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Wyoming SNA Newsletter

VOLUME 1, ISSUE 1

FALL 2017

President's Update

Dear Wyoming SNA Members,

I am so excited to introduce our association's first ever newsletter! In June 2017 the Wyoming SNA Board worked on a strategic plan that helped to conceptualize our vision and direction for the next year. Goal 2 states that we will "Keep WY SNA members informed of current issues" and per our by-laws create and distribute a bi-annual newsletter to membership. Ladies and gentlemen of the WY SNA I present to you our first official issue of the SNAWY newsletter, fall edition!

Your 2017-18 Board had its first meeting of the year on September 15th and we hit the ground running! A few things we have already accomplished:

- The 2018 conference theme, "People, Purpose, Passion"
- The 2018 conference keynote speaker will be Logan Weber, a highly sought after speaker from last year's ANC
- We signed a contract with Josh Blue, headlining comedian, to entertain us at our first ever night show during the 2018 conference
- We updated our board job descriptions in the by-laws
- And based on your feedback from last year's conference we have signed a contract with the Ramkota Hotel & Conference Center in Casper to be our new venue.

There has never been a better time to be a member of the School Nutrition Association; with so many fun and exciting things happening this year, 2017-18 is sure to be a year to remember! Be sure to let your fellow child nutrition professionals know that now is the time to become a member!

Thank you for allowing me to serve you in an association that provides knowledge and support to the men and women whose responsibility it is to fill the tummies of Wyoming's youth. I feel honored and humbled to have the opportunity to lead an association of the hardest working, most caring school nutrition professionals around!

As your president I am open to suggestions, questions and comments. Feel free to email me at gina.blackburn@laramie1.org anytime!

Gina M. Blackburn
"Lunch Lady Extraordinaire"
2017-2018 President, WY SNA

State Office Updates

Fall greetings to all of you!

It is hard to believe that it is October and we are well into the new school year. I could share with you new regulations and talk to you about verification guidance but I decided to talk to you about a presentation that I saw at the National SNA conference last summer.

Alex Sheen started "Because I said I would" to honor his dad. His dad believed in making promises and keeping them. Here is a little bit of information about it:

Because I said I would is a social movement and nonprofit dedicated to the betterment of humanity. Our mission is to strengthen humanity's will. Because I said I would encourages and supports making and keeping promises to end suffering, establish peace and build happiness. We created the [Promise Card](#) to help hold people accountable to their commitments, but the movement has grown into something far greater than just its [origin](#). Our programs help the world get better one person at a time.

The world faces many challenges. In this adversity, we often hope for miracle solutions: an incredible new technology, a huge policy change or billions in funding. What if we really just needed to keep our promises? Report child abuse. Volunteer. Stay in rehab. Graduate from high school. Recycle. Sometimes we don't need a miracle solution. Sometimes we just need people to do what they said they were going to do.

I challenge each and every one of you to think of a promise or more than one promise to someone in your life or to yourself. Write the promise on a card and at the bottom write: *because I said I would*. Give the card to the person or to yourself to hold you accountable.

You have a wonderful opportunity each and every day to make a difference in so many lives. Thanks for all you do!

Take the challenge!

Tamra Jackson

Northwest U.S. Regional Updates

Dear Wyoming SNA Members,

As the Northwest Regional Director for the School Nutrition Association, I am honored to serve as a liaison to the Wyoming SNA to better understand your needs on a state and national level. We have a very exciting year ahead of us as school nutrition professionals!

The School Nutrition Association will embark on a strategic planning process in January 2018. The strategic goals will set the association up for success for years to come as we seek to fulfill the vision, mission, and values of SNA. I am eager to start working on this strategic plan. I look forward to sharing with you over the next year the results of this hard work.

Advocacy continues to be a key pillar that SNA is focused on as we seek to be the voice for school nutrition on Capitol Hill. We recently wrapped up a jammed pack SNA Annual National Conference where U.S. Secretary of Agriculture, Sonny Perdue, spoke at the General Session. He joined a listening session where he heard from those working on the frontlines how we can improve menus while meeting updated nutrition standards. This is just one of many success stories for school nutrition advocacy!

We need your continued participation on both the state and the national level to make stories like this happen. I encourage you to get involved, whether that be serving in a state or national leadership role or encouraging your school nutrition colleagues to join Wyoming SNA for a rewarding experience.

Thank you for your continued support of the School Nutrition Association. I look forward to serving alongside you.

Best regards,

Kaye Wetli, SNS
SNA Northwest Regional Director

Northwest Region Updates

We in the Northwest are getting excited about FALL!
The weather has made the shift to cooler days to downright cold nights.
We are excited to start making cold weather foods and hope you enjoy one of our favorites.



- White Chicken Chili
Number of Portions: 48
Size: ¾ cup serving
- | | |
|---------------------------|------------------|
| Chicken Diced Commodity | 48 (2oz serving) |
| Onions, Dehydrated Flakes | ¼ cup |
| Garlic Powder | 1 Tablespoon |
| Salt | 2 Teaspoons |
| Oregano | 2 Teaspoons |
| Black Pepper | 1 Teaspoon |
| Green Chilies | 12 Ounces |
| Chicken Broth LS | 2 (28 oz cans) |
- Add chicken and all the spices to the chicken broth.
- Great Northern Beans 1.5 (#10 cans) Drained
- Put the one half can of drained and rinsed canned beans into a food processor with ½ cup water. Pulse until smooth. Add to the broth and meat mixture.
- Add remaining can of beans and warm on low until the center of the meat reaches *145.
- | | |
|---------------|--------|
| FF Sour Cream | 4 Cups |
| FF White Milk | 4 Cups |
- Before serving, add sour cream and milk into the soup and warm to *135.
Hot hold at *135

I am trying to compile a list of email addresses and phone numbers for all the districts in the Northwest Region and am putting a call out to my districts to please email me that information. My contact information is:

Linda Osmond
Linda.Osmond@bgh4.k12.wy.us
(307) 568-2416 ext. 4213

If you need anything please call or email me.
Linda Osmond

Northeast Region Updates

Snack Ideas - Students Imagination to Reasonably Healthy

As an introduction, this is Brenda Caiola, Food Service Director at the Wyoming Girls School, this article is about a really neat program our cooks are offering with the help of one of our educators to the students to teach them about healthy snacks.

The educator is Nicole Collins and she approached the two head cooks, Valori Marshall and Tracy Miech about working with her class on Friday mornings to teach a nutrition piece to her Family Consumer class on healthy snacks. The plan was to ask the students to list the snacks that sounded yummy and that are healthy in their opinion which they did. A partial list of the snack ideas submitted was; apples & peanut butter, banana oatmeal cookies, smoothies, animal crackers, puppy chow, hummus, fruit & dip, fry bread, chocolate pudding and yogurt. As you can see, these snacks are all across the board, some reasonably healthy and some are not even close to healthy. The layout of this class is that they decide on a snack to prepare for the campus on Friday to be offered during the students "read time" at school. But the caveat is that Valori, Tracy and Nicole work the students to convert the snack to a healthy snack, showing them what is unhealthy about their original snack and then the converted healthier snack. This has been a great program that is helping to teach our students healthy snacks and it also is connecting the students to the cooks. It is building a bridge that demonstrates to the students that the cooks are there for them in addition to preparing their yummy meals. It has really been a win-win for both students and staff.



Brenda Caiola

brenda.caiola@wyo.gov
(307) 674-7476

Southeast Region Updates

Hello Wyoming School Nutrition Association Members,

I am your Southeast region representative. I am fairly new to Wyoming School Nutrition Association, however I am in my 16th year of school food service. I understand the challenges as well as the rewards that come with being involved in school food service.

As your representative I am here to help in any way I can and get your concerns addressed.

On a personal note, I may get side tracked and discuss my favorite topics; which are below.

I live in Wheatland, and work for Platte County School District #1.

I have 3 adult children; my daughter Theresa lives with her family in Georgia. My oldest son T.J. and his wife Jen live in Minnesota. My youngest, R.J., lives here in Wheatland.

Again if there is anything that I may be of help with please let me know. I will do my best.

Yours sincerely,

Marie Allison

Food Service Director

Platte County School District #1

1350 Oak Street

Wheatland, Wyoming 82201

307-322-4180

Marie.Allison@platte1.org



Southwest Region Updates

Southwest Region:

Hello everyone, I am Linda Martin, the Southwest regional chair. Currently in our region the majority of our directors are part of the Western Wyoming Food Coop. We are always looking for new members to help lower prices in our region. Please contact me at 307-872-5511 for more information.

Legislative News

Action Alert: Ask Your Members of Congress to Support School Breakfast Commodities!

Last week, Congressmen Jim McGovern (D-MA) and Rodney Davis (R-IL) introduced H.R. 3738, otherwise known as the Healthy Breakfasts Help Kids Learn Act of 2017. The bill will provide an additional 6 cents in commodity support for every school breakfast served. It's important for you to reach out to your Members of Congress to request their support on this bill, so that they know it is valuable to members of their constituency, and so they see the benefits it will serve their community. Use SNA's Action Alert to send your message to your Representatives urging them to support the Healthy Breakfasts Help Kids Learn Act of 2017, and support the School Breakfast Program!

<http://cqrcengage.com/schoolnutrition/TakeAction>



Wyoming SNA's First Annual Night Show!

At the 2018 Wyoming SNA Annual Conference, we are hosting our first night show! We are very excited to welcome comedian Josh Blue. Read on to find out more...

Perhaps best known as the comedian who puts the cerebral in Cerebral Palsy, Josh Blue exploded onto the national comedy scene by capturing the attention and endearment of the country as the winner of NBC's Last Comic Standing. Having already established himself as one of the most sought after comedians on the college circuit, his weekly appearances on Last Comic Standing expanded his fan base exponentially. Josh debuted a new special, Comedy Central Presents: Josh Blue, which received rave reviews from fans and critics alike. Josh starred in his own one-hour Showtime Special, "Sticky Change", where he cracks jokes and tells stories about everything from being a white African-American, to dealing with cabbies who think he'll pay in sticky change. He has appeared twice on Ron White's Comedy Salute to the Troops on CMT and recently made his late night television debut on The Late Late Show with Craig Ferguson.



Possessed with an undeniable likeability and comedic timing that belies his youthfulness; Josh continues to break down stereotypes of people with disabilities one laugh at a time. His stand-up routine is in a constant state of evolution and his off-the-cuff improvisational skills guarantee that no two shows are exactly alike.

Josh has appeared as a regular guest star on Comedy Central's Mind of Mencia and his story has been featured on Fox, CBS, ABC, and MSNBC. He was the first comedian to perform stand-up on The Ellen DeGeneres Show, was named Best Winning Reality Show Guest for his appearance on Live with Regis and Kelly, and made a standout guest appearance on Comics Unleashed. He became the first comic to debut a stand-up special on the big screen when 7 More Days in the Tank was shown in theatres across the country. Portions of the performance also aired on Bravo Network as a half-hour comedy special. Josh is a repeat guest on such nationally syndicated radio programs as NPR's Talk of the Nation and The Mancow Show and has been featured in numerous print publications including People Magazine and The New York Times. Josh has also performed at the prestigious HBO-Aspen Comedy Festival, Comedy Central's South Beach Comedy Festival, and The Comedy Festival in Las Vegas. Josh has even become quite an Internet sensation with his top two YouTube videos approaching 2 million plays.

Josh is also a former member of the US Paralympic Soccer Team and competed in Athens at the Paralympic Games, the world's second largest sporting event.

2017 Menu Trends Report

Highlights from the SNA 2017 Trends Report:

Allowing students to customize their meal choice is a trend in 87% of responding districts, efforts include:

- 69% offer salad/produce bars or made-to-order salads
- Over half provide made-to-order or self-serve entrée bars, a particularly prevalent offering for high school students who expect a range of choices that mirror restaurant experiences
- 46% of responding districts provide flavor stations. These self-service bars allow students to add low or no-sodium seasonings, spices or sauces to boost flavor while helping schools meet sodium reduction targets.

SODIUM:

Schools report employing a wide range of tactics to meet sodium limits for school meals.

Notably:

- 73% of responding districts have reformulated recipes
- Increased scratch preparation of foods was cited by 61%
- 57% have limited the service of condiments
- One-third have reduced portion sizes

Despite these efforts, schools nationwide express concerns about sodium limits:

- 92% of responding school districts are concerned about the availability of foods that will meet future sodium limits and are well accepted by students; 58% of respondents report they are “very concerned.”
- 88% face challenges with student acceptance or familiarity of reduced sodium foods. A large majority of respondents also cite challenges with naturally occurring sodium in foods such as milk, low-fat cheese and meat; product or ingredient availability; and sodium levels in condiments.

WHOLE GRAINS:

School nutrition professionals are also working to increase student acceptance of whole grain foods required in school meals. Among responding districts:

- White wheat flour is utilized by 80% to give whole grain foods a lighter appearance
- 70% have conducted student taste tests to promote whole grain options and gather student feedback
- 39% helped students adjust by gradually increasing the amount of whole wheat flour in recipes

Despite these proactive steps, 65% of responding districts report **challenges** with the current mandate that all grains offered with school meals be whole grain rich; 22% of responding districts note a “significant challenge”

- Among districts reporting difficulties, 96% cite challenges with student acceptance and more than half (54%) note the higher cost of whole grains.
- When asked to identify which whole grain food is most troublesome, pasta or noodles was the top concern, named by nearly half of these districts.

Nearly one-third of respondents have obtained a whole grain waiver, permitting the service of select foods that do not meet the standard. An additional 19% indicate they would like to acquire a waiver, but nearly 50% of these respondents feel there are barriers to applying for or receiving a waiver.

Read the full article here:

<https://schoolnutrition.org/news-publications/press-releases/sna-survey-finds-more-choices-bold-flavors-on-school-menus/>



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