

# SNAPA Happenings



SPRING 2023

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A MESSAGE FROM  
OUR PRESIDENT...

# Megan Schaper

Hello SNAPA friends,

The months have flown past since our fall edition of Happenings, and here we are at the end of the school year and planning to celebrate School Lunch Hero Day.

Over the year, I know that you have used your superpowers to lift heavy objects (putting away inventory), to read minds (knowing that the lunch schedule is going to change even though no one told you), to see into the future (budgeting without reimbursement rates), to persuade (kids to like foods that they didn't think they would like) and to stretch and contort (manufacturer out-of-stock? no problem!) to save the day. You are a School Lunch Hero, and don't ever forget it!

All of these same super abilities have been utilized over the year by SNAPA leadership to serve you and to advocate for stronger, better programs to serve children.

The SNAPA board has done some heavy lifting; working to update bylaws to better meet the needs of the organization as it exists today. The new bylaws, that must be approved by SNA before being shared with the membership for ratification, have been streamlined to mirror SNA's governing document.



The expectations for chapter charters have been updated and the board make-up that currently includes 8 representatives from 8 regions has been reduced to 4 representatives with 2 from the western side of the state and 2 from the eastern side. Members can expect to review the new bylaws later this spring and will be asked to vote to approve them at the membership meeting in August.

We've been trying to read minds and see into the future to understand the USDA's proposed changes to school meals. The proposed rules will have a profound impact on our programs for years to come. Through members' survey responses, we are developing a response to share your concerns and creative solutions with USDA. I encourage each of you to submit your own unique responses to USDA, as well.

We've been using our powers of persuasion to talk with federal and state legislators about our needs and the needs of our families. While there does not seem to be an easy path for Free Meals for All legislation this year, the conversations are still happening and more people recognize the benefits of universal free meals. Federal legislation is proposed to permanently increase reimbursement rates, and the state budget includes funding for free school breakfast and covering the \$.30 and \$.40 that reduced eligible families' pay. But, these things will not happen unless the bills and budgets are passed. Our legislators do not have the superpower to read our minds, so be sure to check out [schoolnutrition.org/advocacy/sna-action-network/](http://schoolnutrition.org/advocacy/sna-action-network/) and [snapa.org/mealsforall](http://snapa.org/mealsforall) to learn more about these important issues and to communicate with your legislators.

Even Super Heroes need to hone their skills, and SNAPA leadership is committed to providing professional development to help you remain strong and nimble to reach your goals. The Directors Workshop held at Seven Springs in March was hugely successful, providing personal and professional development resources, time to network with industry partners, and an opportunity to recharge for the remainder of the school year. If you were not able to attend this year, don't miss it next year. Many attendees agreed that it was the best workshop that they'd been to in a long time.

And finally, Super Heroes rarely work alone -- the Avengers, the Justice League, X-Men, and Teenage Mutant Ninja Turtles all rely on others in their group to maximize their impact. School Lunch Super Heroes are no different. When we work together, we achieve a synergy that helps us all to be stronger and better child nutrition professionals. One of the best opportunities for us to form and strengthen our Super Hero Super Team is at the SNAPA Annual Conference. Held at the Kalahari from July 31 - August 3 this year, the annual conference will provide professional development and networking opportunities that you will get nowhere else. I hope to see you there!

It really does take some super powers to achieve all that you do in a day. Whether you are on the management end of things, or you work in a school kitchen preparing and serving meals, or you are an industry partner providing the resources and support needed, you are making life better for children and their families. I am proud that you are a part of my Super Hero Super Team!

Thank you for all that you do!

A handwritten signature in black ink that reads "Megan Schaper". The signature is written in a cursive, flowing style.

Megan Schaper, SNS  
22-23 SNAPA President

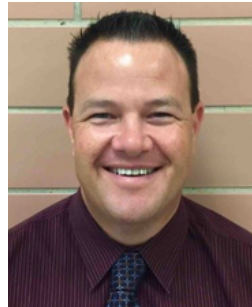
# School Nutrition Association of Pennsylvania

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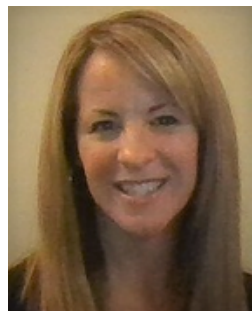


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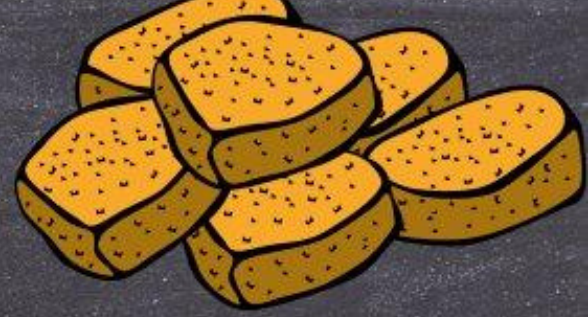
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# Hollidaysburg Junior High Students Want Impromptu Breakfast Back!



“Some students may prioritize sleep over breakfast in their morning routine, leaving them hungry mid-morning.”

Submitted by: Betsy Snyder, Hollidaysburg Area School District

Without permission, a Junior High student came into the cafeteria during a morning study hall and asked the Manager if he could have breakfast. Without hesitation, the manager served the student breakfast. Then each day after, other students joined him, until an additional 100 breakfasts were served during morning study halls. Becky Kane, the Cafeteria Manager served the students because she realizes that some students may prioritize sleep over breakfast in their morning routine, leaving them hungry mid-morning.

Unfortunately, due to some behavior issues reported, the “breakfast fun was over” for all. Students received notification from the principal that the cafeteria would be closed during morning study halls.

The day after study hall breakfasts were canceled, the principal received a seven (7) page petition from the junior high Students requesting the “study hall breakfast” program be reinstated. The letter noted that “extending this time (for breakfast) would allow each student to receive breakfast and be prepared for their day. Furthermore, it will support the continuation of the free student breakfast program to provide meals for students who would otherwise not be able to afford it.” The Principal appreciated the efforts of

the students and after consideration of their plea, decided to call a meeting to figure out a way to make breakfast available again.

Betsy Snyder, Food Service Director said “There is no better way to introduce Breakfast after the Bell! Having the junior high students request additional time to eat breakfast could not have made this easier for me! The benefits of eating breakfast are well documented, but the barriers to implementing a non-traditional breakfast program are real. We are fortunate to have customers who want to start their day with school breakfast and the administrative support that is required to offer “Breakfast after the Bell.”

**Breakfast After the Bell Free Resources:**

<https://www.americandairy.com/dairy-in-schools/nutrition-professionals/nutrition-programs/school-breakfast-tools/>

<https://frac.org/research/resource-library/breakfast-bell-video>

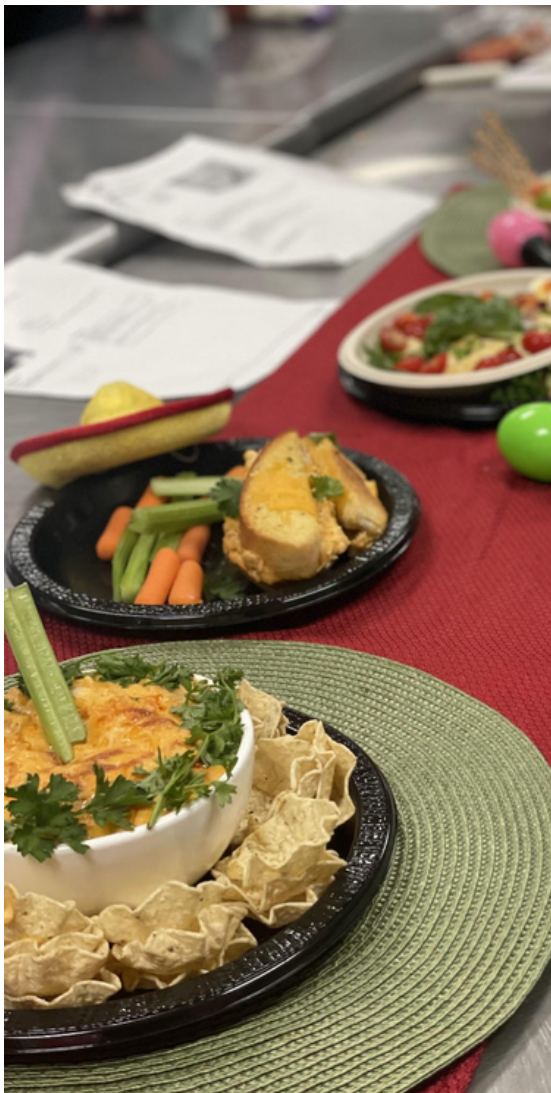
<http://bestpractices.nokidhungry.org/programs/school-breakfast/implement-breakfast-after-the-bell#three-effective-approaches-to-breakfast-after-the-bell>

# Menu Innovation with J.T.M.

Norristown Area School District took full advantage of the school calendar professional development day by hosting one of our main food suppliers, J.T.M., to come in and take over our High School Cafeteria. After a brief introduction of J.T.M.'s history led by Lisa Pline, the staff was divided into 5 teams of ten to tackle new innovative recipes using student favorite J.T.M. products.

The staff was put to the test, Iron Chef style, with J.T.M.'s Chef Irma, guiding, collaborating, and sharing kitchen techniques with the provided products. The staff rolled up their sleeves in this interactive demonstration and got to work navigating through the kitchen. Teams had to utilize their communication, problem-solving, and team-building skills with colleagues they may not usually encounter on a daily basis. The end results were measured by the execution of the recipe, plating design, and ultimately teamwork. The staff left motivated, inspired, and not to mention a full stomach after taste testing the yummy soon-to-be menued recipes.

Submitted by: Brittany Frazer Norristown Area School District





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# PENNSYLVANIA FARM BILL

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*Grants to* improve access to healthy, local foods and increase agriculture educational opportunities for pre-kindergarten through 8th grade

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# Universal School Meals Update

State Board of Education Representative, Claire Chi, thanks SNAPA.

I received the good news about Governor Shapiro's recent budget proposal for universal school meals while in DC for the US Senate Youth Program (USSYP). As a USSYP delegate representing Pennsylvania, I met with US Secretary of Education Cardona, US Senator Casey, and executives from the No Kid Hungry organization. During the program, I shared our success in PA and learned more about how other states are providing students with school meal assistance.

I'm very excited about the work being done to strengthen student food security, especially with today marking over 23 million breakfasts served to PA students. I want to thank you both and SNAPA for your

outstanding support of PA's student well-being and educational success. Personally, I am incredibly grateful to have not only my voice but also the voices of the students I represent included in the fight for universal school meals. Please let me know if there is anything I can do to support you, including student advocacy with SNAPA, as we move forwards with these new policies impacting child nutrition. Thank you.

Sincerely,

A handwritten signature in black ink that reads "Claire Chi". The signature is fluid and cursive.

Claire Chi  
Junior Representative to PA State Board of Education

# SNAPA Names Director of the Year

Carla Escribano, Director of Food and Nutrition Services at Quaker Valley School District, was recently named the Director of the Year by the School Nutrition Association of Pennsylvania (SNAPA). She will be recognized at the organization's annual conference held in August 2023.

The Director of the Year Award is presented each year at the state, regional, and national level. Escribano's nomination will now be reviewed by a regional panel of judges, and if she is recognized as the regional Director of the Year, she will advance to the national level.

"We are so proud of Carla's recognition," said Superintendent Tammy Andreyko. "Her collaboration with outside agencies and local foundations has transformed her department, and her willingness to go above and beyond to support our schools and children is a testament to the incredible work she does every day. She instills that same ethic in the people in her staff, and she encourages them to embrace change. She is an exceptional director who brings years of stellar service and continues to drive the day-to-day operations at Quaker Valley."

Nominations are judged on five categories: Program Enhancement, Staff Development, School Involvement, SNA Involvement, Community Involvement, SNA Certificate/Credential.

Escribano has been with Quaker Valley School District since May 2018. SNAPA recognized her "Collaboration with the Life Skills Lead Teacher to enhance and promote the school coffee shop has provided invaluable real-world work experience to students, preparing them for post-graduation employment opportunities," among other



*Carla Escribano, 2023 SNAPA Director of the Year*

accomplishments.

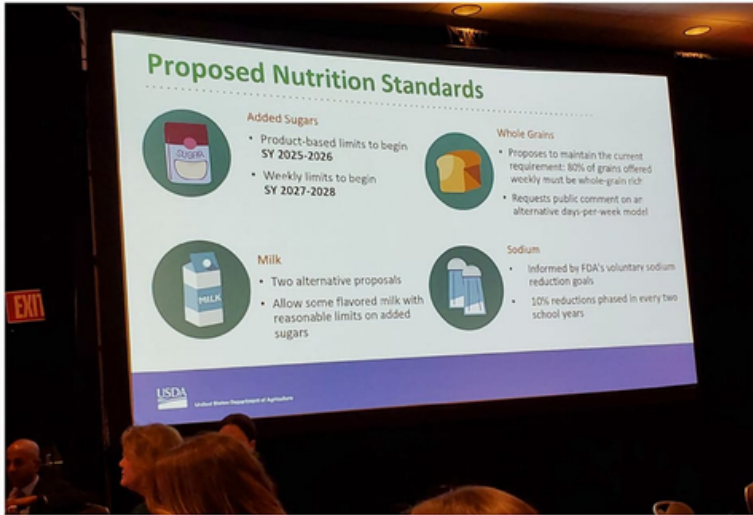
Her "Leadership in streamlining operations and improving efficiency in the food service program is commendable, and her commitment to sustainability by reducing food waste and using local and seasonal ingredients is inspiring," said Brandon Monk, Executive Director of the School Nutrition Association of Pennsylvania (SNAPA). "Implementing sustainable practices and reducing food waste has not only saved the school money but has also had a positive impact on the environment and has helped to feed those in need."

"She plays an active role in delivering excellent service and food each day with a focus on making an impact on our school community, but her accomplishments don't end there. She has revamped or menus, worked right along with her staff to serve students, and searched for ways to add multicultural options to our meals," continued Andreyko. "We are so pleased to see her work and passion recognized by this award."



2023  
**LEGISLATIVE  
ACTION  
CONFERENCE**

— RIGHT TIME. RIGHT NOW. —





# Legislative Action Conference

The School Nutrition Association of Pennsylvania recently participated in the annual Legislative Action Conference, March 3-5, 2023, which brought together attendees from across the country to advocate for the importance of school nutrition programs. The conference, which was organized by the School Nutrition Association, was a key opportunity for attendees to learn about the latest policies and initiatives affecting school nutrition and to advocate for their interests to lawmakers.

Over the course of the conference, attendees participated in a variety of sessions and events, including keynote speeches, panel discussions, and workshops. These sessions covered a wide range of topics, from updates on federal nutrition guidelines to strategies for improving school meal participation rates. Attendees also had the opportunity to network with peers from other districts, as well as with policymakers and experts in the field of school nutrition.

One of the highlights of the conference was a visit to Capitol Hill, where attendees met with 14 of

Pennsylvania's representatives and senators to discuss the importance of school nutrition programs. These meetings were a crucial opportunity for attendees to advocate and to help shape policy decisions that affect Pennsylvania's schools and communities. Through their meetings with lawmakers, attendees were able to highlight the important role that school nutrition programs play in promoting student health, academic success, and overall well-being.

Overall, the School Nutrition Association of Pennsylvania's Legislative Action Conference was a resounding success, providing attendees with valuable insights, practical strategies, and powerful advocacy tools. As we look to the future of school nutrition programs, it is clear that conferences like these will play a crucial role in advancing our collective efforts to promote student health, well-being, and success.

Be sure to mark your calendars for next year's Legislative Action Conference, March 3-5, 2024 in Washington, D.C. We hope to see you there!



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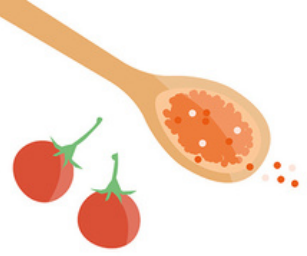
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# Voting is now open for the 2023 Fan Favorite Recipe!

• • • Cast your vote today for your fave! • • •

Voting is now open for the Fan Favorite recipe. Review the Top 10 recipes below and cast your vote. You may vote once per day with a valid email address. Voting will close on May 1, 2023. The Fan Favorite winner will receive a \$100 gift card, a J.T.M. swag bag, and their recipe will be featured in our 2023 Crave Collection Cookbook. The Fan Favorite winner and the 2023 Grand Prize winner will be awarded at ANC on Tuesday, July 11 at 12:30 PM MT. Winners do not need to be present to win. Support SNAPA by voting for the Breakfast Waffle Tacos!

## Breakfast Waffle Tacos

Norristown Area School District, Pennsylvania

The ultimate brunch-for-lunch entrée, these tacos are made with a sweet waffle flatbread filled with a savory blend of scrambled eggs, cheese, potatoes, and crumbled turkey sausage.

**VOTE HERE!**



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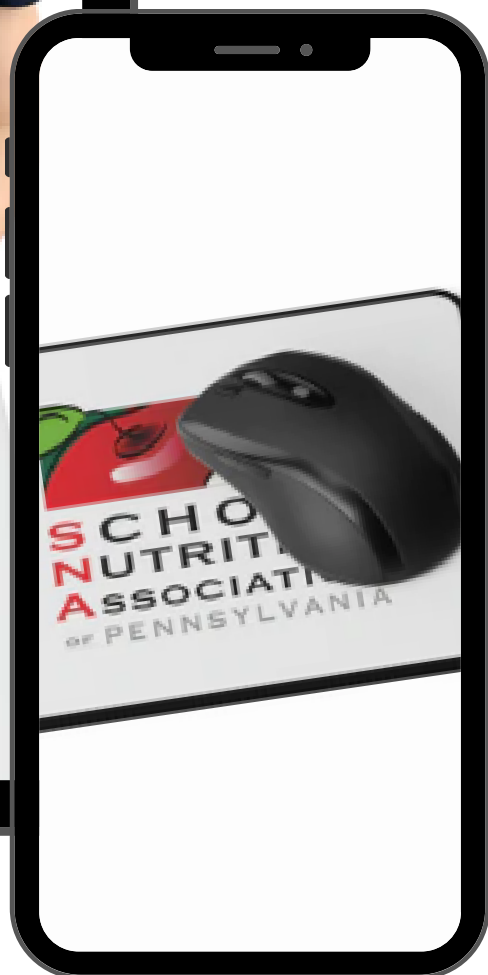
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# SNAPA Store!



SNAPA is excited to introduce the SNAPA store- the one stop shop for all your favorite SNAPA gear for conferences, everyday wear, and school! Proceeds from the store benefit the Pennsylvania School Food Service Foundation.

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

# Nutrition Education and Professional Development Committee Update

Request for future Teaches Tuesday topics and speakers!

If you have a topic that you would like to see on a future Teaches Tuesday, please be sure to complete this [survey](#).

If you are interested in presenting for a future Teaches Tuesday, please be sure to complete this [survey](#).

Thank you,

Nutrition Education and Professional Development Committee



**GOOD TO GO WITH HANDS-ON NUTRIENTS!**

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- NEW Peach Cheerios™, Lucky Charms™, and Cinnamon Toast Crunch™ 2 oz. Equivalent Grain Cereal Bars shelf stable, making them simple to store and serve.
- NEW Yoplait® Simply Go-GURT® Mixed Berry made with without any colors from artificial sources, artificial flavors, and high fructose corn syrup.





# Mentorship

# SNAPA Director Mentorship Program

## **What is it?**

SNAPA is offering a mentorship program for new directors or those responsible for overseeing the school nutrition program at their school district/site. Mentorship provides guidance from a mentor who is an experienced person within school nutrition. Many of our mentors have at least 10+ years of experience as a Food Service Director and managing a school nutrition program.

## **Is the mentorship program for me?**

The mentorship program is open to all directors. This can be a new director (less than a year of experience) to a director who may not be new but interested in working with a mentor. The committee works to pair those seeking a mentor with mentors within their region (or neighboring region) so that mentors and mentees can meet as needed.

## **How do I become a mentor?**

The mentorship program is also seeking experienced directors looking to enhance their professional development by offering mentorship to new or inexperienced directors. The process is simple, interested applicants can email [jlee@rtmsd.org](mailto:jlee@rtmsd.org) (Nutrition Education and Professional Development Chair).

## **Why choose mentorship through SNAPA?**

The School Nutrition Association of Pennsylvania (SNAPA) was organized in 1955 and is recognized as the authority in school nutrition in Pennsylvania. SNAPA has been integral in providing availability, quality, and acceptance of school nutrition programs throughout the Commonwealth. SNAPA currently represents 1000+ members who all have a common goal: to provide high quality, low-cost meals to all students within the Commonwealth.

## **How do I join the mentorship program?**

Those who are interested in finding a mentor should [complete this short survey](#). Upon completion, a committee member will reach out to you to pair you with a mentor.

## **Do you have additional questions?**

If you need more information or have additional questions, please feel free to reach out to Brandon Monk, Executive Director ([executivedirector@snapa.org](mailto:executivedirector@snapa.org)) or Jenni Lee, Nutrition Education and Professional Development Chair ([jlee@rtmsd.org](mailto:jlee@rtmsd.org)).

Interested in being a mentor? Email Jenni Lee, Nutrition Education and Professional Development Chair, at [jlee@rtmsd.org](mailto:jlee@rtmsd.org)!



# 2023 SNAPA Director Workshop

The school nutrition community in Pennsylvania came together for a much-awaited event, the Director Workshop, hosted at Seven Springs Mountain Resort on March 26th and 27th. This workshop was an incredible opportunity for directors to learn new techniques and recharge before the end of the school year.

The opening keynote was delivered by Joe Pettit, who has over 20 years of experience as a leader in the food and beverage industry, including six years in school nutrition. Pettit's speech was inspiring and provided attendees with valuable insights on how to unite a team, plant seeds of greatness, and turn over a new leaf.

The keynote speech was an excellent way to start the workshop, setting the tone for what was to come.

After the keynote speech, directors participated in the Director Spitfire Session, a time for attendees to share their experiences and techniques with one another. This session was a valuable opportunity for directors to learn from one another and to share their best practices. The Vendor Partner Time allowed directors to connect with vendors and learn about new products and services available in the industry.

Attendees were also able to participate in a



Murder Mystery dinner and axe throwing, a fun and exciting way to end the first day. This evening was a great way for attendees to relax, unwind and get to know their fellow directors.

The following day began with a Personal Growth Session with Joe Pettit, allowing directors to reflect on their own growth and development. The Question and Answer Session with Vonda Ramp provided attendees with an opportunity to ask questions and gain valuable insights from an experienced professional.

The workshop ended with lunch to go,

allowing attendees to take a meal with them and continue their conversations with peers and vendors.

The Director's Workshop was an incredible opportunity for school nutrition directors to learn new techniques, connect with peers, and recharge before the end of the school year. Attendees returned to their respective schools feeling inspired, motivated, and ready to tackle the upcoming challenges. This event was a resounding success, and attendees are already looking forward to the next Director Workshop, promising to be even more exceptional! Stay tuned for more information on next year's event!



# GIANT is Feeding School Kids



Pictures - checks received at State College Area School District (Above) and Donegal School District (Right).



It has become a common thing - you go grocery shopping and are ready to pay your bill and you are asked if you'd like to round-up to support a worthy cause. When shoppers rounded-up at GIANT grocery stores in January and February, the worthy cause supported was US! Round up funds collected went to local schools to help fight hunger.

In its third year, GIANT's Feeding School Kids initiative supports food programs in public school districts where GIANT operates stores. Since the program began, it has raised more than \$4.8 million.

Schools have used the funds to launch school food pantries, fill weekend backpacks, eliminate school lunch debt, pay the reduced meal rates for students, and more. The only restriction that GIANT places on the funds is that they are used to increase food access for students.

If you have a GIANT grocery store in your district and have not been a recipient of Feeding School Kids funds, reach out to the store manager to let them know that you are interested in participating in this very worthwhile program.



# ENERGIZE BREAKFAST

GIVE YOUR STUDENTS A GREAT START TO THEIR DAY WITH SCHWAN'S PORTABLE BREAKFAST OPTIONS

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Tony's® Cheese & Egg Breakfast Bagel



## Breakfast with protein sets kids up for learning success

A breakfast rich in whole grains and protein may boost attention span, concentration, and memory.<sup>1</sup>



## Versatile serving

Breakfast items are individually wrapped with ovenable film. Great for breakfast in the classroom or serving via a grab & go kiosk.



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# Meet the Nominees

SNAPA is excited to announce the candidates for the 2023-24 SNAPA Board of Directors!

## **Vice President**

Betsy Snyder, RD, LDN, SNS  
Hollidaysburg Area School District

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Betsy J Snyder is a Registered Dietitian and School Nutrition Specialist. She is currently the Food Service Director at Hollidaysburg Area School District, where she supervises and directs the Food Service Staff, develops and monitors the department's budget, and ensures compliance with federal, state, and local regulations. Betsy has also worked as a Director of Support Services and Personal Nutrition Trainer. She holds a Bachelor of Science Degree in Dietetics from Indiana University of Pennsylvania and a Dietetic Internship from Pennsylvania State University. She is certified in Adult Weight Management and is a member of several professional organizations, including the School Nutrition Association of Pennsylvania and the American Dietetic Association.

## **Nutrition Education & Professional Development**

Devon Sundberg, MDA, RD, LDN  
Unionville-Chadds Ford School District

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Devon Sundberg is a Registered and Licensed Dietitian Nutritionist with a Masters of Dietetic Administration from Utah State University and a Bachelor of Nutrition and Dietetics from West Chester University. She also has a Bachelor of Science in Management with a Major in Marketing from Tulane University. Devon has held various positions in the food service industry, including her current role as Supervisor of Food Services for the Unionville Chadds Ford School District. Prior to this, she was the Coordinator of Dietetic Services for the School District of Philadelphia where she managed all aspects of menu planning and purchasing for full-service cafeterias. Devon was also a Clinical Oncology Dietitian at the Cancer Treatment Centers of America and a Patient Services Representative. Devon has spoken at several conferences, including the School Nutrition Association National Conference and the American Commodity Distribution Association Conference. She has also served on several committees, including the Philadelphia Food Policy Advisory Council and the School Nutrition Association of Pennsylvania Annual Conference Committee.



## **Public Policy & Legislative Chair**

Nicole Melia, MS, RD, LDN  
Great Valley School District

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Nicole Melia is the Food Service Supervisor of the Great Valley School District in Malvern, Pennsylvania. Nicole is responsible for the overall operation of the School Food and Nutrition Department with approximately 4500 students in grades K-12 in the Great Valley Schools as well as providing meals for private schools through the satellite meal program. Great Valley participates in the National School Lunch and School Breakfast Program, as well as the Summer Food Service Program. They also have a robust farm-to-school program.

Nicole has been working in school nutrition since 2009. She has been active in SNAPA and on the SNAPA Board of Directors since 2013. She has served as the State President of the School Nutrition Association of PA, Conference Chair, and is the current Public Policy and Legislative Chair. She also is a member of the Association of School Business Officials and the Pennsylvania School Business Officials. For the past five years, she has served as the Lead Agent for a buying cooperative representing roughly 60 school districts in eastern PA.

## **Region 5 Representative**

Karin Marlin  
Mechanicsburg Area School District

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Karin Marlin is the Food Service Director in the Mechanicsburg Area School District, a position she has held since 1999. Prior to that, Karin was the Director of Dining Services for the Shippensburg University of Pennsylvania and the Associate Director of Dining Service for the California University of Pennsylvania.

Karin received her bachelor's degree in food service management from Indiana University of Pennsylvania and an MS in public administration from Shippensburg.



## **Region 7 Representative**

Melissa Schad  
Avonworth School District

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Melissa Schad is currently the Food Service Director for the Avonworth School District in Allegheny County. Prior to being hired at Avonworth in 2014, she worked for The Nutrition Group, a food service management company, for 17 years in several different school districts in the Pittsburgh area.

Melissa is a dietetic technician and received her associate's degree in dietetics/food service management from the Community College of Allegheny County. Melissa's hobbies include cooking, traveling, reading, and spending time with friends, family, and her three rescue dogs.



# SCHOOL MEAL PHOTOGRAPHY 101

Take gorgeous photos of your school meals and showcase your School Nutrition Program



Content & Photo credits: SNAPA Tray of the Month submissions, SNAPA Communications Chair & Cedar Crest Interns, Thomas Bryson & Juliana Bove

# YOUR FOOD DESERVES GREAT PHOTOGRAPHY.

Appetizing school meal photos play a crucial role in enticing students to include healthier options on their trays. In a visually-driven generation, appearance matters as much as the quality and nutritional value of food being served at school.



Whether you use professional equipment or your cell phone camera, improving how you light, style, and shoot school meals can make a huge difference in how your food is appreciated by students, parents, and your school community.

**Use this guide to showcase the quality and enhance the visual impact of your school meals.**

# USE NATURAL LIGHT

Using natural light is a simple yet effective technique that yields amazing results. The use of natural light can enhance the vibrancy and freshness of the food, making it appear more appetizing and appealing to students. Natural light helps capture the natural colors and textures of the food and avoids using harsh artificial lighting that can make the food look dull and unappetizing.

Take advantage of the ample light sources found in the kitchen and cafeteria, such as windows and doors, to create stunning photographs of meals. Think outside the box—or lunchline—when taking your photos.





# USE NATURAL LIGHT



For best results, **use soft, diffused light**. Try photographing on a table or other surface in front of a window or door.

**Light your food from the side**, not the front. Side lighting brings out detail, and makes your food look richer and fresh.

**Don't use a flash.** A flash will wash out your photos and create harsh shadows and contrasts.



# CHOOSE YOUR ANGLE

The correct angle helps your food look its best. The angle you choose will depend on a number of factors, including how the food is served or plated, how the ingredients are presented, and what is the best overall arrangement of color and ingredients.



Some Food looks best shot from **above**.



Some food looks best shot from the **side**.

# MAKE THE INGREDIENTS THE STAR OF THE PHOTO

Show off all your program has to offer! Highlight fresh ingredients to make your meals look more attractive. Fill your tray with all the components to show off the potential of a complete meal.

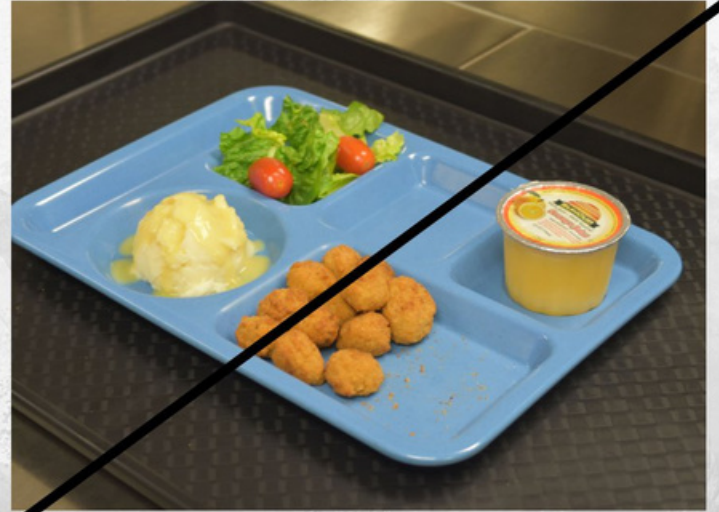


**Include fruits and vegetables of different colors** to make meals more appetizing and appealing.



**Don't hide ingredients** or arrange them so they are not featured.

# MAKE THE INGREDIENTS THE STAR OF THE PHOTO



**Fill up the tray** and avoid empty compartments to give the visual of a complete meal.



**Minimize the packaging.** Showcase the foods, minimize the containers. Make sure you are displaying the contents of the meal and not hiding it!

# USE NEUTRAL, CLEAN BACKGROUNDS

Colored, damaged, or reflective surfaces can interfere with showing your work at its best. Use clean, uncluttered, neutral backgrounds so that your food shines and becomes the star.



**White or wood surfaces work well.** A simple cutting board, tabletop, or white tablecloth provide a warm, attractive background for your shots. Or, use a fruit & vegetable bar as your background to showcase other menu items!

**Minimize stainless steel** or other reflective surfaces that produce glare when possible. Stage your photos away from stoves, trash cans, and other elements.



# WAYS TO USE YOUR PHOTOS

You're now a pro at school food photography, but what do you do with the photos?



## WE ARE HIRING!

North Penn School Nutrition Services  
Part Time SNS Assistants & Cafeteria Monitors  
**New starting rate of \$15.31/hr**

For more information call 215-853-1081  
To apply, visit [www.npenn.org/employment](http://www.npenn.org/employment) (applications only available online)



**Use it on all marketing material** that is shared with your families & community.

**Share on your school nutrition or district social media pages.** Showcase your photos on social media often to give families & the community a peak!



# WAYS TO USE YOUR PHOTOS

**Create a photo menu** for students who can't read yet or those with English as a second language. This helps them make decisions on what items to choose!

### WEEKLY MENU

 <b>POPCORN CHICKEN</b>	 <b>HOT DOG</b>	 <b>BEEF SOFT TACO</b>	 <b>CHICKEN SANDWICH</b>	 <b>CHEESE PIZZA</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>



**NEW MENU ITEM!**

**CHICKEN CAESAR SALAD WITH HOMEMADE CROUTONS**

**Create menu signs.** We all eat with our eyes, show your students what their meal could look like!

**Submit your school meals** to SNAPA's Tray of the Month contest!

### October Tray of the Month Winner!



**TULPEHOCKEN JR/SR HIGH  
BERNVILLE, PA**

SCHOOL NUTRITION ASSOCIATION OF PENNSYLVANIA



**Good for you.  
Good for the planet.  
Good for school meals.**

## **Dairy contributes to healthy lives... and a healthy planet.**

Milk is the perfect complement to school meals. In addition to benefiting from its 13 essential nutrients – including calcium, Vitamin D and protein – today’s students appreciate that dairy farmers are among the world’s sustainability leaders.

Your district can proudly serve dairy every day, knowing you’re connecting good nutrition, great taste and an ongoing commitment to the global environment.

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**AMERICAN DAIRY  
ASSOCIATION**  
NORTH  
EAST





(Above) During a recent Valentine's Day celebration at Avella School District, this lunch tray featured locally-produced milk from Turner Dairy Farms. Locally-sourced products like milk are a staple of farm to school programs.

(Left) American Dairy Association North East works with schools like the Hempfield Area School District in Greensburg to secure grants and funding that allow them to obtain new equipment, like this hot chocolate milk dispenser.

## As School Meal Prices Rise, American Dairy Association North East Helps Schools Cut Costs

Written by: Greg Szklany

The latest wrench thrown at school food service departments post pandemic is the impact of rising inflation on school meals. According to the latest Consumer Price Index data, school meal prices increased more than 300 percent over the past year.

As schools are undoubtedly looking to stretch their dollars further and continue to prioritize feeding students healthy and nutritious meals, American Dairy Association North East offers support and a variety of resources to help reallocate spending.

One way many schools in Pennsylvania can reduce costs is by increasing their participation in farm to school programs. On an annual basis, the U.S. Department of Agriculture awards Farm to School grants that support planning, developing, and implementing programs that highlight and support local farmers. As an added bonus to supporting the local economy, students are provided nutritious food products from local sources, such as milk, yogurt and cheese, from Pennsylvania's more than 5,000 local dairy farms. While the current Farm to School grant is now closed, request for applications will open back up later this year for fiscal year 2024.



**AMERICAN DAIRY  
ASSOCIATION** NORTH EAST

Dairy farmers, in partnership with American Dairy Association North East and the NFL, also offer schools an opportunity to receive up to \$4,000 in funding for in-school, nutrition-focused equipment through the Fuel Up to Play 60 program. Applications for Spring 2023 will open in late March or early April. Recent examples of equipment offerings include smoothie kits and mobile meal carts.

Not only does American Dairy Association North East regularly coordinate programs that help increase meal participation, programs are also designed to help schools acquire new equipment. One example is "Strive for 35!," which helps to ensure schools are serving milk at an optimal temperature, keeping students satisfied. Schools that participate are eligible to win milk coolers.

By taking advantage of some, or all, of these types of funding opportunities, schools spend less money on equipment and more on their top priority – providing nutritious meals to their students. Please contact American Dairy Association North East at [schools@milku4u.org](mailto:schools@milku4u.org) for all of your school meal assistance.

Feb. 1st through May 26th, 2023

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# #NSBW Celebrations

We celebrated National School Breakfast Week 2023 by bringing in a Smoothie Bike to the Bethel Elementary School on March 8th. Local Farmer Lolly Leshar from Way-Har Farms brought the bike and ingredients (which included locally produced milk and yogurt) to our school. Students blended smoothies on the bike and everyone enjoyed trying the smoothie samples!

Submitted by: The Tulpehocken Area School District





ITW FOOD EQUIPMENT GROUP

# SUPPORTING YOU IS OUR NUMBER ONE PRIORITY



We consider it an honor to support those who serve our future leaders as they learn and grow. That's why we're dedicated to providing foodservice professionals with equipment you can trust to work hard daily, all while helping reduce time and labor costs and promoting sanitization.



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The Traulsen Lunch Line provides school nutrition pros a fast pass to improving kitchen refrigeration. From our ultra-reliable kitchen refrigerators and hot food cabinets to our high-performance Spec Line of freezers and refrigerators, we can help make your K-12 kitchen fairytale into a cool reality.

Contact us to learn more about how we can support you with your child nutrition programs

## ZACH VOGEL

Western PA Territory Sales Manager

717-319-2222

Zach.Vogel@itwfeg.com



## JASON R. ZEBORIS

Central/Eastern PA Territory Sales Manager

937-405-3544

Jason.Zeboris@itwfeg.com



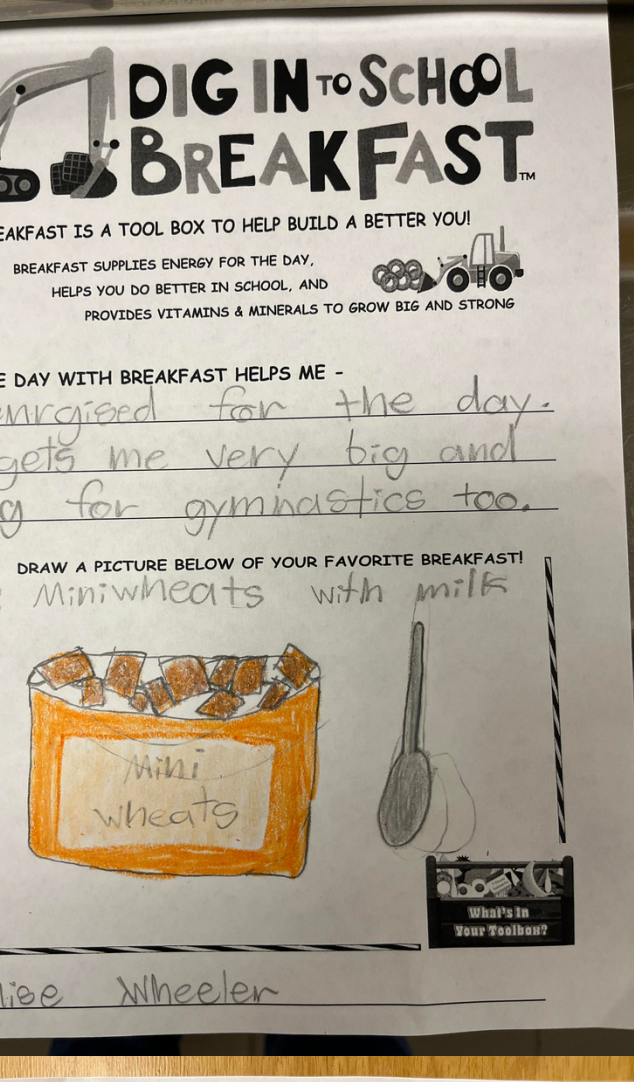
## GIVE YOUR KITCHEN AN A+ WITH BAXTER OVENS



OV310 Mini-Rotating Rack Oven

Preparing to feed hungry mouths each day challenges K-12 kitchens. Space is limited, and there is so much to cook. What do you do? Rank up with Baxter's mini-rotating rack oven. This valuable tool can bake, roast, and rethermalize, all in a small footprint. A great way to give your kitchen an additional A+.



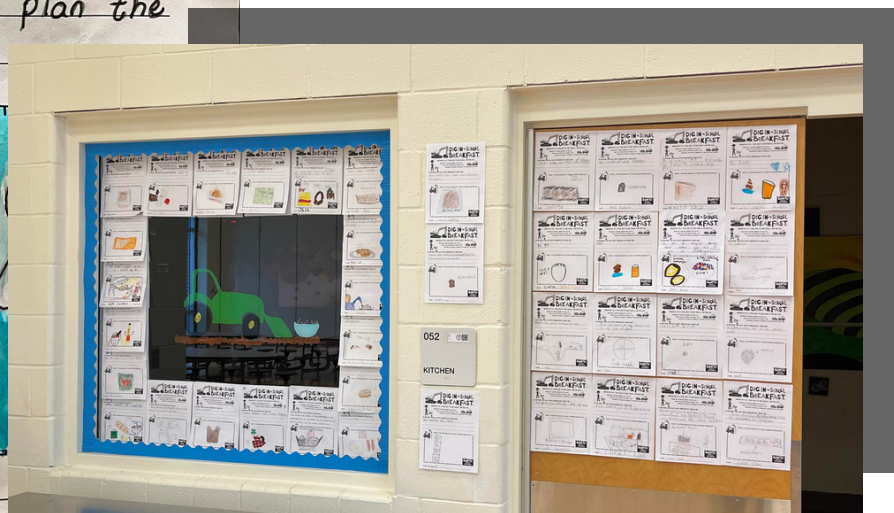
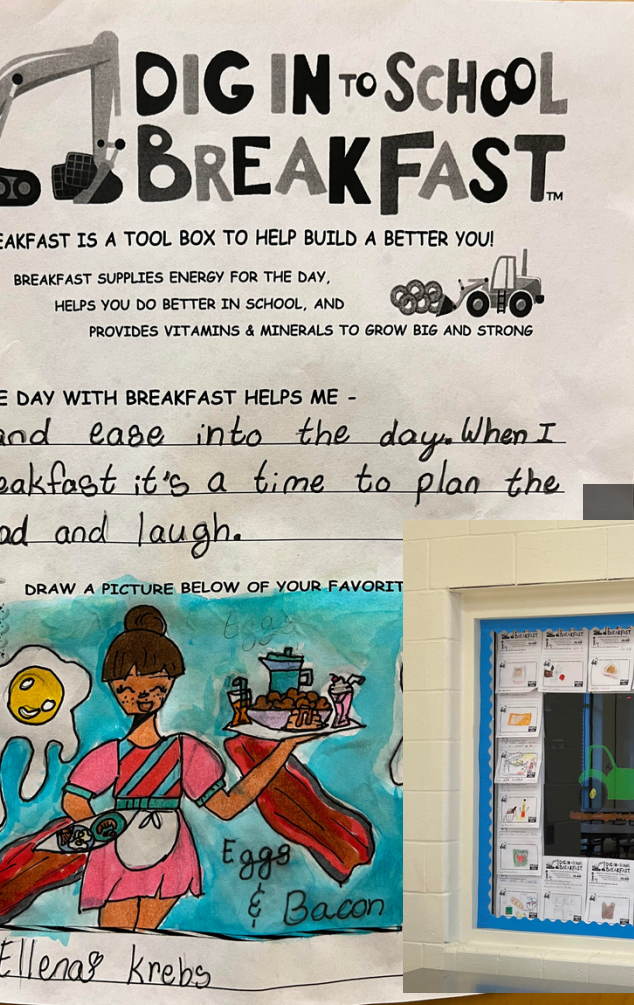


# Building Better Students Through Universal Breakfast

To celebrate National School Breakfast Week this year, we wanted to hear from our students how school breakfast helps them each day. Beginning in October 2022, Pennsylvania allowed all students in the Commonwealth to receive breakfast at no charge. Breakfast participation in the State College School District improved by nearly 20 % compared to September of 2022. Studies continue to show that students who eat a balanced breakfast have better attendance records, score better on math and reading tests, have less trips to the nurse's office, and better attention spans.

We created an activity sheet for students and distributed it during breakfast to complete and hung the returned pages up in the serving lines for students to see. The sheets included a space for students to write a short sentence describing how breakfast helps them, followed by a space for them to draw their favorite breakfast. At the end of the week, we chose one student from each school to win a \$25 gift card. Overall, students were very enthusiastic about the activity and there was a nice response. We really enjoyed hearing from students and hope to share students' feelings with state legislators in the future.

Submitted by: Travis Folmar, MPS, SNS, Food Service Supervisor - State College Area School District





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# SNAPA REGIONS



## Region VIII

717-732-1100  
executivedirector@snapa.org



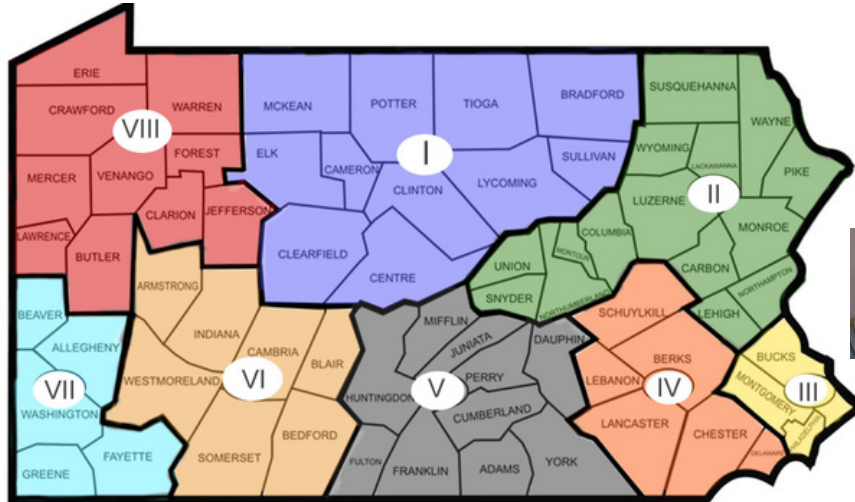
## Region I

Laura Frye  
814-355-4814 ext.3010  
frye@basd.net



## Region II

717-732-1100  
executivedirector@snapa.org



## Region VII

Melissa Schad  
412-366-6360 x1612  
mschad@avonworth.k12.pa.us



## Region III

Randi Mongiello  
215-830-1522  
rmongiello@umtsd.org



## Region VI

Betsy Snyder  
814-386-3091  
betsy.snyder@hasdtigers.com



## Region V

Karin Marlin  
717-691-3437  
kmarlin@mbsd.org



## Region IV

Kelly Price  
717-492-1221  
kelly.price@donegalsd.org



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[www.schoolnutrition.org/LEAD](http://www.schoolnutrition.org/LEAD)



# SNAPA Tray of the Month Campaign

A year-long school meal promotion activity that highlights the consistent high quality meals served in our Pennsylvania schools!

## How does it work?

Each week SNAPA will select and share, via social media & email, photos of Pennsylvania school meal trays served that week, and which meet the following criteria:

1. Meet the USDA National School Breakfast or National School Lunch Meal Patterns, clearly showing all components (i.e. including fruit, vegetables, grains, meat/meat alternate and fluid milk as applicable)
2. Include a description of the meal menu items
3. Indicate the location and date of service
4. Be attractively plated and photographed
5. Carry the hashtags #FuelingPA and #SNAPATrayoftheWeek or has been submitted by email to [SNAPAcommunication@gmail.com](mailto:SNAPAcommunication@gmail.com)

SNAPA social media followers will be asked to select their favorite photo each week. The image with the most weekly engagement (likes & comments) will go into a running for the SNAPA Tray of the Month!

The SNAPA Tray of the Month will be selected and awarded the first week of the new month!



# Purpose of Campaign

The campaign is intended to amplify all work that goes into meals served in Pennsylvania schools. SNAPA wants to provide a space where all School Nutrition Programs, regardless of size, location or presence on social media, will find an outlet to celebrate the work of your School Nutrition Professionals.

We also expect the campaign to provide replicable menus and menu presentation examples from local sources, from which other School Nutrition Programs may draw inspiration.

# Winners

- Winners will receive a congratulatory award for winning tray of the month.
- Winning tray will be featured on SNAPA Social Media (Twitter, Instagram & Facebook!)
- List of winners and their photos will be linked on SNAPA website.
- Tray of the month winning trays will be highlighted and recognized in SNAPA Happenings.

# Have fun and follow along!

Competition starts October 4th for the 22-23 school year start sharing those trays!



**@SNAofPA**

# October Tray of the Month Winner!



**TULPEHOCKEN JR/SR HIGH  
BERNVILLE, PA**



**Congratulations  
to our tray of the  
month winners!**

# November Tray of the Month Winner!



**GREAT VALLEY  
SCHOOL DISTRICT  
MALVERN, PA**

# December Tray of the Month Winner!



**NORTH PENN HIGH  
SCHOOL  
LANSDALE, PA**



# January Tray of the Month Winner!



**RIDLEY HIGH SCHOOL  
FOLSOM, PA**

# February Tray of the Month Winner!



**OAK PARK  
ELEMENTARY SCHOOL  
HATFIELD, PA**

# March Tray of the Month Winner!



**DONEGAL SCHOOL  
DISTRICT  
MOUNT JOY, PA**



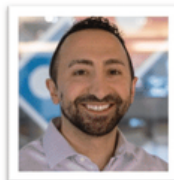


# KIDS LIKE PIZZA. BUT THEY LOVE DOMINO'S.®

Nothing beats pizza for lunch. Nothing beats Domino's for boosting participation.

It's time to turn your school's pizza program up a notch by partnering with Domino's — the world's #1 pizza brand. Our customers report increased participation on days when Domino's Smart Slice is on the menu. So what are you waiting for?

Learn more about Domino's Smart Slice today!



**George Akroush**  
 Pennsylvania Account Manager  
[george.akroush@dominos.com](mailto:george.akroush@dominos.com)  
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Follow Us @TysonK12Schools



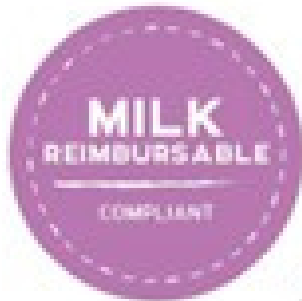
Contact your Tyson Foodservice Representative or visit [tysonk12.com](http://tysonk12.com) for product information, resources and market-relevant solutions backed by our trusted brands.

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# JAVA HOUSE

## WE'RE BACK!



All Three varieties of the Java House Ready-To-Drink are in DOT and ready to ship!

Item	Description	DOT Code
Java House RTD Columbian Black	Authentic cold brew coffee 8 oz. bottle 24 units/case	752451
Java House RTD Milk Latte	Authentic cold brew milk latte 8oz. bottle 24 units/case	752452
Java House RTD Milk Vanilla Latte	Authentic cold brew milk vanilla latte 8oz. bottle 24 units/case	752453

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# RED ROSE-19



Cookie Exchange

High Tea

Dinner and Networking

# Holiday Party



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# Importance of School Breakfast

## Breakfast

Breakfast has long been called the **most important meal of the day**, but not all kids are currently consuming it. Whether at home or at school, breakfast is an important meal to help kids get their day started off right with energy and nutrients to tackle the school day.



 **28% of boys and 24% of girls age 12-19 do not eat breakfast.**<sup>1</sup>

-  1 in 7 children in the US lives with hunger<sup>2</sup>
-  11 million children in the US live in food insecure homes<sup>2</sup>
-  17.9% of children under 18 live in households that experienced limited or uncertain availability of safe, nutritious food at some point during the year<sup>2</sup>
-  59% of children from low-income families have to come to school hungry<sup>3</sup>



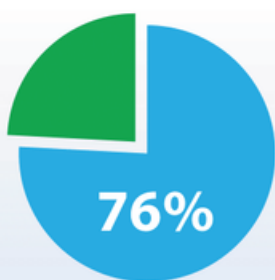
## Breakfast for Academics

Eating breakfast is important for kids' minds and bodies to perform at their very best. Teachers see the impact of hunger in their classrooms every day.

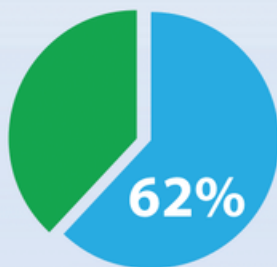
### When their students don't get enough to eat:



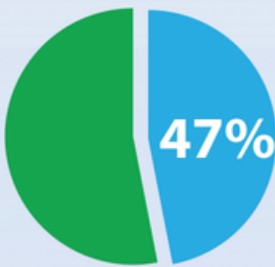
of teachers see them lose the ability to concentrate.<sup>3</sup>



see poor academic performance.<sup>3</sup>







see behavioral and discipline problems.<sup>3</sup>



see sicker and less healthy students.<sup>3</sup>

### Students who eat breakfast:

-  Perform better on standardized tests; scores are significantly higher in spelling, reading and math compared to those who skip breakfast<sup>4</sup>
-  Show improved concentration, comprehension, cognitive function, attention and memory<sup>4</sup>
-  Have improved performance on demanding mental tasks and reaction to frustration<sup>4</sup>
-  Miss less school<sup>4</sup>



### Kids who eat school breakfast:



Children who eat school breakfast more often as a result of a universal-free school breakfast program show significant improvements in math scores, attendance, punctuality, depression, anxiety and hyperactivity.<sup>4</sup>



**bell institute**  
OF HEALTH & NUTRITION  
General Mills



# Breakfast for Health

Schools that offer universal-free breakfast have higher breakfast participation and students are more likely to consume a nutritious breakfast. These students consume significantly more calcium, magnesium, phosphorus, fruit and dairy products compared to students from schools with a traditional, non-universal school breakfast program. Regular breakfast intake has also been linked to overall lower intake of fat, cholesterol and sodium.<sup>4</sup>

## Whole Grains:



The breakfast that kids get through the School Breakfast Program contains more whole grains and fewer refined grains and empty calories than the breakfast of kids who do not participate in the program.<sup>6</sup> Whole grain foods contain many important nutrients such as fiber, B vitamins, antioxidants, iron, zinc and magnesium and are an essential component of a healthy diet.

## Eating whole grain foods as part of a healthy diet may confer a host of benefits including:

- Protecting heart health
- Reducing cancer risk
- Promoting digestive regularity
- Weight management<sup>7</sup>

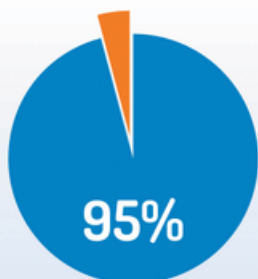


Cereal is a significant source of whole grain at breakfast. In addition to being a nutritional powerhouse, eating cereal has been linked to healthier body weights in children. Cereal consumption among kids, as well as participation in a school breakfast program, has been associated with a lower likelihood of being overweight.<sup>4,8</sup>

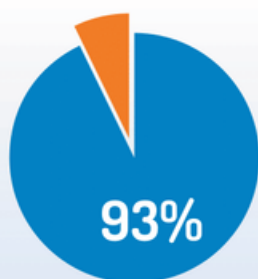


## Dairy:

Dairy foods provide many nutrients that are important for maintaining health, including calcium, potassium, vitamin D and protein. Many kids fall short of their vitamin D and calcium goals but eating dairy foods like yogurt at breakfast can help them meet their needs.



Children 6-12



Children 13-18

are below the recommended intake level for vitamin D.<sup>1</sup>

Calcium intake is especially important for **teen girls:** 70% of girls age 13 to 18 do not have adequate calcium intake.<sup>1</sup>



## Yogurt is a quick and healthy breakfast option. It may contain:



Protein for muscle development



Carbohydrates for brain food and energy



Calcium and sometimes Vitamin D for bone health



Probiotics to promote a healthy gut.

### References:

- NHANES 2015/16.
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- Liu, et al. Greater Whole-Grain Intake is Associated with Lower Risk of Type 2 Diabetes, Cardiovascular Disease, and Weight Gain. The Journal of Nutrition, Nutritional Epidemiology, 2012 8. Albertson, Ann M., et al. Ready-to-eat cereal consumption: its relationships with BMI and nutrient intake of children aged 4 to 12 year. Journal of the American Dietetic Association, 2003.



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# Equipment Maintenance

It should come as no surprise that a lengthy list of equipment needs to be maintained as the largest school district in Pennsylvania. With the average age of equipment ranging from 15-33 years, equipment maintenance is not without its challenges. Hot summer months and older equipment often lead to an influx of work order requests to start the school year off. To avoid the anticipated setbacks, the newly appointed Resource Scheduler, Joseph Stewart, developed an alternative approach to streamline and improve equipment repairs. By salvaging refrigeration capsules and maintaining an inventory to “grab” from, the Food Services Mechanical Division has dramatically reduced repair time; repairs that previously took 24 hrs are now accomplished within 2 hrs. This improvement in efficiency has had a tremendous impact on all facets of operations, ultimately allowing the division to better serve our students.

Submitted by: Amy Virus



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# SCHOOL LUNCH HERO DAY



May 5, 2023

When we say school nutrition professionals are heroes, we mean it! That's why we celebrate them every spring with the annual School Lunch Hero Day. Join schools across the country that are recognizing the difference these team members make for every child who comes through their cafeteria.

Watch the author of the "Lunch Lady" book series, Jarrett J. Krosoczka, on [Good Morning America](#) sharing more about this day of celebration. Visit the [SNA Website](#) to download the official logos and artwork!

# WE NEVER CALL IN SICK!

Getting caught up in a tornado of absenteeism & labor shortages?  
We have solutions for you, all day long!

ABSENTEEISM

EARLY DISMISSAL

LAST MINUTE FIELD TRIPS

SUPPER

SUMMER FEEDING

AFTER VACATION

GRAB & GO

SUPPER

LABOR

BEFORE VACATION

FIELD TRIPS

EARLY DISMISSAL

AFTER VACATION

SUMMER FEEDING

BEFORE VACATION

LABOR

FIELD TRIPS

ABSENTEEISM

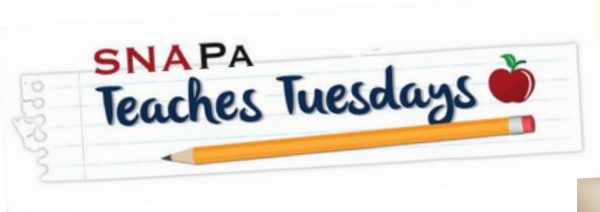
GRAB & GO

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- Frozen for longer shelf life
- Easy prep & serving
- Available with commodities
- 5 ANYTIMERS® kits available  
Pizza • Pepperoni Pizza • Turkey  
Turkey Ham • Turkey Pepperoni
- IW sandwiches also available



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Christa Baccare | [christa@barryfoodsales.com](mailto:christa@barryfoodsales.com)

Check out our newly redesigned website at [tastybrandsk12.com](http://tastybrandsk12.com)



## Interested in serving on the Nutrition Education and Professional Development Committee?

The Nutrition Education and Professional Development Committee is looking for volunteers to serve on the committee! The commitment is minimal, 2-4 hours per month and meetings will be held via Zoom. We are looking for fresh and innovative ideas and topics to bring to our SNAPA members. If you are interested in joining our committee, please reach out to Jenni Lee; [jlee@rtmsd.org](mailto:jlee@rtmsd.org) (Nutrition Education and Professional Development Chair), we look forward to working with you soon.



## WHAT'S NEXT ON YOUR MENU?

The Conagra Foodservice team and Waypoint's dedicated K-12 teams are here to help! We are looking to the future with creative meal plan options. 100% of The MAX entrees meet sodium and other meal requirements for School Years 22/23 AND 23/24!

LOOK FOR US IN  
**BOOTH 1545 at ANC 2023**

For More Information Call:  
**1-800-357-6543**

\*When served with broccoli, fruit and milk.



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**ABC7 COMBI OVEN**  
*shown with optional stacking kit & casters*



**TCM COMBI OVEN**  
*shown on optional stand*



**MINIJET® COMBI OVEN**  
*shown with optional stacking kit*

## SIMPLY BRILLIANT. BRILLIANTLY SIMPLE.

Food that looks better, and tastes better, is the food that you want coming out of your kitchen. And equipment that makes your life easier? Well, that's just smart cooking. Vulcan's stackable ABC Combi Oven, versatile and self-cleaning TCM Combi Oven, and space-saving Minijet® Combi Oven steam, bake, roast, retherm, and more.



**K-12  
Specialists**

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**Steve Heraty**  
610.721.2440  
steve@4starreps.com

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# SPECIFICATION CHEAT SHEET

With labor shortages and food supply-chain issues, the last thing you want to worry about is replacing food service equipment. As manufacturers' agents for the food service industry, we endeavor to facilitate the equipment procurement process. We hope utilizing this document will promote the success of your operation by streamlining your equipment specification.

## OLD UNIT

Type: \_\_\_\_\_  
Manufacturer: \_\_\_\_\_  
Model Number: \_\_\_\_\_  
Serial Number: \_\_\_\_\_

## UTILITIES (OLD UNIT)

### GAS TYPE:

Natural  Propane

Pipe Size: \_\_\_\_\_

### ELECTRIC SERVICE:

Voltage:  120V  208V  408V

Phase:  1ph  3ph

Connection:  Cord/Plug  Direct Wired

### WATER:

How many lines? \_\_\_\_\_

Drain line  Trough

How recently has your water been tested? \_\_\_\_\_

## LIKE-FOR-LIKE OR READY FOR CHANGE?

Available dimensions: W, H, D

Capacity:  Smaller  Same  Larger

Are you interested in new technology?

- Can I increase my functionality with a different piece?

- Energy Efficiency: is saving on water/gas/electric important to you?

## NEW UNIT

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SPECIFIC PREFERENCES (NEW UNIT)

### SHELVING AND PANS:

Universal  Sheet pan  Hotel pan slides

Specific pan configuration \_\_\_\_\_

### DOORS:

Glass  Solid

### CONTROLS:

Least advanced  Most advanced

### MOUNTING OPTIONS:

Equip:  Casters  Legs  Flanged Feet

Stand:  Open  Refrigeration  Freezer

### WARRANTY:

Standard  Extended

### GENERAL USE:

What products do you plan on using/cooking?

How frequently will you use the equipment?

## REMOVAL, INSTALL, AND DELIVERY REMINDERS:

• PLAN REMOVAL OF OLD UNIT

• INSTALLATION QUOTE

Like-for-like OR the utilities need changed:  Gas  Water  Electric  Fire suppression

### ZIP CODE:

Liftgate Needed (loading dock is NOT tailgate height)

**THEY WILL ONLY UNLOAD** (plan for uncrating, transporting inside — check for damage before you sign for the delivery!)

### PATHWAY:

Measure all doorways and bends from the delivery area to the unit's location!  Are there any stairs or steps?



If applicable, along with this file, try to take a few photos of the equipment you are replacing:

- The entire unit
- Any capacity measurement markings on the unit
- The plate with the model, serial number, and utility information
- The connections behind the unit



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# PDE/Project PA Farm to School Update



**Project PA**  
Sound Nutrition Education

Many exciting farm to school-related opportunities are in the works for the coming months offered through the Pennsylvania Department of Education/Project PA including the following:

## **Hands-on Culinary Training Sessions Focused on Pennsylvania Harvest of the Month (PA HOM)**

These 2-day sessions, led by Chef Bill Scepanzky, will be similar to those offered in previous summers, but will focus on PA HOM. Attendees will receive PA HOM signage and have the opportunity to apply for up to \$1,000 to conduct taste-tests in their schools featuring PA HOM items. Travel scholarships will be available for a select number of attendees. Three sessions will be offered this summer. Dates, locations, and additional details will be posted on the [Project PA website](#). Five ½-day sessions are also planned for Child and Adult Care Food Program and Summer Food Service Program sponsors.

## **Farm to School Regional Gatherings**

Two ½-day farm to school regional gatherings will be offered in October. The first one will be held at the Allegheny IU (475 E. Waterfront Drive, Homestead, PA) on October 11th and the second will be at the Farm Show Complex (2300 N. Cameron Street, Harrisburg, PA) on October 24th. These sessions are intended to bring together Child Nutrition Program operators, educators, and producers. Session topics will include implementing PA HOM, funding farm to school initiatives, the Pennsylvania Farm to School Network, and more.

## **Farm to Child Nutrition Summit**

Building on the success of the first statewide Farm to Child Nutrition Summit offered in June of 2022, plans are underway to offer a second statewide summit in 2024. Date and location are to be determined.





## PA HOM Student Contest Grant Awardees

Congratulations to the schools/school districts that are receiving funding to implement PA HOM student contests. A list of awardees can be found on the [PA HOM website](#). Contests will include coloring contests, recipe contests, photography contests, poster contests, and more. Winning entries will be featured on the PA HOM website.

## PA HOM Standardized Recipes

Through a USDA Team Nutrition grant, eight PA school districts were awarded funds to work on development of standardized recipes featuring PA HOM items. These newly-developed recipes are being added to the “Recipes” section PA HOM website and include items such as a Chicken and Mushroom Quesadilla, Apple and Beet Baked Oatmeal, and a Harvest Hashbrown.

## PA HOM Gardening Information Sheets





Gardening information sheets are being developed for each PA HOM produce item. These sheets will provide instructions for planting, caring for, and harvesting PA HOM items for anyone interested in growing them in a home, school, or community garden.

## Join the PA Farm to School Network!

The PA Farm to School Network (PFSN) works to promote and support implementation of farm to school activities across the Commonwealth. If you are involved in farm to school activities in any way or want to become involved, PFSN welcomes you. RSVP for a [New Member Info Session](#) and you'll learn about PFSN's collaborative work to advance farm to school strategies and policies across PA. New members are welcome to join one of our working groups, which meet for one hour every other month to discuss strategies and connect with other farm to school stakeholders. Learn more and get connected at an [upcoming info session](#) or contact Sam Gibb [sgibb@thefoodtrust.org](mailto:sgibb@thefoodtrust.org) with any questions!

Upcoming in October 2023--Data collection for the USDA Farm to School Census -- SFA school nutrition directors will be asked to complete a web survey to provide information about their participation in farm to school activities.

Discover our most appreciated recipes!

 <p><b>Sweet Potato and Black Bean Salad</b></p> <p>★★★★★</p> <p>42 (1/4 cup) servings Crediting: 1/4 cup serving provides: Legume as Meat Alternate: 1/4 cup provides 1/4 cup red/orange vegetable and 1/4 oz meat/meat alternate. DR Legume as...</p> <p>Category <b>Sweet Potatoes</b></p>	 <p><b>Smokin' Powerhouse Chili</b></p> <p>★★★★★</p> <p>100 servings Crediting: 1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa provides: Legume as Meat Alternate: 1/4 oz equivalent meat alternate, 1/4 cup red/orange...</p> <p>Category <b>Sweet Potatoes</b></p>
 <p><b>Tabbouleh</b></p> <p>★★★★★</p> <p>50 servings Crediting: 1/4 cup (6 fl oz spoodle) provides: 1/4 cup red/orange vegetable and 1 oz equivalent grains. PrimeroEdge: SR109950</p>	 <p><b>Cherry Tomato &amp; Corn Salad</b></p> <p>★★★★★</p> <p>48 (1/4 cup) servings Crediting: 1/4 cup provides: 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable, and .25 oz eq meat/meat alternate. PrimeroEdge: SR109952</p>





# Top 6 Reasons to Join SNA

1

## Free Training

Free live and on-demand webinars at your fingertips on The Training Zone

2

## Meetings & Events

Unparalleled in-person & virtual networking & professional development opportunities

3

## Advocacy in Action

Unyielding efforts to provide a voice for school nutrition at the state and national levels

4

## Career Advancement

The ability to grow professionally with Certificate & Credentialing programs

5

## School Nutrition Magazine

A subscription to SNA's award-winning publication and other timely news you need

6

## Marketing & PR Resources

An array of tools to promote and grow your school meals program

Membership starts with



#ISupportSNA

SNA membership is a smart investment for you and your program.

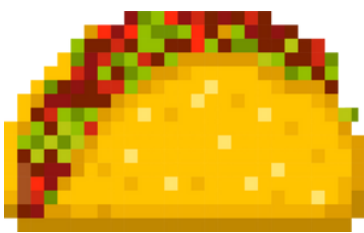
Become a member today at [www.schoolnutrition.org/join](http://www.schoolnutrition.org/join)

# 2023 National School Lunch Week: Level Up with School Lunch

Facts are facts: Kids these days love video games, and #NSLW23's theme takes full advantage of that. While it might seem at first glance that video games run contradictory to the goal of getting students more active, that's not necessarily the case now. Think about how many active video games are available, from Pokémon Go, which emphasizes a ton of walking, to the upbeat, motion-heavy Just Dance.

It's easy to make a link between nutritious foods and video games, too! In so many video games, when a character is low on energy or health, what do they do? They power up by finding food items (Remember, it's the mushrooms that make Mario grow big and strong!)

While you can focus on a generic video game aesthetic (take cues from the retro, pixelated official #NSLW23 artwork), you might find more success with popular games and characters. Each age group from K-12 has games that resonate with them. Instead of choosing your favorite games, do a poll that asks the students (perhaps as they come through the serving line), "What's your favorite game?" With the knowledge of what your specific students love, you can lean into those games with your decoration and celebration ideas. It can help the students feel involved in the week and make it more relatable to your school.



Word of caution: Before you get too into using popular characters in your celebrations, remember that they are trademarked and/or copyrighted. Always make sure you're using officially licensed merchandise to stay in the clear!

As always, we encourage you and your co-workers to go all in and to dress up (or, as



the video game community might say, cosplay!) Serve lunch dressed up as a popular character, and encourage students to join in by wearing their video game-themed clothing.

The [SNA Shop](#) is your cheat code for #NSLW23 success! Starting early this summer, you'll be able to purchase decorations, cups, water bottles, stickers and more. [SNA's NSLW website](#) also has free printable resources, such as activity and coloring sheets.

To add more players (i.e. more school lunch participants!) to your lunchroom, get creative with food names and menu terms! Milk and fruit and vegetable juices can become "health potions" or "mana potions," grab-and-go items can become "XP boosters" (XP meaning experience points), main and side dishes can be "main quests" and "side quests." Simply changing the name of the item already is creating a more playful atmosphere for this gaming theme!

Video games can be more than just entertainment; it is also a door into a computer science career. Partner with the library to highlight video game-themed books and with computers and software or with teachers for lesson plans on coding. This can create a more holistic approach to the theme and engage students in learning about the video game industry beyond just playing games.



# Thank you to our partners!

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## PLATINUM



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Berks Foods  
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Bridford Foods  
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Butter Buds  
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**SAVE THE DATE:**

**JULY 31 - AUGUST 3, 2023**

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