

SNAPA Happenings

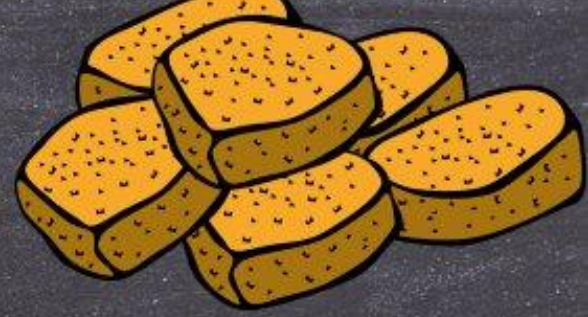


FALL 2022

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A MESSAGE FROM
OUR PRESIDENT...

Megan Schaper

Hello SNAPA friends,

By now we all have at least a few weeks of the new school year under our belts, and I hope that things are beginning to settle into place for you. While things are beginning to settle for me, I'm also starting to feel that nothing will ever be "normal" again. But, at least in one respect, maybe that isn't a bad thing.

I am feeling so optimistic that school nutrition programs are on the cusp of big things! While the pandemic was painful, it provided the opportunity for us to prove to everyone else what we already knew – we can run better programs, serve more students, and serve better, healthier foods when meals are free of charge for all students. Our brief experiment with universal free meals has started a conversation about how school meal programs are funded and how we, as a country, can make sure that all children have access to the food they need to grow and learn.

And, I am so proud of the advocacy work that SNAPA has done to help move these efforts forward. A big "thank-you!" goes to our Public Policy & Legislative Chair, Nicole Melia, and our Public Communications



Chair, Melissa Froehlich, for the work they have done to share our experiences with Pennsylvania legislators. Their efforts resulted in free breakfast for the rest of this year. But, there is more work to do, and they need your help to continue to elevate the message that universal free meals are good for us, for teachers, for families, for farmers, and most of all, for kids. Please contact your state legislative representatives to support House Bill 2829 and Senate Bill 1327, and ask your teachers, school boards, and families to do the same. Legislative advocacy is just one way that SNAPA is working hard to support you and your program. SNAPA provides so many resources and opportunities to help you connect with others, to become an expert in your field, and to be reminded how important you and your work are. Just a few of the ways that we'll be fulfilling this

mission over the next year include:

- Monday Morning Newsletters – packed full of information that you need!
- Teaches Tuesdays
- SNAPA Connects
- Mentoring and training for new directors
- Spring Directors Workshop
- Annual Conference, Aug 1-3, 2022, at the Kalahari
- Chapter Meetings

The Harvard Business Review recently reported that 40% of people say that they feel isolated at work, which results in lower commitment to and engagement in the job. We and the people we work with are better at our jobs when we feel connected to others. SNAPA can help to make those connections. I encourage you to be an active member of SNAPA. Read the newsletters, attend chapter meetings and conferences, and if there isn't an active chapter in your area, gather a few like-minded friends and start meeting!

SNAPA recently sent a request for members to serve on our committees. This is a great way to dip your toe into the waters of

SNAPA leadership. I encourage you to jump into the waters, join a committee, and help move this organization forward. SNAPA is a vibrant organization that is already actively working toward and achieving goals. But, I am really excited by the potential we have to do and to be even more. We just need your ideas and help! If you are interested in being more involved in any way, please reach out to me at mas15@scasd.org. We will find a way for you to be involved.

Thank you for your faith in me to lead this organization this year. I have so much respect for the work that you do and the differences that you make every day. I don't know that we ever will return to the normal we knew in 2019, but I know that we have a bright future ahead. And, I know that we'll all have more fun and be more successful when we work toward that future together.

Best wishes for a successful school year!

Megan Schaper

Megan Schaper, SNS
22-23 SNAPA President



School Nutrition Association of Pennsylvania

2022-23 BOARD OF DIRECTORS

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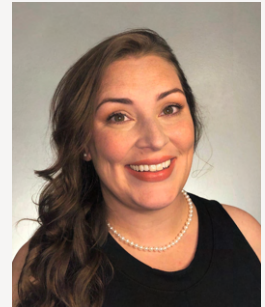
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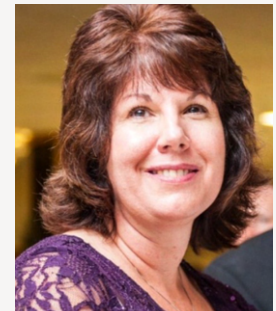
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BRANDON H. MONK
EXECUTIVE DIRECTOR



2022 SNAPA Training Camp

The 2022 SNAPA Annual Conference brought SNAPA members from across the state to The Spooky Nook Sports Complex in Manheim, PA for four days of professional development, networking, fun, and so much more!

This year's "Training Camp" featured a host of engaging and informative sessions, a spectacular food show featuring a variety of the newest foods and equipment in food service and so much more.

SNAPA was extremely fortunate to hear from 17-year school nutrition veteran, Ervin Watson who discussed "The Four Habits of Game Changers" and keynote speaker Stephen Ritz of the Green Bronx Machine. Attendees also participated in numerous professional development sessions covering topics such as the supply chain, efficiency in the kitchen, first aid training, updates

from PDE and so much more. And you can't forget about bingo, yoga, and the SNAPA Block Party!

A very special thank you to the conference committee for planning such a great event and to each of our partners for making it possible! Be sure to save the date for our 2023 SNAPA Annual Conference, July 31 - August 3, 2023 at the Kalahari!





2022



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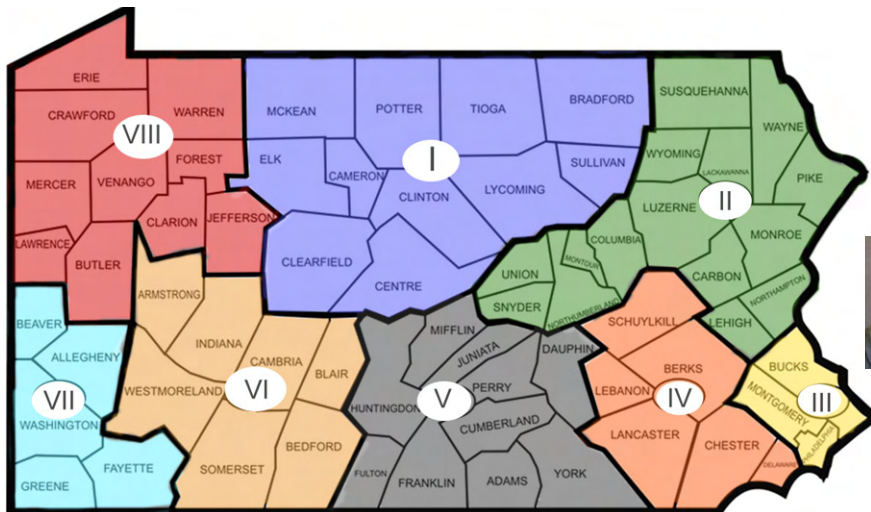
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For more information, contact your Waypoint Representative:

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School Meals: What's Next?

DELLA COLLINS, SNS, REGIONAL SALES MANAGER, INTERNATIONAL FOOD SOLUTIONS

As Gen Z (aged 10 to 27) and Gen Alpha (aged 1-9) navigate their way through public schools, the conversation about "what's next" is at the forefront of discussion panels nationwide. The operational baseline of school meals drastically changed in 2010 with implementation of the Healthy, Hunger Free Kids Act. In addition, the method, planning and service of school meals changed due to shifting demographics, meal waivers, supply chain issues combined with massive labor shortages post-covid.

As school nutrition directors, manufacturer representatives, industry members and executive teams continue the collaborative process to discuss next steps, it imperative to look at retail and commercial food service operation trends for a clue as to how school meals will be asked to change.

The Institute of Food Technology predicts that over the next several years, plant-forward and whole-plant diets will continue to gain momentum, food manufacturers will focus on digital integration for internal systems and processes, and food packaging will transition to "intelligent packaging." IFT also references a global response for upcycling and sustainable sourcing for reusable material in all food grade ingredients and products.

A recent survey conducted by the International Food Information Center (IFIC) found that 73% of Gen Z believes that their generation is more concerned with the environmental impact of their food choices than other generations. Additionally, Escoffier University recently released survey results from polling

Gen Z and Gen Alpha. The results? Farms must be carbon-neutral, completely sustainable, complete use of artificial intelligence, robots, and a total overhaul of commercial meat processing facilities. Gen Alpha will be less focused on diet culture and more focused on eating for health benefits with a focus on "nutrient rich" diets.

Ethnic foods will continue to gain momentum beyond the Asian and Latin categories. As the United States continues to diversify, cultural meals will become more prevalent, especially foods from India and the Middle East. The new generation will expect a more robust menu, with smarter packaging featuring sustainably sourced foods that are sourced from a carbon-neutral farm.

The best way to stay on top of the trends is by staying connected with resources in your state. Each state has their own state chapter of The National Restaurant Association. This diverse group will keep you abreast of local market trends, where the shift in the marketplace is, and what trends they are seeing take hold immediately. Have conversations with your customers, ask what they are looking for and HOW you can be their meal provider. Use your school drama club or sports team to boast your new menu ideas and get a feel for traction of new ideas.

We all have seen the amazing stories come from how school meal programs have evolved and changed to meet the needs of our customers. By engaging with your customer base and manufacturer representatives, the evolutionary cycle for school meals will continue to make great progress, thanks to amazing heroes like all of you.

Thank you, for all that you do to feed America's children.



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2023 SNA Awards

NOMINATIONS DUE MARCH 1, 2023

Honor a colleague by nominating them for an SNA award! There are SNA awards to recognize every member type:

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



It's now easier than ever to recognize a school nutrition colleague by nominating them for an SNA Award!

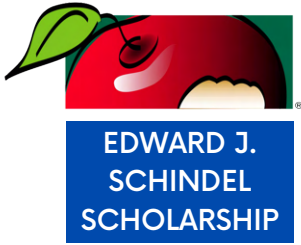
- No certificate requirement for Employee and Manager of the Year
- No requirements for a certificate, SNS credential or service on a committee or board for Director of the Year
- Membership requirement for Director of the Year is now 3 years
- Applications have been streamlined and are now all digital
- Regional judging will be done by an ad-hoc committee of volunteers, and
- You can now team up to collaborate on applications!

Get started today at schoolnutrition.org/awards

[CLICK HERE TO SUBMIT A NOMINATION](#)

SNAPA Awards

2023 Edward J. Schindel Scholarship



The family of Edward J. Schindel has established this scholarship as a lasting memorial in his honor. The scholarship is for a graduating senior or post secondary student who intends to pursue a career in a food service related field and must be recommended by an active SNAPA member. Application Deadline is April 1, 2023

[Apply HERE!](#)

SNAPA Annual Regional Awards



The Annual Regional Awards were developed to encourage child nutrition professionals to further their professional development to better serve the needs of Child Nutrition Programs. Applicants should show program involvement through teamwork with staff, teachers, administrators, students and the community and ways this award will benefit their professional growth and their school district.

[Apply HERE!](#)



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October is National Disability Employment Awareness Month!



October is National Disability Employment Awareness Month! In recognition of the important role people with disabilities play in a diverse and inclusive American workforce, the theme for National Disability Employment Awareness Month (NDEAM), 2022 will be "Disability: Part of the Equity Equation." Observed annually in October, NDEAM celebrates the contributions of America's workers with disabilities past and present and showcases supportive, inclusive employment policies and practices.

Visit [HERE](#) for another resource to help people learn about being inclusive in their hiring practices.

"As everyone is short staffed, members might find these to be helpful resources. I have 3 young men with special needs who work in my kitchens and, while their work assignments need to be tailored to their abilities, they are some of the most dependable, hardworking, and friendly people on my staff."

-Megan Schaper, State College Area School District



Melissa Froehlich, SNAPA's Public Communications Chair, meets with Governor Tom Wolf.

Governor Wolf Announces Universal Free Breakfast Program

On September 9, 2022, alongside SNAPA, Governor Tom Wolf announced universal free breakfast for the 2022-23 school-year.

SNAPA has been working with the Governor and his administration for some time on this important issue and would like to commend the Governor for their dedication to a hunger-free Pennsylvania.

As school nutrition professionals, we know that far too many families in Pennsylvania experience obstacles to providing healthy morning meals. Rising food costs and managing household budgets can mean that

students arrive hungry and not ready to learn. Universal free breakfast for the 2022-23 school year is a critical step towards filling this void for our children every school day.

The Universal Free Breakfast Program went into effect on October 1, 2022 and will run through the end of the 2022-23 school year. More than 1.7 million Pennsylvania children enrolled in public schools, intermediate units, charter schools, career and technology schools, and child care institutions that participate in the National School Lunch and School Breakfast Programs will benefit from this state-funded program. The \$21.5 million

program is funded with prior year funding from the School Food Services General Fund appropriation. Interested schools that do not currently participate in the National School Lunch and School Breakfast programs can find [information for applying](#) on the Department of Education's website.

For a full press release on this announcement, click [HERE](#).

SNAPA has created a resource site at [snapa.org](#) for information on the Universal Free Meals Program. Click [HERE](#) to learn more.

SNAPA would like to extend a special thank you to Nicole Melia, SNAPA's Public Policy and Legislative Chair, and Melissa Froehlich, SNAPA's Public Communications Chair, for their special efforts on this monumental achievement!



Members of SNAPA's Board of Directors were in attendance for the Governor's announcement. From left, Megan Schaper, Nicole Melia, Melissa Froehlich, Kristan Delle, Governor Tom Wolf, and Travis Folmar.

Governor Tom Wolf Announced the Universal Free Meals Program on September 9, 2022 at Steelton-Highspire Elementary.





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THE CASE FOR

Universal Free Meals

The first time I heard the words “universal free lunch,” was at my first Legislative Action Conference. SNA had reviewed the talking points for our legislative visits planned for the next day and had asked for comments and questions from the audience. A distinguished, older gentleman went to the microphone and implored us to add universal free meals to our legislative asks. Frank Harris was passionate about feeding children and every year, at LAC, he went to the mic and made the same plea. In 2014, he was quoted in his local Connecticut newspaper, *The Hour*, “We often hear there’s no money to create these programs. There’s no greater priority than the children. They are the future of

our country.”

We didn’t have the support for universal free meals at the time but Frank, who passed away in 2017, would be thrilled that we are now earnestly talking about universal free school meals.

Now that there is a glimmer of a chance for free meals for all students, it is time for us all to start advocating as passionately and consistently as Frank did.

There are so many reasons to support universal free meals. Here are some benefits to share when you speak to your staff, community, school board, and legislators:

- Remove barriers so that all children have equal access to healthy meals. Language and literacy difficulties, the stigma or shame of poverty, and a lack of strong parental supports can all mean that students who need help don't get it
 - Provide students with healthier meals – research has shown the school meals provide more whole grains, milk, fruits, and vegetables, and less fat and added sugar
 - Make school meals even healthier. Our current model of funding cafeterias requires that we provide foods that children already like. Restructuring how we fund school meals creates the space to challenge children to try new foods. Parents are more likely to encourage participation if the meal is free of charge.
 - Reduce visits to the school nurse
 - Help students perform better academically
 - Improve health outcomes for children and, as they age, reduce the suffering and cost of diet related disease
 - Allow food service staff to switch the focus from collecting lunch money and processing applications to transforming the cafeteria into a learning lab where students learn to eat and enjoy healthy foods
 - Allow food service staff to spend time building partnerships that transform our programs. School gardens, local purchasing, taste tests, and cooking classes all become possible when the bureaucracy of our current system is reduced
 - Provide better funding for school meal programs to allow for higher staff wages, better equipment, and higher quality ingredients
 - Support farmers, small businesses, and manufacturers
 - Ensure that every child is well fed and ready to learn
- I hope that we all follow Frank's example to be passionate advocates for universal free meals and for making school meals healthier and better for all children.





Spring Grove Area School District celebrated National School Lunch Week with lots of color, a groovy menu and stylish threads!

Peace, Love & School LUNCH



Save the Date!

2023 SNAPA DIRECTOR'S WORKSHOP
Seven Springs Mountain Resort
March 26-27, 2023

Join us for a special professional development and networking opportunity. More information will be shared soon.



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Peace, Love & School Lunch: Continuing Celebration of National School Lunch Week All Year Long

AUTHOR: GREG SZKLANY, AMERICAN DAIRY ASSOCIATION NORTH EAST

Exactly sixty years ago, National School Lunch Week (Oct. 10-14) was created to help promote the importance of a healthy school lunch for students, and the impact it has both in the classroom and beyond.

Even though National School Lunch Week traces its roots to 1962, the National School Lunch Program has been providing children with nutritious meals for more than 75 years. School meals play a vital role in nourishing millions of students every day, including almost 575,000 in Pennsylvania during the tumultuous 2020-21 school year.



Despite the role the National School Lunch Program plays in reducing childhood hunger, many families still do not realize how healthy and important school meals are, or that they exist for all students every school day.

National School Lunch Week aims to showcase the healthy and delicious foods that are available at schools, while also touting the wide-ranging academic and behavioral benefits that a nutritious school lunch can provide, such as higher test scores and improved attendance.

As school nutrition plays a vital role in a “whole child” education - it is important to spotlight school meals all year long and not just during celebrations like National School Lunch Week.

This year, National School Lunch Week is taking a step back in time with its theme of “Peace, Love & School Lunch,” centering around the 1960s with imagery and assets for schools that include peace signs, guitars, rainbows, and flowers.

But you can show your school lunch program a little peace and love throughout the entire year with resources from the American Dairy Association North East. We provide an abundance of tools and resources to support your efforts in ensuring that students have access to healthy school meals - including milk, vegetables, fruit, and grains daily.

Our ever-popular Signature Programs such as Yogurt All Ways and Just Say Cheese, along with our menu-enhancing favorites like Hot Chocolate Milk, have proven to boost meal participation, as they are what Gen Z students crave. Furthermore, you can supplement these programs and find new ways to help students fuel with our BIG IDEAS calendar that highlights upcoming events to celebrate and includes recipe recommendations for days like National Taco Day or National Greek Yogurt Day.

The team of Youth Nutrition Specialists at American Dairy Association North East are your partners and always ready to support your efforts to increase school meal participation, from providing related equipment to implement programs such as Breakfast After the Bell, and assistance with grant opportunities to educational trainings, marketing and communications, and more.

Our priority is to work with schools and create new and innovative ways to increase student access to nutritious school meals. For more information on our programs and resources, please contact us at schools@milk4u.org. We're here to help!



**AMERICAN DAIRY
ASSOCIATION** NORTH
EAST





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

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

Tray of the Month Spring 2022 Award Winners!



April 2022 Winner

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NORTH WALES, PA

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& VEGETABLES, 1% MILK

SUBMITTED BY:
MICHELLE HYNES, TEAM LEADER

May 2022 Winner

UNIONVILLE HIGH SCHOOL
KENNETT SQUARE, PA

BUFFALO CHICKEN DIP, FRESH FRUIT &
VEGETABLES, CHOCOLATE MILK

SUBMITTED BY:
DEVON SUNDBERG, MDA, RD, LDN
FOOD SERVICE SUPERVISOR



Spring 2022 Tray of the Month Honorable Mentions

The trays below were Spring 2022 Tray of the Month submissions and looked too delicious not to share!



STATE COLLEGE AREA SD DELTA PROGRAM

HOMEMADE FRENCH TOAST
HOMEFRIES, SAUSAGE
FRESH FRUITS & VEGETABLES, MILK

WALTON FARM ELEMENTARY SCHOOL

CHICKEN TENDER W/BISCUIT
FRESH SIDE SALAD
FRUITS, VEGETABLES & MILK



OAK PARK ELEMENTARY SCHOOL

CHICKEN SANDWICH
FRUIT SALAD
FRESH VEGETABLES & MILK



Spring 2022 Tray of the Month Honorable Mentions

The trays below were Spring 2022 Tray of the Month submissions and looked too delicious not to share!



TULEPHOCKEN JR/SR HIGH SCHOOL

FAJITA CHICKEN OVER RICE
STEAMED CORN
CHICKPEA SALAD
FRUIT & MILK

NORTH PENN SENIOR HIGH SCHOOL

STRAWBERRY & SPINACH CHICKEN SALAD
WHOLE GRAN PRETZEL
JUICE & MILK



PENNRIDGE SOUTH MIDDLE SCHOOL

LOCAL MICKEY'S PIZZA
FRECON FARMS APPLE
FRESH VEGETABLES & MILK

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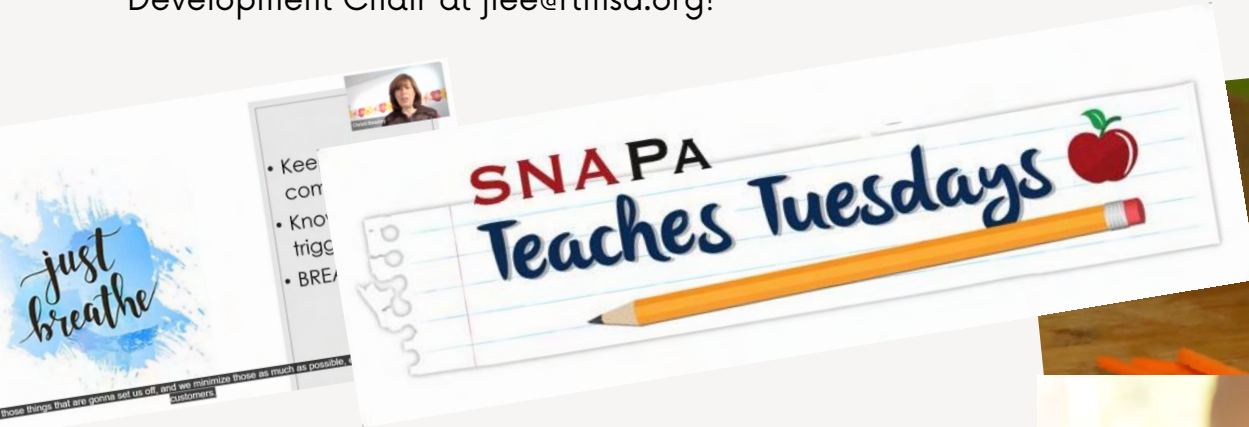
Updates from the Nutrition Education and Professional Development Committee

The Nutrition Education and Professional Development Committee is pleased to present SNAPa members with training and professional development opportunities throughout the year. Members, please join us for "Teaches Tuesdays" each month. If you have an idea for a topic for a future Teaches Tuesdays, please reach out to Jenni Lee, Nutrition Education and Professional Development Chair at jlee@tmsd.org!

Join us for our November "Teaches Tuesdays"

Tuesday, November 15, 2022 at 2pm
Advocating for School Nutrition: How to reach out to legislators
Nicole Melia, SNAPa Public Policy Chair

[Register Today!](#)



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@tmsd.org (Nutrition Education and Professional Development Chair), we look forward to working with you soon.



New Directors Mentorship Program

As we all begin our first year of “normalcy” we recognize that we all faced many challenges and hardships to get here. Many of us have worked with staffing shortages for the last 2 years, food shortages and supply chain disruptions. Despite all the challenges, school nutrition professionals continue to show up daily to feed nourishing meals to our students. As mentioned during the SNAPa Annual Conference, the Nutrition Education and Professional Development Committee is excited to announce the New Directors Mentorship Program. Some of us have already filled out the survey seeking mentors or volunteering to be a mentor. Those interested in working with a mentor or being a mentor, should complete the survey below. In the survey, there are topics of interest that will be covered each month. Some of the



topics include the Verification Process, Commodity Diversion Process, School Nutrition Financial Literacy, getting involved with Leadership in SNA/SNAPa and Procurement Management. While we already have some topics that we will cover, our committee is here to serve members of SNAPa. If there is a topic that you feel should be covered during the program, please complete the survey, and share your opinions. Our committee wants to ensure that all members of SNAPa’s voices are heard.



Scan or click on the QR code to complete the Directors Mentorship Program Survey

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*Honey Cheerios® does not contain nuts. However, the product is not labeled as nut free because it is not produced in a nut free production facility.

†Nielsen Nitro US XAOC, RTE Cereal, Dollar Share, 52 Weeks Ending 10/3/2020

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Whole Grains in School Meals

Kids get more whole grains by participating in the school meal program!

Understanding the Term Whole Grain-Rich

For school year 2022-2023 and 2023-2024, at least 80% of grains served must be whole grain-rich. The term whole grain-rich means that 50% or more of the grain must be whole and the remaining grains, if any, must be enriched.



Why Start Whole Grains in Childhood?

Childhood is the best time to teach healthy eating habits to familiarize children with the flavors and textures of whole grains.

Children who eat whole grains regularly tend to carry these habits with them into adulthood.

Research shows strong and consistent support that regular consumption of whole grains is associated with reduced risk of heart disease, type 2 diabetes, constipation and certain cancers.²

Kids Get More Whole Grains with School Meals¹

- Children’s daily intakes of whole grains fall below recommended intakes; however, school meals can help move children closer to the recommendations.
- School lunch participants consumed more than 50 percent of their daily whole grain intake at lunch.
- School meal participants’ 24-hour diets continued to receive higher HEI scores for whole grains compared with nonparticipants.

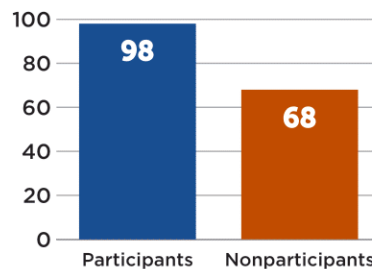


Healthy Eating Index (HEI)

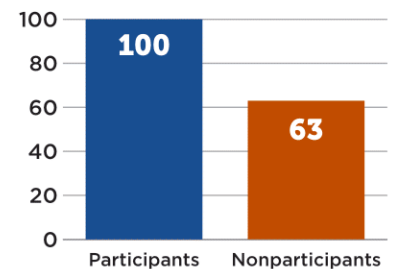
A measure of nutritional quality used to assess alignment with recommendations of the Dietary Guidelines for Americans. HEI is scored with a maximum total score of 100. The higher the score the higher the nutritional quality aligns with the Dietary Guidelines.

- HEI scores of whole grains for both the School Breakfast Program (SBP) and National School Lunch Program (NSLP) showed school meal participants were more likely to meet the daily recommendation for whole grains.

HEI Score for Whole Grains: Breakfast Consumed



HEI Score for Whole Grains: Lunch Consumed



Those who participated in the SBP and NSLP had higher HEI scores for whole grain versus nonparticipants. This indicates the school meal program better aligns with whole grain recommendations in the DGAs versus other breakfast and lunch options.

1. Fox, et al. "School Nutrition and Meal Cost Study, Final Report Volume 4: Student Participation, Satisfaction, Plate Waste, and Dietary Intakes." Alexandria, VA: Office of Policy Support, Food and Nutrition Service, U.S. Department of Agriculture, April 2019.

2. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017 Lancet 2019; 393: 1958–72.

USDA Food and Nutrition Service (FNS) Resources

The USDA Food and Nutrition Service (FNS) held a webinar on September 15, 2022 providing an update on what to expect for Child Nutrition Program operations during School Year 2022-2023 as well as helpful information about the implementation of the Keep Kids Fed Act.

[Child Nutrition Flexibilities for Summer 2022 and School Year 2022-23](#)

[School Year 2022-2023 Waiver Checklist](#)

[List of Waivers by State](#)

[USDA-FNS Press Release – Funding for School and Child Care Meals](#)

[Unpaid Meal Charges](#)

[Transitional Standards for Milk, Whole Grains, and Sodium](#)

[Elementary and Secondary School Emergency Relief \(ESSER\) Fund](#)

[Coronavirus State and Local Fiscal Recovery Funds](#)

[FNS Actions to Address COVID-19 Related Supply Chain Disruptions](#)

[Additional Federal Funds to Support State Agencies and Program Operators
Transitioning Program Operations](#)

[USDA Secretary Vilsack Letter to States for SY 2022-23](#)

[Affordable Connectivity Program](#)

[Department of Education ACP](#)

[CEP Characteristics Study](#)

[CEP Resource Center](#)

[School Meals Policy Page](#)

[Four Ways to Nourish Children through School Meals](#)

[Food Crediting Tip Sheets](#)

[Best Practices for Reducing Added Sugars at Breakfast](#)

[Shaking it Up \(Sodium Reduction Resources\)](#)

[Food Buying Guide](#)

[A Guide to Smart Snacks in School](#)

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Meals for All Task Force

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

This past spring the School Nutrition Association of PA created the Meals For All Task Force. We were inspired by states like Maine, California, Nevada, Massachusetts and Vermont who had already passed free meal legislation for the 22-23 school year. The task force was created to advocate for permanent free meals for all students through the National School Lunch Program and the School Breakfast Program in the state of Pennsylvania.

Our "asks" are small compared to the entirety of the PA state budget, and it is money well spent to invest in our student's future. We contacted legislators and found our champions. Since the PA Legislature was not back in session until the end of

September, an Executive action had to be taken. State Senators wrote a letter to Governor Wolf, urging him to find the funds.

SNAPA activated its membership and we called on our contacts in Harrisburg to express the concern we felt as School Nutrition Professionals. Our pleas were heard, we had succeeded in getting free breakfast extended into the 22-23 school year!

There are now two bills, one in the PA Senate, SB1327 and one in the PA House, HB2829 calling for Universal Free Meals. Contact your local representatives and tell them how important school meals are for the children in your area. Be sure to share your personal stories and visit snapa.org/mealsforall for more information on how to advocate, talk with your legislator and tackle the tough questions.



Save Our Silverware!

Submitted by Travis Folmar, State College School District

I've always been impressed by the amount of pride and hard work our district puts in to creating a great lunch experience for our students. Prior to the pandemic, we were working hard to limit the amount of plastic and foam trash coming from our cafeterias, using "real" trays and silverware and even piloting the use the reusable fruit cups. Once the pandemic hit, and it became necessary to step back from this effort and go to disposable trays and plastic forks and spoons.

Now that things are a little more normal, we feel comfortable moving back to washable trays and silverware. But, as you well know, one of the main frustrations with using "real" silverware is that students often throw it away or take it home in their lunch boxes, resulting in the need to constantly restock. Thus, the "Save Our Silverware" campaign was born.

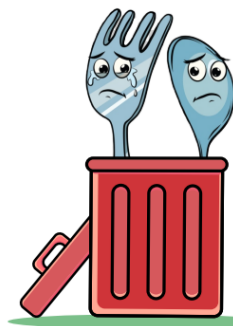
The idea is simple: the school that loses the least amount of silverware over ten weeks will win an ice cream party. We proposed the plan to our eight elementary principals who immediately started emailing back and forth, establishing their own school as the preemptive winner. Their



Save your fork!

Rescue your spoon!

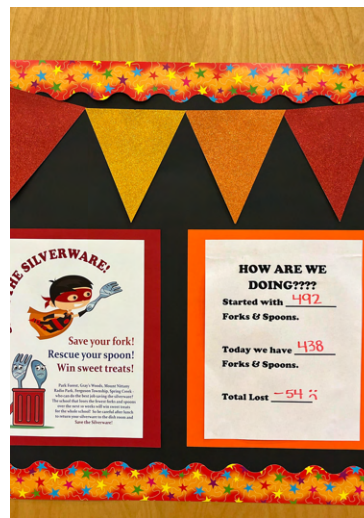
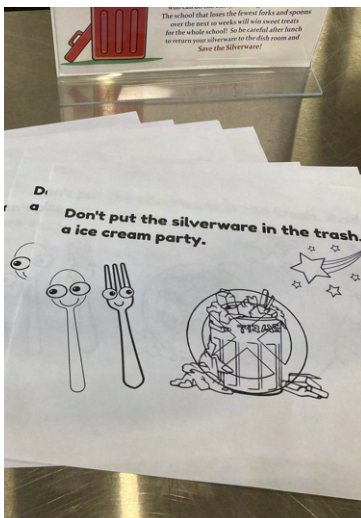
Win sweet treats!



Park Forest, Gray's Woods, Mount Nittany
Radio Park, Ferguson Township, Spring Creek -
who can do the best job saving the silverware?
The school that loses the fewest forks and spoons
over the next 10 weeks will win sweet treats
for the whole school! So be careful after lunch
to return your silverware to the dish room and
Save the Silverware!

enthusiasm was encouraging, so we then made posters to hang in the schools and informed the teachers of our plan. The principals made announcements at their schools and were met with a rousing applause from students. We had each manager count the total number of forks and spoons prior to the start of school, and are updating the numbers every other week. Kitchen staff have created bulletin boards to keep the students updated and motivated. A winner will be chosen every ten weeks so that students stay motivated.

My own son, a student in one of our schools, now checks the trash cans after his lunch period and reports his findings to his kitchen manager. Another student created coloring pages for students to color and hang in the school. Students, teachers, and administration have all bought in to help solve the problem of lost silverware. This contest has not only created incentive for not throwing away silverware at lunch time, it has added a level of fun and excitement beyond the lunch room.





Menu Solutions for Today's Needs

- Our Education Specialists can assist in:
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RECIPE STANDARDIZATION

at Pennridge

Submitted by Gina Giarratana, Pennridge School District

Penridge School District was awarded a grant from the PA Harvest of the Month for Recipe Standardization. We were given the opportunity to choose between beets, cabbage, winter squash, mushrooms, and asparagus; as well as the age group of the students being elementary, middle school or high school.

We chose cabbage and Middle School Students.

The first step in the process is recipe identification--coming up with the initial idea. We looked at what our most popular lunches are with students at that age level, which is something spicy and something Asian. This would give us the best chance for success and reaching the goal of 85% acceptability. We decided to create new and exciting salad recipes because salads

are a great fresh option that our students enjoy. We then decided on testing shaker salads which are a big trend right now in foodservice, and it is creating an interactive experience.

We chose Napa Cabbage, a cabbage that emulates lettuce the most in both taste and texture, to be the main ingredient in the salads.

Next step was nailing down the flavor combinations to create a cohesive dish. For the "Napa Street Corn Salad," it was about developing a Tex-Mex flavor profile. Adding ingredients like lime juice, hot sauce, taco seasoning and tortilla crisps give it just that. For the "Mandarin Salad with Chicken," we chose ingredients like sesame oil, soy sauce, rice vinegar, and wonton crisps to lend to the Asian flavor profile.

We worked with the FCS teacher at South Middle School to conduct small taste testings. The students were given worksheets that gave us feedback on smell, appearance, taste, and texture. Once we had approval from a small group of students, we moved on to a large taste testing in the cafeteria during the 6th grade lunch. For the large tasting we needed at least 50 students to participate, so we sent a signup google form to parents. To give the students an incentive to participate in the tasting and complete a follow up survey, we advertised giving away 3-510 Amazon gift cards. The Mandarin Salad with Chicken received 84% approval rating and the Napa Street Corn Salad received 79%. Not bad results for our first time introducing a new product—especially one with healthy ingredients!

Because of our initial success and progress in the project, the Harvest of the Month grant project managers reached out to us about creating a third recipe as another school was unable to continue. Challenge accepted!

We chose winter squash this time. We wanted to create a product that we know

the students already love, while adding an ingredient that they may not have tried before. Kids love potatoes, so we decided to try a hash brown made with squash!

Spaghetti squash was the choice of winter squash as the texture is reminiscent of a shredded hash brown. As a cooked product, the development process was a little more difficult than the salads to find the best combination of appearance, texture, and taste. We held our last taste testing with the ESY (extended school year) students on August 4th with students from 1st -12th grade. 63/72 students gave us either a "I like it" or "I loved it", giving us an approval rating of 87.5%! This recipe (named Harvest Hashbrowns) will move onto the final phase of it becoming a USDA recipe!

The next step in the project is to put our creations on the lunch menus so the students can try them for lunch. Even though the Shaker Salads did not receive the 85% approval rating necessary to become a USDA recipe, they can still be put into our database and used throughout our district.

Thanks to PA Harvest of the Month for helping us create delicious new recipes for our students!



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Kids need their daily dairy boost, and we're here to help you create popular menu items – from parfaits to smoothies to pizza – using the versatile nutrition of yogurt and cheese, then complement it with the 13 essential nutrients of milk.

Another way to fuel their day is **Fuel Up to Play 60**, the program that combines nutrition and fitness. **Get into the game** right now! Contact us to get exciting new recipes, marketing tips and fun ways to pump up student participation.

Learn more at:
schools@milk4u.org



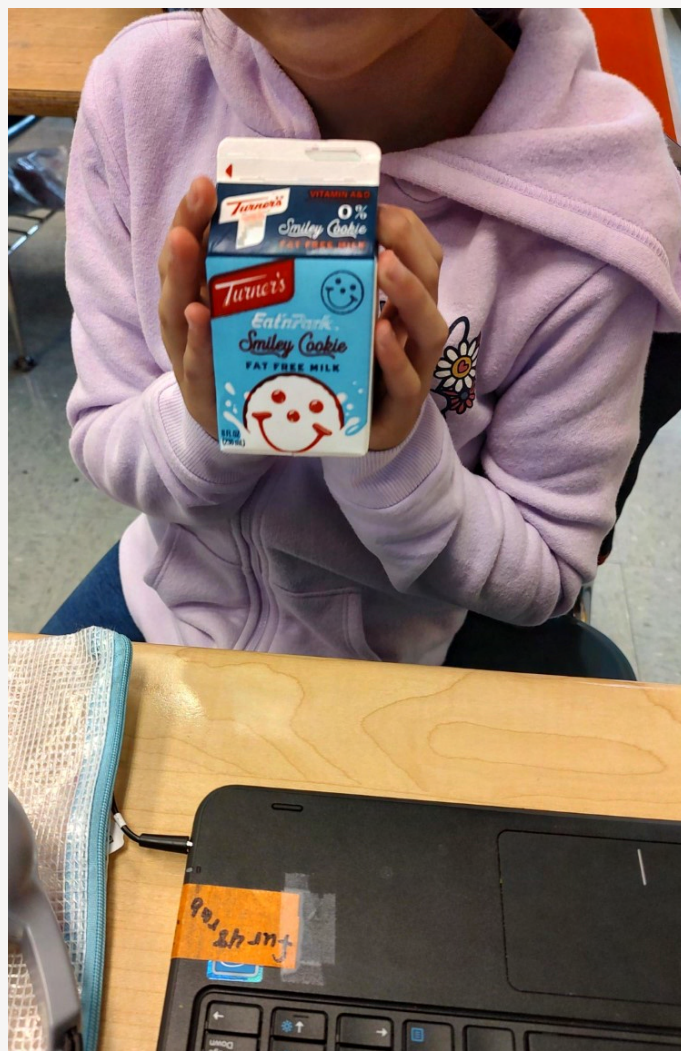
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CELEBRATING

World School Milk Day

BY CURTISTINE WALKER, PITTSBURGH PUBLIC SCHOOLS

In honor of World School Milk Day on September 28th, Pittsburgh Schools Food Service partnered with Turner's to release Smiley Cookie Flavored Milk to PPS schools for a limited time! A celebration took place with the Smiley Cookie Mascot at Banksville to celebrate.





Red Rose Chapter-19 Hosts Food Show

Red Rose Chapter- 19 joined forces with the White Rose Chapter to kick off the school year with a combined food show on October 6th. The food show was held at Donegal High School and featured 18 vendors and more than 150 attendees. Great job hosting a wonderful event!



THE TASTE KIDS LOVE.

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Idahoan® Potatoes are available in a variety of styles, from mashed potatoes and flakes, to slices and shreds, or fortified with Vitamin C for extra nutrition. Any way you prepare them, you'll be sure kids will devour it.

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Pittsburgh Steelers Running Back Najee Harris Tackles Youth Food Insecurity at Pittsburgh Public Schools

Najee Harris went on the offense against child hunger during Hunger Action Month, as he and other dignitaries unveiled critical new Grab and Go equipment to provide Pittsburgh Public Schools’ students at the Pittsburgh Barack Obama Academy of International Studies with greater access to school meals. The Grab and Go school meal cart is being funded through a donation from American Dairy Association North East’s National Football League Hometown Grants Fund.

9.2% of Pennsylvania households are classified as food insecure. Since 2017, GENYOUth’s Grab and Go school meal cart program has combatted food insecurity

within schools through the donation of over 500 meal carts in American public schools that have helped to increase average daily participation by as much as 27% – and have expanded access to over 50 million school meal opportunities.

National nonprofit GENYOUth is also providing 26 NFL FLAG-In-Schools kits to Najee Harris’s Da’ Bigger Picture Foundation, which focuses on assisting underserved families in reaching their potential and goals by providing tools and assistance in areas including education, homelessness, hunger and utilizing sports as a platform to develop life skills.



A Transformative Cafeteria Renovation at Norristown High School

Submitted by David Ludwig, Norristown Area School District

The Norristown Area High School renovation was a two-phase process. The first phase was completed in 2020 and included a new 40 pallet capacity freezer, a new walk-in cooler, and an enclosed loading dock with a hydraulic lift. During the summer of 2022, the Norristown Area School District completed the second phase of the High School's kitchen serving area and cafeteria remodel. This phase was designed to transform the student experience by creating a modern, flexible space that is bright, inviting, and branded to help build a new sense of pride in our program. In 2016 the district transitioned to Community Eligibility Provision (CEP) and with the increase in student participation the outdated 1972 facilities could not handle the demand. To address the increase in participation, the second phase was exclusive to improving the student dining experience.



The dish room, serving lines, and cafeteria student seating areas were the first of many issues to be redesigned in this phase. Walls and terrazzo floors from the original structure of the building were demolished and restructured for the open concept seating area and scramble serving lines to exist. Two main student entrances were also added to create a controlled flow of direction to the three entree serving stations, vegetable and fruit frost tops, air curtain merchandisers, and eight built-in pizza ovens. With these changes, the students are efficiently moving through the serving area from start to finish. Our new seating area includes a mix of booths, high tops, and a variety of fixed and mobile seating. Charging stations were added to the wall countertops and even stationed on some of the hightop tables. The booths allow for a custom changeable appearance that even makes it easier for the custodian staff to maneuver during their cleaning process since all the furniture is on wheels. The new modern take after renovating our impractical and outdated high school cafeteria was highly received by the 2,300 students and school staff calling it a more inviting cafeteria environment and a great place to socialize with friends.





Cherry Tomato and Corn Salad

INGREDIENTS

48 (1/2 CUP) SERVINGS

20 MEDIUM EARS

CORN, HUSKED

8 OZ

FRESH BASIL

6 PINTS

CHERRY OR GRAPE TOMATOES

3 CUPS

SHREDDED PART-SKIM
MOZZARELLA CHEESE

1/4 CUP

OLIVE OIL

JUICE OF 1 LEMON

1 TSP

KOSHER SALT

Directions

1



COOK CORN

Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool.

2



CHOP BASIL

Meanwhile, finely chop basil leaves.

3



CUT CORN

To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl.

4



COMBINE

Add tomatoes, basil, cheese, oil, lemon juice and salt. Toss to combine and serve immediately

Tips

- You can use 10 cups thawed frozen corn kernels in place of the fresh corn. Cook in boiling water until bright yellow, 1 to 2 minutes.
- Cut the tomatoes in half if your kids would prefer them that way.
- Refrigerate cooked corn kernels for up to 2 days.

State College Back to School

Submitted by Megan Schaper, State College Area School District

At State College Area School District, we try to have a manager attend each school's back to school night. It's a great opportunity to educate parents about our program, to answer their questions, and to building relationships.

We have retractable signage that we ordered from Vista Print to help catch parents' attention. We set up a display of sample meals, and have menus, MySchoolBucks magnets, and any other information for parents to pick up. We also display QR codes that allow parents to scan and easily access the menu, free and



reduced meal information, and birthday basket order forms.

After back to school night at Park Forest Elementary School, kitchen manager Lori McCauley shared what a great experience it was.

"Many parents just simply stopped by and thanked me and complimented our program.

Some of the parents were not aware of the free breakfast program starting in October and I was able to share what we serve and how students get breakfast at our school. They were very excited about it.

We had fun showing parents what their children's breakfast and lunch trays should and could look like when they take all of the components.

And, of course, parents were very surprised that we already know their children's names. I even asked parents how their new 6th graders were liking life at the middle school. Now that took all of those parents by surprise!

I'm really glad I stayed and met all of them."



Free Meals Information & Application



Menu



Birthday Baskets



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8:30am - 3:30pm, Harrisburg PaTTAN
6340 Flank Drive Harrisburg

WEDNESDAY NOVEMBER 2ND, 2022

8:30am - 3:30pm, Harrisburg PaTTAN
6340 Flank Drive Harrisburg

EASTERN PA (NEAR PHILADELPHIA)

MONDAY OCTOBER 31ST, 2022

8:30am - 3:30pm, Chester County IU
455 Boot Road Entrance B
Downingtown

THURSDAY NOVEMBER 3RD, 2022

8:30am - 3:30pm, PaTTAN - East
333 Technology Drive, Malvern

WESTERN PA (NEAR PITTSBURGH)

TUESDAY NOVEMBER 15TH, 2022

8:30am - 3:30pm, Allegheny IU 3
475 East Waterfront Dr. Homestead

WEDNESDAY NOVEMBER 16TH, 2022

8:30am - 3:30pm, Allegheny IU 3
475 East Waterfront Dr. Homestead

Bringing Locally Grown to Tulpehocken Area School District

Submitted by Jillian Bergman,
Tulpehocken School District

Tulpehocken Area School District kicked the school year off with fresh, juicy locally grown watermelons in the cafeteria. Our next on our local foods delivery will include purple and cheddar cauliflower along with orange and red peppers. A new local distributor in our area called Dirt2Dinner has made receiving local foods an easier task. Dirt2Dinner has partnered with local farmers to offer a wide selection of seasonal produce, local meats and other products. They offer free delivery and easy invoicing. We are really excited to be working with them and can wait to see what the future holds with more local food items!





TURNIP THE BEET

with high quality summer meals!

The **Turnip the Beet Award**, by the U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS), recognizes outstanding Summer Meal Program sponsors who work hard to offer high quality meals that are appetizing, appealing, and nutritious.

Who is eligible, and how do they apply?

All Summer Meal Programs sponsors in good standing, including Summer Food Service Program (SFSP) sponsors and National School Lunch Program Seamless Summer Option (SSO) sponsors, may be eligible for a **Turnip the Beet Award**. Sponsors who used USDA waivers in response to COVID-19 are eligible. Sponsors may self-nominate or be nominated by another party. Each State agency determines their own deadline for nominations. The nomination must include a completed Nomination Form and a detailed one-month menu. FNS evaluates and scores the nominations and notifies the winners in writing. The Nomination Form is available on the **Turnip the Beet** webpage <https://www.fns.usda.gov/sfsp/turnip-the-beet>.

How are nominations evaluated?

Nominations must clearly illustrate how the meals are appetizing, appealing, and nutritious. The Nomination Form includes short-answer questions and menu criteria based on the Dietary Guidelines for Americans. The criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low-fat and fat-free milk. For more detailed information on the **Turnip the Beet Award** and the evaluation criteria, check out the **Turnip the Beet** webpage.

What are the prizes?

Three award levels are available: gold; silver; and bronze. All winners receive a certificate. Silver and gold winners will be featured on USDA's blog, and gold winners will be identified on FNS' summer site finder (<https://www.fns.usda.gov/meals4kids>).

Questions?

Questions regarding the **Turnip the Beet Awards** should be directed to your Summer Meals State agency: <https://www.fns.usda.gov/sfsp/sfsp-contacts>.

Resources

FNS has an abundance of resources available for sponsors to help make the summer meals they serve more appetizing, appealing, and nutritious:

- The **Nutrition Guide for Sponsors** (<https://www.fns.usda.gov/sfsp/2018-nutrition-guide>) includes tips for serving high quality meals and incorporating local foods, as well as sample cycle menus.
- The **Farm to Summer factsheet** (<https://www.fns.usda.gov/cfs/farm-summer-ripe-local-foods>) describes how to "bring the farm" to summer sites.
- The **Summer Meals Toolkit** (<http://www.fns.usda.gov/sfsp/summer-meals-toolkit>) offers healthy menu planning ideas and tips for serving meals family style.
- The **Team Nutrition Resource Library** (<https://www.fns.usda.gov/tn/resource-library>) has free nutrition education materials.

OMB Burden Disclosure Statement: This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does not request personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 5th Floor, Alexandria, VA 22306 ATTN: PRA (0584-0658). Do not return the completed form to this address.



IT'S TIME TO REGISTER FOR *Farm to School* PA Preferred® Days

This promotional program encourages and incentivizes schools to choose one day, during National Farm to School Month in October, to commit to serving as many Pennsylvania grown and produced products as possible.

The first 20 schools that sign up and are willing to host visitors from the Pennsylvania Department of Agriculture, Pennsylvania Farm to School Network, and/or other state leaders for school lunch, will receive a \$500 sponsorship stipend.

REGISTER TODAY AT <https://forms.office.com/g/qBdMPxLj3i>



Rose Tree Media School District Food Service Staff

Rose Tree Media Food Service Staff on Convocation Day, this is the first day back for all staff and faculty. Convocation is held at Penncrest High School and the Food Service Department caters for 450 staff and faculty members.

Left to Right- Jenni Lee, Food Service Supervisor; Dolores Taylor, Unit Lead, Kelly Barretta, Andrea Pedrick, Regina Simone, Unit Lead










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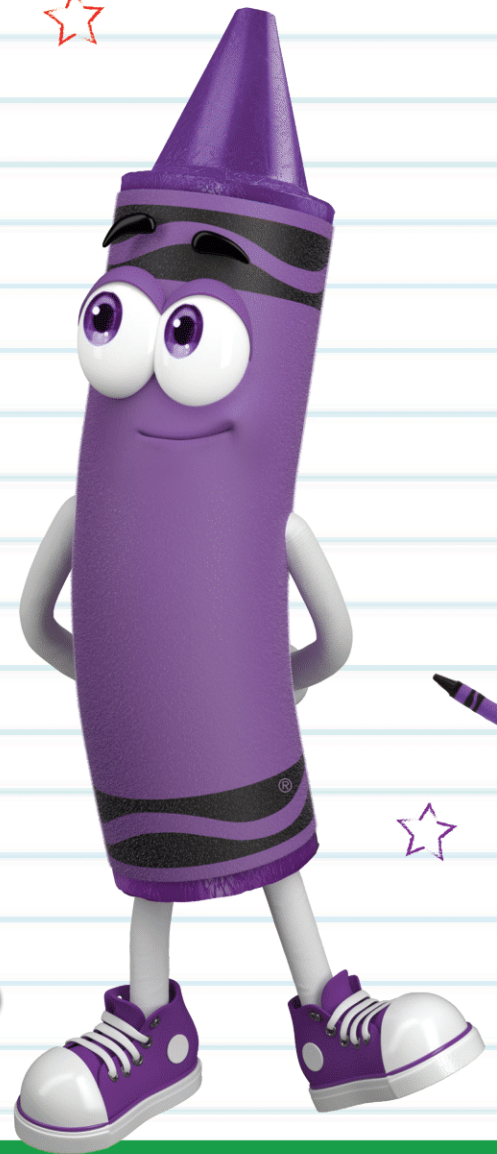
Enhance your meal program and earn up to **10,000 Cool School Bonus Points** for the 2022-23 SY!¹

See details on reverse

What's on The Menu?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Taco Salad MOTT'S® APPLESAUCE	CORN DOG MOTT'S® APPLESAUCE	CHICKEN CHILI MOTT'S® APPLE JUICE	MEATBALL SUB MOTT'S® APPLESAUCE	HAMBURGER MOTT'S® APPLE JUICE
				

 #1 Branded Apple juice and Applesauce.²



1. Qualifying Purchase Dates: 7/1/22 - 6/30/23. Submit your purchase verification by 7/22/23 via email to Motts@RealTime-Solutions.com or by mail to Cool School Cafe*. Minimum of 10% MOTT'S® purchase increase compared to MOTT'S® purchases from previous school year for current MOTT'S® purchasers (150 case minimum) OR a 150 MOTT'S® case minimum purchase for new purchasers, prior to 6/30/23. PLUS, enter to earn 50,000 additional bonus points when downloading the MOTT'S® Thinking Sheets during the qualifying purchase dates above. You may contact Cool School Cafe at Motts@RealTime-Solutions.com or 1-800-468-3287 to set up purchase verification directly through your distributor. Bonus points will be awarded at promotion end. Some restrictions may apply.

2. IRI Unify MULO+C FY 2021.

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Rep. Conklin Calls for Universal Free Meals

Representative Scott Conklin visited the State College Area School District on October 12, 2022 to talk with students and staff about the need for universal free meals in Pennsylvania. Representative Conklin is a co-sponsor of House Bill 2829, which would amend the Public School Code of 1949 to provide free school meals to all K-12 students.

[Read more about Representative Conklin's Visit](#)

[Read more about House Bill 2829](#)



Representative Scott Conklin speaks to students and staff during a visit to the State College Area School District

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www.schoolnutrition.org/scholarships

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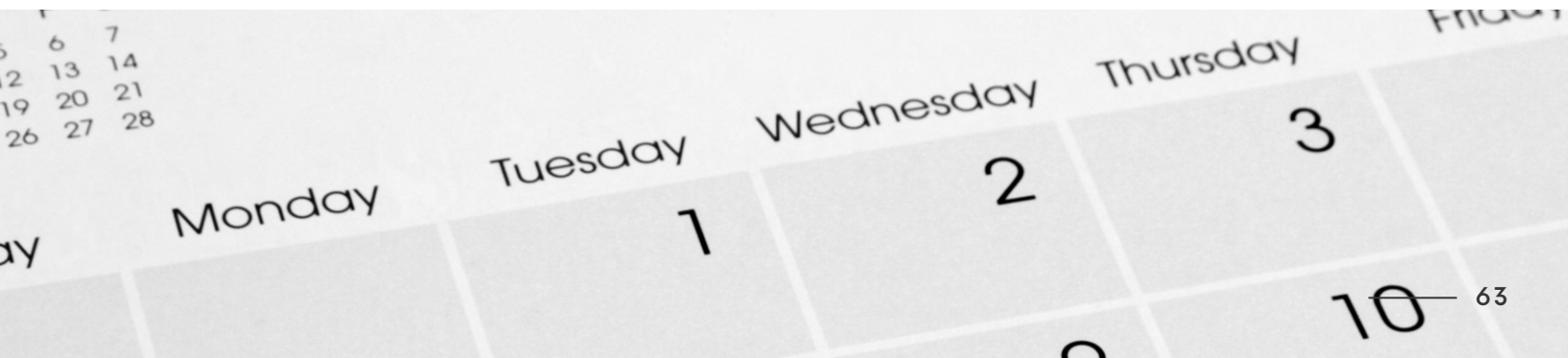
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School Food Service Solutions, LLC
StarKist
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Tabatchnick Fine Foods
TCP Software
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Calendar of Events

- NOVEMBER 2022** School Nutrition Boot Camp
November 15
- JANUARY 2023** 2023 School Nutrition Industry Conference
(SNIC) - San Diego, CA
January 15-17
- MARCH 2023** 2023 Legislative Action Conference (LAC) -
Washington, DC
March 5-7
- 2023 National School breakfast Week
March 6-10
- 2023 SNAPA Director's Workshop Retreat
March 26-27
- APRIL 2023** 2023 National Leadership Conference -
Louisville, KY
April 27-29
- MAY 2023** 2023 School Lunch Hero Day
May 5
- JULY 2023** 2023 Annual National Conference - Denver, CO
July 9-11
- 2023 SNAPA Annual Conference - Kalahari
Resorts & Convention Center
July 31-August 3





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