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# Washington Apple Press

Official Publication of the Washington School Nutrition Association

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

Fall, 2011

Volume XXI, Issue 1

*In this issue . . .*



WSNA President Lisa Chatterton  
lchatterton@fpschools.org

The lazy days of summer are past, and the exciting new school year has started. Soon your school meal programs will welcome students to breakfast, lunch, after-school snack programs and maybe even some dinners. I am very honored to be representing WSNA as your President this year. I am excited to start the year and represent all the members of WSNA.

Over the summer WSNA has been hard at work. Many of you enjoyed our 50<sup>th</sup> state conference held in Vancouver, where 440 of you from around the state got together to learn about the new requirements coming from USDA and reauthorization. People participated in specialized training in financial management and nutrition. We had insightful speakers and helpful information. We had a great time with our vendors and the new products. We networked with others from different districts.

Our programs today are intricate businesses within the business of running a school district. Our members need to master an ever widening array of skills to get meals on the table. There are nutritional requirements, budget requirements, marketing, people skills and more. Our members need to be smart buyers and stay on top of food trends. WSNA stands ready to help you with the challenges you face every day. Conference and workshops are great places for members to gain information. Information that can help you make those important decisions. Chapters, take advantage of the education grants that allow you to hold classes. Visit the WSNA website often. It is a wealth of ideas, resources, and stories about school meals in our state. The website has contact information for your area representative, the WSNA Board, SNA, and many more resources.

In my plan of action I have identified membership and education as two of my strategic issues. I want to make sure that members are aware of upcoming changes from USDA and reauthorization. I want our WSNA members to be ready to respond to these changes in a positive way that will help students receive the full benefit of the changes. The association will continue to encourage increased membership, such as district owned. WSNA is all about you the members. When our membership is strong and active, we portray a strong voice to the community.

My third strategic issue is to continue to market our programs to the community and within our school districts. When you hear about the many wonderful things we are doing in our state, it is truly amazing. People are putting into practice great ideas that are getting students to rethink how and what they eat.

You interact with customers every day. You bring smiles to their faces and nutrition to the table. Everyone from the front line server to the director is a voice for child nutrition. The meals we feed students help them to learn, to be engaged in their education, and to succeed. Be loud; be bold in your enthusiasm.

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## *President's Message*

*(Continued from page 1)*

Over the course of this year I will work hard along with you to be the voice of child nutrition in Washington. I will represent WSNA as the positive, hard-working association that it is, working for the betterment of all students in our state.

Go into the school year full of ideas, smart innovations and a loud voice. Use all the WSNA resources to make your jobs easier and more rewarding. Remember to set aside time to come to workshops, and conference. Network when possible with your peers; it's nice to know what other people are doing. Take part in the marketing ideas that are scheduled throughout the year: Taste Washington, National School Lunch Week, National School Breakfast Week, and Fill the Cupboard, to name a few.

Remember that *you* are the voice of Child Nutrition. Can you hear me now?

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

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

**ADVERTISING AND EDITORIAL OFFICES**

**Editor**

Kathy Buchanan  
4010 S Sundown Drive  
Spokane Valley, WA 99206  
[wsna@comcast.net](mailto:wsna@comcast.net)

**Membership & Mailing**

Janet Nielsen-Homan, Membership Chair  
11122 SE 320th Street  
Auburn, WA 98092  
[tjhoman@comcast.net](mailto:tjhoman@comcast.net)

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## *Thank you*

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## Coming Your Way . . . Fall Workshops Don't Miss the Early Bird Deadline

*Pat Klumb, Vice-President*

Please join us at one of the two fall workshops for a day of fun and continuing education. The deadline for early bird rates is right around the corner, so don't let that slip by. Early bird deadline for the Eastside Workshop is September 28; for the Westside Workshop, it is October 12.

Eastside Workshop will be held on October 8 at West Valley High School, 8301 E Buckeye, in Spokane Valley. The Westside Workshop will be held on October 22 at Lincoln High School, 701 S 37th, in Tacoma. Registration will be from 7:45 am to 8:15 am, with a continental breakfast being served during that same time. The workshop will begin at 8:15.

Both workshops will have something for everyone. Breakout sessions include information on menu planning, record keeping, production records, chapter training, new regulations, grains, apples, whole foods . . . and the list goes on. Our general session speaker will be Karen Bonaudi from the Washington State Potato Commission, whose presentation will be entitled "Dishing the Dirt on Potatoes." If you are certified, you will earn 5 CEU's or two Key Area credits and three CEU's. Key Area credits will be available in Area 1. We are attempting to put something together for Key Area 3 as well. If that happens, attendees would need to choose which Key Area credits they wanted, since scheduling won't allow them to attend sessions that will earn both.

As always, one of the best parts of any WSNA gathering is the informal networking that takes place. You'll enjoy hearing from others what is happening in their districts, and they'll enjoy hearing what's happening in yours. They say you are never too old to learn, so I'm looking forward to seeing old and new faces.

Hope to see you there!!!

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## WSNA Fall Workshops

**Eastside: October 8, 2011**

**Location: West Valley High School, Spokane**

**Westside: October 22, 2011**

**Lincoln High School, Tacoma**

~ **Registration: 7:45 am** ~

~ **Workshop: 8:15 a.m. - 3:30 p.m.** ~

~ *Continental breakfast and lunch will be provided.* ~



Directions: **West Valley High School, 8301 E Buckeye, Spokane**, *From I-90 Eastbound:* Take Broadway Exit 286. Turn R on Broadway Avenue, go .3 mi and turn L onto Park Rd. Go .9 mi and turn R onto E Trent Ave /WA-290. Go .5 miles and turn L onto Vista Rd. Go .2 miles; take the 3rd Right onto Buckeye Ave. School is on Left. *From I-90 Eastbound:* Take Argonne Exit 287. Turn R onto Mullan Rd. Go .10 miles and merge onto Argonne Rd. Go .5 mi and turn L onto E Buckeye Ave. Go .5 miles; school is on right. **Lincoln High School, 701 S 37th, Tacoma**, *From I-5 Northbound:* Take Exit 132 for S 38th Street. Go .2 miles. Keep R at the fork; follow signs for S 38th St E and merge onto S 38th Street. Go 1 mile and turn L onto S Thompson Avenue. Go .1 miles, and take the 1st R onto S 37th Street. Go .2 miles to the school *From I-5 Southbound:* Take Exit 133 for WA-7S. Go .7 miles. Follow signs for State Route 7 S/38th St W/Mt Rainer and merge onto WA-7S/S 38th St/State Route 7 S. Continue to follow S 38th Street. Turn R onto S G Street. Go .1 mi; take the 1st L onto S 37th St.

### Fall Workshop Registration

**Important: Please check one:**

**Eastside ~ October 8**

**Westside ~ October 22**

NAME \_\_\_\_\_

DISTRICT \_\_\_\_\_ CHAPTER \_\_\_\_\_

SNA Member # \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

**PLEASE CIRCLE ONE:**

*Early Registration (Postmarked by 9/28 for Eastside and 10/12 for Westside):*

Member      \$30      Non-member      \$75

*Registration (Postmarked after 9/28 for Eastside and after 10/12 for Westside):*

Member      \$50      Non-member      \$95

**PAYMENT:**

Check (enclosed)    Visa    MasterCard    Discover

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Exp. Date \_\_\_\_\_ District Card?    Yes    No

ZIP Code of Billing Address \_\_\_\_\_

Authorized Signature \_\_\_\_\_

**Checks should be made payable to WSNA. NO PURCHASE ORDERS ACCEPTED.**

**Mail registration to: WSNA, PO Box 686, Loon Lake, WA 99148-0172. Registrations made by credit card may be faxed to 509.926.0674. Questions: 509.220.6121, wsnaexec@comcast.net**

**Refund & Returned Check Policy:** It is the policy of WSNA to grant a full refund up to two weeks prior to the workshop less a processing fee of \$15. No refund will be allowed if the request is made after the meeting has taken place. Partial refunds may be granted at the discretion of WSNA. A \$5 fee will be assessed for returned checks. A \$15 fee will be assessed for a declined credit card payment.

## 2011 WAFE Award Recipients

**Silver Spirit Award** - Awarded to a food service member employed in a school district's meal program who consistently demonstrates professional enthusiasm, dedication, loyalty, enthusiasm, and commitment to the school food service program or profession.

**Betty Woods**, Kitchen Manager at Sun Valley Elementary School in the Sunnyside School District, has been a kitchen manager for two years. She has done an outstanding job of meeting the needs of her students. She opened a new kitchen during the 2010-2011 school year and handled it with real leadership in getting it set up in the face of all the challenges a new kitchen presents.

**Silver Friend of Child Nutrition Award** - Awarded to an allied professional who has demonstrated support of child nutrition programs and who demonstrates outstanding leadership qualities and supports child nutrition programs above and beyond the normal duties of his/her position. Examples include school principals, state association representatives, community leaders, school board members, etc.

**Kris Diddens**, Principal of Pioneer Elementary School in Sunnyside, is always ready to help with any new changes the kitchen staff is making. She supports decisions such as the one to offer only white milk for breakfast and cereal with less than 9 gm of sugar. She helps encourage the students to eat breakfast and lunch and is always a help to the kitchen staff. Her support and helpfulness make her a true friend of child nutrition.

**Gold Star Award** - Awarded to a food service employee who demonstrates outstanding leadership, humanitarianism, spirit, dedication, and innovations.

**Tracine Farrow-Derby**, Yelm Community Schools, has been active with WSNA for seven years and has stepped up and taken a leadership role in WSNA, her local chapter, her district, and her community. Tracine has demonstrated good leadership and has shown determination by driving through the night to a workshop, never missing a deadline, and preparing meals for kids and the community. She has shown community spirit and innovation by helping to start a local free dinner night for those less fortunate in her community. She cooks every Thursday night, rain or shine, often missing out on other opportunities. She shows admirable dedication in both her professional life and in her commitment to the community. In holding to the highest personal and professional standards, Tracine continues to be an inspiration to others.

**Silver Industry Friend of Child Nutrition** - Awarded to an industry member who supports child nutrition and who demonstrates outstanding leadership qualities and supports child nutrition programs above and beyond the normal duties of their position.

**Tim Harkleroad** has worked for Pacific Support Systems (SFS Pac) for over 15 years and served as an owner for 9. From his first years working in this industry, Tim was committed to the vision and cause of school nutrition programs. Investing endless hours and his life savings in his business, Tim can be seen literally at every event tied to school meals. He contributes continually to the professional development of WSNA members. Over the past 10 years, Tim has certified over 5,000 kitchen staff in Washington State in Serv Safe. Anyone who has ever taken these classes knows they are always on nights and weekends. His commitment extends to representing Washington State nationally. He has attended 13 SNA ANC's and 10 National LAC's., investing his time and personal money to support the cause of Child Nutrition. He has served on many planning committees, Executive Boards, and Association Strategic Planning Sessions. Tim is the first person there and the last to leave. He's the first person you call when you need a hand and you'll know he'll be there.



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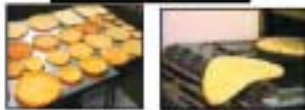
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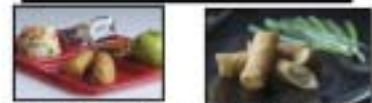
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# 2011 Annual State Conference in Review

*Pat Klumb, WSNA President-elect*

What can be said but “WOW . . . did we have a good time or what?” Just as President Lisa Johnson’s theme for the year suggested we should, we **moved it** throughout the conference this year. I had many of you ask me where to get the video we showed at our opening session. You can find it on Youtube and search “Move It.” Now to download it, you may need the help of a techie, as I had to enlist my daughter’s help in that.

We heard some powerful messages from our general session speakers this year. I hope you all took something home from them as I did. Thank you to Nancy Rice, an amazing woman who, just after finishing her term as SNA president, made time not only to come to our conference but also to help us put on a leadership class that was loads of fun as well as informational. *Bless her heart . . . she always makes me smile.* Fred Schafer got us out of our



*Nancy Rice & Sally Murphy*

chairs to participate in our well being, both body and soul. “It is not nutrition if it doesn’t get inside of children” is a powerful message that I took away from Dayle Hayes’ Tuesday morning presentation. Of course, to send us off with feeling good about what we do and who we are, Dr. Steve Sobel was uplifting and ended our conference on a great note.



*Fred Schafer*

to use regarding the flavored milk debate and breakfast ideas. Chef Garrett Berdan showed us techniques on slicing and dicing in food preparation and of course a few recipe ideas

to try that can be found on our website, [www.washingtonsna.org](http://www.washingtonsna.org). Other topics this year were, *Taste Washington, Life Threatening Allergies, Obesity in Our World, Fresh Fruit and Vegetable Program, Food Safety, Evaluations and Staff Management Tools, Charge*



Zumba!

*Up Your Chapter and Zumba.* We were also treated to a breakout, *Successfully Marketing Child Nutrition Programs*, presented by Washington State SNA committee members Chris Neal, Barb Lloyd, Wendy Weyer, and Tom Ogg. Many thanks go out to these presenters, because without them we would not have such an informative and valuable conference.

The Wellness Walks had a large number of participants. I am bad; I didn’t do it but I hear there were as many as 80 who did. Way to go, and maybe next year I can challenge myself to join in the fun.

Night of Entertainment in beautiful Esther Short Park was a blast!! The One of a Kind Drumline Band was



# 2011 Annual State Conference in Review

*Continued from page 8*

outstanding and really set the mood for the evening. After feasting on many delicious tasty tidbits (including root beer floats) we enjoyed the music of DJ Payton Standfill, Credo Productions, who had everyone on the floor dancing to many old favorites and some new ones, including the Macarena and the Electric Slide. Of course, as always, there were many costumes which made it difficult to judge, that's for sure. Thank you to our industry partners whose booth fees support the Night of Entertainment and whose donations of food and supplies for the evening made it possible.

This year's President's Banquet was a special one to celebrate our 50th Annual State Conference, including sparklers on the dessert and *Thanks for the Memories* playing for all the past presidents who have helped shape us into the association that we are today. To help celebrate our 50th Annual State Conference, we enjoyed a band, Hit Machine, after dinner. Many of us danced the night away in our party clothes. Everyone seemed to really enjoy this, so look forward to the possibility that we may be able to do this again.

I hope everyone enjoyed the exhibits this year. I know it is always one of the main attractions, and a big thank you goes out to all the vendors who work so hard to make it such a great part of conference. I met many new ones and talked with lots of old friends and have many great ideas to take back and implement in my program for my students.

A great big thank you goes to Conference Committee Chair Connie Vowels and her committee, along with Peggy Rieper and Kathy Buchanan, for all their hard work in making this year's conference a fantastic one.



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# 2011 INDUSTRY SEMINAR

Bringing together Washington School Food & Nutrition Program Leaders and Industry Partners

**DAY 1: Nov 1  
at Emerald Downs**



**EARN  
5.0 CEU's**

**10:00 - 10:45 AM Puget Sound Coop**  
**Speaker: Lincoln Pierce, Executive Director, Puget Sound Joint Purchasing Coop & Ariane Maori Shanley, Food & Nutrition Services Director, South Kitsap SD, Chair, Puget Sound Joint Purchasing Coop**  
*Net off invoice vs rebate vs fee for service*

**10:45 - 12:00 AM WA Commodity Processing 101, Speaker: Skip Skinner, OSPI**

\*USDA diversion requirements, advantages and disadvantages of the various processing options such as Guaranteed Return vs Minimum Guaranteed return for meat, PCCP, 100% yield, co-mingling and limited substitution and full substitution will be described.

\*Review of Value Pass Through options for processing USDA foods.

\*How USDA food categories are allocated and tracked, ordered, delivered and processed in Washington

\*Updated DoD fresh produce options

\*Sponsor responsibilities to monitor usage of diverted USDA foods: carryover limitations and year-end balances.

\*Proper procurement procedures.

\*How to get the most out of the USDA Commodity Taste Survey: how to evaluate foods, complete review form, scoring method, submission and dissemination of results

**12:00 - 3:00 PM Commodity Taste Survey with all participating vendors**

This year's Commodity Taste Survey will be held at Emerald Downs in Auburn. Exhibitors at the commodity show will be those who have a commodity national processing agreement with USDA. You will be able to sample the products that they have available.

**Networking Evening Event, Silver Cloud Inn**  
 Appetizers and beverages provided by the industry partners. This is the base hotel.



**DAY 2: Nov 2  
at CenturyLink Field**

**EARN  
5.5 CEU's**

**7:30 - 8:30 AM Registration - Coffee & Tea Service**  
*Breakfast is not provided*

**8:30 - 8:45 AM Welcome & Introductions**

**8:45 - 10:15 AM Managing Conflict (90 minutes)**

*Participants will learn about all relationships and the conflict that naturally exists. This is normal, natural and sometimes necessary for growth and development. You will learn about the myths and truths, the greatest mistakes and the ingredients that are involved in conflict. You will gain a better understanding of how to manage conflict, develop your communication skills and resolve conflict within your organization.*

**10:15 - 10:30 AM Networking Break**

**10:30 - 11:00 AM Part 1: OSPI Reauthorization (30 minutes)**

*Speaker: Donna Parsons, Supervisor, School and Summer Nutrition Programs, OSPI*

*Participants will be provided an overview of the new regulations, the impact on our current operation and a timeline for implementation.*

**11:00 - 11:30 AM Part 2: OSPI Reauthorization Round Table Discussion (30 minutes)**

*Participants will work as small groups to discuss a new regulation, provided to them. Each group will be expected to identify realistic ideas for implementation. Groups will report out these ideas. Ideas will be recorded and provided to registered participants after the seminar.*

**11:30 - 12:15 PM Networking Lunch**

**12:15 - 1:45 PM Implementing New Guidelines: WA School Food Service Directors Share (90 minutes)**

*Participants will hear from a few local WA School Food Service Directors who have had success in implementing key areas of the new regulations. Fact sheets will be provided from each director sharing their success and steps on how to achieve similar results!*

**1:45 - 2:00 PM Dessert Networking Break**

**2:00 - 2:30 PM Dairy Council Grant Opportunities (30 minutes)**

*Participants will learn about the grant dollars available to schools to assist with nutrition guideline implementation and a few success stories.*

**2:30 - 3:30 PM Enhancing the Workplace Climate (60 minutes)**

*Participants will learn about the building blocks of enhancing the workplace through your role as a leader and how employees define your success by blending current research with best practice analysis.*

**3:30 - 3:45 PM Closing and Door Prizes from Industry Partners**

**3:45 - 4:00 PM District Director and Supervisor (DDS) Meeting**



If you have questions, please contact Renee Miles, [rmiles@toppenish.wednet.edu](mailto:rmiles@toppenish.wednet.edu) 509-865-8093, or Kathy Buchanan, [wsna@comcast.net](mailto:wsna@comcast.net), 509.926.9177

**Getting to Seattle**

Seattle Tacoma International (SEA) Airport. Approximate driving time is 15 minutes and distance is 12 miles. Amtrak Train Station is 3 blocks

**Fun Activities in Seattle**

Safeco Field (Seattle Mariners baseball) - across the street, CenturyLink Field (Seattle Seahawks football) and CenturyLink Field Event Center - across the street, Seattle Waterfront - 3 blocks, Downtown Seattle - 10 blocks, Washington State Trade & Convention Center - 1.5 miles, Pacific Place Shopping Center - 1.5 miles, Pike Place Market - 1.5 miles, Space Needle - 3 miles

**Emerald Downs**  
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**Traveling South on I-5**  
 Take exit #147 (272nd St) and go east into the valley (approx. 3 miles). Turn right on West Valley Hwy and continue one mile until you reach the 37th Street NW light, turn left. Emerald Downs is 1/2 mile ahead on the right.

**Traveling North on I-5**  
 Take exit #142A. Continue east two miles on Hwy 18 and take the Hwy 167 northbound on-ramp. Continue to 15th Street NW exit, turn right from off-ramp and follow sign to main entrance (left on Emerald Downs Dr.)

**South/Northbound 167**  
 Take the 15th St NW exit and go east from off-ramp. Continue on 15th for 1/2 mile and follow the signs to Emerald Downs' main entrance (left on Emerald Downs Drive).

South, then take either the James Street, 4th Avenue, or Airport Way exits to place you in proximity to the facility.

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 Reservations: 800.497.1261

**2011 Industry Seminar Registration Form**

**The postmark date for early registration is Monday, October 17, 2011.** Registrations postmarked after October 17 must include a \$25 late fee. No refunds will be made after October 17. It is the policy of WSNA to charge a \$15 fee for registration refunds.

Name \_\_\_\_\_ Title \_\_\_\_\_

WSNA Member # \_\_\_\_\_ Company / District \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_ Email \_\_\_\_\_

- WSNA Member - Industry Seminar & Commodity Tasting \$110
- WSNA Non-Member - Industry Seminar & Commodity Tasting \$205
- ADDITIONAL LATE FEE (Postmark after October 17) \$ 25

**Industry Representative w/Show Table\* See note below**  
 \*Industry representatives who would like a show table should contact Kathy Buchanan, [wsna@comcast.net](mailto:wsna@comcast.net), for the proper form.

**Payment Information**

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

Total: \$ \_\_\_\_\_ Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_/\_\_\_\_

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

Signature \_\_\_\_\_

Printed Name on Card \_\_\_\_\_

**Ways to Register**

- Fax: Fax registration form and credit card information to 509.926.0674.
- Mail: Send form & payment to WSNA, 4010 S Sundown Drive, Spokane Valley, WA 99206.

If you have questions about registration, contact Kathy Buchanan, 509.926.9177, [wsna@comcast.net](mailto:wsna@comcast.net)



# Spotlight on Areas and Chapters

## AREA I

### Paula Gualtieri, Area Representative

Hello to everyone in Area I. I am looking forward to getting to know all of you. First, I want to thank Kathi Clement for doing a great job as Area I Representative. With her help, I hope I can continue to support our members by promoting education and networking with our Chapters. It is cool to serve you and our students!

Wow, what a great time we had at the 50<sup>th</sup> Annual State Conference! There was dancing, games (Minute to Win It), and great education opportunities; but the most important was meeting and getting to know each other. Area I Chapters had a great time. The Westside Fall Workshop is coming up on October 22 at Lincoln High School in Tacoma. It will be a great opportunity to learn and network. It is easy to sign up; you can find the form on the website, [www.washingtonsna.org](http://www.washingtonsna.org), or on page 5 of this *Apple Press*.

**Edmonds Chapter #22** has been busy this summer. They have been meeting once a week with their "Crafty Cooks" night. They enjoy their specialty of knitting or crocheting and donating the items to the Special Olympics and Evergreen Hospice. What a great way to network and help our communities. They are working on their goals for this year, and I am excited to hear what they are doing.


**Northshore Chapter #33** attended the summer conference and had great success on the silent auction baskets. Last year they really started to get up and running with a pan sale, collection of bras for women's shelter and Breast Cancer Awareness, Casino Night fundraiser, and a Tupperware fund raiser. The fundraisers made it possible to offer a scholarship to a student! I know they have a lot planned for the coming year such as fundraisers, Breast Cancer Awareness, food drive and are planning a number of opportunities to meet and have a good time networking.

I am looking forward to hearing from the **Seattle Chapter #38** and the **Bellevue Chapter #13** and finding out what they are doing. I would be delighted if each of the Chapters in Area I would please give me a call or send me an email with information about your chapters and a name of a contact person. It would help me get to know all of you better. If you need help or have any questions, please give me a call or drop me an email. My phone number is 425-489-0602; email is [pgualtier@nsd.org](mailto:pgualtier@nsd.org).

See you at Fall Workshop and have a great new school year.

## AREA II

### Barbra Morgan, Area Representative



WOW! What a great summer! Sometimes you have to not think about the weather and make do with what you get. Mine was very full of wrestling camps, camping, carousing around the state on our motorcycle, and, of course, conference.

What a great 50th conference we had in Vancouver. The park was beautiful, the waterfront walks were exhilarating, the breakout sessions were well thought out and organized, and I can't say enough about the Presidents' Banquet! The band was really fun and so many ladies stayed and shut the place down. What a great way to "move it"! I met new people who all seem excited to start the new year.

Hopefully our chapters up here in the north end will be ready to get moving again. I am excited to try to organize a area meeting, so please be looking for more information on that in the near future. If any Area II chapters have a meeting, please call or email me; I would love to come. Also if you have any questions, I am only a phone call away (360-770-6383 or [bmorgan@sbsd.k12.wa.us](mailto:bmorgan@sbsd.k12.wa.us)).

Don't forget about Fall Workshop! The registration is on page 5. I look forward to seeing you all again real soon!

## AREA VII

### Sherry Johnson, Area Representative

Hello, Area 7 members. I hope your summer break was relaxing, fun and filled with special times and memories. The summer conference in Vancouver was a lot of fun. I had a chance to get to meet some of you in our Area 7 at conference; and I am looking forward to meeting with you all and hearing about what is happening in your chapters or helping you out wherever needed. Our Fall Workshop will be in Spokane at West Valley on October 8. I'm looking forward to seeing you there.

If you have any questions, feel free to call me so I can help you get your answers. Remember to renew your membership when it is time to do so. My contact information is: Sherry Johnson (509) 238-9467 [sjcargill@msn.com](mailto:sjcargill@msn.com) or [johnsonsh@evsd.org](mailto:johnsonsh@evsd.org).

I hope your year will go well for you all.

## AREA VIII

### Tracine Farrow-Derby, Area Representative

Hello everyone. I hope you all had a great summer, short as it was. For all of you who went to Conference,



## Spotlight on Areas and Chapters



### AREA VIII (Continued)

wasn't it the best? On behalf of Area VIII, thank you conference committee.

I want take this opportunity to thank WSNA personally for all they have done for me. Washington School Nutrition Association and SNA offer opportunities to better our programs every day. Every year I come back from State Conference with new ideas and an enthusiastic attitude, ready to start the new school year with purpose. By going to conference, we not only have education opportunities, but also we get to hear how school kitchens are trying things all over the state. We learn how important the school meals are for so many children. We, are leaders in this area in our schools; students come to us to fill this need. We have to do our best to provide these meals and promote them. Make it super easy for the kids to eat; make them want to come in and grab breakfast! These things are very challenging to do now with time decreasing in some schools. This is where we have to be creative, and open to new ideas, work with our principals, our PE teachers, custodians, librarians, playground attendants, all staff. We want healthy smart kids in Americas' future. Have the meals be a pleasure for the students. Give them those famous *Lunch Lady* smiles.

One of the messages that really stuck with me this year: ***It's not nutrition if it's not in the kid!*** We offer the best chance for the kids to get nutritious foods into their bodies at school. This will keep them going, so they do the best they can with the education and physical challenges at school.

WSNA has also taught me to be passionate about these issues; we really can make a difference. I want to once again thank you for the chance to grow as a person and as a child nutrition specialist.

**South Sound Chapter 49** had quite a few members come to conference. Some also attended Leadership Seminar and pre-conference classes. Many awards were given to members of Chapter 49 as well as to the chapter itself. Trish Dela Cruz came home with scholarship money to help her in the very difficult task of returning to school. Congratulations everyone! Excellent job!

From **Skookumchuck Chapter 36** we had one of the best hospitality staff to ever work a conference! Rickene Reynolds was always ready to be a willing dance partner; she knew the location of all the breakouts and classes being held and everything else that was needed. She even tracked down a wheelchair for a member in need. Thank you, Rickene!!

### AREA VIII (Continued)

**Chapter 48 Grays Harbor.** If anyone is out in the Cosmopolis or Aberdeen area and you want to become more involved, please contact me by email at [tracinefarrowderby@gmail.com](mailto:tracinefarrowderby@gmail.com). I have the name Kathy Rhodes, but I do not know how to contact you. Please give me a call, 360-458-1184, if you want to know when chapter meetings or classes are being held. You are always welcome to attend activities going on in other chapters.

I hope all nutrition programs in the state have a great start-up in their workplaces!

### AREA IX

#### Loretta Roossien, Area Representative

While attending State Conference in Vancouver I had a wonderful time meeting many of those who are a part of **Chapter 41 Tacoma** and **Chapter 29 Olympic Peninsula**. I am still looking forward to seeing those of you from **Quimper Peninsula Chapter 23**. Since attending State Conference in July, I found that time has flown. I am sure that some of you had to get back to work as soon as you left Vancouver, while others may have had time to spend with families. It is my hope that any time remaining of summer break was enjoyable.

As we begin our new school year, the chapter officers are finding that meetings are to be arranged along with the quest for CEU's to be presented at those meetings. There will be many chances to continue obtaining Continuing Education Units this coming year. Don't forget that the National Magazine also offers credit for articles with tests in each issue. Online classes are also available. If you are close to a community college, there may be classes to earn credits there as well. Many scholarships are available to those who are committed to continuing education in our profession. Be sure to watch for those deadlines for applying for scholarships.

One of the easiest ways to earn credits is to attend events sponsored by WSNA. Westside Fall Workshop will be in Tacoma on October 22. The registration form can be found on pages 4 and 5 in this issue of the *Apple Press*. Remember that if the date doesn't work for you in your area you are always welcome to attend the Eastside Workshop on October 8 in the Spokane Valley. Carpooling to attend workshops brings camaraderie. Enjoy being with each other and share new things.



## Legislative Report

by

Mitch Denning & State PP& L Committee

The 2011 legislative session was a challenging one for all school districts, as \$1.4B was cut from K-12 funding in the **2011-13 operating budget**. WSNA met with 46 individual legislators during the session in hopes of convincing them to “find” \$6M so that the state matching funds would not be reduced for 2011-13. Though the individual legislators support the idea of feeding hungry kids, they recognized that all “unprotected” K-12 programs had to be reduced due to the revenue shortfall over the last two biennia. Approximately 42% of the state’s operating budget goes to K-12; and, of that, 39% is protected as it’s part of basic education. Nutrition funding is part of the “unprotected” 3%.

Fortunately, USDA is accepting the payment of the **K-12 breakfast and K-3 lunch reduced price copay** as the state’s provision of the annual amount of \$3M necessary to ensure that USDA’s match requirement for receiving all federal funds is met. Therefore, WSNA is relieved that the copay still is funded by the state. If it were eliminated, many students would not afford to eat school meals, and all federal funding for school nutrition could be in jeopardy.

As we look ahead to the 2012 legislative session, the **current downturn in statewide-revenues** has become an increasingly greater problem. In a meeting on August 15 at the Kent School District, House Majority Leader Rep. Pat Sullivan (D-Covington) shared that the Governor has already asked state agencies to prepare for a 10% reduction during the current state budget fiscal year. Sullivan stated that the shortfall for this biennium (2011-13) could be between \$.5B and \$2B, depending on the response of the federal government to its national debt issues. Sullivan indicated that the Governor could call a special session of the Legislature in October or November to deal with the situation; such a call would be based on the September revenue forecast.

In terms of **Meals for Kids priorities for the 2012 session**, Sullivan and others attending the meeting, including Tom Ogg, Kent SD; Lisa Chatterton, Franklin Pierce SD and WSNA president; and Tim Franson, segment specialist, Encore Sales and Marketing, realize that WSNA needs to protect the K-12 reduced price breakfast and K-3 lunch copay in whatever way possible. Though unprotected in terms of basic education, the legislators do understand that any reduction in the copay would directly cause kids to go hungry.

Also discussed at the August 15 meeting was whether or not to move forward an **unclaimed funds bill** for the 2012 session. Rep. Tina Orwall (D-Des Moines) expressed an

interest in sponsoring the bill during the 2011 session. However, the discussion at the meeting centered around concern at this particular time in the state’s economic recovery that bringing statewide attention to unclaimed funds from parents’ overpayments of school meals might be seen as a source of revenue to schools, which could result in an offsetting reduction in state funding due to the perceived surplus. For those reasons, consensus was to continue to allow districts to make their own decisions in handling these unclaimed local funds.

WSNA watched the progress of the **Levy & Local Effort Assistance Technical Working Group**, which met monthly from May 2010 to June 2011, as both WASBO and WAMOA had members serving on the working group. The group’s final report stressed the importance of local districts being allowed to continue collect the maximum amount their levy authority allows so that local programs can be maintained, yet the report pointed out that increases in levy authority should not erode essential state support for our schools. In terms of levy equalization, the group maintains the importance of this state program as a tax-equity program. In 2009-10, 3.5% of all school nutrition revenues came from the local levies, so the levy is important to the funding of school meals.

As reported in the last *Apple Press*, the 2011-13 operating budget provides for \$1.9M for the Health Care Authority (HCA), in cooperation with the Office of Insurance Commissioner and OSPI, to develop a plan for implementation of reforms to **K-12 health benefits purchasing**, beginning in 2012-13 on a voluntary basis. The implementation costs will be offset in FY 2013 through initial net savings in health benefit allocations. However, no implementation of any plan will take place until the legislature gives the approval. WSNA is watching, along with the WASBO and WAMOA, the work of the HCA in developing such a plan. WASBO is currently assisting with the collection of data for HCA to develop their plan, and will be involved in the review of the data to be used in the plan once its collected.

WSNA recognized **Sen. Joe McDermott** and **Rep. Skip Priest**, key legislative leaders who have championed the cause of feeding hungry kids, during their many years in the Legislature. Representatives of the Meals for Kids Committee met with Rep. Priest in September 2010 and Sen. McDermott in December 2010 to express our appreciation

*Continued on page 32*

## Conference Evaluations Recap

*Pat Klumb, WSNA President-elect*

Thank you again for completing the conference evaluations. They help us in knowing what you all want from your conference so that we can plan accordingly if possible. Here are a few of the highlights from your evaluations:

- You all loved the band after the President's Banquet. If funds allow, we will try to do something similar again.
- Dr. Steve Sobel was a big hit. We always try to find speakers whom you will enjoy.
- Health Card testing was not offered. We were unable to schedule this in Vancouver. It is a county-by-county issue, and many counties have gone to online renewals.
- Publish the menu in advance for allergic and dietary restriction reasons. We will certainly look into how this can be done in a timely manner, working with the hotel chef and staff. Sometimes the menu has not been finalized by the time the *Apple Press* goes to print the end of May. If you have an allergy or other dietary restriction, you should always contact the person listed on the conference registration form well in advance of conference so that accommodations can be made for you. Also, please be aware that we do not ask the hotel to substitute items based on personal preference. We make every effort to plan meals that will be appealing to as many people as possible, and it is very difficult for the hotel staff when a number of people in a group of over 400 people ask them to make substitutions during the meal service.
- Several breakout sessions were big hits, so watch for them again in the future.
- Should we keep conference at 2.5 days or should we reduce the length to two days? Out of 400 possible evaluations, I received 153. Of those, they were split in half over this. Comments included references to whether the cost of conference would also decrease and the risk of losing content or value. We will be researching this further. As you know, the price of everything keeps going up; and we want to keep it affordable to attend your conference.

Thank you again for your input and if you would like to make a comment that you weren't able to previously make, please email me at Klumb\_57@msn.com. With all these great ideas and many more throughout the year we can be sure that Spokane in 2012 will deliver.

## Spotlight on Areas and Chapters

*Continued from page 13*

### AREA IX (Continued)

If any of my chapters need my help please call or email me. My cell number is 360.981.5258. You may need to leave a message, but I will be in touch as soon as possible. My email addresses are lorettar@cksd.wednet.edu and rdrlrbr@aol.com.

Remember Taste Washington Day on September 28, and have a great fall.

### AREA XI Accordia Horn, Area Representative

Area XI can toot its own horn! Both **Central Washington Chapter 15** and **Lower Valley KP Chapter 56** had a good turnout for conference in Vancouver this year.

Congratulations to **Lower Valley KP Chapter 56** for winning first place in the Fill the Cupboard contest for the second year in a row. Congratulations to Cindy Merryman for winning both the State & Regional Heart of the Program

### AREA XI (Continued)

awards. Congratulations to Betty Woods for winning the Silver Spirit WAFE award. Keep up the good work, Lower Valley KP!

We need to keep moving it all year!

### AREA XIII Charity Utterback, Area Representative

**Bethel Chapter 30** will hold two fundraisers this year plans to participate in the annual WSNA Fill the Cupboard Food Drive. The chapter also plans to collect gently used blankets and toiletries for the homeless. Budget permitting, they will have a fire extinguisher class presented by the local fire department. The chapter is also working on getting more 100% kitchens in their district and will be having a friendly competition among themselves. And once again they will collect polo shirts to be given away at conference. What a busy year they have planned!

# Valuable Ideas from District Size Breakouts

*Lisa Chatterton, President*

One of our most popular activities during conference this summer was the district size breakout sessions. Participants were organized according to the size of their district. Below are many, many exciting ideas that came from these sessions. You may already use many of these innovative ideas. Perhaps you will find something new to try this fall in your own programs. We do great things out in our schools. Thank you to everyone for sharing!

## **Question 1. Share your most popular and/or new menu recipe.**

Asian bar	Broccoli Salad
Chicken pita	Orange Glazed Chicken
Specialty subs	Chicken Caesar Salad wrap
Yogurt bar for breakfast	Fish tacos
Pozle soup (hominy)	Onion rings
Banana wrap (sunbutter, chopped banana, raisins)	Garlic chicken pizza
Roasted Vegetables, served cold on the salad bar	Breakfast pizza (sausage, gravy)
Chicken Caesar Salad	Chix enchiladas
Chicken Fried Steak with mashed potatoes	Super nachos
Oodles of noodles with vegetables	Pizza bagel
Taco soup) kidney beans, corn)	Turkey dinner wrap
Enchiladas	Pulled pork wraps
Salads, various kinds	Stir fry
Wraps various kinds, turkey, chix, southwest, Asian	Chix taco salad
Display vegetables of the week/color of the month served on Fridays	Themed menu, Kitty litter cake (School of the Deaf)
Hummus with jicama	Quesadillas with black beans, corn and chix
Chicken strips, white gravy, potatoes	Vegetarian meals
Teriyaki dippers with rice	Commodity refried beans, add salsa, onions, spices, etc
Macaroni and cheese with little smokies	Soup and salad bar cheese zombie
Taco burgers	Chili supreme
Turkey dinner	Chili with Fritos
BBQ chix pizza, fresh, homemade	Breakfast for lunch
Chicken Quesadilla	Specialty salads: Caesar, Asian, Greek and southwest

## **Question 2: What do you see as the most valuable WSNA member benefit?**

Education, training	District owned membership
<i>Apple Press</i>	Resources
Conference	Empowerment
Networking	Classes
Online resources	Certification
Information	Website
Meeting people; networking	Conference makes us feel important about our important work
Venting	Recipe sharing with others
Community	Friendship
FUN	Professionalism
Camaraderie	Meeting with vendors
Self respect	Scholarships
Networking at conference	Confidence
Enthusiasm from conference	

*Continued on page 17*

## Valuable Ideas from District Size Breakouts

*Continued from page 16*

### Question 3: What do you do in your programs that doesn't cost a lot of money but gives lots of value?

Sandwich bar instead of premade sandwiches  
 Participate in school functions, spirit day, good manners table, special tray prize  
 Luncheon for staff, staff building event  
 Friday as bag lunch day  
 Customer service SMILES  
 Welcome in the morning, (we can have a lot of impact on the students)  
 Theme days  
 Dollar store rewards  
 Smiles and a good attitude  
 Summer lunch  
 Teachable moments  
 Personal connection, birthday acknowledgment  
 Golden spork award for good behavior  
 Birthday hat for BD students Sing Happy BD to students  
 Lucky tray day (use free stuff)  
 Menu presentation  
 Signage; used school classes to take pictures  
 Student art on the walls  
 Student names--know them!

Grants  
 Provision II  
 Staggering schedules  
 District covers breakfast for all  
 Breakfast to go or delivered  
 Have migrant liaison do home visits for applications  
 Testing Tables  
 Vendor equipment for products  
 Community gardens  
 Good attitude toward kids,  
 Samples for all who want to try  
 End of the month Birthday celebration, PTA helps defray costs  
 Give extra now and then  
 Role model  
 Interaction with student activities  
 Market  
 Input  
 Use commodities  
 Warewashing  
 Show you care— Personalize It!

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## 2011-2012 Plan of Action

Each year, the WSNA Executive Team, headed by the president, develops a Plan of Action for the coming year. It focuses on three or four issues that the team believes to be of utmost importance for the Association to address. Following is the Plan of Action for 2011-2012. It will be the basis of activities during President Lisa Chatterton's term.

**Mission Statement:** As the leader in child nutrition, WSNA educates and supports its members to advance good nutrition for all children.

**Vision Statement:** WSNA members support academic achievement by providing nutritious meals.

### **Core Values**

**Child Nutrition advocacy**

**Servant leadership**

**Camaraderie, community, and fun**

**Lifelong learning**

**Value the whole child**

**Embrace diversity**

**Strong, viable partnerships**

**Leaders within our school, community, and state**

**ISSUE #1: Education will be available to all WSNA members and will empower them as CN professionals.**

### **OUTCOMES:**

1. To provide tools to deal effectively with changes due to reauthorization and new meal pattern requirements
2. Knowledge (fact) based answers

### **STRATEGIES:**

1. Team with OSPI to continue Train the Trainer, phase 2. Other opportunities may include conference, workshops, Industry Seminar, and chapter meetings.
2. Keep material and information on the WSNA website and in the Apple Press that supports and educates about the changes and opportunities
3. WSNA and OSPI trainers will supply and or facilitate answers on Reauthorization and/or new meal patterns
4. Support as an Association, participation in the Healthier US School Challenge

**ISSUE #2: WSNA will maintain and grow active members**

### **OUTCOMES:**

1. Members will be recognized as experts in the field of Child Nutrition
2. Increased membership empowers the Association as a core ingredient in public education
3. Increased membership empowers the Association as a stronger voice in legislative issues
4. Increased membership empowers the Association in achieving media recognition

### **STRATEGIES:**

1. Promote district owned membership by educating district directors, chapters and other professional groups such as WASBO.
2. Develop and expand the Donna Parson Scholarship and the Ruth Ann Bennett Scholarship
3. Establish an Ad hoc committee for mentoring new members
4. Educate and train members on Professional Standards to prepare them for the future changes.

*Continued on page 19*

# 2011-2012 Plan of Action

**ISSUE #3: Through effective media and public relations, legislation and marketing, WSNA will be recognized as the Child Nutrition Authority in local and state environments.**

## OUTCOMES:

1. WSNA will be responsive to community concerns as they relate to Child Nutrition issues
2. WSNA will address emerging and current Child Nutrition issues
3. WSNA members are the voice and face of Child Nutrition
4. Increased membership empowers the Association in achieving media recognition

## STRATEGIES:

1. Create a WSNA media network
2. Explore media training offered by SNA and others
3. Develop an effective media relations plan based on the target audience
4. Foster and maintain relationships with current partners
5. Identify potential partners and find ways in which to connect with them and build sustainable partnerships
6. Maintain legislative outreach at current levels



### Executive Board & House of Delegates Minutes

#### Pre-Conference Board Meeting

On **July 24, 2011**, President Lisa Johnson called the meeting to order; a quorum was present. Action items included the following:

- Approval of the 2011-2012 operating budget
- Approval of partnership with WSDA as outlined in letter
- Approval of Whistleblowers & Antitrust Policies and Standards of Conduct

#### Joint Board Meeting

The Joint Executive Board Meeting was called to order on **July 27, 2011**, by President Lisa Chatterton; a quorum was present. Action items included the following:

- Approval of Barbra Morgan as Leadership Chair

#### 2011 House of Delegates

On **July 26, 2011**, President Lisa Johnson called the House of Delegates to order. Special reports included SNA House of Delegates and the 2011-2012 Plan of Action. By-law amendments were approved as published in the summer issue of the *Apple Press*.

**Thank you to our 2011 Conference Exhibitors  
for sponsoring  
the Night of Entertainment.**

**Thank you to the following industry partners  
who donated food or supplies to the  
Night of Entertainment:**

*Cedar Grove*  
*Coastal Marketing*  
*Corwin Beverages*  
*Duck Produce*  
*Encore Sales & Marketing*  
*Food Sales West*  
*Food Services of America*  
*Goodyman Snacks*  
*Hormel Foods*  
*Huhtamaki*  
*JG Neil*  
*Kenco Foodservice*  
*Kraft Foods*  
*Nestle Foods*  
*Pactiv*  
*Pepsico*  
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## Fuel up First with Breakfast Challenge

Washington Superintendent of Public Instruction Randy Dorn, Share Our Strength, The Washington State Dairy Council and Children's Alliance have teamed up to launch the *Fuel Up First with Breakfast Challenge*. This challenge is an opportunity to reward school districts for school breakfast success. We know that hungry kids can't learn, and the school breakfast program is one of the best ways to ensure that all children start the day well fed and prepared for success. In an effort to increase the number of students who access school breakfast, Superintendent Dorn is challenging school districts to make changes to their school breakfast programs that increase participation by 50%.

During the 2011-2012 and 2012-2013 school years, all of Washington's school districts will be automatically entered into the *Fuel up First with Breakfast Challenge*, making them eligible to receive prizes for increasing participation in their school breakfast programs. School districts that make the greatest improvements will receive a cash prize as a reward for their hard work. All of the school districts that rise to Superintendent Dorn's challenge to increase breakfast participation by 50%, or increase breakfast participation to 70%, will be recognized and awarded for their dedication and improvement.

The *Fuel Up First with Breakfast Challenge* is supported by the Washington State Dairy Council's Fuel up to Play 60 Breakfast Grant program. Use the Washington State Dairy Council's Fuel Up to Play 60 Breakfast grant to jump start your breakfast program and help increase your average daily participation. Fuel Up to Play 60 is a national wellness program for schools that is brought to you by a partnership between the National Dairy Council and the NFL. The program provides grant funding to help improve the healthy eating and physical activity environment in your school.

Websites to visit for more information are: [www.fuelupfirstwithbreakfast.org](http://www.fuelupfirstwithbreakfast.org) and [www.EatSmart.org](http://www.EatSmart.org)

### *Breakfast is the most important meal of the day and kids who eat it are:*

#### **More likely to . . .**

Score high on Standardized tests  
Get better grades  
Maintain a healthy weight  
Have healthier levels of nutrients, like calcium, in their diets  
Be able to complete complex tasks  
Be able to concentrate

#### **Less likely to . . .**

Miss school  
Get to class late  
Go to the nurse's office  
Be obese  
Be hyperactive  
Behave badly and act out  
Be frustrated by difficult tasks

*Reprinted with permission from Fuel Up First with Breakfast Challenge, Breakfast Expansion Toolkit.*

## Mark Matthias Donates \$10,000 to Share Backpack Program

*Connie Vowels  
2011 Conference Chair*

As you know, each year at our state conference we designate a cause to which we can donate items to help out families and/or children in need. This year the Vancouver committee chose to donate to the Share Backpack Program for children in need of food on the weekends. You had the option to either donate food or money.

To open the Vancouver conference by welcoming us was our guest, Mark Matthias. Mark is the owner of a local restaurant and very involved in the community with the Boys and Girls Clubs, Vancouver Schools Foundation, and hospitals; and he is a very big contributor to the Share Backpack Program. At the opening of conference, Mark announced that he would match our contributions during conference up to \$10,000. You generously donated \$672 to this project.

When I contacted to tell him the amount, Mark replied, "I went ahead and wrote a check for \$10,000 and sent it off." What an amazing man Mark is!! With the restaurant business struggling in these tough economics times, he does not bat an eye to give all he can to the children in the Clark County area. Thirty-five thousand (35,000) food packs are provided each year through this program.

Whenever you come to Vancouver, stop and have a bite to eat at Beaches Restaurant and say, "Thank you" to Mark for the wonderful things he does for the children in Clark County.



**Breakfast Grants Available Now!**

Washington State  
**DAIRY COUNCIL**  
The Nutrition Education People

Apply for grant dollars to increase your breakfast participation!

For application and local success stories visit [www.eatsmart.org](http://www.eatsmart.org)

"YUM!"

Yogurt



## Fill The Cupboard Food Drive

**5,000 Pounds of Nonperishable Food Collected and Donated to Food Banks Throughout the State!**

*Raeann Ducar, Marketing Chair*

Thanks to the efforts of the members of several chapters, 5,000 pounds of nonperishable food were donated throughout the state in the WSNA *Fills the Cupboard* spring food drive. The following chapters participated in the food drive that is held annually each spring. Thank you to the members of these chapters for helping to fill the food banks before the summer months when some families have less access to our school meals. You are making a difference for families in your community!

- Lower Valley KP Chapter 56 ~ 951 pounds
- Green Valley Chapter 52, Auburn School District ~ 927 pounds
- Chapter 30, Bethel School District ~ 1,423 pounds
- South Sound Chapter 49, Olympia/Yelm School Districts, along with their transportation departments ~ 1,659 pounds
- Highline Chapter 25, Highline School District ~ 42 pounds



## Share Your Experiences ~ Taste Washington Day ~ September 28

As you probably know, **Washington School Nutrition Association (WSNA)** and the **Washington State Department of Agriculture Farm-to-School Program** are partnering to celebrate Washington agriculture on September 28 with **TASTE WASHINGTON DAY**. Schools around the state will be serving a locally-sourced meal and providing education and activities to celebrate the farms that feed us. You can use your own menu or one of the two sample menus we have created:

### Sample Menu 1

#### Washington Baked Russet Potato w/ Toppings

Protein Topping Options (Beef and Lentil Chili, Broccoli and Cheese Sauce, or Beef Taco Meat)

Veggie Toppings (Sweet Onions, Tomatoes, Steamed Broccoli, Corn and Black Bean Salsa)

#### Whole Wheat Dinner Roll or Breadstick

Washington Fresh Fruit (Try apples, pears, blueberries, raspberries, peaches, plums and pluots!)

Brownie made with Pacific Northwest wheat

Low Fat Milk

### Sample Menu 2

#### Chicken Drumstick

#### Roasted Potatoes or Winter Squash

#### Whole Wheat Dinner Roll or Breadstick

Fresh Green Salad (with carrots, roasted winter squash cube, golden beets, or dark leafy greens, and lentils or beans for a vegetarian protein option)

Washington Fresh Fruit (Consider apples, pears, blueberries, raspberries, peaches, plums and pluots!)

Brownie made with Pacific Northwest wheat

Low Fat Milk

If your school or district holds special activities in conjunction with *Taste Washington Day*, please take pictures, send us the information, and let us share your experience with others. As always, parent or guardian permission must be granted before we can publish student pictures. Send your information to Raeann Ducar, Marketing Chair, [rducar@freemansd.org](mailto:rducar@freemansd.org).

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## SNA Bites ~ Interesting News from SNA

### National School Lunch Week 2011 Website – Now Live ~

The “School Lunch – Let’s Grow Healthy” member resource website [www.schoolnutrition.org/grow](http://www.schoolnutrition.org/grow) is now live. Visit the site to download the toolkit and view the regional recipes, logos, activity sheets, and much more.

### National Take Your Parents to Lunch Day

As part of NSLW, SNA has teamed up with KIWI Magazine for National Take Your Parents to Lunch Day. On Wednesday October 12 (or a day of your choosing) we hope you will host a “National Take Your Parents to Lunch Day” and spread the word to parents that healthy and tasty options are being served in your cafeteria every day. To help plan your event we have a checklist at [www.schoolnutrition.org/grow](http://www.schoolnutrition.org/grow). Also check out KIWI’s website <http://myhealthyschool.com/> to see their resources for both schools and parents.

### SNF’s Breakfast in the Classroom Resource Center Provides Tools for Implementing and Managing

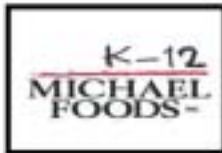
**Alternative School Feeding Models** ~ In July 2011, the School Nutrition Foundation (SNF) launched the new *Breakfast in the Classroom Resource Center*. This online resource center contains valuable information about alternative school breakfast models. The resources include toolkits and information for key stakeholders, sample menus, videos, and financial planning models. Inspiration for this online resource center stemmed from SNF’s collaboration with the Partners for Breakfast in the Classroom and the Walmart Foundation’s *Breakfast in the Classroom* project. Thinking about implementing breakfast in the classroom in your district or need more information about alternative breakfast models? The *Breakfast Resource Center* has a wealth of ideas to help inform and guide you in making the right choices for the children in your district.

Visit the *Breakfast in the Classroom Resource Center* at: [www.schoolnutrition.org/bic](http://www.schoolnutrition.org/bic).

# We look forward to working with you in the 2011-2012 School Year



Lower Sodium Seasoned Potatoes, Ovenable Onion Rings & Mozz Stixs



French Toast  
Eggs  
Quesadilla's



Smucker's Peanut Butter & Jelly Sandwiches  
and I/W Snack'n Waffles - Blueberry, Choc Chip, Maple & Cinnamon



Quality Products: White Wheat, Whole Grain Doughs and fully baked



Lower Sodium Whole Grain Burritos & Corn Dogs



Icelandic-Fish Sliders &  
Sea Fit Nuggets



Ranchero Beef Steak  
Steak, Egg & Cheese  
SW Chickent  
Apple Cinnamon  
Grilled Chicken & Cheddar  
Pork Chile Verde  
Spicy Cheese Steak  
Jalapeno, Chicken & Cheddar  
Chicken, Green Ghili & Cheese



Apple  
Sauce  
Cups



Gluten Free & Low Sodium  
Pan Roast Gravy Mixes  
Brown & Chicken

For more information Call:  
Western Washington  
Susan Ulrich ~ 425-638-2804  
susanu@westfs.net  
Eastern Washington  
Rochel McKenna ~ 509-487-8656  
rochelm@westfs.net



## Congratulations! 2011 Scholarship & Award Winners

**DDS Scholarship**  
*Patricia Dela Cruz*

**Hobart Professional Growth Scholarship**  
*Patricia Dela Cruz*  
*Brenda Roning*

**Lang Chapter Scholarship**  
*North Thurston Public Schools*

**Smith & Greene Chapter Scholarship**  
*South Sound Chapter #49*

**WSNA Professional Growth Scholarship**  
*Brenda Roning*

**Ruth Ann Bennett Scholarship**  
*Elizabeth Badillo*  
*Betty Monteith*  
*Judi Wergeland-Rammage*

**Heart of the Program Award (Also Regional Winner)**  
*Cyndi Merryman, Toppenish SD*

**Louise Sublette Award (Also Regional Winner)**  
*Judi Wergeland-Rammage, Seattle Public Schools*

**Director of the Year Award (Also Regional Winner)**  
*Sharon Worgum, North Thurston Public Schools*

**Thelma Flannagan Award**  
*Lisa Johnson, WSNA President*

### *Welcome to Our New Members*

Carol Albers	Mary Clayville	Randall Guzardo	Heather Matheny	Betsy Rieger
Savannah Anderson	Sheryl Collins	Kim Hagara	Judy Mattson	Jennifer Roberts
Michelle Auvil	Ryan Dahlstrom	Taren Hartzheim	Dawn McDonald	Rene Routier
Edgar Aylesworth	Pauline Dale	Barbara Hawkings	Cynthia McDuffie-Wright	Mary Ryker
Evie Aylesworth	Tonia DayDalila	Lea Hayward	Terry McGiveron	Carol Sahlin
Susan Aylesworth	DeCastellon	Lucy Higgins	Bonnie McLeod	Amanda Sawyer
Rose Baker	Diane DeShayes	Ly Hoa	Joanne Meadows	Trica Schuldt
Karen Barlowc	Angelique DeWitt	Asima Hodzic	Paula Merson	Erica Templeton
Georgette Bechara	Patricia Dorgan	Rose Hong	Sherry Mickles	Christofer Tess
Lynette Belcher	Renee Enersen	Mindy Hooper	Laura Mjelde	Dawn Trumbull
Mary Anne Belcourt	Maribel Fantauzzi	Melanie Hopkins	Mary Monti	Kateryna Tsytselska
Joann Binkley	Patricia Ferry	Tammie Huwe	Jamie Morris	Krista Ulatowski
Nichoel Birch	Zinaida Filon	Annette Johnson	Lorana Myers	Debbie VanCamp
Kary Boyer-Phillips	Marsha Fleming	Joni Kent	Barbara Myrtle	Tori Vance
Ruth Braack	Joan French	Jeanette Key	Mary Paisley	Ajsa Velagic
Sabrina Braillard	Jackie Gabbard	Karen Larsen	Barbara Parke	Kimberly Watkins
Kristen Buchanan	Douglas Gillespie	Hau Lau	Kay Pedisich	Dayna Weir
Cheryl Carter	Jill Gillet	Bo Kyung Lee	Sheryl Pickering	Amy Wilcox
Linda Chidester	Pam Giroski	Yoke Lim	Sumalee Pouley	Linell Williams
Ruth Church	Cathy Gitchel	Joanna Livingston	Carmen Ramos	Cindy Wilson
Cathi Clark	Carol Guettler	Debora Makela	Kathy Rhodes	Bonnie Young
				Jenny Zheng

### *and to Our New Industry Members*

Bliss Nash, Campbell's



# What's For Lunch?



## Culinary Standards:

Seasoned Beef & Pork available as a commodity or commercially for versatile menu applications. Make your own delicious entrees incorporating these easy to use, high quality products. Also available: Beans and Rice, and 3-Bean Vegetarian Chili. Delicious recipes available. Please visit [www.culinarystandards.com](http://www.culinarystandards.com) for more information.

## Clif:



Organic Twisted Fruit is real fruit twisted into a fun rope shape that's easy to slip in to a backpack, a lunchbox, or take anywhere Kids are on the move. ClifKid Organic Z Bar is made with the very best of wholesome Organic ingredients. Each bar is all natural, made with whole grains and contains 12 essential vitamins and minerals kids need every day. For more ClifKid information please visit [www.clifbar.com](http://www.clifbar.com).



## Los Cabos:

Naturally lower in sodium and fat. Los Cabos does not pre-fry any of their items. Try the Bean & Cheese Green Chili burrito in a Whole Wheat Tortilla or the Low Fat Monterey Jack Cheese Enchilada. Products available both commercially and as commodities. Visit [www.mclfoods.com](http://www.mclfoods.com) for more products to add to your Mexican entrée offerings.



## Gehl's:

NEW! Fruit Smoothies. Real Low-Fat Yogurt! Real Fruit Puree! A great source of calcium and protein. Shelf Stable. Gehl's is known for their cheese sauces. For more information please visit [www.gehls.com](http://www.gehls.com) to see full nutritional as well as other products offered.



## SunOpta:

Non peanut products that provide healthful breakfast, lunch, ala carte or after school solutions. These products meet even the most rigorous wellness policies. Try the popular Honey Roasted Sunflower Seeds or Lightly Salted Pepitas. Visit us at [www.myschoolmenu.com](http://www.myschoolmenu.com).



## Integrated Food Service:

Unbeatable "hot off the grill" brand offers a variety of delicious, nutritious Grilled Cheese Sandwiches. All pre-wrapped sandwiches are made with fresh ingredients and quick-frozen to lock in freshness. Try our signature Triple B Burger a delicious steak burger that's great for secondary schools. Commercial and commodity beef products that are the same formula and pack, making your operation simple and seamless. Visit [www.integratedfoodservice.com](http://www.integratedfoodservice.com)



## SA Piazza:

Locally produced Pizza products. Try the new French Bread Pizza available in Cheese or Turkey Pepperoni, it is getting Rave reviews! Personal pizzas, individually wrapped pizzas and 16" precut Pizzas. Also available in both regular crust and whole grain. Commodity processing available. Please visit [www.sapiazza.com](http://www.sapiazza.com).



## Butter Buds:

Rich Cheese sauces and a tasty alfredo sauce! All natural. Low in fat, cholesterol and calories. No artificial ingredients. No refrigeration needed. Mixes instantly with water. Try our healthy, natural food spray butter and garlic butter flavor. Butter Buds products are Gluten Free! Please visit us at [www.bbuds.com](http://www.bbuds.com) for more information.



## Upstate Farms:

Nonfat blended yogurts that have a fresh, mild flavor. Products are all natural and available in 3 sizes: 4 oz. for grab and go meals, 8 oz. to meet a 2 meat alternate menu need or 5# pump-able yogurt for parfaits and smoothies. Please visit [www.upstatefarms.com](http://www.upstatefarms.com).

Please Call: 

JG Neil & Co  
Marianne Culligan  
625-291-9370 or  
206-714-5832  
[mculligan@jgneil.com](mailto:mculligan@jgneil.com)

# Have You Ever...

- Wanted to play a larger role in helping WSNA provide successful programs for its members?
- Wished you could have a greater voice for WSNA?
- Had the desire to become involved on the state level for WSNA?
- Wanted to give what you could and give back to WSNA for all it does for its members?

If you have answered “yes” to any of the above, then please call or email us today. We would love to visit with you, answer your questions, and provide you with a job description if you would like to see one.

Lisa Johnson, lisaRJD@comcast.net, 360.473.4716  
 Vickie Ayers, vayers@bethelsd.org, 253.683.6918  
 Renee Miles, rmiles@toppenish.wednet.edu, 509.865.8093

Open positions include *Area Representatives 2, 4, 6, 8, 10, Vice President* and *Secretary-Treasurer*.

You may use the form below to nominate yourself or someone else. Mail the form to Lisa Johnson, 9811 Ridgeway Drive, Gig Harbor, WA 98332.

Membership is now **FREE!**



[www.food-hub.org](http://www.food-hub.org)

**Need help finding more local foods for your school meal program? FoodHub can help you find your perfect match!**

**FoodHub is an online directory and marketplace that connects buyers and sellers of regional food.** FoodHub accommodates all distribution strategies, whether you want to buy direct from a farmer or go through your distributor, and whether you need 5 lbs or 500 lbs of product. Schools across the Northwest are having great success with FoodHub. *Join now! Membership is FREE!*

## Recommendation for Nomination

Nominee's Name \_\_\_\_\_

Nominated Position \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Employed by \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_\_) \_\_\_\_\_

Current Chapter \_\_\_\_\_ Years of Membership \_\_\_\_\_

Nominee's Membership # \_\_\_\_\_

Nominator's Printed Name \_\_\_\_\_

Nominator's Signature \_\_\_\_\_

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



For more information, samples or merchandising materials  
Please contact **Summit Brokerage:**  
Western WA: 425.251.6384 / Eastern WA: 509.468.3276  
[www.summitbrokerage.net](http://www.summitbrokerage.net)



**Fully Cooked Beef, Turkey,  
and Chicken Products  
Commodity Processing Available**



**Lunchmeat, Franks, Smoked Sausages,  
Bacon and Pepperoni, Armour-Eckrich is  
Guaranteed to Satisfy  
Breakfast, Lunch or Dinner**



**Readi-Bake, Camden Creek, and  
Mrs. GoodCookie Cookie Dough**



**Leader in School Nutritional Products  
51% Whole Grain Pretzels, Juice Bars,  
and Breakfast Bars**



**Chicken Products  
Commodity Processing Available**



**Full Line of Bakery Items, Toppings  
and Icings. Enrobed Cheese Products,  
Seafood and Meatballs.  
Commodity Processing Available**



**Snack Mix, Sugar, Sugar Substitutes  
and Croutons**



**Mexican Items, Whole Grain Burritos,  
Taco Snaks, Pasta, Asian Cuisine**

## 2011-2012 SNA/WSNA Membership Campaign

### Take a Stand for School Nutrition

### Fall Membership Drive August 1 - October 31, 2011

Stand up for the health and well-being of our children by being a member of the Washington School Nutrition Association (WSNA) and the School Nutrition Association (SNA).

#### LET'S STAND UP FOR SCHOOL NUTRITION AND DEFINE TOMORROW.

The annual campaign runs from June 1, 2011, to May 31, 2012, with the kickoff being our Fall Membership Drive. Between now and October 31, be sure to get those new membership applications out to the new staff or even returning ones who might have let their membership expire or who may have never joined in the first place. *Recruiting new members is more crucial than ever.*

**Stand up and accept your prize!** The SNA member who recruits the most new members during the campaign will be honored with the Stand Out Award. He/she will receive a plaque and free registration to the 2013 Annual National Conference (ANC) to be held in Kansas City..

Sign up new members and *remember to put your name on the application as the one who signed them up*, so that you can earn star points in the Star Club. It is Line 7 of the application. *Your name will be entered into the prize drawings to be held at SNA's ANC in Denver next summer.* You could be a WINNER by signing up new members and putting your name on the line.

Also remember to complete the state membership recruiting ballot below and send it to me. Everyone who submits a form will be entered into a monthly drawing for a prize and then for a grand prize that will be awarded at WSNA's Annual State Conference in Spokane in July, 2012.

Please send forms, questions, or whatever to me: Jane Nielsen-Homan, 11122 SE 320th St., Auburn, WA 98092; 253.939.1527, tjhoman@comcast.net

### 2011-2012 WSNA Recruiting Ballot

Name of Recruiter \_\_\_\_\_ Chapter Name & # \_\_\_\_\_

Recruiter Address \_\_\_\_\_  
(Street Address) (City) (ZIP)

Recruiter Phone Number (including Area Code) (\_\_\_\_\_) \_\_\_\_\_

Name of Person RECRUITED \_\_\_\_\_

Send this ballot to the state membership chair each time you recruit a new person (one name per ballot). Everyone submitting a form will be entered into a montly drawin, and then there will be a grand prize drawing at Annual State Conference.

Send to: **Janet Nielsen-Homan**  
**Membership Chair**  
**11122 SE 320th Street**  
**Auburn, WA 98092**  
**253.939.1527, tjhoman@comcast.net**

## Congratulations

### 2010-2011 Recruiting Award Winners

Each of the following monthly winners received a \$25 gift certificate:

September ~ Arlene Elliott

October ~ Linda Herried

February ~ Linda Herried

March ~ Mary Church

April ~ Tommie Miranda

May ~ Terry Slater

**Grand Prize Winner Linda Herried received \$50**

Remember to send your completed recruiting ballots (page 30) to:

Janet Nielsen-Homan  
11122 SE 320th Street  
Auburn, WA 98092

## Membership & Certification

On the following pages, you will find several documents regarding membership and certification, and we would like to point out a few things to help you understand the information presented.

- Page 32: **SNA dues increase.** The new SNA rates will be included on the renewal form you receive from SNA. They are also reflected on the membership form you will find on [www.washingtonsna.org](http://www.washingtonsna.org) on the Resources tab.
- Pages 33 & 34: **Key Area Approval Form.** You should complete this form whenever you are planning an education session for which you want the attendees to be able to earn key area credits.
- Page 35: **Education Grant Guidelines** (application is on the website under Resources)
- Pages 36 & 37: **General CEU information.** Please refer to these pages when planning sessions where attendees will earn CEU's. You do not need to get approval for CEU's if you can find suggestions listed here.

Are you in need of a more effective way to label your food pans?



# Pan Pen®

We Save You Money!

Easy to Use and Clean!





Pan Pen® Saves The Day!

- ❶ Saves you up to thousands of dollars a year.
- ❷ Good for the environment - eliminates paper waste.
- ❸ Pan Pen® writes on any dry non-porous surface including food pans, stainless steel, reservation lists, etc.
- ❹ Food safe and non-toxic refills
- ❺ Created by restaurant owners who know the challenges of food labeling.

Start Saving Money Today!

Place your order today through Bargreen Ellingson by calling 1-866-722-2665 or visit [www.bargreen.com](http://www.bargreen.com)





www.bargreen.com • 1.866.722.2665

## SNA Membership Dues Increase Approved

The School Nutrition Association's (SNA) 2011 House of Delegates approved an increase in national individual membership dues that will take effect October 1, 2011. The increase for each segment is as follows:

- Affiliate: New dues \$14 (an increase of \$2)
- Employee, Student, Retired: New dues \$28 (an increase of \$2)
- Manager: New dues \$30 (an increase of \$2)
- Director, Supervisor, Specialist, Educator: New dues \$100 (an increase of \$5)

While SNA's leadership and management have worked hard to control costs and effectively manage the Association's finances during the worst recession in decades, costs are beginning to increase. While increases in other SNA fees (advertising, exhibits and so on) are also on tap for an increase for the coming year, the Association's leadership agreed that a modest increase in individual membership dues is both necessary and reasonable to keep our Association vital, competitive and able to address all of the challenges the school nutrition profession faces today. In the last 30 years, national membership dues have increased only six times; dues were last increased in 2008.

SNA national membership continues to be an unbeatable bargain, given the many programs and services offered, from direct benefits like *School Nutrition* magazine and SchoolNutrition.org to intangible support such as legislative advocacy and public awareness initiatives. On average, each member receives \$150 in services annually.

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## State Legislative Report

*Continued from page 14*

for a job well done! In addition, representatives from the MFK will be meeting with **Sen. Margarita Prentice** in late August to formally thank her for her six years as chair of Senate Ways and Means and her support for the elimination of the two copays in 2006 and 2007.

If you have ideas or comments on any legislative topics, you are encouraged to contact Kim Elkins, WSNA State Public Policy & Legislation Chair, at [kelkins@9mile.org](mailto:kelkins@9mile.org); Tom Ogg, WSNA PP&L Committee member at [thomas.ogg@kent.k12.wa.us](mailto:thomas.ogg@kent.k12.wa.us); Leeda Beha, WSNA Federal Public Policy & Legislation Chair, at [lbeha@bethelsd.org](mailto:lbeha@bethelsd.org), or Mitch Denning at [mdenning@wasa-oly.org](mailto:mdenning@wasa-oly.org).

## NEW MyPlate Materials!



Washington State  
**DAIRY COUNCIL**  
 The Nutrition Education Trust

### The latest items are in!

Each item features a vibrant display of the recommended Five Food Groups as well as promotes the ChooseMyPlate.gov website.

To order, visit  
[www.eatsmart.org](http://www.eatsmart.org)



## School Nutrition Association Key Area Approval Form

Must be submitted **PRIOR** to program date:  
4 weeks for in-state (WSNA) programs or  
6 weeks for SNA-approved programs (SNA)

### PROVIDER DETAILS

Educational Provider (i.e. Chapter/District): \_\_\_\_\_

Address: \_\_\_\_\_

City, State & ZIP: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_

Signature of Contact Person: \_\_\_\_\_

For SNA or WSNA Use Only
Date Received: _____
Date Processed: _____
Number of Hours approved: _____
Number of Hours requested: _____
Approved by: _____

### PROGRAM DETAILS

Program Title: \_\_\_\_\_

Program Date & Time(s): \_\_\_\_\_ Location (City/State) \_\_\_\_\_

Is this program being held in more than one state or nationally?  Yes  No

Key Area (Check One): \_\_\_#1 Operations \_\_\_#2 Nutrition \_\_\_#3 Administration \_\_\_#4 Communications/Marketing

Number of Hours Requested: *(must be at least 2 hours of active instructional time - does not include breaks, registration, warm-ups.)*

Program Type:  Workshop  Conference  Seminar  Chapter Meeting  
 Satellite  \*Home Study  Online  Employee Training

*\*Home-Study Programs - The following is required:*

- Participant must complete an evaluation or test that documents that the program was completed. The evaluation or test must then be submitted to the educational provider.

### REQUIRED ATTACHMENTS

- |  |  |
|--|--|
| <input type="checkbox"/> *Program Description  | <input type="checkbox"/> **Learning Objectives   |
| <input type="checkbox"/> **Program Evaluation Form   | <input type="checkbox"/> **Copy of Presentation ( <i>Handouts, PowerPoint</i> )          |
| <input type="checkbox"/> *Printed Program Agenda/Outline <b>to include:</b><br><i>Instructor, sessions &amp; times, registration, breaks, meals. Be sure to list time frames; i.e. 2 - 4 pm)</i> | <input type="checkbox"/> **Speaker Bio ( <i>Qualifications/Degree/Current Position</i> ) |

**\*Required for all applicants.**

**\*\* Not required for chapter meetings. Required for third party applicants (distributors, brokers, districts, etc.)**

*See more information on Key Area Courses on page 34*

# Key Course Guidelines

## GUIDELINES

### A. Who should approve your program?

WSNA approves Key Area programs being held within our state. SNA headquarters will approve only those Key Area programs offered in more than one state or other organization's national conference. The Key Area Approval Form should be submitted prior to offering the program.

### B. What are Key Area Programs?

Key Area Programs are directly related to the *Key's to Excellence* and must be at least 2 hours of instructional time. The programs must fall under the following areas:

- ✓ Key Area 1 – Operations
- ✓ Key Area 2 – Nutrition
- ✓ Key Area 3 – Administration
- ✓ Key Area 4 – Communications/Marketing

### C. Are educational providers required to provide documentation of completion?

Yes. Each participant should receive documentation of completion for the Key Area Program completed. This may be in the form of a certificate, transcript and/or confirmation notice of attendance.

#### IN-STATE PROGRAM:

1. Send **two** (2) **copies** of this **form** and **one** (1) **copy** of the “**Sign In**” **Roster**, and one (1) copy of the Credit Activity Form plus a self-addressed stamped envelope to the following certification representative for approval:  
Janet Nielsen-Homan, Certification Chair  
11122 SE 320th Street  
Auburn, WA 98092  
  
If you prefer to correspond via email, please contact Janet at [tjhoman@comcast.net](mailto:tjhoman@comcast.net).
2. Send a copy of this form when approved to your Area Representative.
3. Wait for approval to hold your program.
4. File this approved form and keep for SNA auditing purposes along with completed “Sign-In” roster.

Questions: Contact Janet Nielsen-Homan, WSNA Certification Chair, at 253.939.15276 or email at [tjhoman@comcast.net](mailto:tjhoman@comcast.net).

#### NATIONAL PROGRAM or BEING HELD IN MORE THAN ONE STATE

If this program is being held in more than one state, please mail or fax the completed form and attachments to SNA Headquarters: **Mail to:** School Nutrition Association  
Attn: Certification & Credentialing Manager  
120 Waterfront Street, Suite 300  
National Harbor, MD 20745

**Or Fax to:** SNA Certification & Credentialing Manager (301) 686-3115

## PROCEDURES FOR APPLYING FOR EDUCATION GRANTS

If you have questions, please contact Peggy Rieper, Executive Director, wsnaexec@comcast.net, (509) 220-6121.

### Guidelines for Education Grants

- Grants may be used for *Basic Nutrition*, *Healthy Edge* or *Serving It Safe* classes only.
- Each class may be funded by a grant twice per year per area. In other words, there may be up to four classes taught in an area per year. The sponsor must advertise the class to other chapters/districts in the area.
- Grants will be approved on a first-come, first-served basis.
- Districts/chapters who submit an application for more than one of the two available classes will be asked to prioritize the classes in order of preference. Assuming funding for the preferred class is available, the applicant will be awarded a grant for that class and will be added to a waiting list for the other class. On March 1, all remaining available grant money will be awarded to those chapters/districts on the waiting list in the order that the requests were made.
- Grants are in the amount of \$650. This amount will be paid directly to the instructor by WSNA.
- Fifteen (15) registrants is the minimum number of members required to attend in order for a grant to be approved.
- Maximum class size should not exceed 40 students without the permission of the instructor.
- Participants in classes will be charged \$20 per person by the sponsoring chapter or district, and this fee will be sent to WSNA at the conclusion of the class. If it chooses to do so, the chapter/district may underwrite this cost rather than charging the registrants.
  - Based on the number of attendees, the minimum amount to be sent to WSNA for each class is \$300; the maximum is \$600. (Example: 15 registrants: \$300 (15 x \$20); 20 registrants: \$400 (20 x \$20); 30 registrants: \$600 (30 x \$20); 40 registrants: \$600 (maximum to be sent; chapter keeps remainder).
  - A sponsor may charge more than \$20 if it wishes and may keep the proceeds.
  - It is the responsibility of the sponsor to collect the registration fees and to give them to the instructor at the conclusion of the class along with the reconciliation form (see page 3). The instructor will withhold the certificate of completion for anyone who has not paid for the class.
- If an instructor needs to have mileage, lodging, or other expenses covered, those items are the responsibility of the sponsor and can be negotiated between the sponsoring chapter and the instructor.
- A sponsor may request an instructor from the approved list, but instructors will be assigned by WSNA.
- WSNA will order materials from OSPI, who will mail them to the contact whose name appears on the application.

### Procedures for Applying for Education Grants

- Research the interest in the class in your area and in neighboring areas that may be close to the proposed site. Classes currently approved for Education Grants are **Serving It Safe**, **Basic Nutrition** and **Healthy Edge**.
- Complete a budget and application (Pages 2 & 3) ***Both forms are required.*** If you need help in completing either, contact Peggy Rieper, wsnaexec@comcast.net, (509) 220-6121.
- Mail the application and budget to Peggy Rieper ***at least 6 weeks prior*** to the class. This is necessary in order to contact instructors and order materials that are being graciously provided by Child Nutrition Services at OSPI.

Peggy Rieper, PO Box 686, Loon Lake, WA 99148-0172
- Upon receiving notice of approval of the class from WSNA, begin the registration process. Please remember that, as a sponsor, you must reimburse WSNA \$20 per participant up to a maximum of \$600. It is strongly suggested that you collect the fee in advance of holding the class.

### Procedures for Instructor Payment for Education Grants

- At the conclusion of the class, collect check(s), reconciliation form, and evaluations. Withhold the Certificate of Completion from anyone who has not paid for the class.
- Mail the class roster, check(s) and reconciliation form, evaluations, and your voucher to: Peggy Rieper, PO Box 686, Loon Lake, WA 99148.

## General CEU Information

Following is some information that we hope you will find helpful in earning CEU's that are necessary for renewal of your SNA certification. It's a good idea to familiarize yourself with this information before it is necessary to renew your certification.

### CEU Guidelines

- Individuals are responsible for maintaining documentation of all CEU's earned.
- Core Requirements and Key Area Hours can be used for CEU's – CEU's cannot be used for Core Requirements or Key Area Hours.
- CEU's are for certification renewal only.
- CEU's must be completed or earned within the certification renewal period.
- CEU's should reflect job-related growth experiences.
- CEU's for SNA-sponsored events will be maintained in the SNA database. (Note: This refers to SNA events; you should keep documentation for WSNA events).
- All CEU's must be a minimum of one hour in length.

CEUs are required annually as indicated on the chart below:

Certification Level	Annual CEU's	Member Annual Renewal Fee	Non-Member Annual Renewal Fee
Level 1	6 CEUs	\$6.00	\$51.00
Level 2	12 CEUs	\$7.00	\$61.00
Level 3	18 CEUs	\$9.00	\$161.00

### CEU Documentation for Audits

SNA will notify individuals who are selected for an audit of the CEUs they need to submit. Below is a list of the types of CEU documentation accepted by SNA:

- Certificates of completion
- Copies of rosters
- College/university transcripts
- Program agendas
- Program books/brochures
- Registration confirmation letters
- Badges
- Payment Receipts

#### **IMPORTANT!**

**You must complete the required number of CEU's during your annual certification period.**

## Ways to Earn CEU's

### CEU SUGGESTIONS

### CEU's

Participate in state affiliate-approved educational programs	1 CEU for each hour of instructional time
Attend workshops and seminars	1 CEU for each hour of instructional time
Attend state and national conferences	1 CEU for each hour of instructional time
Complete home study/correspondence courses	Education provider determines CEU amount
Complete online courses on SNA's website <a href="http://www.schoolnutrition.org/">http://www.schoolnutrition.org/</a>	Education provider determines CEU amount
Complete Professional Development Articles (PDA's) in <i>School Nutrition</i> magazine of state PDA's	1 CEU - Passing grade of 80%. Limited to 3 passing per year. Articles must be published within current renewal period.
Participate in study group meetings to review and discuss at least two foodservice/management-related articles	1 CEU - Limited to 2 per year
Participate in Personal Wellness programs	1 CEU - Limited to 1 per year (weight loss programs should be science-based programs.
Participate in Webinars/Satellite Teleconferences	Education provider determines CEU amount
Teach a course - first time only	2 CEU's per hour taught - First time for each course
Publish an article in a national journal/magazine	2 CEU's
Earn a high school diploma or GED during your renewal period (before July 1, 2011)	5 CEU's
Attend Exhibits/Food Shows	1 CEU per year
Teach Classroom Nutrition Lesson	1 CEU
Participate in Back to School Workshops	1 CEU for each hour of instructional time
Participate in Point of Sale Training	1 CEU for each hour of instructional time
Attend Blood Borne Pathogens Workshops	1 CEU for each hour of instructional time
Participate in Civil Rights or Diversity Training	1 CEU for each hour of instructional time
Participate in Meal Pattern/Production Training	1 CEU for each hour of instructional time
Participate in Offer vs Serve Training	1 CEU for each hour of instructional time
Hold State Leadership Position	1 CEU per year of service
Hold Chapter Leadership Position	1 CEU per year of service
Hold National Leadership Position	1 CEU per year of service
Planning or participating in Special Event Planning & Implementation Workshops	1 CEU per event
Participate in School Community Open House	1 CEU per event
Participate in Technology Skill Development Workshops	1 CEU for each hour of instructional time

2011-2012 WSNA EXECUTIVE BOARDOfficers / Executive Committee**President**

**Lisa Chatterton**  
5019 73rd St Ct E  
Tacoma, WA 98443  
Work: 253.298.4602  
Home: 253.531.9231  
lchatterton@fpschools.org

**President Elect**

**Pat Klumb**  
11510 E 12th Avenue  
Spokane Valley, WA 99206  
Home: 509.928.5452  
klumb\_57@msn.com

**Vice President**

**Chris Neal**  
15675 Ambaum Blvd SW  
Burien, WA 98166  
Work: 206.988.7260  
Home: 253.631.5061  
nealc@hsd401.org

**Secretary/Treasurer**

**Eileen Ryan**  
8523 148th St. Ct. E  
Puyallup, WA 98375  
Home: 253.845.5770  
Cell: 253.278.2018  
epryan47@comcast.net

**Member-at-Large**

**Kaye Wetli**  
32240 NE 50th Street  
Carnation, WA 98014  
Work: 425.844.4560  
Cell: 206.390.8204  
wetlik@riverview.wednet.edu

**Leadership Chair (Area Rep Chair)**

**Barb Morgan**  
802 Fidalgo Street  
Sedro-Woolley, WA 98284  
Home: 360.855.1568  
Work: 360.855.3558  
bmorgan@swsd.k12.wa.us

**Executive Director (Non-Voting)**

**Peggy Rieper**  
PO Box 686  
Loon Lake, WA 99148  
Cell: 509.220.6121  
wsnaexec@comcast.net

Area Representatives**Area I**

**Paula Gualtieri**  
19057 85th Ave NE  
Bothell, WA 98011  
Home: 425.489.0602  
Cell: 206.999.9347  
dangual@msn.com

**Area II**

**Barb Morgan**  
802 Fidalgo Street  
Sedro-Woolley, WA 98284  
Home: 360.855.1568  
Cell: 360.770.6383  
bmorgan@swsd.k12.wa.us

**Area IV**

**Connie Easling**  
42602 N. River Road  
Benton City, WA 99320  
Work: 509.588.2037  
Cell: 509.947.8507  
ceasling@kibesd.org

**Area V**

**Goldie Valentine**  
121 Scenic View Drive  
Longview, WA 98632  
Home: 360.578.2563  
Cell: 360.430.3567  
GoldieMV1@hotmail.com

**Area VI**

**Diane Cromer**  
3411 E. Clover Park  
Mead, WA 99201  
Home: 509.466.5413  
Work: 509.465.7815  
Dcromer@mead.k12.wa.us  
Dcromer05@hotmail.com

**Area VII**

**Sherry Johnson**  
5505 E. Cargill Lane  
Colbert, WA 99005  
Work: 509.232.9889  
Home: 509.238.9467  
johnsonsh@evsd.org  
sjcargill@msn.com

**Area VIII**

**Tracine Farrow-Derby**  
13845 93rd Ae SE  
Yelm, WA 98597  
Work: 360.458.1100  
Home: 360.458.1184  
Tracinefarrowderby@gmail.com

**Area IX**

**Loretta Roossien**  
18996 Stavis Bay Rd NW  
Seabeck, WA 98380  
Work: 360.662.2908  
Home: 360.830.5120  
rdrlrbr@aol.com

**Area X**

**Pam Chabot**  
3527 S. 172nd Street  
Seattle, WA 98188  
Home: 206.909.1737  
Work: 206.433.2431  
chabotpj@hsd401.org  
lobo5076@peoplepc.com

**Area XI**

**Accordia Horn**  
762 S Hill Road  
Sunnyside, WA 98944  
Work: 509.836.3331  
Home: 509.837.3904  
coke\_48@hotmail.com

**Area XIII**

**Charity Utterback**  
5723 203rd St Ct E  
Spanaway, WA 98387  
Cell: 253.9973.1803  
Work: 253.683.6394  
letspartyatours@q.com

Committee Chairs**Education Chair**

**Chris Neal**  
15675 Ambaum Blvd SW  
Burien, WA 98166  
Work: 206.988.7260  
Home: 253.631.5061  
nealc@hsd401.org

**Industry Chair**

**Vera Airth**  
Kenco Foodservice  
421 SW 41st Street  
Renton, WA 98057  
Work: 425.902.1823  
Cell: 425.241.2120  
veraa@kencofood.com

**Leadership Chair (Area Rep Chair)**

**Barbra Morgan**  
See contact information  
under Executive Committee.

**Marketing Chair**

**Raeann Ducar**  
10911 E 20th  
Spokane Valley, WA 99206  
Home: 509.921.1126  
Work: 509.291.7510  
egducar@juno.com  
rducar@freemansd.org

**Membership Chair**

**Certification Chair**  
**Janet Nielsen-Homan**  
11122 SE 320th Street  
Auburn, WA 98092  
Home: 253.939.1527  
Cell: 206.380.2928  
tjhoman@comcast.net

**PPL Chair - Federal**

**Leeda Beha**  
21415 42nd Ave E  
Spanaway, WA 98387  
Home: 253.847.3525  
Work: 253.683.6911  
lbeha@bethelsd.org

**PPL Chair - State**

**Kim Elkins**  
5909 Hwy. 291  
Nine Mile Falls, WA 99026  
Work: 509.340.4218  
Cell: 509.951.7462  
kelkins@9mile.org

**Parliamentarian**

**Kaye Wetli**  
32240 NE 50th Street  
Carnation, WA 98014  
Work: 425.844.4560  
Cell: 206.390.8204  
wetlik@riverview.wednet.edu

Non-Voting Board Positions**State Liaison**

**Donna Parsons**  
OSPI  
P.O. Box 47200  
Olympia, WA 98504-7200  
Work: 360.725.6200  
FAX: 360.664.9397  
donna.parsons@k12.wa.us

**Executive Director**

**Peggy Rieper**  
See contact information  
under Executive Committee.

Non-Board Positions**Apple Press Editor**

**Executive Assistant**  
**Kathy Buchanan**  
4010 S Sundown Drive  
Spokane Valley, WA 99206  
Home/Work: 509.926.9177  
Cell: 509.951.6176  
wsna@comcast.net

**Past President/ByLaws/  
WSNA Education Fund Chair**

**Lisa Johnson**  
9811 Ridgeway Drive  
Gig Harbor, WA 98332  
Home: 253.651.4276  
Work: 360.473.4716  
lisarjrd@comcast.net

**2012 State Conference Chair**

**Georjean Kuntz**  
12325 E Grace Avenue  
Spokane, WA 99206  
Work: 509.241.0518  
kuntzg@evsd.org

**2011 Industry Seminar Chair**

**Renee Miles**  
618 S 24th Avenue  
Yakima, WA 98802  
Work: 509.865.8093  
Home: 509.248.7870  
rmiles@toppenish.wednet.edu

**Nominating Committee**

**Lisa Johnson**  
Work: 360.473.4716  
Home: 253.651.4276  
lisarjrd@comcast.net

**Vickie Ayers**

Home: 253.683.6918  
vayers@bethelsd.org

**Renee Miles**

Work: 509.865.8093  
Home: 509.248.7870  
rmiles@toppenish.wednet.edu



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## *Dates to Remember*

<u><i>October 7</i></u>	<i>2012 Conference Committee Meeting</i> Spokane, Washington	<u><i>February</i></u>	<i>WSNA LAC</i> Date TBD ~ Olympia, Washington
<u><i>October 8</i></u>	<i>Eastside Fall Workshop</i> Spokane Valley, Washington	<u><i>March 1</i></u>	<i>Heart of the Program</i> <i>Director of the Year</i> Nominations due to Lisa Chatterton
<u><i>October 10-14</i></u>	<i>National School Lunch Week</i> "Let's Grow Healthy"	<u><i>March 1</i></u>	<i>Louise Sublette Materials</i> Due to Lisa Chatterton
<u><i>October 22</i></u>	<i>Westside Fall Workshop</i> Tacoma, Washington	<u><i>March 1</i></u>	<i>Apple Press Deadline</i> Due to Kathy Buchanan
<u><i>November 1</i></u>	<i>Commodity Tasting</i> Emerald Downs, Auburn	<u><i>March 1-April 30</i></u>	<i>WSNA Fill the Cupboard Food Drive</i>
<u><i>November 2</i></u>	<i>Industry Seminar</i> CenturyLink Field, Seattle	<u><i>March 4 - 7</i></u>	<i>SNA Legislative Action Conference</i> Washington, DC
<u><i>November 5</i></u>	<i>WSNA Executive Board Meeting</i> SeaTac	<u><i>March 5 - 9</i></u>	<i>National School Breakfast Week</i>
<u><i>November 17</i></u>	<i>Apple Press Deadline</i> Due to Kathy Buchanan	<u><i>March 16</i></u>	<i>2012 Conference Committee Meeting</i> Conference Call
<u><i>December 1</i></u>	<i>Louise Sublette Letter of Intent</i> Due to Lisa Chatterton	<u><i>March 17</i></u>	<i>WSNA Executive Board Meeting</i> SeaTac
<u><i>January 13</i></u>	<i>2012 Conference Committee Meeting</i> Conference Call	<u><i>March 24</i></u>	<i>Spring Workshop (Statewide)</i> Leavenworth (Tentative)
		<u><i>April 15</i></u>	<i>Scholarships Due to SNA</i>