

Washington Apple Press

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www.washingtonsna.org

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In this issue . . .



WSNA President Pam Milleson
pmilleson@wwps.org

2020 Vision, Bringing Nutrition Services into Focus

Focus on Excellence. I was reflecting on this year's theme. What does it truly mean? Nutrition services has received a lot of attention in recent years. The media often paints us in a negative light. Poor nutrition, fast food, cause of child obesity, and lunch shaming are a few of the negative perceptions. It is time to change our image, to focus on the positive. We need to have the courage to stand up and educate the public on who we are and what we do. Be the professional, but what does that imply--expert, qualified, skilled, trained, and practiced?

Our keynote speaker from conference, MGM, has inspired me. We do serve 5-star meals and provide great nutrition in the cleanest kitchens in the country. We do all this because we are passionate about the health and education of our students. The next time you are confronted with some of these negative ideas about the work you pour your heart into, share with friends, family, social media, anyone who will listen, about what great services we provide:

- Nutritional low-cost meals that meet USDA standards
- Meals made with love
- Connections with students--a meal and a smile
- Clean, inspected kitchens
- Fruits and vegetables with every meal
- Vegetables in a variety of colors to help meet required vitamins and minerals
- Programs to meet student needs: breakfast after the bell, summer feeding, after school snack and supper, fresh fruit and vegetable programs
- Every child eats--no shaming
- Meals with great variety
- Scratch cooking
- Milk served with every meal

Focus on Education. Fall Workshop was informative and inspiring; see President-Elect Jan Campbell-Aikens' article on page 8. Thank you, Jan, for all your hard work and innovation.

February 18-19 are the dates for the upcoming USDA Food Tasting and Industry Seminar at Emerald Downs. Ariane Shanley and the committee are hard at work planning for this event. Make sure you read Ariane's article on page 4.

Vice President Mindy Cass is planning the Spring Workshop. Remember to save the date and join us in Leavenworth on March 28. You can find more information on page 6.

Focus on Improvement. As I stated earlier, we have so many wonderful things of which to be proud of in nutrition services, from the cleanliness of our kitchens, to the quality of the meals, to the smiles and connections we share with our kids. But as we celebrate our excellence, let's also look forward to how we can continue to improve and build on that foundation of excellence.

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President's Message

(Continued from page 1)

Often we are quick to identify exactly what has gone wrong, who is to blame, and who we think should fix it. Once you have identified the problem, I'd like to challenge every single one of you to choose greatness instead. Forget who is to blame and who needs to fix it and ask yourself, "What would be great right now?"

Let me give you an example. Barbara, the kitchen manager, comes to my office to tell me her team member, Sally, is not pulling her weight in the kitchen. She has a list of transgressions and examples a mile long and heatedly tells me, "You have to talk to her!" Forget who is to blame--Sally--and forget who she thinks should fix it--me, her boss.

What would be the ideal solution? Someone needs to talk to her, clearly state the expectations, and help her find solutions to bring her up to those expectations. That would be greatness. Now, go do it.

That is how we choose greatness. We do that by recognizing what needs to be done and handling it in a thoughtful, professional, and kind way. By taking action to build a stronger team, a more efficient work flow, and an environment of support we can be proud of.

In closing, I will leave you with this quote from Winston Churchill: "The price of greatness is responsibility."

A Note from Marianne

I am excited to be WSNA's new Executive Director. Kathy and Peggy have shown so much patience with me since the first of July as they try to teach me everything they have learned and done over the past many years. I have big shoes to fill, as I've said to many of you. Please have patience with me as I try to take in all that these two ladies do.

In addition, by the time you receive this issue of the *Apple Press*, you may have noticed that our website has a new updated look. Members will now have the ability to register for workshops and conference through the website, track CEU credits, and do so many other things that hopefully will be very helpful to you. If you haven't seen it yet, please visit it at www.washingtonsna.org. It is also a great idea to check out the website frequently for new items of importance to you.

If you have questions or suggestions, I am your new contact person. My contact information is: waschoolnutrition@gmail.com, 206-714-5832.

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

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2nd place - 2020 WSNA Conference registration, mileage reimbursement and a \$200 Visa Gift Card.

3rd place - 2020 WSNA Conference registration and a \$100 Visa Gift Card.

Recipe Guidelines:

- Recipes MUST feature a potato item (fresh, frozen, dehy).
- Recipes must be written in 12-portion yield format and meet current USDA requirements. Be sure to include a portion/serving size, cooking temperature, and all ingredients in weights/measurements.
- Tell us a little about yourself and why you choose to enter the recipe. Also, let us know what you did to promote the recipe, and how the students liked it.
- Include a photo of the finished recipe, your name, address and email!

All entries must be submitted to the WSPC by April 30, 2020

Mail to:

WSPC

**108 S. Interlake Road
Moses Lake, WA 98837**

Or email to:

Tressa Radach

tradach@potatoes.com



WSNA Industry Seminar & USDA Food Tasting Show ~ February 18 & 19, 2020

Mark your calendar for an exciting two-day event February 18 and 19. These two days will be filled with USDA Food Tasting and workshops related to USDA foods and will be laid out in two Tiers. (See the agenda below for details.)

In addition to all the classes, there is our USDA Food Tasting event that will occur each day. Over the course of the two days, you will have an opportunity to taste the USDA food items that are on current bids and newly awarded bid items you can access through OSPI or through diversion with both Cooperatives.

We will end our two-day event with a dynamic speaker. For questions please contact Marianne Culligan, waschoolnutrition@gmail.com. See you all in February! ~ Ariane Shanley and Committee

Tuesday Agenda

- 7:30 Registration/Continental Breakfast/Vendor Tables
- 8:30 Welcome & Introductions
- 8:45 USDA Foods/OSPI Updates
- 9:45 Break/Vendor Tables
- 10:15 Tier 1-Extreme Couponing
- Tier 2-Roles and Impacts of Brokers/Manufacturers/
Distributors
- 11:30 Tier 1-Spending Your Coupons—DOD/NOI/Diversions/
OSPI
- Tier 2-Best Practices (panel) w/ Q&A
- 12:15 Lunch/Vendor Tables
- 12:40 Food Tasting Explanation
- 1:00 USDA Food Tasting Bonus-OSPI/K12/Processor Link
Reps
- 3:15 DDS Meeting

Wednesday Agenda

- 7:30 Registration/Continental Breakfast/Vendor Tables
- 8:45 Welcome to Day 2
- 9:00 Tier 1 Menu Planning Using USDA Foods
- Tier 2 Student Marketing/Social Media/Market Trends
- 10:00 Break/Vendor Tables
- 10:15 Procurement Review--OSPI
- 11:15 Lunch/Vendor Tables
- 11:45 USDA Food Tasting Bonus-OSPI/K12/Processor Link
Reps
- 2:00 Keynote Speaker
- 3:00 Wrap Up--Survey

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WSNA Industry Seminar & USDA Food Tasting Show ~ February 18 & 19, 2020

When: February 18 & 19, 2020

Where: Emerald Downs, Auburn, WA

Who: District Directors, Supervisors, and Decision Makers

Tentative Schedule:

Day 1: February 18 – 8:30 am – 3:00 pm

Day 2: February 19 – 8:30 am – 3:00 pm

It is time to plan for the 2020 Industry Seminar, so mark your calendar for February 18 and 19, 2020. The format will be similar to last year. We will have two days where you will have the opportunity to taste food items that can be processed through the state or the co-ops. Additionally, we will have workshops with a variety of topics geared around USDA foods, processing and purchasing (just to mention a few); and of course there will be plenty of time to network. So please stay tuned for more detailed information to come on the website (washingtonsna.org).

Mountain View Auburn Inn, Best Western Plus

401 8th Street SW,
Auburn, Washington, 98001-5901
Reservation Phone: 253.887.7600
Fax: 253.887.0292

You must mention that you are booking your room with Washington School Nutrition Association to received the reduced rate.

Hotel Accommodations:

- **Group Rate:** \$99 for a King or 2 Queens (Reservations made after 1/17/20 are subject to availability). Rooms are available for February 17 and/or February 18.
- 15 miles from SEA/TAC Airport
- Free Hotel Shuttle Service to Emerald Downs or Supermall upon request with hotel
- Complimentary full breakfast available from 6:00 – 9:30 am
- 24 hour pool, spa, fitness room, and gift shop
- Mini Spa on site with Licensed Massage Therapist available
- Free Wireless

2020 Industry Seminar Registration Form

The postmark date for early registration is Friday, February 4, 2020. Registrations postmarked after February 4 must include a \$25 late fee. No refunds will be made after February 4. It is the policy of WSNA to charge a \$20 fee for registration refunds.

Name _____ Title _____

WSNA Member # _____ Company / District _____

Address _____ City _____ State _____ ZIP _____

Phone _____ FAX _____ Email _____

- | | |
|---|-------|
| <input type="checkbox"/> WSNA Member - Industry Seminar & Commodity Tasting
(This option includes industry members who do not wish to have an Industry Table) | \$110 |
| <input type="checkbox"/> WSNA Non-Member - Industry Seminar & Commodity Tasting | \$205 |
| <input type="checkbox"/> WSNA Industry Member <i>w/Table*</i> | \$150 |
| *NOTE: IS Tables are informational materials only (no samples) | |
| <input type="checkbox"/> ADDITIONAL LATE FEE (Postmark after February 4) | \$ 25 |

Ways to Register

- Online: Find the link for online registration at www.washingtonsna.org. (Preferred)
 - Fax: Fax registration form and credit card information to 509.233.0230.
 - Mail: Send form & payment to
WSNA, PO Box 686, Loon Lake, WA 99148
- If you have questions about registration, contact Peggy Rieper, 509.220.6121, wsnaexec@comcast.net

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

Total: \$ _____ Card #: _____ Expiration Date: ____/____ Security Code: _____

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

Signature _____

Printed Name on Card _____

Spring Workshop in Leavenworth, Washington State's Bavarian Village!

March 28, 2020, Cascade High School

Mindy Cass, WSNA Vice President

Happy New Year to each and every one of you. My hope for you this year is that you can reach all your goals and wishes for 2020 and also that you haven't already broken your resolutions. Haaaaaa.

Spring Workshop will be held on March 28 in the lovely town of Leavenworth. It is an amazing place, and we are always treated so well there. The workshop will be held in the new high school, which is wonderful, and ends early enough for you to travel home in the afternoon or shop in downtown Leavenworth. Why not make it a fun weekend and stay overnight? Be sure to make hotel reservations early, though. Leavenworth is a busy place!

I have spoken to several people about presenting breakout sessions, and the agenda will be announced when plans are firmed up. Since this is the last issue of the *Apple Press* that you will receive before March 28, please be sure to check the website, www.washingtonsna.org, for more information as it becomes available.

You won't want to miss this workshop, and I don't want to miss you, so please come enjoy the day with your fellow staff, learn new things, and receive CEU credits. I love workshops, as I love learning from others and hearing their stories. I know we have so much to share with each other this year, since it has been an interesting one. There have been many cutbacks, and it seems harder to get things done.

Because it has been so busy this year, I've had a little more of a challenge connecting with students. I had to think of a new way to do just that. Now when I serve breakfast, I invite one of my students to stand behind the counter with me. They will sometimes sit on a footstool and watch me. As I'm feeding everyone, I get to talk to the student, one-on-one; and it has been so much fun! Kids like it so much they now have to take turns to be in the kitchen. I'm curious - what do you do to connect with your students and make them feel special? I would love to hear from you. Hey, guess what? You can come tell me in person at Spring Workshop! I hope to see you all very soon.

Give Your Mac Menu a *Makeover*

JTM offers a variety of mac and cheese products that your students will love. Our popular cheddar mac is made with an elbow pasta in a creamy cheddar cheese sauce, and our NEW Three Cheese Cavatappi features an irresistible blend of cheddar, Romano and Parmesan cheeses.

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WSNA 2020 Spring Workshop

March 28, 2020 ~ Cascade High School ~ 10190 Chumstick Hwy ~ Leavenworth

~ Continental Breakfast and Registration: 7:30 am ~

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

~ Continental breakfast and lunch will be provided. ~

This workshop will provide a minimum of 4 CEU's (Key Area credits also available)

Program: See the article on page 6.

Watch the website (www.washingtonsna.org) for an agenda.

Directions: DRIVING FROM THE WEST ON I-90: Take Exit #85 (WA-970 N) toward WA-903 N toward Wenatchee. Turn Left onto WA10/WA-970. Turn Right onto WA-970 E. WA-970 E becomes US-97. Turn Left onto US-2. Travel 4.2 mi and turn Right onto Chumstick Hwy. Go .2 mile and turn Left. School is on the left.

DRIVING FROM THE EAST ON I-90: Take Exit #151 (WA-281N) toward Quincy/ Wenatchee. Turn Right onto WA 281. Turn Right onto WA 281 N. Continue to follow WA-281 for 2. miles. Turn Left onto Rd 5 NW/White Trail Rd.; continue to follow White Trail Rd. for 8.8 miles. Turn Left onto WA-28W. Travel 25.5 miles, and keep right to stay on WA-28W. At the traffic circle, continue straight to stay on WA-28 W. Travel 4.1 miles, and use the left two lanes to turn L onto US-2 W/US-97 S. Travel 1.8 miles and use the right lane to take the US-97S/US-2W ramp. Continue onto US-2W/US-97 S and travel 18.3 miles. Turn Right onto Chumstick Hwy / WA-209. Go .2 mile and turn Left. School is on the left.

2020 Spring Workshop Registration

NAME _____

DISTRICT _____ CHAPTER _____

SNA Member # _____ PHONE (____) _____

ADDRESS _____

CITY _____ ZIP _____ EMAIL _____

PLEASE CIRCLE ONE:

PAYMENT:

Early Registration (Postmarked by 3/21/20)

Member \$50 Non-member \$105

Registration (Postmarked after 3/21/20)

Member \$70 Non-member \$115

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☐ Visa ☐ MasterCard ☐ Discover ☐ AmEx

Credit Card # _____

Exp. Date _____ Security Code _____

Complete Billing Address:

Printed Name: _____

Authorized Signature _____

Mail registration to:

WSNA, 26267 W. Via Del Sol Dr, Buckeye, AZ 85396

Questions: 206.714.5832, waschoolnutrition@gmail.com

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 \$20. No refund will be allowed if the request is made after the meeting has taken place. A \$20 fee will be assessed for returned checks.

Pulling Focus: Take Another Look at School Lunch

2019 Fall Workshop Review

Jan Campbell-Aikens, WSNA President-Elect

Pulling focus is a creative camera technique where the focus changes during the shot, usually from one subject to another. In our Fall Workshop this year, we *Pulled Focus* to take another look at School Lunch—where we came from, where we are, and where we hope to be in the future. The vision for the workshop was to illuminate the history of the National School Lunch Program, examine some current issues, and provide opportunity for discussion and engagement in topics that are currently affecting our programs.

Two workshops were planned, one in Walla Walla on October 19 and one in Auburn on October 26. We were very disappointed when the workshop in Walla Walla had to be cancelled due to very low registration, but we were very pleased to welcome 236 participants to Auburn Riverside High School on October 26.

The day began with a screening of the documentary *Lunch Line*. *Lunch Line* was filmed in 2010, and presents the history of the National School Lunch Program—how it came to be what it is. It also presented discussions of possible solutions to some of the issues of importance.

After the film, OSPI brought us up to date on the many significant changes to our programs since 2010. We then broke into groups to discuss various topics of importance that were brought up in the film and in the OSPI update. There were eight discussion groups: Beyond Health: The Importance of Enjoying Food (social aspects of food); Meal Patterns (provide structure and flexibility); Waste Not, Want Not (food waste); USDA Foods in Child Nutrition Programs (effective use of these foods); Equipment Matters—You Make the Difference! (proper care and use of equipment); But What Can I Say? (positive communication); Still Important After All These Years! (current relevance of Child Nutrition programs); and Everyday Heroes! (YOUR importance and role in serving students). Participants were able to participate in two discussion groups of their own choice. After lunch, the facilitator of each group reported on the discussions, and we learned about current legislative issues.

The day ended with a keynote presentation by Pam Fobes, *Be You, Be Fabulous!* Pam highlighted the reasons we need to value and take care of ourselves so that we can do our jobs well. It was a wonderful way to finish the day.

I would like to thank all those who helped to make the day successful. The facilitators for our discussion groups were Pam Milleson, Rachel Floyd, Diana Lloyd-Jones, Marlon Hopkins, Janel Rupp, Teresa Fields, Debbie Rodewald, and Carol Guettler. Presenters from OSPI were Samantha Breuske, Rachel Floyd, and Mikhail Cherniske. Pam Fobes was the keynote speaker.

I would also like to thank our Platinum Sponsors: Acosta, Food Services of America, Foster Farms, Health-e Pro, JTM Food Group, Schwan's, Washington Potato Commission, and Yang's.

Finally, I would like to thank the WSNA Education Committee, the WSNA Board, and the WSNA Executive Director for their help and support in the planning and production of this workshop.

Save the Dates for Annual State Conference 2020 July 27 - 29, 2020 ~ Spokane

2020 Vision, Bringing Nutrition Services into Focus is the theme of this year's conference in Spokane. Spokane is such a popular place to hold our conference; and everyone seemed to really enjoy being there last year, so we are returning for the second year in a row.

Now is the time to let your district supervisor know that you need to attend so you can take advantage of this great learning opportunity. There will be a variety of classes, including several by the folks from Child Nutrition Services at OSPI, to keep us abreast of the latest updates and changes. You can earn Professional Standard Key Area credits while you network with other child nutrition professionals--both tremendous benefits of attending conference.

At conference we have fun, too; and someone else does the cooking! All conference meals are included in the low registration fee. We hope you (and your district supervisor) are convinced that the place to be July 27-29 is in Spokane at WSNA's Annual State Conference.

Watch for more information in the next issue of the Apple Press.



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Spotlight on Regions



Northwest Region 1
Carol Guettler, Region 1 Lead

Happy New Year! I hope you have all had a very successful start to the school year. It was wonderful to see many of you at the Fall Workshop in Auburn. We enjoyed checking out the documentary *Lunch Line*, and I would recommend adding this movie to your watch list. We had some great discussions, good food, heard updates on legislative issues for our state and even earned five continuing education units (CEU) for participating in the workshop.

I have not yet received any news from Region 1 chapters or members. Please feel free to e-mail me with any news or if you'd like me to come to your chapter meeting. I would love to get to know you and bring your ideas around to the rest of our region. You can contact me at carolavon@aol.com or ccguettler@seattleschools.org

I look forward to seeing many of you at our Spring Workshop in Leavenworth. Mark your calendars for March 28 at Cascade High School in Leavenworth, and I'll see you there! As usual, you will glad you attended!

Thanks for everything you do and remember that each of you is an *Everyday Hero*.



Eastern Region 4
Tracy Calhoun, Region 4 Lead

Happy New Year! I remember when we were all thinking the world was coming to an end 20 years ago! I am amazed at how quickly the school year goes by when we return to school after summer break!

I love the holidays when our family is all together, plays games, laughs, and enjoys yummy food! I also feel very fortunate that we do have food, which makes me think about our kids who rely on our breakfasts and lunches each day. I hope the proposition does not pass in Washington DC to discontinue the SNAP funding for our students free and reduced lunch and breakfasts.

I was disappointed our fall workshop was cancelled in Walla Walla. We didn't have enough people register. I wonder why? Would love some feedback as to why? Was it due to school cut backs, summer conference in Spokane, or cost?

Something fun is just around the corner, our spring workshop on March 28 in Leavenworth. Make a weekend of it; it's a great time to have a girls' weekend! Make reservations early as possible in Leavenworth; it is a popular place and may be spring break for some schools! See you there!

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Legislative Report

by

Donna Parsons, WSNA PPL Chair, and Mitch Denning

WSNA continues to address important issues during the 2019 interim. After a high level of involvement in the 2019 session, we continue to monitor the issues discussed below.

As reported in the previous issue of *Apple Press*, the highlight of the 2019 session came when **SHB 1272, seated lunch duration**, which died in Senate Ways and Means, was funded in the final operating budget. Per the proviso, OSPI will select and provide technical assistance to six demonstration schools, who will ensure that their student lunch periods include 20-minute seated lunch duration. Each school will receive an annual grant for \$5,000 during the two-year pilot program.

OSPI will receive \$20,000 each year to hire a consultant who will oversee the demonstration project and provide technical support. OSPI will also receive \$10,000 each year to provide technical support and eventually report the findings to the Legislature. Washington State School Directors Association (WSSDA) will receive \$6,000 to develop a model policy based on the best practices of the demonstration schools. Total funding for the program is \$126,000.

OSPI has selected the following schools to be demonstration sites (listed are the districts and schools, and respective enrollments): Conway SD, Conway School (K-8; 431 enrollment); Marysville SD (10,665), Shoultes Elementary (K-5; 475 enrollment); Port Angeles SD (3,872), Dry Creek Elementary (K-6, 381 enrollment); Kennewick SD (18,691), Southgate Elementary (K-5, 462 enrollment); Touchet SD, Touchet Elementary and Secondary (K-12, 214 enrollment), and Vancouver SD (21,229), Sara J. Anderson Elementary (K-5, 706 enrollment).

OSPI also reports that they have hired Van Cao, a consultant with The Healthy School Food Cooperative, a national firm based in New Orleans. Cao will provide technical support to the demonstration sites and work with OSPI to create a Seated Lunchtime Toolkit. Along with Mikhail Cherniske, program specialist, OSPI, she visited each demonstration school for an in-person introduction in mid-November, and Cao will make at least two on-site visits per school each year.

OSPI continues to work with WSSDA to develop the seated lunchtime model policy.

On August 28 the **State Auditor's Office** released its **performance report on seated lunch duration** as requested by Supt. Reykdal. On September 25, the I-900 subcommittee of the Joint Legislative Audit and Review Committee (JLARC) held a public hearing on the SAO's report, which

recommends that school districts implement a seated lunch duration for students and, if possible, schedule recess before lunch. WSNA testified at the September 25 hearing in support of the SAO's recommendations.

Simultaneously OSPI released its intent to change the **Washington Administration Code (WAC) 392-157-125, Time for Meals** to align with research-supported best practices. The amended rules would mandate the 20-minute seated lunch duration in all schools, and recess before lunch in all elementary schools. Both provisions would begin in SY 2023-24. Currently, OSPI has released the proposed rule changes to stakeholders for their input from a technical nature and welcomes any feedback. At a later date, an OSPI rule-making public hearing will be held to receive general input prior to the rule's implementation.

ESHB 1102, 2019-21 capital budget, contains a WSNA-supported grant for the third consecutive biennia, the **Healthy Kids/Healthy Schools Grant (HKHS)**. The budget funds \$3.25M for OSPI to implement the grant. One, the Washington Green Schools grant is funded (\$225K) which would help reduce stormwater runoff. Two, the remainder of the grant, \$3.025M is allocated to OSPI, in consultation with WAMOA and the Department of Health, to fund specific projects within WA's Healthiest Next Generation Priorities.

Included in these priorities are (1) purchase of water bottle filling stations, which may include replacement of lead-contaminated drinking water fixtures; (2) purchase or making repairs to fitness playground equipment, covered play areas and physical education equipment or related structures or renovation; and (3) garden related structures and greenhouses to provide students access to fresh produce, and kitchen equipment or upgrade.

Prior to applying for grant funding, districts must consider their ability to sustain improvements over time. Districts receiving funding must also demonstrate a consistent commitment to addressing school facilities' needs. Grants will be awarded on a competitive basis, and no single district may receive more than \$200,000. The application period closed on November 7, except for the lead-contaminated drinking water fixtures, which is open all the time.

Regarding the grants themselves, there is no district leveraging or matching funds requirement. Grants are for procurement of equipment, repair and renovation of existing equipment or facilities, or design and construction of new facility space and infrastructure related to the aforementioned categories.

(Continued on page 13)

Legislative Report

(Continued from page 12)

OSPI is continuing monthly stakeholder meetings on **Breakfast After the Bell** implementation. Cherniske is the OSPI facilitator. Earlier OSPI administered a one-time grant for Breakfast After the Bell. There were 289 high need schools that applied for the grant, representing 133,792 Washington students, from over 80 school districts. All districts who have applied have received their grants. Twenty-seven schools requested and received an exemption. Fifteen non-high need schools will be implementing BAB this coming year. Overall, the funding approval process went very well.

OSPI has created a resource that lists current and future grant opportunities for districts interested in funds for a BAB program. This information includes state and federal grants, and private grants from partners which would be of assistance to these districts.

United Way King County (UWKC) is continuing to provide technical assistance to districts across the state to help create robust BAB programs in schools. They are targeting districts based on the gap in breakfast participation. More than 70 robust BAB programs have been initiated, serving an additional 8,000 students.

One district switched from a Grab and Go to Breakfast in the Classroom, and participation went up from 200 to 800 on a daily basis. Another school served 3,280 breakfasts in September 2018, and this September served 6,911, over 100% increase, due to BAB.

OSPI is collecting BAB data through four methods, including (1) the annual renewal agreement; (2) early Wins participation data; (3) National School Lunch Programs Checkout Tool, and (4) Year 1 Check-in Survey.

BAB outreach and promotion activities include OSPI CNS Communications moving to a weekly newsletter format, multiple webinars in conjunction with UWKC, and a presentation which was given at the WSNA Fall Workshop on October 26 in Auburn.

Regarding **Community Eligibility Participation (CEP)** outreach and participation, a webinar will be held this month (January 2020), and the OSPI nutrition services and Title I/LAP offices are working together to communicate how CEP works with school business officials. The two offices are also working on joint communications with districts. CEP summits are planned for the spring.

(Continued on page 21)



G.A. SYSTEMS, INC.



What is a sharing station?

A sharing station is a place where students can place un-opened food and drinks they choose not to eat or drink. Students donate unwanted food to their hungry classmates at no cost and this helps with reducing food waste. The unwanted food must be placed on the sharing station immediately after leaving the serving line. The sharing station remains open to all students to take from if they see something they would like to eat.

At the end of the day food can be donated to a food bank or charity. While students are still encouraged to choose only what they will eat and eat what they choose, the Sharing Table offers an opportunity for sharing items that would otherwise be thrown away.



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From the Director's Desk

Leanne Eko, Director, OSPI Child Nutrition Services

Greetings. It's hard to believe that we are well into the school year!

I would like to share some staff changes: (1) **Liz Beechler** is our new School Meal Programs Supervisor. Liz has a great school meal programs background, having been at the USDA Western Regional Office for the past five years. Prior to that, she worked for Child Nutrition at the Idaho State Agency. (2) **Megan Harlan** joined the CNS team in September as a Community Nutrition (CACFP and SFSP) Program Specialist. Megan is based in our Renton office.

It has been exciting to hear about all the great new Breakfast After the Bell (BAB) programs! For many of you this represents a lot of change and hard work; we are proud of you! We are also excited with the increased participation; we will share data as it is available. As a reminder, we have a growing body of resources and you can also reach out to Mikhail Cherniske at 360-725-6056 with any questions.

OSPI has begun the rulemaking process to require a minimum seated lunchtime of 20 minutes for all schools and recess before lunch in elementary schools. This comes after the state legislature tasked OSPI with creating a two-year pilot program to gather data and best practices on seated

lunchtimes and after the SAO Performance Audit on school lunch scheduling practices which recommended OSPI update the Washington Administrative Code (WAC) to align with leading practices.

Congratulations to the six demonstration sites selected for our Seated Lunch Duration Pilot Program. These schools will work to ensure a seated lunchtime of 20 minutes and report best practices and challenges along the way.

- Conway SD, Conway School
- Port Angeles SD, Dry Creek Elementary
- Vancouver SD, Sara J. Anderson Elementary
- Touchet SD, Touchet Elementary & Secondary School
- Kennewick SD, Southgate Elementary
- Marysville SD, Shoultes Elementary

Thank you to everyone who applied to be a demonstration site. We hope that you continue to work towards giving all students a seated lunchtime of 20 minutes. We will be sharing resources and best practices that come out of this pilot program.

As always, thanks for all you do that nourishes students!!

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Congratulations to the Food, Body, and Mind Awardees!

***Bianca Smith, MDA, RD
Program Specialist Nutritionist***

Food, Body, and Mind Awards are provided to schools, child care institutions, and non-profit organizations that make extraordinary efforts to support and promote child nutrition. OSPI Child Nutrition Services recognizes the following school districts for their achievements this year:

- Concrete School District--2 Gold Farm to School awards!
- Lopez Island School District--3 Gold Farm to School awards!
- Bellingham School District--Awarded 43 Food, Body, and Mind Awards!

To see the complete list of awarded programs and to learn more about this awards program, visit the Food, Body, and Mind Awards webpage (<https://www.k12.wa.us/policy-funding/child-nutrition/school-meals/national-school-lunch-program/food-body-and-mind-awards>). Contact bianca.smith@k12.wa.us if you have any questions.

SNA Award Nominations Due March 1, 2020

SNA celebrates members who work every day to ensure well-nourished students across the country are prepared for success. Nominate an employee, manager, and/or director you know to be recognized for all of their great contributions! Awards are given in the following areas:

- *Employee of the Year*
- *Manager of the Year, in honor of Louise Sublette*
- *Director of the Year*

Take this opportunity to nominate someone with whom you work to win one of these awards. Go to the SNA website at <https://schoolnutrition.org/Membership/Awards/MemberAwards/> to learn more about each of these awards.

You may either download an application and contact President Pam Milleson (pmilleson@wwps.org) when you are ready to submit it **or** complete and submit an online application.

Remember, though, no applications will be accepted after March 1.

Federal Legislative Report

Donna Parsons, WSNA PPL Chair

USDA Food & Nutrition Services (FNS) proposed to make changes to the Supplemental Nutrition Assistance Program (SNAP) regulations to refine categorical eligibility requirements based on receipt of Temporary Assistance for Needy Families (TANF) benefits. = extended the comment period to provide the public an opportunity to review and provide comment as part of the rulemaking record. The proposed rule change could mean approximately 17,000 students in Washington would not be directly certified should the proposed rule change becomes law. We sent a grassroots email to all local education agencies in Washington to encourage your comments on this important issue.

There are a number of bills that will be introduced in Congress for 2019-2020. Topics of those bills range from anti-shaming to summer feeding programs. One attracting the attention of SNA is S. 2692, the School Modernization and Efficient Access to Lunches for Students Act, which

was introduced by Senator Bob Casey (D-PA). This bill will help improve direct certification rates by providing grants and technical assistance and provide further flexibilities for schools to elect Community Eligibility Provision and gather eligibility data.

We have not seen anything further on Child Nutrition Reauthorization (CNR). There was hope that it would be out of the Senate Agricultural Committee in August and there have been a few other meetings, but we have not seen anything official yet.

Again, we will keep an eye on these issues it and let you know more as we move into the 116th Congress.

If you have any questions or if you would like to be part of the Legislative Committee, please send an email to me at drparsons33@comcast.net. Your voice counts, as only you can tell the story of how specific legislation impacts your district.

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Once again it is time to think about furthering your education or helping your chapter out with a scholarship.

Did you ever think about taking some leadership classes, communication classes or just brushing up on your math skills but never felt you could financially afford it? If so, consider applying for a WSNA or SNA scholarship.

If you are interested in any of the following, Marianne Culligan, waschoolnutrition@gmail.com, before May 1.

ACADEMIC & PROFESSIONAL DEVELOPMENT:

WSNA Hobart Professional Growth & Education Scholarship

Two \$300 scholarships

WSNA Professional Growth & Education Scholarship

One \$500 or two \$250 scholarships

WSNA Directors & Supervisors (DDS) Scholarship

\$500 Scholarship

CHAPTER SCHOLARSHIP:

WSNA Smith & Greene Chapter Scholarship

\$300-\$500 Scholarship

SNA also has several scholarships available for its members. The following information is taken from SNA's website, <https://www.schoolnutritionfoundation.org/scholarships/>. Visit the website for information on how to apply. SNA's scholarships fall into three categories:

(1) Professional Development Scholarships help members with tuition and books for the following school year.

Who can apply? The applicant must be (1) an active member of SNA for a minimum of one year from January 1, 2019 and have a history of employment in school foodservice. (2) currently employed in school foodservice as an operator/state agency (Industry and student members are not eligible) (3) enrolled (or will be enrolled) in a degree or certificate program at a vocational/technical, undergraduate, graduate or post-graduate level in the United States in a program of study which falls into one or more of the USDA Professional Standards subject areas.

How can I apply? Complete the online common application. This will automatically apply you for all available education scholarships. **The deadline is January 31, 2020.**

What education scholarships are available?

- **The SNA Professional Development Scholarship** is funded by a donation from SNA. Scholarships of up to \$2,500 each are awarded.

- **Schwan's Food Service Scholarship:** Schwan's Food Service, Inc., makes an annual donation to offer multiple scholarships of up to \$2,500 each.
- **The SNF Professional Growth Scholarship** is funded by SNA members through past special events. Scholarships of up to \$2,500 each are awarded.
- **The Nancy Curry Scholarship** is funded by Handgards, Inc., and friends of Nancy. One scholarship of \$500 is awarded each year.

(2) Scholarships to attend national SNA conferences

- **ANC 2020 First-Timer Scholarship Awards** are made possible through a generous donation from AccuTemp Products and are *awarded on a first come, first served basis*. There are twenty \$500 scholarships that can be used to cover registration and travel expenses for ANC. There is no formal application. *District directors who are active SNA members and are registered to attend ANC 2020 may nominate one member of their staff, who must be an active SNA member in the employee or manager category who has never attended SNA's ANC.* Nominations open when ANC 2020 registration opens (February 2020) and closes when there are 20 eligible nominees.
- **The Kathleen Stitt Award** gives one participant of the ANC School Nutrition Research & Best Practices Showcase \$500 to help defray travel expenses incurred to attend ANC. To be considered for this award, you must be (1) an active SNA member, (2) a graduate student enrolled full-time in an MS or PhD program OR a faculty member employed at an accredited college or university (3) Accepted to participate in the School Nutrition Showcase at SNA's Annual National Conference. To apply for this scholarship, please complete and submit the online application form.

(3) Equipment Grants. The School Nutrition Foundation (SNF) has teamed up with multiple companies to provide the 2020 Equipment Grants Scholarship, which will now be a common application for **three** (3) full grants. For details about the equipment grants and the application process, visit <https://www.schoolnutritionfoundation.org/equipment-grants/> **The application process opened on October 1, 2019 and will remain open until 75 applications have been received.**

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Head and Shoulders, Teeth and Toes 2020 Toiletry Drive ~ May 1-31, 2020

Debbie Rodewald, WSNA Marketing Chair

Spring is right around the corner, and it's time to start planning for the annual Toiletry Drive. Collecting items to donate is a great way to serve your students, their families, and the community in general. And, as a bonus, you can win prize money for your chapter! This is a wonderful opportunity to show your community just how amazing child nutrition professionals are! Here's how to participate:

- Hold your toiletry drive during the month of May.
- Use the press release at www.washingtonsna.org to advertise your drive. (This is a requirement to be eligible for the cash prizes.)
- Advertise in your building of work (after getting permission, of course).
- Get teachers, students, and other staff involved.
- Count the number of items collected and **submit your results to waschoolnutrition@gmail.com by Friday, June 5, 2020.**
- Distribute your collected items within your community.

Some ideas for distribution of your collected items are:

- Local food banks
- Family centers or community centers

- Local outreach programs
- Your own district schools. School nurses and counselors often know where needs are.
- Churches and shelters

In past years chapters have made kits from their donated items, specific to gender and age groups. Some have also been more specific in their drives, simply asking for donations of dental items. (Dentist offices are a great resource for this type of drive.) Hold your own contest within your department, challenging each school to compete with each other for most donations. Be creative, and have fun.

Winners will be awarded based on the number of items collected per chapter member. In order to be eligible for the cash awards, chapters must utilize the publicity provided on the website.

Cash Awards for Chapters

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We want to hear about your success! All chapters will be recognized in the *Apple Press* and at conference this summer. So start your plan of action and have a successful and fun drive!



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Legislative Report

(Continued from page 13)

Two bills that were 2019 priorities for WSNA did not pass, but continue to be part of our interim plans:

(1) WSNA sought language for **HB 1685 Implementing the Hunger-Free Students Bill of Rights Act**, that would limit the meal debt, as it is significantly increasing since the passage of SHB 2610 in 2018. The bill would have allowed schools to withhold meals from Grades 9-12 students with meal debt, providing the Legislature had not reimbursed districts for their meal debt. WSNA also proposed an amendment that would have extended this language to all students, provided the Legislature hadn't reimbursed the districts for their meal debt and that districts had provided their meal debt policy to all parents. Unfortunately, House Appropriations Committee members couldn't agree on language that would have limited meal debt, and the bill died in that committee. So far twenty-nine districts have submitted meal debt information. Their July 2018 debt was \$500,000, whereas their July 2019 debt was \$1,000,000. WASBO assisted WSNA with the collection of these data.

(2) **HB 1892, Eliminating the Reduced Price Lunch Co-Pay for Grades Pre-K and Grades 4-12**, would have eliminated the reduced price lunch copay for grades pre-K

and 4-12. Unfortunately, it didn't move out of House Appropriations. When this bill passes, it would be a partial solution to the debt reduction.

WSNA Interim Plans:

- Meet with Rep. Strom Peterson (D-Edmonds) to discuss the best ways to deal with the current meal debt, specifically based on SY 2018-19 district meal debt data, and to help develop strategies to fund this ever-increasing meal debt;
- Meet with Rep. Melanie Morgan (D-Tacoma) on HB 1892 to develop a strategy on how to move forward the elimination of the Pre-K and 4-12 reduced price lunch copay; and
- Coordinate a school nutrition lunch visit with Rep. Roger Goodman (D-Kirkland), a meals for kids champion, with the Lake Washington School District during the 2020 interim.

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

Taste Washington Day ~ Past and Future

Debbie Rodewald, WSNA Marketing Chair, and Chris Iberle, Washington State Farm-to-School

Taste Washington Day was celebrated in at least 45 school districts across the state on October 2, with as many as 240,000 students ate seasonal Washington grown lunches and learned more about local food and farms through the event. Participating schools served special seasonal breakfast and lunch menus, highlighted their Harvest of the Month items, visited school gardens and used garden produce in their lunch, educated students about nutrition and agriculture in the classroom or special events, did a *Washington Apple Crunch*, and so much more. A few highlights from all four corners of Washington show it was truly a statewide celebration: Anacortes SD served locally grown roasted carrots and potatoes, apple slaw, and beef franks from a local ranch. La Center SD served up harvest fresh veggie pizza with tomatoes from a local farm. Walla Walla SD served pluots, a hybrid plum-apricot fruit, along with watermelon, cantaloupe, cucumbers, and empress plums. Spokane Public Schools stocked Washington-grown apple, pear, and pluot fruit carts for a morning snack.

Washington State First Lady, Trudi Inslee, joined the celebration at Bellingham Public Schools. She visited the district's new central kitchen, which is serving locally

sourced, scratch-cooked meals to their students. She also visited a school garden at Cordata Elementary.

Next school year, Taste Washington Day will take place on Wednesday, October 1. Early 2020 is a great time to start planning your celebration, and how you'll use local, seasonal ingredients in your menu throughout the school year!

There are a few resources you can use to find out what's fresh and in season when in Washington. Though your seasons may be a bit different in your micro-climate, these are good places to start: (1) WSDA Farm to School has charts showing what time of year fruits, vegetables, legumes, and herbs are available each month, categorized by USDA NSLP produce sub-groups; (2) Ask farmers near you what they will be harvesting and have available during certain times of year; (3) Ask your distributors for the Washington grown products they carry throughout the year, or what's from Washington that week. Sometimes they can also tell you what farm the products came from after delivery to promote in the cafeteria.

For the seasonality charts or other help with farm to school menu planning, recipes, finding farms and local products, or to sign up for Taste Washington Day 2020, contact WSDA Farm to School at <http://agr.wa.gov/farmtoschool>



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Welcome to Our New Members

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Diana Alford
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Mary Boid
Michelle Bruns
Hayley Bullen
Carla Campos
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Amber Gideon
Coralie Gould
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- Wanted to play a larger role in helping WSNA provide successful programs for its members?
- Wished you could have a greater voice for WSNA?
- Wanted to give what you could and give back to WSNA for all it does for its members?

If you answered "yes" to any of the above, contact Leadership Chair Erica Wistrom, 253.961.4291 or eryka322@msn.com. She will answer your questions and provide you with a job description. Open positions for the 2020 election are Vice President, Secretary-Treasurer, Western Region 2 Lead, and Eastern Region 4 Lead. Check the map at <http://washingtonsna.org/cgi/wp/wp-content/uploads/Regional-Map2016.pdf> if you are unsure of your region. You may use the form below to nominate yourself or someone else. Mail the form to Erica Wistrom, 15935 67th Avenue Ct E, Puyallup, WA 98375.

Recommendation for Nomination

Nominee's Name _____ Nominated Position _____

Address _____ City/State/Zip _____

Employed by _____ Home Phone (____) _____

Current Chapter _____ Years of Membership _____ Nominee's Mmbrshp # _____

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.

This and That from SNA

The Ethics Training You Need ~ Through a self-paced module, you can earn one CEU as you are introduced to ethics and ethical behavior and begin to learn how to make ethical decisions. The module includes case studies that provide an opportunity for users to answer questions based on the scenario. Users are also introduced to the seven-step decision-making process that can be used when ethical dilemmas arise. To learn more visit <https://www.pathlms.com/sna/courses/13345>.

Registration Now Open for #LAC2020 ~ Plan now to join together with hundreds of your colleagues and attend SNA's 48th Legislative Action Conference (LAC), March 8-10, 2020 at the Marriott Marquis in Washington, D.C. and help shape the future of federal school nutrition policy. LAC is your best opportunity to meet face-to-face with policymakers to increase their understanding of the complexity of school nutrition operations and gain their support. Featuring compelling keynote speakers including Dr. Larry Sabato, numerous breakout sessions and special events—you don't want to miss it! Register early and save! Learn more at <https://schoolnutrition.org/meetings/lac/2020/>

Fourth Annual Virtual Expo; Registration Opens January 6 ~ Experience the future of sourcing new products—registration for SNA's FREE Virtual Expo opens January 6. The Expo runs from February 4-March 4 and features two virtual exhibit halls—Food and Beverage and Equipment/Technology, a Learning Center with 15 new pre-recorded education sessions from #ANC19 to earn CEUs, a networking lounge, and a chance to win prizes by signing up for the Leaderboard. Network and make connections with exhibitors and peers across the country and discover new products and services for your program—no travel required! Learn more at <http://schoolnutrition.org/meetings/virtual-expo/2020/>

Head to the Training Zone to Calibrate Your Culinary Skills ~ What is *mise en place*? When should you use a scale, measuring cup or spoodle? Why does it matter? How do you calibrate different types of kitchen thermometers, and why is it important? Any way you dice it, this is critical training! SNA's Culinary Skills video tutorials are designed to make learning fun and help you retain what you have learned. In just one hour, you can learn the same essential skills from SNA's Chefs Task Force that were presented live at #ANC19. Even better, District Packages are available at discount prices to train your entire kitchen staff! Once completed, you will have earned one CEU, but most importantly, you have either learned or brushed up on a skill! Learn more at <https://www.pathlms.com/sna/courses/12625>

Get Social with School Nutrition ~ Your top resource for all things K-12 foodservice is now on Facebook! Like or Follow School Nutrition magazine to discover monthly articles, recipes, engaging polls, videos, interactive questions, fellow school nutrition professionals and so much more. Find the resource at www.facebook.com/schoolnutritionmagazine, and make sure to share the page with your colleagues as well.

Harness the Power of "We" ~ School nutrition professionals are deeply passionate about their work and feeding America's children. Through SNA all these professionals come together to form deeper, stronger bonds. With their dedication, 2018-19 reflected what can be accomplished with our combined passion. Chronicling the great accomplishments of SNA members over the last year, the 2018-19 Annual Report is a small glimpse into what can be done when nearly 60,000 passionate individuals come together. From powerful grassroots advocacy efforts to empowering conferences, the Report can be used as a tool for outside stakeholders to learn the power of the Association and its members. Feel good about what the Association accomplished over the last year—and what is being done this year—because that is the power of "we." You can find the report at <http://bit.ly/33TwrFZ>



National School Breakfast Week March 6-10, 2020

Mark your calendar for National School Breakfast Week—March 6-10, 2020! The #NSBW20 theme is *School Breakfast: Out of this World*, sure to captivate students and stakeholders with how your breakfast program is blasting off into new territory!

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

The National School Breakfast Program also serves more than 14 million children every school day—that's something to drive home to your community!

You will find a wealth of resources for promoting the week at www.schoolnutrition.org. You will find a download link to the NSBW Toolkit with 14+ pages of resources and ideas to help you plan a successful campaign as well as activity sheets to encourage students to work through fun puzzles and activities with classmates.



NO ARTIFICIAL ANYTHING
Wild About Flavor

Ingredients We Do Use

- CRUST MADE FROM SCRATCH DAILY
- RIMMED BUTTERFLAKE CRUST
- ZESTY SAUCE MADE FROM SCRATCH DAILY
- CUSTOM MADE MEAT TOPPINGS WITH USDA FINEST MEATS
- FOUR CHEESE BLEND:
 - MOZZARELLA
 - PROVOLONE
 - ROMANO
 - PARMIGIANO-REGGIANO IMPORTED FROM ITALY



ITEM CODE: 11003
CHEESE BITES BULK



ITEM CODE: 90303 (BLK), 90503 (I.W.)
COUNTRY WHITE GRAVY AND ALL-BEEF
BREAKFAST PIZZA



ITEM CODE: 20210
10-CUT PEPPERONI CHEESY BOTTOM "PRE-CUT"

Ingredients We Don't Use

- L-CYSTEINE
- CALCIUM PROPIONATE
- BHA AND BHT
- SODIUM NITRATES
- SODIUM BENZOATE
- POTASSIUM SORBATE
- HYDROLYZED SOY PROTEIN
- ISOLATE SOY PROTEIN
- WHEY PROTEIN CONCENTRATE
- GUAR GUM
- ASCORBIC ACID
- WHEAT STARCH
- CALCIUM PHOSPHATE
- SODIUM ACID PYROPHOSPHATE
- SODIUM BICARBONATE
- SODIUM STEAROYL
- LACTYLATE
- MONOCALCIUM PHOSPHATE
- MONO-AND DIGLYCERIDES
- MECHANICALLY SEPARATED CHICKEN

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THE **BEST TASTING**
SCHOOL PIZZA!"



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Dates to Remember

January 10	2020 Conference Committee Meeting Conference Call	March 25	2020 Conference Committee Meeting Conference Call
January 29	WSNA Day on the Hill Olympia, Washington	March 27	WSNA Executive Board Meeting Leavenworth, Washington
January 31	SNA Scholarship Applications Due See article, page 18	March 28	Spring Workshop Leavenworth, Washington
February 4	AEA Day on the Hill Olympia, Washington	April 30 - May 2	SNA National Leadership Conference Tempe, Arizona
February 18-19	USDA Food Tasting & Industry Seminar Emerald Downs, Auburn	May 1	WSNA Scholarship Applications Due to Marianne Culligan
March 1	SNA Director of the Year SNA Employee of the Year SNA Manager of the Year Nominations Due to Pam Milleson	May 1	School Lunch Hero Day
March 1	Apple Press Deadline Due to Marianne Culligan	May 1	Apple Press Deadline Due to Marianne Culligan
March 2-6	National School Breakfast Week <i>Out of This World</i>	May 31	Apple Award Nominations Due Due to Marianne Culligan
March 8-10	SNA Legislative Action Conference Washington DC	June TBD	2020 Conference Committee Meeting Spokane, Washington
		July 12 - 14	SNA Annual National Conference Nashville, Tennessee