

Wyoming SNA Newsletter

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SPRING 2018

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President's Update

Dear WY SNA Members,

Spring is here and summer is just around the corner! That means two big things; State Conference is upon us and my time as president is nearing its end.

WY SNA State Conference has moved and will be at the Ramkota Hotel and Conference Center June 18th – June 21st! This year's board has used the results from the statewide conference survey to create our class list, which includes four pre-conference classes taught by The Institute of Child Nutrition. We have also searched for and found highly sought after speakers, and we are producing our first annual night show where we can all come together for an evening of entertainment and laughter! I am confident that the 2018 Wyoming School Nutrition Association State Conference will be one for the record books. If you would like to be a part of this year's unprecedented event, please see the link in this newsletter to register!

I have made it my personal mission this year to bring about change. I know that change is not always easy but I believe it is necessary for it is only when we embrace change that our association grows and flourishes. I am proud of what we have accomplished this year from completely revising our board job descriptions to updating our state by-laws and publishing our first state newsletters. I am delighted to say that SNA National has recognized us for the great strides we have made in our association this year.

If you would like the opportunity to join the WY SNA board and have an impact on our state's association, we have a few openings for the 2018-19 school year; Vice-President, North East and North West Regional Representatives, please let Gina or Wes know that you are interested at gina.blackburn@laramie1.org or wclarke@tcsd.org.

None of our great accomplishments could have been made without our incredible team of board members! I want to thank our entire team and send a special shout out to our immediate past president, Ruby Privett, for her work last year in helping to springboard us into this amazing year. I am especially looking forward to next year's accomplishments, which are sure to surpass this year's with incoming President Wes Clarke!

See you in Casper!

Gina M. Blackburn

"Lunch Lady Extraordinaire"

2017-2018 President, WY SNA

State Office Updates

Greetings to those that feed the kids of Wyoming:

It is hard to believe that we are getting close to summer. The weather sure doesn't feel like it but the calendar says that May is just around the corner.

Please remember the need for good nutrition does not end when school gets out. The summer food service program helps to fill the gap for kids, especially those that are at risk by providing food during the summer.

Contact Amanda Anderson for more specific information about sites around the state.

Amanda.anderson@wyo.gov
307-777-7168.

Thanks for all you do.
Finish the year off with a bang!!
Let me know if there is anything
we can do for you!

Tamra



WYOMING
DEPARTMENT OF EDUCATION

Looking to Get Involved?

Wyoming SNA is Seeking Nominees for 3 Board Positions for 2018-2019:

Vice President
Northwest Regional Representative
Northeast Regional Representative

Contact Gina Blackburn for more info!

Gina.BlackBurn@laramiel.org

Northwest U.S. Regional Updates

Dear Wyoming SNA,

I hope that your school year has been successful so far. For many of us, this time of year means we are on the homestretch to the end of another school year and it gives us some time to reflect on our year.

As I mentioned in my fall update, it was shaping up to be an extremely busy year for SNA. I was not wrong, and we still haven't even had our Annual National Conference (ANC) in Las Vegas, NV. I hope to see you there for a great ANC!

I had the pleasure of collaborating with a diverse group of SNA leaders, members and staff to draft the SNA 2018-2021 strategic plan. The strategic plan will be shared on Friday morning at the National Leadership Conference.

It is very exciting to see that SNA membership continues to be on the rise. SNA now boasts over 58,000 members, which is the highest in over a decade. This cannot be done without your support though, so thank you for all you do to promote membership.

This update highlights just a small sample of all the great work that is happening within SNA.

As always, don't hesitate to reach out to me if you are interested in getting more involved at the national level with SNA.

Best Regards,

Kaye Wetli, SNS

SNA Northwest Regional Director

Northwest Region Updates

Spring may be the season I look forward to the most. Not only does it mean the snow will slowly start to fade away and the sun will shine a little longer, it also means school is nearing its end. I know we all enjoy feeding children nutritious meals but summer sounds so great right about now! We all know what summer brings, right? The Wyoming SNA annual state conference! This is something we look forward to every year. It gives us a chance to see everyone face to face. This year we have a new venue and some exciting new entertainment! This is a year you will not want to miss. This spring, brighten up your taco day menu with a very easy fresh lime and cilantro rice. After you have cooked off your brown rice and just before you put the rice on the serving line, try adding: the zest of two limes, the juice of 4 limes, and a cup of chopped fresh cilantro.

Don't be afraid to add citrus to your menu items! It is an inexpensive way to add flavor to your menu without adding the dreaded salt. Here are a couple tips when adding citrus:

- » Avoid the bitter flavor by waiting to add citrus until after you pull the dish from the heat.
- » If you want to get the full impact of the citrus flavor, don't forget to zest.
- » Don't zest too early- add it to the food right before serving. The longer the zest sits out, the less flavor it will add to your dish.
- » Be careful when adding citrus to dairy- add too much and it will curdle.

I hope everyone enjoyed their spring break and I look forward to seeing everyone at the Wyoming School Nutrition Conference in Casper!

Wes Clarke

Teton County School District #1
Vice President WY SNA



Northeast Region Updates

One bit of news is that in the Sheridan / Buffalo area, we have had a turnover of our Consumer Health Services Inspector, we always simply called this person the "Health Inspector". Sue Mickleson retired in 2016, leaving the job to Dwayne Hinz who conducted the most recent health inspection for the Girls School. In January, the Girls School received an informational memo letting us know that for our area now, our inspector will be Vanessa Gall from Buffalo. Her contact information is, phone (307) 684-2471 and email is vanessa.gall1@wyo.gov.

Another sad note and a tough set of shoes to fill will be the retirement of Cathy Hinz, the Food Service Director for Sheridan County School District 2, she plans on retiring in June. She has done an amazing job with the Sheridan schools.

This leads into a section I was trying to get off the ground which I am calling "State of the Plate." I have been asking parents, teachers and mostly students what they thought of the school lunches at their school. Here are some of the responses and an important note was that out of 23 asked I only had 4 who were not satisfied and their issues were easily fixed. These were asked informally in casual conversation.

- » Parent from Buffalo - "I have three kids and two of the three eat the lunch at school, the one who doesn't only wants to eat peanut butter and honey sandwiches so she makes it every morning. The two kids who eat at school like their food and have stopped complaining about still being hungry."
- » Student from Big Horn - "I don't eat the school lunch because if I have to go through the line then I can't sit with my friends and don't have enough time to eat." (I asked a little more and she was waiting for her friends to get out of class and that caused them to end up at the end of the line, it wasn't connected to the meal offered)
- » Student from Sheridan - "I only eat the health bar because I just want a salad, doesn't cost too much and is good" she then went on to say "I bring a candy bar to eat with it." (kids, what can you say...)
- » Student from Holy Name - "I always eat at school, it used to be gross but they are cooking good stuff now, my favorite is the chili" (I doubt it was really gross)
- » Student from Sheridan - "I only eat it on the days they have food I like, other days I bring something from home or eat a granola bar" (I asked how often that was and they ate school lunch four out of five days! That is really good because apparently he likes most of the food offered)
- » Teacher from Big Horn - "I usually buy lunch and it is good, they are making some different things now and selling it so it is easier to eat at school than bring it in."
- » Student from Tongue River- "I always bring it from home, the last time I ate school lunch it was pizza and mine was cold" (I asked him if he ever ate cold leftover pizza at home and he said he did but he didn't pay for it at home, go figure!)

This is just a sample of responses but really they are positive and any that were not weren't connected to the food or volume of food, just dumb, fixable reasons. As I said previously, I just asked in casual conversation without telling them I was going to quote them, kind of dirty, but I figured the answers would be honest.

Good Job to all food service staff,

Brenda Caiola

Southeast Region Updates

As I have reached out to South East Districts we are having many of the same exciting conversations.

Spring is here and the school year is winding down quickly. The last USDA delivery to unload and put away. Preparing for the summer feeding programs. Summer vacations we get to enjoy. New equipment additions for the 2018-2019 school year.

Dawndrea Daly is enjoying California and learning a lot at Produce University. Platte County School District #2 is getting a salad bar thanks to the Chef Ann Foundation. This will be a very nice addition to their lunch program.

Carbon County School District #1 has some very innovative staff. Check out their web site, you will find many of the same things as all of the others, the necessary information all parents need to know. The other information there is a "Birthday Bundle Form" what an amazing idea.

Platte County school District #1 is still very involved with our agriculture community. We have had 10 beef donated plus 108 pounds of ground beef in the last 2 years. We also purchased 250#s of ground beef from a local producer/retail supplier this year which has been used in our reimbursable meals. PCSD#1 uses this beef for a low cost 2nd entrée which is offered to all students who purchase a reimbursable meal. We are looking forward to visiting with Dawndrea to hear all about her experience at Produce University. Platte #1 may be borrowing ideas from other districts, 2018-2019 may look a little different at Platte#1.

Looking for Staff:

PCSD#1 5.5hr
2018-2019 SY

Marie Allison

Food Service Director
Platte County School
District #1



Southwest Region Updates

Hello everyone from the Southwest Region. While there is nothing new to report at this time I look forward to seeing everyone at our State Conference in June. Have a wonderful end of the year.

Linda Martin

Director of Nutrition Services

Green River, WY

Legislative News

No News is Good News:

Recently Shannon Thompson-Emslie, Wes Clarke, and I were privileged to go to the Legislative Action Conference in Washington DC. While there we enjoyed two days of speakers and breakout sessions before going up to the hill to visit our Senator's and Representative. The three topics we were asked to address were Block Grants, 6 cents for USDA foods to be used for breakfast and maintaining our sodium level as well as reducing whole grain back to 50%. We, along with Tamra Jackson, were able to meet with all our folks personally. For reference I will attempt to briefly describe block grants. This would be a grant the government would give to our state to run our National School meal programs. While there is currently not a bill out there, in the past this bill has included the following. The Federal Government would look at last year's reimbursement that they sent to the state. They would remove all reimbursement for the 6 cents we receive to comply with the current regulations and would also remove reimbursement we now receive for full paid students. This final dollar amount would be what the state would have to pay our monthly claims. The concern is that if we have another downturn in our state we could see a rise in Free/Reduced numbers. The money the state receives could potentially run out before the end of the school year leaving district to go back to their board to try and pull money from education to fund our programs. As I said, this is a brief description. The bottom line is we do not believe this is a good idea. WE being SNA and our group. In speaking with Senator Enzi it seemed as though this discussion had already come up in Washington. I do not believe we can count on his support to leave the program as it is. Senator Barraso is always willing to listen and will hear our concerns but I do not know that he would stop the block grant if it came up for a vote. Congresswoman Cheney was very receptive, took many notes and seemed to be the most receptive to what we were saying. If a bill comes up we will be looking to all of you to express your opinions to our legislators. Given our limited time we did not discuss the other two issues at length but were able to touch on them.

Thank you to WSNA for continuing to support this conference and allowing Wyoming's voice to be heard.

2018 Wyoming SNA Conference

Where?

Ramkota Hotel and Conference Center

800 N Poplar St, Casper, WY

When?

Preconference Classes:

June 18, 2018

Regular Conference:

June 19-21, 2018

Who?

All Wyoming School Nutrition Professionals are invited!
Servers, Cooks, Cashiers, Managers, Directors, etc.!



Call 307-266-6000 for Reservations
Reference "WY School Nutrition" to get the
group rate of \$89 per night!

Registration and Fees:

<https://tinyurl.com/2018WYSNACnfReg>

2018 Awards Nominations - Due May 18, 2018

Director of the Year 2017-2018:

<https://tinyurl.com/2018WYSNADOYNom>

Outstanding New Food Service Director 2017-2018:

<https://tinyurl.com/2018WYSNANFSDNom>

School Food Service Employee of the Year 2017-2018:

<https://tinyurl.com/WYSNASFSENom>

2018 Conference Keynote Speaker

Logan Weber is a motivational speaker for Weber Associates. His dynamic and relevant presentations have led to opportunities to work with Fortune 500 companies like Georgia Power, Cintas, and Toyota. In April, Logan will keynote the School Nutrition Association's National Leadership Conference, and has presented at dozens of statewide conferences in nutrition and education including Georgia, Indiana, Minnesota, Louisiana, North Carolina, Washington State, and now Wyoming. In 2016, Logan keyed the National Leadership Conference for the FBLA-PBL. Passionate about servant-leadership and positively influencing the world around him, Logan also co-founded the non-profit organization Dry Tears, which constructed deep-water wells and irrigation systems in rural Africa and South America. In 2008, Dry Tears received the Helping Hands Award from United Way. Logan and his wife live in Atlanta and enjoy hiking with their 100-pound puppy, Buddy.



Logan's Classes will Include:

- » Leadership Redefined:
The 12 X's of Success for Today's Leader
- » Sticks & Stones Exposed: The Truth Behind Words & Relationships

www.loganweber.net

2018 Conference Speaker Highlights

Kelly Swanson

Kelly Swanson is an award-winning storyteller, comedian, motivational speaker, and cast member of The Fashion Hero TV show. She is author of Who Hijacked My Fairy Tale, and The Story Formula. She travels all over the country making people laugh, helping them find purpose, and teaching them how to harness the power of story to connect and engage with the people they serve and serve beside.



www.MotivationalSpeakerKellySwanson.com

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This conference is sure to be the best yet! We have many other great classes planned with teachers from all over Wyoming.

Some subject highlights include:

- » Work Place Athletics
- » Customer Service
- » Kitchen Skills
- » Menu Planning
- » Working with Budget Cuts
- » Leadership
- » Communication Skills
- » Catering
- » ... And much more!





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So much more! If you know someone who

would love to be apart of SNA please share!

Don't delay join today!

To join please visit the SNA website at:

<https://schoolnutrition.org/Membership/JoinRenew/>



Would you like to win money at conference for your Nutrition Services Department?

This year at the WY SNA State Conference in Casper you can win money to help your students.

All you have to do is fill out 4 short questions at this link:

<https://tinyurl.com/SNAraffleapp18>



The winning district will be announced on the final day of conference - June 21, 2018

A check will be mailed to the director of that district by August 20, 2018.