gluten Free #15559-3
- Spicy Sichuan Chicken #15556-2
- Lemongrass Chicken #15553-1
- Edamame Kung Pao Chicken #15557-9
- Chow Mein with Sauce #00301-6
- Chow Mein without Sauce #00302-3
- Vegetable Fried Rice 15582-1



2 oz Dinner Roll #SB-2000

For more information, please contact:

Susan Ulrich * 425-638-2804 * susan.superiorfoods@gmail.com
Malynda Ulrich * 509-385-2273 * malynda.superiorfoods@gmail.com



LET'S TALK GRANTS -- WE ARE GOING FOR THEM AND YOU SHOULD TOO!

By Alexandra Epstein-Solfield
WSNA Vice President

I hope the school year is off to a strong start for you! The Ellensburg School District Child Nutrition Department is facing the same challenges you are related to staffing, food, and supply shortages and new program implementation. We are also working hard to revamp our menus to integrate more Farm to School and scratch cooking recipes. With these changes comes the need for higher quality ingredients, newer equipment, and staff training. In other words, MONEY, something we do not have enough of. However, the good news is the money is out there.

In the past year our department has been awarded nearly \$400,000 in funding through various grants to help with the purchase of local foods, equipment, and menu planning software. These grants will also allow us to offer specialized chef-led training opportunities and incentive pay for staff, support additional administrative positions such as a nutrition specialist and farm to school coordinator, and provide us with technical assistance.

So how do you find these opportunities? These are some of the places we look:

- Social Media- follow the Washington School Nutrition Association, School Nutrition Association, Chef Ann Foundation, No Kid Hungry Center, National Farm to School Network, Tips for School Meals that Rock, Whole Kids Foundation, and any other organization dedicated to school meals
- OSPIs School Meals and Food Distribution Programs Newsletter
- USDAs Food and Nutrition Service Newsletters
- WSDAs Farm to School Newsletters

While applying for grants can be intimidating and time consuming, it is often worth it so we make it a priority in our department. We post grant deadlines on our calendar and build a timeline for tasks leading up to that date. Tasks may include researching products, requesting quotes or bids, and getting approval from district administrators. By spreading the work out in phases or during summer months we are able to accomplish a lot without feeling overwhelmed.

Please consider me as a resource for your grant-related questions. I am happy to share my tools and tips for success, including product specifications, budget templates, and tracking process. We are all in this together and I believe sharing is one of the best aspects of our industry. I do not succeed unless you do too. Cheers to a wonderful school year for all!



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WSDA FARM TO SCHOOL PURCHASING GRANT



LOOKING TO INCREASE THE AMOUNT OF LOCALLY SOURCED FOOD SERVED IN YOUR SCHOOL MEAL PROGRAM?

The Washington State Department of Agriculture (WSDA) is offering \$4 million in Farm to School Purchasing Grants in the 2023-2025 biennium to increase the purchase, use, and promotion of foods that are grown, raised, caught, or foraged in Washington, by child nutrition programs, including schools, childcare, and early learning services. The grant also helps communities respond to and recover from the economic impacts of the COVID-19 pandemic with support to child nutrition programs.

The grant is available to active program operators of the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP - childcare), and school districts who operate the Summer Food Service Program (SFSP) or Seamless Summer Option (SSO), as well as Tribal schools and Tribal early learning centers. Funding will be released in two rounds. Applications for Round 1 of the Farm to School Purchasing Grants are now open and are due by 5 pm **Monday, October 16th, 2023**. The Round 1 grant period is from November 2023- June 2025, allowing school districts to plan ahead and purchase local foods in the abundant summer season next year.

Grant amounts will range from \$1,000 to \$800,000 and be based on student and community need, the proposed project's alignment with the purpose of the grant, and achievability within the grant period. Grant funds can be used for food that is grown, raised, caught, or foraged in Washington state as well as non-food costs that support the development and sustainability of farm to school efforts to purchase and promote foods grown and raised in Washington State such as equipment, materials and supplies, staff time, transportation and travel costs associated with farm to school training.

For complete details on the grant guidelines and to apply, please visit the Farm to School Purchasing Grant webpage at <https://agr.wa.gov/farmtoschool> then click on the "Learn More" button in the yellow banner, or email farmtoschool@agr.wa.gov.

APPLICATIONS ACCEPTED UNTIL 5 pm OCTOBER 16TH!



WASTE NOT WASHINGTON SCHOOL AWARDS APPLICATIONS ARE OPEN!

Now through **October 31st** at 5 pm, employees of K-12 schools or school districts in Washington state can apply for up to \$5,000 in funding towards waste reduction, recycling, or composting projects or curricula.

Expanded Polystyrene Ban

For the 2023-2024 award cycle only, the Waste Not Washington School Awards will prioritize projects focused on transitioning cafeteria serviceware from single-use plastics to durables. This priority is due to the upcoming Washington State Expanded Polystyrene Ban, which prohibits the use of polystyrene foam trays, cups, plates, bowls, and other food service products, beginning June 1, 2024.

Plastic Free Restaurants is another funding source for schools transitioning to durable serviceware. Schools can apply for a subsidy to cover the cost of the new serviceware through its website.

Award Information

The 2023-2025 Waste Not Washington School Awards Guidelines are currently being updated and will be accessible on the School Awards website in October. Until then, use the 2021-23 Funding Guidelines, or email or call Lauren DiRe with any questions.

Award Categories

- **Seed Award**: awards funding to future waste prevention, recycling, or composting projects to be implemented in K-12 school
- **Sustainable School Award**: awards reimbursement funds to waste prevention, recycling, or composting projects implemented at a K-12 school within 5 years of application
- **Creative Curriculum Award**: awards funding for past or future purchases or the development of curricula in the areas of waste prevention, waste reduction, recycling, composting, or the circular economy

APPLICATIONS ACCEPTED UNTIL OCTOBER 31st!



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- Formulated to help you meet Target 2 sodium guidelines
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Sodium SHAKEDOWN

25%
less sodium*

Item #5776
**Premium Reduced-Sodium
MAC & CHEESE**
577 mg of sodium

49%
less sodium*

Item #5734
**Premium Reduced-Sodium
CHEESE SAUCE**
209 mg of sodium

49%
less sodium*

Item #5741
**Premium Reduced-Sodium
ALFREDO SAUCE**
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less sodium*

Item #5742
**Premium Reduced-Sodium
QUESO BLANCO**
214 mg of sodium



To request samples, please contact
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EdHerrera@jtmfoodgroup.com
(208) 891-2767

For more information, go to
www.jtmfoodgroup.com/k-12



* as compared to 5705 Premium Cheddar Cheese Sauce ** as compared to 5768 Premium Creamy Mac & Cheese



WSNA 2023–24 Plan of Action

WSNA’s Annual Plan of Action is designed around the School Nutrition Association’s four (4) Core Areas of Focus as defined in the 2021-24 Strategic Plan. It is through coordinated efforts by each state that we support the national association in achieving their mission of empowering and supporting school nutrition professionals in advancing the accessibility, quality, and integrity of school nutrition programs.



Voice of School Nutrition

OBJECTIVE

We are advocates for feeding children attending schools in the State of Washington.

We are acknowledged and recognized as school nutrition experts.

We will elevate the image of school nutrition programs.

Over the next year, success will look like:

- We have an active Public Policy & Legislative Action Committee that monitors and acts on behalf of the association in support of school nutrition programs at the state and federal level.
- We have a sustainable plan to reach, educate and build relationships with legislators, superintendents, school boards, advocacy organizations, Industry and members.
- Our members are recognized as school nutrition experts within their community.
- We have an active presence online and through social media platforms promoting the professional efforts of school nutrition operators across the state.

Career Development

OBJECTIVE

WSNA will serve as a conduit for members to learn, network and build relationships while working towards common goals.

Over the next year, success will look like:

- Through Workshops and the Annual State Conference, we have offered high quality education sessions for all member segments. Attention was given to education sessions that support members learning needs in advancing through SNA certification levels (1 to 2, 2 to 3, etc.).
- We have built a robust online and social media presence which showcases the successes of our members, opportunities for collaboration amongst members and activities of the association.
- We have evaluated and implement opportunities to offer education sessions and/or materials in languages other than English.
- We have evaluated options to offer education sessions in a virtual format for those unable to attend meetings in person.



WSNA 2023–24 Plan of Action Cont.



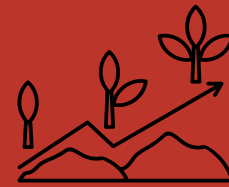
Stakeholder Engagement

OBJECTIVE

WSNA will identify and foster relationships with current and potential stakeholders

Over the next year, success will look like:

- We have identified and fostered connections with current and potential stakeholders and/or champions of school meal programs in the state of Washington.
- Our industry relationships are strengthened through improved communication and partnerships.



Thriving Organization

OBJECTIVE

WSNA will look for ways to be fiscally nimble and innovative.

Over the next year, success will look like:

- We have maintained or grown membership in all member segments of the association.
- We have engaged with members and non-members on the benefits of membership and the pathways to join, renew or volunteer.
- We have retained an Executive Director to lead the association.
- We have retained a Bookkeeper to support the association.
- We have strengthened the financial health of the association by approving a budget that is fiscally responsible.
- We have developed new revenue opportunities to support association activities.

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Janel Rupp
school segment specialist



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MINUTES

WSNA BOARD OF DIRECTORS MTG

JULY 26, 2023 GTCC

The meeting was called to order by President Wendy Weyer at 2:20 pm.

A quorum was present.

A motion was made to approve the corrected minutes of the WSNA Board Meeting on 7/23/2023 and was accepted.

A MOTION WAS MADE TO APPROVE THE AGENDA FOR 7/26/23 three corrections were made motion passed.

DISCUSSION ITEMS:

New Board Orientation

Next meeting-Budget/Fall Workshop

Confidentiality Disclosure Form

Annual Conference 2024 -Theme "Imagine the Possibilities

Next meeting Virtual August 17th 12pm-4pm

Accountability Forms

ACTION ITEMS

No actions taken

REPORTS

No reports

OTHER BUSINESS

Table discussion until next meeting

There being no other business, at 4:45 p.m. the meeting was moved to adjourn. Motion passed.

Respectfully submitted,

Teresa Fields, Secretary





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Celebrating Fall Flavors in School Meal Programs

Fall has arrived and so has the bounty it brings us. Explore new ideas that showcase the flavors of fall in your school meals program.



PATRICIA BARRET
WSNA MARKETING
CHAIR

Fall is my favorite time of the year! Not only does it mark the start of a new school year with students returning to the lunchroom but it also brings beautiful colors and my most favorite fall flavors. Yes, I do like pumpkin spice but that is not the only tasty treat that the “ber” months have for us. Cinnamon, ginger, clove and cumin are some great spices to incorporate into your fall meals to bring that sense of warmth and comfort.

Fall often invokes the thoughts of apple picking and pumpkin patches. While these are two fall harvests that are full of flavor and goodness; there is so much more. Washington State has many options that are harvested in the fall and can be incorporated into your fall menu planning.

Washington Grown [Seasonality Chart - Fruit](#)
Washington Grown [Seasonality Chart - Vegetables](#)

Here are some ideas to incorporate fall flavor into your menu:

- Add pureed squash or pumpkin to your favorite chili recipe for a boost in nutrient value and touch of sweetness.
- Serve sweet potato fries in place of your regular fries for a fun fall flavor.
- Shaved brussels sprouts add a crunch to salad greens or coleslaw.
- How about trying a chopped Kale Slaw that utilized Kale, Cabbage, Carrots, and dried cherries for a touch of sweetness.



Are you having brunch for lunch any time during fall? Consider making this flavorful fall accompaniment that incorporate two Washington grown crops



[Baked Sweet Potatoes and Apples](#)
Recipe from www.theicn.org

How about trying a Cool Corn and Edamame Salad for a burst of color from WA grown carrots and Corn.



[Corn and Edamame Salad Recipe](#)
from www.theicn.org

Here is a list of the top fall harvests from Washington State:

- Dark Green
 - Kale
 - Bok Choy
 - Lettuces
- Red / Orange
 - Carrots
 - Pumpkins
 - Sweet Potatoes
- Squashes (Acorn, Butternut, Hubbard)
 - Starchy
 - Corn
 - Potatoes
 - Sunchokes
 - Other
 - Brussel Sprouts
 - Cabbages
 - Celery Root
 - Leeks
 - Parsnips
 - Rutebega
 - Fruit
 - Apples
 - Pears
 - Asian Pears
 - Quince
 - Grapes





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WASHINGTON SCHOOL NUTRITION ASSOCIATION 2023-2024 EXECUTIVE BOARD MEMBERS

<i>OFFICER POSITION</i>	<i>NAME & ADDRESS</i>	<i>PHONE & E-MAIL</i>
President	Wendy Weyer Bellevue School District	E-Mail: weyerw@bsd405.org 425-205-9445 cell 425-456-4578 office
President Elect	Karen Brown Franklin Pierce School District	E-Mail: kbrown@fpschools.org 253-677-3931
Vice President	Alexandra Epstein-Solfield Ellensburg School District	E-Mail: alexandra.epsteinsolfield@esd401.org 206-697-2442
Secretary/Treasurer	Teresa Fields (Appointed 1 year) Kent School District	E-Mail: teresa.fields@kent.k12.wa.us 206-898-8759
Leadership Co-Chairs	Kristina Marsh (West) Highline Public Schools Denise Kwante (East) Central Valley School District	E-Mail: kristina.marsh@highlineschools.org 206-631-3224 E-Mail: dkwate@cvsd.org 509-315-7503
Member at Large	Lisa Johnson Highline School District	E-Mail: lisa.johnson@highlineschools.org 253-279-6681
Executive Director (Non-Voting)	TBD	E-Mail: wsnaboard@gmail.com
Northwest Region 1 Lead	Erika Santana Highline Public Schools	E-Mail: erika.santana@highlineschools.org
Western Region 2 Lead	Nichol Haw University Place School District	E-Mail: nhaw@upsd83.org 586-255-0519
Southeast Region 3 Lead	Stephine Burkett East Valley (Yakima) School District	E-Mail: burkett.stephine@evsd90.org 509-823-7694
Eastern Region 4 Lead	Kara Carlson (Appointed 1 year) West Valley (Spokane) School District	E-Mail: kara.carlson@wvsd.org 509-232-6092

<i>OFFICER POSITION</i>	<i>NAME & ADDRESS</i>	<i>PHONE & E-MAIL</i>
Public Policy & Legislative Co-Chairs	Leeda Beha Bethel School District Kim Elkins Mead School District	E-Mail: lbeha@bethelsd.org 253-219-9212 Email: Kim.Elkins@mead354.org 509-951-7462
Membership / Certification Chair	Melissa Erwin Kent School District	Email: melissa.erwin@kent.k12.wa.us 206-293-2419
Education Chair	TBD	E-Mail:
Marketing Chair	Patricia Barret South Kitsap School District	E-Mail: barret@skschools.org 360-528-1856 text 360-443-3667 office* *preferred # during workday
Industry Chair	Janel Rupp Performance Reps NW	E-Mail: Janelr@prnw.com 360-624-7097
NON-VOTING BOARD POSITIONS:		
Parliamentarian	Kameron Lott Bethel School District	E-Mail: klott@bethelsd.org 253-228-0631
State Liaison	Liz Beechter Director of School Meal Programs Child Nutrition Services, OSPI	E-Mail: elizabeth.beechler@k12.wa.us 360-522-2103
NON-BOARD POSITIONS:		
Bookkeeper	Donna Parsons Olympia, WA	E-Mail: wsnabookkeeper@comcast.net 360-791-1270

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Welcome New Members

Ghada Abouzeid	LaSala Miranda
Dannijo Barth	Todd Morrow
Jessie Frye	Kevin Nelson
Ande Gaitan	Leticia Phillips
Ashley Gundersen	Jennie Pitts
Adriana Gutierrez	Jessica Seale
Sadaf Ijaz	Jennifer Shierk
Semhar Kifle	Honeylet Sialana
Karen Kyser	Wendy Stanley
June Lieu	Connie Taylor
Candace Michel	Rhea Vasquez
Renee Miles	Teresa Yeung



WASHINGTON
SCHOOL
NUTRITION
ASSOCIATION

Dates to Remember 2023-2024

Oct 1-31, 2023	National Farm to School Month
Jan 14-16, 2024	SNA Industry Conference, Orlando, Florida
January 29, 2024	Washington State Commodity Show, University Place SD
February 2, 2024	Washington State Commodity Show, Spokane SD
March 1, 2024	SNA Award Entries due to State President (Employee/Mgr/Director of Year)
March 3-5, 2024	SNA Legislative Action Conference, Washington DC
March 4-8, 2024	National School Breakfast Week; Surf's Up w/ School Breakfast https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/
TBD	WSNA Spring Workshop
April 25-27, 2024	SNA Leadership Conference, Seattle, WA
July 14-16, 2024	SNA Annual Conference, Boston, Mass.
July 29-31, 2024	WSNA Annual Conference; <i>Imagine the Possibilities</i> DoubleTree by Hilton Spokane City Center & Convention Center
July 28-30, 2025	WSNA Annual Conference Double Tree by Hilton Spokane City Center & Convention Center
July 27-29, 2026	WSNA Annual Conference Greater Tacoma Convention Center