The background of the entire page is a rustic wooden surface with horizontal planks. On the right side, there is a vertical arrangement of fresh produce: a dark red grape at the top, followed by a red apple, a yellow and red pear, and a bunch of dark purple grapes. In the lower half, there is a larger arrangement of produce including a bunch of green asparagus, a green apple, a bunch of fresh green parsley, and several red onions.

SNAPA  
HAPPENINGS

FALL 2018

Celebrate bringing farm  
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to School Month



# PRESIDENT'S MESSAGE

Another school year is upon us! Buses are lined up in front of the schools; kids have new backpacks and are eagerly starting classes. Students are crowding in to the cafeterias for breakfast and lunch and another school year has begun. No matter how many school years I have under my belt I think the excitement, anticipation and enthusiasm to have the kids back in school and staff back in the kitchens will never go away. Summers are spent planning and organizing, it is always wonderful to see our hard work come to fruition!

In August, SNAPA hosted the Annual Conference in Pittsburgh, which kicked off the 2018-2019 school year with a variety of new products displayed at our food show. SNA's

President Elect, Doug Davis, food service director of Burlington Public Schools, was a featured speaker with several presentations on how to run a Farm to School program and best practices to host legislators in your cafeterias. We tasted local produce at our snack breaks and cruised the rivers of Pittsburgh on the Gateway Clipper.

The first ever Farm to School Resources center in partnership with the Pennsylvania Department of Education was launched. This showcase featured vendors who support farm to school activities and food service professionals who run farm to school programs doing "curbside consulting" to help others get started. During the conference, the mayor of Pittsburgh declared August 1, 2018 as the School Nutrition Association Annual Conference Day, on behalf of all the students that we serve every day. SNAPA wants to thank all the food service staff at Pittsburgh Public Schools for their support and help to carry out this wonderful conference. We could not have had a warmer welcome!

As we get ready to celebrate National School Lunch Week we are reminded of the importance of the meals that we serve to our students every day. The School Nutrition Association of Pennsylvania is here to help you meet your student's needs.

We already have several exciting webinars planned for the next few months featuring the Child and Adult Food Care Program (CACFP). You can find recorded webinars on our website as well!

Keep an eye on your email for SNAPA's Monday Mornings published every other week, this newsletter is full of pertinent information for upcoming chapter meetings and school nutrition news.

As we move fully into this school year, I look forward to the work we will do to ensure we all are feeding bodies and nourishing minds every day!

Sincerely,

*Nicole Melia*

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# HAPPENINGS

SNAPA



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SNAPA HAPPENINGS

# The School Nutrition Association of Pennsylvania

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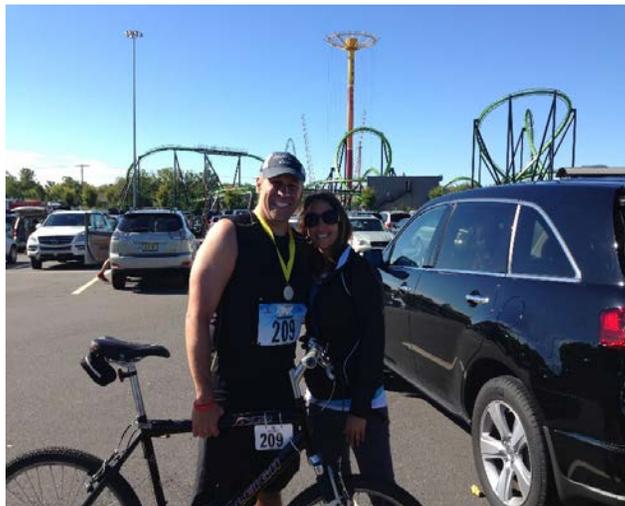
# Spotlight ON

**Todd Holmes, SNS, MBA | Eastern Regional Sales**  
**Manager Education: K12 & C&U | Red Gold**  
[tholmes@redgold.com](mailto:tholmes@redgold.com)

Favorite Foods	Scallops
Favorite vacation spot	Cancun
Book on bedside table	The Obesity Code
Favorite outdoor activity	Biking and Running
Favorite indoor activity	Taking my wife's BodyPump Class
Amazon or Ebay?	Amazon
Microsoft or Apple?	Apple

**Todd finds the K12 industry challenging and rewarding.**  
 The culture in the K12 Industry is to help each other to solve issues and work together since we are not competing against each other in school districts. We all have the same mission to feed children.

**Todd appreciates serving on the School Nutrition Association of Pennsylvania Board of Directors.** Even though he was a director in the state and on the board before, there are so many new directors and new challenges which helps me stay in tune.



**Glenn Eaton | Sales Representative**  
[glenn@twomarket.com](mailto:glenn@twomarket.com)



Serving the K12 market has been very rewarding for me. At the 2 Market we love being an equipment resource for food service directors and showing the many different ways to prepare meals for our kids with the equipment that is out there. As a member of the SNAPA Board of Directors, I have learned that a FSD's position is an extremely challenging one. Support from B&I partners, I hope, is helping with the challenges that they face every day.

Favorite Foods	A nicely cooked Delmonico steak with a baked potato as the side!
Favorite vacation spot	My wife and I visited Moab, Utah and will be traveling back several more times in the future.
Favorite outdoor activity	Trout fishing
Favorite indoor activity	Playing board games with my family
Amazon or Ebay?	Amazon
Microsoft or Apple?	Microsoft

I am so grateful for working in the K12 industry and with some of the best people to provide nutritious food to our nation's food programs. Being new to the board, I now have a greater appreciation for all positions and the hard work that happens "behind the scenes" to make SNAPA a strong and successful association.

Favorite Foods	Mexican
Favorite vacation spot	Anywhere with blue sunny skies, water and sand!
Book on bedside table	Bossypants
Favorite outdoor activity	Camping
Favorite indoor activity	Playing board games with my family
Amazon or Ebay?	Amazon, I love Facebook Marketplace too!
Microsoft or Apple?	Microsoft



**Jennifer Riegler | National K12 Commodity Manager | Mid-Atlantic Sales**  
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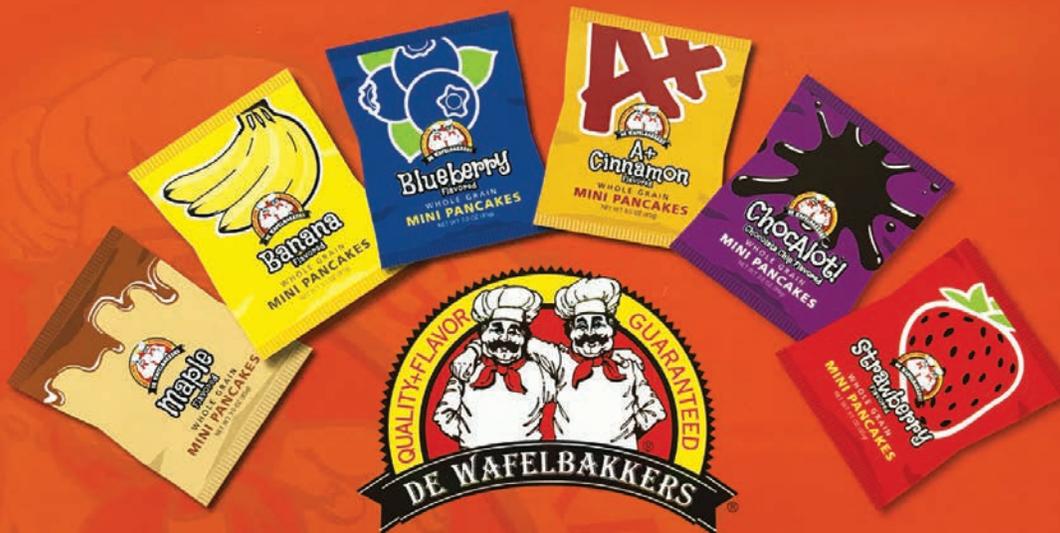
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## Should You Eat a Less Varied Diet?

Monica Reinagel

September 11, 2018

“**Eat a varied diet**” is a fairly standard piece of advice. The idea is that by eating a greater variety of foods, you’ll be more likely to check off all the nutritional boxes. But a new report suggests that the enormous amount of variety in our diet may be leading us astray.

When we have lots of different foods on our plates (or on a buffet line), we tend to eat more. You’ve no doubt experienced this countless times. After eating a bowl of chili, we might feel no desire to continue eating ... until a piece of cheesecake appears. Suddenly, we have a little more room.

But we can use this effect to our advantage, by limiting the variety of snacks and sweets that we keep around and increasing the variety of fresh vegetables, for example.

Just for fun, why not take an inventory of what’s in your house right now? How many different types of crackers, salted nuts, chips or other snack foods are on hand? How many different kinds cookies, cereal, muffins, granola bars, ice cream, chocolate or other sweet treats? How many types of bread, rolls, tortillas and other starchy foods?

Now open up that crisper drawer. How many different kinds of vegetables and fruits are in there, ready to eat? How many different sources of lean protein?

If you want to cut down on snacking, try keeping fewer snack foods around. If you want to eat more vegetables, surround yourself with more different kinds of produce.



Photo: Lisovskaya/iStock/Getty Images Plus/Getty Images

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# Steal this Idea



## Columbus City Schools counting on new apple slicer to boost students' healthy eating

By Bill Bush

### The Columbus Dispatch

Columbus City Schools unveiled a \$100,000 apple-slicing machine Tuesday that the district believes will further increase the 3 million Ohio apples a year that it buys from small orchards across the state.

The new machine, which slices two apples at a time in a mechanical chamber, will help make healthy eating more appealing to the more than 50,000 students in the state's largest school district, officials said. The device is located in the district's Downtown Food Services Production Center and was funded by a USDA Farm to School grant.

Columbus schools' decision to commit to buying only Ohio apples is paying off for Quarry Hill Orchards, in Berlin Heights, about 15 miles southeast of Cedar Point amusement park in northern Ohio.

"Ohio, in general, produces a small amount of apples," compared with states such as Washington and Pennsylvania, said Brooke Gammie, whose husband's grandparents started the 90-acre Quarry Hill Orchards near Lake Erie. "So we're kind of a blip on the radar."

But Quarry Hill Orchards and other small- and medium-sized Ohio apple orchards have been landing ever-larger contracts as they supply Columbus schools through a cooperative, the Fruit Growers Marketing Association based in Newcomerstown in Tuscarawas County.

"On a scale this big, I think this is the only place that it is happening" in Ohio, Gammie said of the district's in-state apple purchases. "But I think Columbus is setting an example. I think it will start to happen more now."

Columbus City Schools will pump about \$680,000 into the Ohio economy by purchasing apples this year, said Joe Brown, the district's food services director.

With the new slicer, those numbers are expected to rise because the district knows from testing that, by slicing the apples rather than serving them whole, kids eat more of them, Brown said. "They eat what they take, and they take more," he said.

After being sliced, the apple slivers are conveyed to a packager, who scoops them into plastic bags to be sent out to schools. The cores are composted.

[>> Video: Columbus schools kids will receive sliced apples due to federal grant](#)

Brown estimates that by simply slicing the fruit, the students' consumption of apples could triple or quadruple.

Though that might prove overly optimistic, he said, "We absolutely expect to use more apples this way."

The district's push to serve Ohio apples began a few years ago when someone asked Brown what percentage of the apples served by the district were grown in-state. "I didn't know the answer. ... We produce a lot of apples in Ohio, so I knew it had to be some," he said.

But when Brown asked the supplier, he found out there weren't any Ohio-grown apples; they were all being brought in from Washington state.

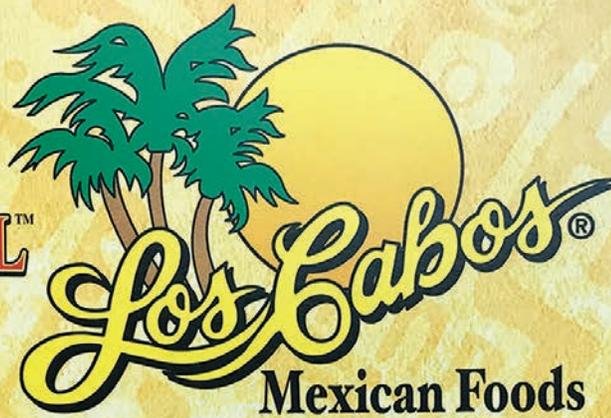
"So we said, 'Why? Can we change that?'" he said. "So we worked with buyers and they said, 'Yeah, we can get Ohio apples.' And it turns out they're cheaper."

By buying in-state, the district is saving about 9 percent over the \$23 a bushel that it previously paid when all of its apples had to be shipped from Washington, Brown said.

And the purchasing program is expanding to more than just apples. Quarry Hill Orchards recently started providing the district with pears, and it expects that contract to grow rapidly, Gammie said.

"We're going to have to reserve our entire pear harvest for this account," she said.





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# Enter SNA's Sweepstakes to Win a **FREE** Trip to LAC 2019 in **Washington D.C!**

It's time for SNA's annual sweepstakes to win a free trip for two to the 2019 [Legislative Action Conference](#) (LAC) which is being held on February 23rd-26th in Washington, D.C. Here's how to enter:

- Submit a short 30-60 second video demonstrating how school meals are making a positive difference in your community, school or district. More information and video suggestions are available on the [SNA website](#).
- SNA staff will select the finalists that best represent this message.
- The videos that are selected as finalists will be posted on the SNA website and will be part of an online voting poll. The SNA member that submits the video with the most votes will win free travel, hotel and registration for them and a guest to the 2019 Legislative Action Conference!

Please submit all videos and required entry forms to [advocacy@schoolnutrition.org](mailto:advocacy@schoolnutrition.org) or [submit online](#). Videos are due by November 14, 2018. Please see the [LAC 2019 Sweepstakes Complete Rules](#) for more details, eligibility and entry conditions. One entry per member.



**LEARN MORE**

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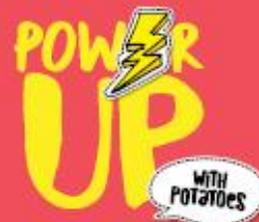
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# Denver's Anti-'Lunch Shaming' Initiative

## Increased Debt By 2,400%

Jon Miltimore | September 12, 2018

A year ago, Denver Public Schools put an end to “lunch shaming.” No longer would students have the stigma of receiving a sticker reminding them to pay if they had not settled an outstanding lunch bill.

Denver promised that all children would receive lunches whether they paid for the lunch or not.

The price tag of the policy was recently revealed. Denver Public Schools reports that lunch debt ballooned from \$13,910 in the 2016-17 academic year to some \$356,000 last year, a 2,400 percent increase. Rick Hess of the American Enterprise Institute has a great 60-second video on the topic.

One might think this is a problem isolated to Denver. It's not.

Nearly half of U.S. school districts, the New York Times reported last year, used “shaming policies” to encourage payment, presumably because

parents whose children do not qualify for federally funded lunch assistance are not paying up.

But many are turning away from these policies. School districts in Minnesota and California have passed anti-“lunch shaming” policies, while New Mexico has banned them entirely.

I'll admit that some of the shaming policies—stamping the arms of children, throwing lunches into the trash—are jarring, cruel, and counter-productive. Punishing children for the lapses of parents—who make sufficient income to not qualify for means-tested lunches —also seems unfair.

Yet Denver's “solution” to the problem hardly appears sound or financially sustainable, absent additional revenues. (It's unclear if other districts that have passed anti-shaming policies have experienced similar results.)

Perhaps what's most concerning is the sheer number of parents who appear willing to send their children to school without food.

One wonders if this is perhaps a symptom of an even larger problem: A growing number of Americans, even ones with means, cannot see that their children get food in their bellies without government assistance.

--  
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## Apply Today for a Professional Development or Conference Scholarship!

The School Nutrition Foundation (SNF) is now accepting applications for scholarships! Apply for a [SNA Conference Scholarship](#) for a chance to earn \$1,500 to help cover the costs to attend [SNA's School Nutrition Industry Conference](#) and [Legislative Action Conference](#).

Employee and Manager level members with a passion for advocacy can also apply for the [Josephine Martin National Policy Fellowship](#).

**[Click here](#) to apply for a SNA Conference Scholarship!**

Applications are due online by October 31st and require a signed approval form from your supervisor. You must be an SNA member for at least 2 years to be eligible.



**Want to earn your degree?** SNF is also accepting applications for [Professional Development Scholarships](#) to help cover the costs of tuition and books for a degree in a school nutrition related field.

For questions, please contact [scholarships@schoolnutrition.org](mailto:scholarships@schoolnutrition.org).

[Apply](#)

# SNF Now Accepting Applications for the 2019 Josephine Martin National Policy Fellow!

**Would you like to attend SNAPs Legislative Action Conference (LAC) in Washington, D.C., to learn from Washington insiders? Submit an application to the School Nutrition Foundation by October 31!**

**2018-09-11**

Would you like to attend SNA's [Legislative Action Conference \(LAC\)](#) in Washington, D.C. on February 24-26, 2019 to learn from Washington insiders, join the annual Charge to the Hill and participate firsthand in child nutrition reauthorization?

The Josephine Martin National Policy Fellow will attend and be recognized at SNA's Legislative Action Conference 2019, with all travel expenses paid up to \$3,000. Expenses include airfare, ground transportation, and hotel accommodations, as well as conference registration and a per diem for meals.

The SNF is now accepting applications for this fellowship! To apply, you must:

- Be an active SNA employee or manager section member, who has been a SNA member for at least three years, as of LAC 2019 (since no later than April 1, 2016)
- Have never previously attended LAC
- Be interested in child nutrition policy
- Submit an [online application](#) by **October, 31 2018**.

Please preview the form before applying.

Christina Osborne from Fayetteville, N.C., who attended LAC 2018 as the Josephine Martin National Policy Fellow had said before attending: "I look forward to walking in the footsteps of Dr. Josephine Martinand, like her, I hope to one day cultivate change and influence legislation on the local, state and federal levels."

For questions or more information, please contact [hvoss@schoolnutrition.org](mailto:hvoss@schoolnutrition.org) or (301) 686-3131.

*Dr. Martin is a pioneer in the field of child nutrition. Launching her career at the Georgia Department of Education in 1950 as the assistant school lunch director, she soon became a vocal advocate for child nutrition, influencing legislation on the community, state and federal levels.*



# Steal this Idea



**A school garden might encourage your kids to eat vegetables. Here's how to start one.**

**By Cara Rosenbloom**  
**September 11**

The most common question I'm asked by parents is, "How can I get my kid to eat vegetables?" My usual advice is to provide ample opportunity for kids to try a variety of veggies and to ensure they see their parents eating vegetables, too. Lately I've been adding a new suggestion: Start a school garden.

Schools across the country are enlisting dietitians to plant gardens, teach cooking classes and train teachers with nutrition education. According to the Farm to School Census, more than 7,000 school gardens have cropped up across the United States. In addition to reading and writing, kids who attend these schools are being taught how to grow and prepare kale, asparagus and zucchini. In an era when Americans take in 57 percent of calories from ultra-processed foods such as chips, candy and baked goods, it's vital for children to learn about, and appreciate, fresh food options.

Jen Brewer, a registered dietitian with the garden program at Folwell Elementary in Rochester, Minn., has seen firsthand that being involved in planting and tending a garden can make children more likely to try (and like!)

vegetables. "There is great satisfaction that comes to students when they get to eat what was simply a seed a few weeks ago," says Brewer.

Brewer says dishes such as basil pesto and green smoothies get rave reviews, even from the non-vegetable lovers. "I've had many converts to spinach by way of smoothies," says Brewer. "When I pour it, there are usually many moans and groans, followed by, 'Okay, I'll just take one sip.' Then I hear, 'Wow! This is good! Can I get the recipe?'"

School gardens also offer hands-on learning for the kids, who get right into the dirt and observe everything from seeding to harvesting, which helps them understand how food grows.

"Kids learn the power of patience and natural consequences," says Brewer. "They can't Google a bean to sprout. They learn that you don't plant a seed one day and eat the produce the next, and that there are steps that can't be rushed. This is one of the most powerful lessons that can be taught to a generation who has instant access to most everything imaginable."



Gardens can offer many other lessons, as well. Dietitian Stefanie Dove, the coordinator of marketing and community outreach for Loudoun County Public Schools in Virginia, trains teachers to integrate school gardens into the classroom curriculum.

"I work with teachers to connect the school garden with subjects from culinary arts, math and plant science to foreign languages," says Dove. Kids learn about healthy eating, cooking and environmental sustainability while incorporating math, reading and science.

“Some of our physical-education teachers incorporate gardening into their gym classes to demonstrate to students that exercise can come in all forms,” says Dove.

If such ideas appeal to you, but there’s no garden at your school, these dietitians say it’s easy to get one started. Here are their tips:

**Build a team.** “The number one reason school gardens fail is that a single parent or teacher tries to conquer it alone,” says Dove. It’s a fair amount of work, so you need a team approach. Have one “champion teacher” to take the lead, and build a network around them, including students.

**Make connections.** Reach out to the school nutrition or health department in your district to see if support is available. Utilize the resources from Farm to School, a networking hub for school gardens. Brewer says that many states also have a school garden convention that meets in the winter, which is a great place to network and learn what works best in your region’s climate.

**Try to source funding.** Dove says that through community partnerships, her program has distributed more than 150 hydroponic garden towers to classrooms and provided more than \$15,000 in funding. Ask local farms, grocery stores,

banks and other community businesses to help out, or see if grants are available in your school district.

**Start small.** Rather than a large outdoor garden, begin with a small indoor garden tower or herb garden.

**Don’t be deterred by cold weather.** In Minnesota, Brewer relies on indoor hydroponic gardens for the winter growing season.

**Have a summer plan.** Most outdoor garden growth happens during the off-school months, so have families sign up for time slots to be in charge of weeding and watering the garden. The bonus? They can pick vegetables to take home to enjoy.

If you want your kid to eat carrots, it helps if they plant the seeds, watch them grow and learn how to chop them for stir fries and salads. School gardens facilitate that, and your kids will learn some science, health and math lessons along the way.

The advertisement features a large, top-down view of a foil-lined bowl filled with a bean salad, including tomatoes, lettuce, and shredded meat. To the right, the Bush's Best logo is displayed above the text 'ALL THE WOW WITHOUT THE WORK' and the website 'www.bushbeansfoodservice.com'. Below this, three cans of Bush's Best Easy Entrees are shown: Texas Ranchero Pinto Beans, Simply Southern Red Beans, and Taco Fiesta Black Beans. Each can includes a small image of the prepared dish and a 'SERVE!' banner.

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# Fort LeBoeuf Schools Plan to Roll Out Food Truck in Spring 2019

By Valerie Myers

September 18, 2018

**The truck would provide concessions and both summer and school-year meals.**

**W**ATERFORD — Fort LeBoeuf sports fans may be able to grab a bison burger during breaks in the action next spring.

The Fort LeBoeuf School District is in the market for a food truck to serve up concessions at games.

School officials also plan to use the food truck to serve meals for students on field trips to the Erie Zoo and other attractions and for children who have no way to get to schools for free summer meals.

The food truck also might pull up periodically outside Fort LeBoeuf High School to offer students alfresco alternatives to the cafeteria.

“It’s something that’s been in the back of my mind the last few years. The more I see schools in the rest of the country using food trucks, the more opportunities I see for one here,” said Justin Tech, food services supervisor and executive chef for the school district.

Sure enough, school food trucks are a thing.

Rapid City Area School District in South Dakota rolled out its Dream Big food truck to serve meals to children this summer.

In Colorado, a Boulder Valley School District food truck dubbed the Munchie Machine each day serves high school students bored with traditional cafeteria fare. Its menu includes chicken curry; meatball subs; grilled-cheese sandwiches made with tomato, mozzarella and pesto; adobo-braised beef tacos, and flame-grilled burgers with caramelized onions, pesto and tomato.

The Minneapolis School District’s Street Eats food truck offers students orange chicken, Angus barbecue cheddar burgers, Philly cheesesteak and jerk chicken sandwiches served up with local produce.

Food trucks also are serving meals on college and university campuses. The nautically-themed Behrend Clipper, the first food truck in the Pennsylvania State University system, serves breakfast; lunches including Thai flank steak and lemongrass chicken; and late-night options at various locations on the Penn State Behrend campus in Harborecreek Township.

“It has to be good and it has to be different,” Kyle Covedale, managing chef at Behrend, said early this year. “That is the draw.”

Meals meet U.S. Department of Agriculture school nutrition standards. The ingredients are just rearranged in entrees not generally offered in cafeterias.

Bison burgers are expected to highlight the LeBoeuf food truck menu, said Tech, who’s starting to cook up ideas for meals. Tech graduated from culinary school at Indiana University of Pennsylvania in 2001 and worked in food services for the Hyatt Regency chain in Columbus, Ohio, at a retirement home and with a food company before beginning work at Fort LeBoeuf seven years ago.

“It’s still early as far as menu development, but I know I’d like to feature things like bison, ground buffalo meat, to tie back to The Herd and what we are here,” Tech said.

Fort LeBoeuf’s mascot is the Bison. The school district food truck will be named Taste of The Herd and will be appropriately wrapped and painted, Tech said.

“It should be pretty cool,” he said.

Tech plans to drive the truck and oversee food truck operations and to train staff and sports boosters to cook, deliver and serve meals on wheels.

“This will help me get back to some of the hands-on work and away from paperwork sometimes,” he said.

The food truck’s first road trips will be for concessions.

“This all started with boosters inquiring about building additional concessions stands,” Fort LeBoeuf schools Superintendent Rick Emerick said.

The district’s only concessions building is at the high school football field, some distance from baseball, softball and soccer fields. Building more concessions stands would be cost-prohibitive, Emerick said.

“Anything in the world of construction generally is not a cheap date,” he said. “With a food truck, we’ll have a mobile opportunity to provide concessions for fans.”

Tech plans to buy the food truck from money that he’s been able to set aside in his food services budget, mainly from catering.

USDA will reimburse gasoline and maintenance costs for the truck for the summer food program, Tech said. The program provides free meals to children and young adults 18 and under who otherwise might go without meals when school is not in session. The district served about 2,500 meals in this summer’s seven-week program, Tech said.

“Right now, students have to come to us for those meals,” he said. “Going forward, we want to use the same fixed locations plus the food truck to reach students without transportation.”

In addition to USDA funding, district officials expect revenues from booster organizations that use the truck and from students on field trips who otherwise would pack a lunch.

“Those are revenues we can gain back,” Tech said.

Emerick has been on board with the food truck idea since he and Tech first considered concession alternatives about a year ago.

“We took a look at the costs and opportunities and think that it will be a reasonable expense for us,” Emerick said.

Fort LeBoeuf school directors gave the nod this summer to seek bids for a food truck. School officials are accepting bids until Oct. 5.

Tech is “pretty confident” that the district will be able to find a food truck that’s within district means and take delivery by Feb. 1.

“We’ve sent bid documents to several companies directly and will be sending out specs to more,” he said.





**Randy Walker**  
Legislative and Public Policy  
Chairperson

## Pennsylvania State Legislature

Share Table Bill Introduced to PA House of Representatives

HB 2471 (House Bill) was introduced by Representative Pam Snyder of Greene County. The Bill would allow schools to redistribute unused food by allowing students to put unwanted food in a specific location. It involves having a place kids can discreetly get food throughout the day. It also encourages food donation. [Click here to download the entire House Bill 2471.](#)

There are obvious issues to this legislation from food safety to who physically manages the “Share Table”. SNAPA will be keeping an eye on this legislation and will keep our members updated on it’s progression.

The Bill was referred to the House Education Committee on 6/6/18. So, we’ll be keeping an eye on it.

## National Legislative and Policy Updates

WASHINGTON, Sept. 21, 2018

USDA Secretary Sonny Perdue yesterday hosted a roundtable with local school officials to learn more about how USDA can best assist and enable their efforts to serve nutritious meals to our nation’s children.

## USDA Secretary Working to Empower Local School Leaders and Improve the School Meal Programs

The meeting was part of the Secretary's ongoing efforts to explore reforms that will make school meals more appealing by giving control back to local school food professionals who know the children best.

"School officials have expertise critical to the conversation of school meal reform," said Perdue. "USDA is committed to giving schools the common sense flexibilities they need to serve nutritious meals kids will want to eat."



Local officials provided feedback on the role of school meal policy in ensuring their students' nutrition:

**•“Every day, school meals fuel the academic success of America’s future generations.** School Nutrition Association welcomes this opportunity to join our partners in discussing ways to strengthen school meal programs and ensure students have access to nourishing, appealing meals. We greatly appreciate Secretary Perdue’s continued dedication to reducing unnecessary burdens and streamlining the complexity of school meal programs so that our members, working in school cafeterias nationwide, can focus on serving students,” said School Nutrition Association President Gay Anderson.

**•“School boards have an integral role in implementing school meal programs but we should not be the cupcake police,”** said Neil Putnam, National School Boards Association Director and Vice President of the Mitchell Board of Education, South Dakota. “I appreciate U.S. Secretary of Agriculture Sonny Perdue’s interest in hearing directly from locally elected school board members who are on the front lines of providing affordable nutritious meals to students. In my view, increased flexibility and decreased regulations will help local school districts reduce food waste and costs and will increase student participation in school meal programs.”

**•“As directors of large urban school nutrition programs, we appreciate the opportunity to discuss with U.S. Secretary of Agriculture Sonny Perdue ways the Department can simplify federal administrative requirements and help our schools continue to meet current nutrition standards**

for our nation’s children, design desirable meals, take better advantage of in-season fruits and vegetables, increase student participation, reduce plate waste, and control costs,” said Cincinnati Public Schools Director of Food Services Jessica Shelly and Miami-Dade County Public Schools Food and Nutrition Officer Penny Parham in a joint statement.

•**“I believe strongly in serving my students with a well-rounded education, and proper nutrition is a critical piece of that education,”** said Mervin Daugherty, Superintendent for Red Clay Consolidated School District, Wilmington, DE. “I understand the importance of nutrition, and work to ensure all students can access healthy meals. In Red Clay, we have worked to find a balance of following federal standards, serving meals that students enjoy, and maintaining costs. I thank the Secretary for calling this meeting and look forward to working with him to find some common-sense regulatory changes to better serve students.”

The Secretary’s roundtable was held in advance of the publication of the final rule on Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements, targeted for release later this year. The interim final rule published in November 2017 gave schools flexibilities for the milk, Sodium, and whole grain requirements for school year 2018-2019.

“We are looking ahead for more ways to help local operators run world-class school meal programs,” said Perdue. The Secretary added that increasing program efficiency and accountability is a priority for USDA, as it makes the best use of taxpayer dollars.

USDA Acting Deputy Undersecretary for Food, Nutrition, and Consumer Services Brandon Lipps expects to meet with more school meals partners and customers through the remainder of the year. USDA encourages local feedback and seeks to provide the tools and flexibilities school meal programs need to improve customer service.

USDA is an equal opportunity provider, employer, and lender.

USDA's Food and Nutrition Service administers 15 nutrition assistance programs. In addition to the Supplemental Nutrition Assistance Program, these programs include the Special Supplemental Nutrition Program for Women, Infants and Children, the National School Lunch Program, and the Summer Food Service Program which together comprise America's nutrition safety net. For more information, visit [www.fns.usda.gov](http://www.fns.usda.gov).



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# Crunch into a Tasty Apple Crunch Celebration on October 24

Did you know October is National Apple Month? Celebrate with Apple Crunch on October 24 to encourage youth and families to eat apples and apple products (applesauce, juice and cider) as a healthy snack – they're snack-tastic!

Looking for ways to partake in Apple Crunch with Penn State PRO Wellness? Visit the [website](#) to download FREE kid-friendly printable activity sheets and crafts for the entire family to celebrate the festivities, or bite into these tasty ideas for apple-centric meals, snacks and desserts:



[11 Family Apple Recipes to Try](#)

[Where to Pick Apples in PA](#)

[How to Core Apples](#)

[How to Choose Apples](#)

## Events & Webinars

### Grants

#### 2019 Youth Garden Grant

Any nonprofit organization, public or private school, or youth program in the United States or U.S. Territories planning a new garden program or expanding an established one that serves at least 15 youth between the ages of 3 and 18 is eligible to apply. The selection of winners is based on demonstrated program impact and sustainability. The top five programs will be awarded grant packages worth \$2,100. Grant packages worth \$500 will be awarded to 20 additional programs. Applications are due Dec. 17. [Learn more and apply here.](#)

#### Annie's Grant for Edible School Gardens

Want a school garden? Annie's believes that showing future generations how sustainable food is grown changes lives. Connecting kids to gardens helps them to start thinking more holistically about their food, their communities and the planet. Applications are due Nov. 1. [Learn more and apply here.](#)

## Whole Kids Foundation: Garden & Bee Grants

The Whole Kids Foundation's School Garden Grants program provides money to teach kids how to learn about sustainability, conservation, food systems, community awareness and how food gets from seed to plate. Unlike some grant requirements set forth by corporations, this grant does not require applicants to be located in a region with a Whole Foods Market. \$2,000 grants for gardens, \$1,500 grants for bee hives and lots of free resources to boot! Applications are due October 15. [Learn more and apply here.](#)

## Nature Conservancy: Nature Works Everywhere

501c3 and schools are eligible to apply. \$2,000 grants (as well as are given to schools across the US to build, amend and revitalize school garden projects with the core principle that gardens model nature on a relational scale. Title 1 schools are given preference. Food gardens will be awarded if they address an issue around access to healthy schools. Applications are due October 5. [Learn more and apply here.](#)



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\*No significant difference has been shown between milk derived from rbST treated and non-rbST treated cows.

# SNAPA THANKS OUR NEW & RENEWING SNA MEMBERS ...

## FROM AUGUST 1 TO SEPTEMBER 30, 2018

Josie Arias	Deb Enman	Karen Klink	Diane Petry
Elizabeth Atticks	David Fenstermacher	Melina Klipp	Karen Pinardo
Susan Ayres	Deanna Fischer	Lou Kluck	Carrie Plecher
Sylvie Baccaro	Elizabeth Fives	Connie Knupp	Lois Potts
Patricia Bader	Christine Ford	Gwendolyn Kozar	David Preston
Alicia Barrera-Mojica	Nancy Foust	Carmen LaCava	Lindsay Radzvin
Dimitra Barrios	Nancy Franks	Kay Lambert	Marisol Ramos
Michele Baxter	Vicki Frees	Jessica Landis	Adam Reagle
Susan Bechtel	Dawn Fronius	Paula Lanicotti	Erin Robinson
Lori Beckwith	Jodi Fultz	Bonnie Laughman	Sandy Rodenhauser
Tracy Benckert	Pamela Gallagher	Ketha Lehman	Donna Romeo
Jeremy Bergman	Audrey Garges	Wendy Leisey	Debra Royer
Diane Berkman	Crystal Gauss	Karen Leyden	Julie Sanders
Carol Beuten	Julie Geary	Jennifer Liberace	Deana Scott
Mary Billett	Donna Gerhart	Connie Ligenza	Jackie Shaver
Lori Bohn	Paula Germinario	Jose Lopez	Elaine Sheaffer
Laura Bowman	Gina Giarratana	Glenna Lubik	Christine Sheets
Brooke Bray	Candice Goeckel	Kimberly MacDonald	Melissa Shoen
Wendy Brent	Sharmini Goins	Andrea Madochick	Dee Smith
Lisa Brest	Debra Gould	Mary Marino	Sherie Snow
Della Broomall	Nancy Gradwell	Lori Markloff	Joyce Soroka
Chuck Brown	Jessica Griggle	Deborah Martin	Rebecca Spieler
George Brzoza	Jade Gugliotta	Mary Lee Martines	Debra Staab
Cindy Buchter	Kellie Guise	Cheryl Maus	Michele Staso
Vicki Canham	Lizanne Hagedorn	Cheryl McClure	Kathleen Statue
Cecelia Carlin	Lisa Hancock	Jill McLaughlin	Rod Stewart
Carol Carter	Melissa Hardy	Jaclyn McMichael	Christine Stewart
Karen Castaneda	Shawn Harlacher	Michele Merchant	Donna Stockert
Maryann Castellente	Tammy Harting	Katherine Miller	Kendall Stokes
Melissa Charles	Sandra Hawn	Abbi Miller	Shannon Stone
Gloria Clawson	Siena Healy	Debra Miller	Jenny Strickler
Stephanie Cohen	Beverly Hendricks	Matthew Mitchell	Vicki Suglia
Dolores Connelly	Russell Hengst	Marisa Monastero	Valerie Sullivan
Patricia Corbin	Rosemary Henry	Randi Mongiello	Annette Swanson
Adam Corsi	Wanda Herring	Linda Monzo	Candy Tardif
Polly Coryell	Melanie Hill	Tammy Moran	Patricia Tate
George Coutsoumbis	Pamela Hittinger	Linda Morrison	E. Nichole Taylor
Jennifer Csondor	Kathy Holleran	Dianne Morrow	Sandra Trimble
Angela Cummings	Kristina Holtz	Diane Movinsky	SDM Vacant
Denise Dennes	Dawn Housel	Janet Mullaney	Deborah Vaders
Marchelle DePalma	Colton Housel	Brenda Mundy	Ruth Velez
Elizabeth Deskiewicz	Lynn Huggins	Maryann Murphy	Christine Vogel
Mary Diehl	Barbara Hummel	Sandra Musser	StacWatkins
Julie Dingus	Mahmoud Hussein	Kurt Myers	Dale Werner
Mary Beth Dishler	Jennifer Johns	Susan Myers	Ann White
Anne Dolan	Judith Johnson	Jane Natali	Sharon White
Michelle Dombach	Maria Jones	Barbara Nissel	Christina Wiercinski
Katie Dorian	Kim Keller	Ellen O'Brien	Michelle Willard
Patricia Doughman	Kelly Kenny	Sandy Oberholtzer	Carolee Woods
George Duckstein	Irena Kiecko	Amber Ott	Tammy Woomer
Chris Dunn	Gary Kiernan	Diane Overwise	Valerie Yost
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# Chapter Chatter

Central & Upper Bucks - Region #3 – Chapter #7

## General Meeting News

September 20, 2018

Our September Dinner Meeting was held on Thursday September 20, 2018 at the Bucks County Youth Center in Doylestown, PA. We had about 45 people in attendance.



Chapter leaders enjoying some delicious food prepared by the Bucks County Youth Center staff and students.



Chapter members enjoy a meal during the chapters first meeting of the year!

Jacqueline Froehlich BCYC Deputy Director of Operations/SNAPa Chapter #7 President started the meeting with three (3) stations of the school gardens at Bucks County Youth Center. The first was a tour of our gardens, the tour guides were Val Arocho, BCYC Cook/Master Gardener and our RSU residents. The second station was cooking fresh vegetables demonstrated by Chef Norbert and his team from Rational. The third station was Karen Green, BCYC Cook/President Elect of SNAPa Chapter #7 showing items that BCYC made using the herbs and vegetables from the garden. This included refrigerator pickles, salads, dried herbs, room fresheners, and herbed infused oils and vinegars. Chef Norbert and his team along with BCYC staff prepared the meal incorporating vegetables and herbs from the garden. Following dinner Jason Tumelty, Deputy Director of Bucks County Youth Center also provided CPR/First Aid training.

### Westmoreland Chapter 26

The first meeting of the 2018-19 school year for the Westmoreland County School Nutrition Association was held on Wednesday, October 3, 2018 at Seton Hill University in Greensburg, PA. The Seton Hill Dietetic Interns hosted the event and served an Oktoberfest themed menu to the members. After the business meeting and dinner, Joe Beaman, Director of Food Services at Deer Lake School District, gave the keynote presentation: Becoming a Part of the Educational Model. A basket raffle and 50/50 drawing concluded the event.

Chef Val gives attendees a tour of the fruitful gardens at Bucks County Youth Center. Staff and students alike contribute to the garden.



Fresh parsley is a staple in the Upper Bucks Youth Center, Herb Garden. It's practically picked daily and used in abundance.



Our Chapter donated food to the Lord's Pantry. Melissa Froehlich, Past President of SNAPA, Kristen Delle, Regional Representative and Pam Gallagher, SNAPA Executive Director, were here to represent the SNAPA organization. We had 8 School Districts present: Bucks County Youth Center, Palisades, Allentown, Penridge, Quakertown, Saucon Valley, Southern Lehigh, and Upper Bucks Technical School. Our next general meeting will be Monday October 29, 2018 at Palisades High School in Kintnersville, PA. All Food Service staff are welcome to attend.



Red Rose Chapter held their 2018-2019 kick-off chapter meeting on September 20, 2018 at Cocalico High School. Education, networking and a fabulous food show helped attendees gain CEU hours while tasting great new products. Students were welcome and helped attendees by providing valuable feedback on products!



UPDATES AND RESOURCES FROM THE PENNSYLVANIA FARM TO SCHOOL NETWORK

# Celebrating Pennsylvania's Bounty with PA Preferred Day

It's almost October, which means pumpkins, sweaters and [National Farm to School Month](#)! Schools across the country use this time to highlight local produce and strengthen relationships between children and locally grown food. In a state as agriculturally diverse as Pennsylvania, schools here have a wide variety of local items to highlight in their cafeterias.

**This year, the School District of Philadelphia will celebrate the state's varied agricultural bounty by hosting its second annual PA Preferred Day on October 25.**

During PA Preferred Day, every item on the district's main lunch menu will be grown or produced in Pennsylvania. This year's menu includes a Tyson chicken leg that was hatched and processed in New Holland, hydro bib lettuce salad from Bally, fresh apples from Boyertown, and milk from Pennsylvania dairy farms. Planning for the event started last year when the division began researching local growers that could produce enough for the nearly 90,000 lunches that the division serves daily. The division anticipates spending nearly \$60,000 on local food for this special event.

Is your district interested in hosting your own PA Preferred Day next year? Do you already procure a local item you would love to share with the state? Contact Kelsey Porter and let her know!

By The School District of Philadelphia's Division of Food Services



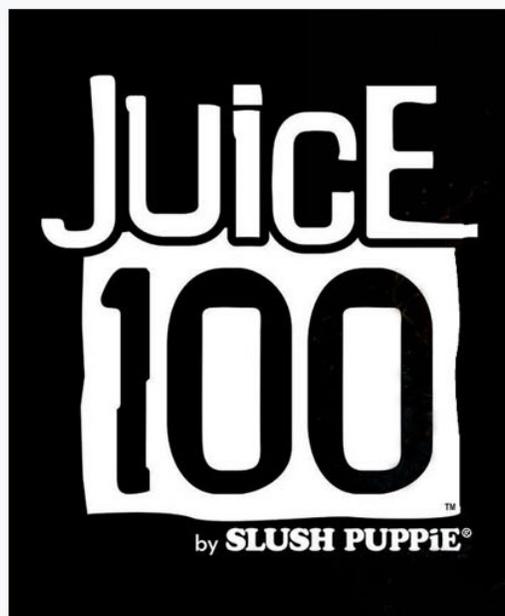
Photos from the first annual PA Preferred Day at the School District of Philadelphia



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# 2018 Pittsburgh Conference Photo Montage

Yinz had an awesome time in the great city of Pittsburgh!



Good eats, fun games and smiles at the exhibits!



After dinner Bingo was serious! Thanks to Key Impact for hosting Bingo once again!



The Pennsylvania School Food Service Foundation raffles are always a big hit AND they raise money for education and scholarships!



Franco Harris is in the house!

The President's Dinner was the place to be! Congratulations to President Nicole Melia for winning Director of the Year!





**President's Reception and Dinner was delightful!**



**Education sessions were top notch!  
Value information and great networking opportunities for all!**



**Farm to School Resource Center was amazing with loads of great information to share and implement back home!**

**The great City of Pittsburgh recognizes the School Nutrition Association of Pennsylvania with a mayoral proclamation to celebrate our Annual Conference Day on August 1, 2018.**

CITY OF  PITTSBURGH  
OFFICE OF THE MAYOR

*A Proclamation*

**SCHOOL NUTRITION ASSOCIATION OF PENNSYLVANIA  
ANNUAL CONFERENCE DAY**

August 1, 2018

*WHEREAS, there are over 2000 state and national School Nutrition Association of Pennsylvania (SNAPA) members serving both breakfast and lunch to more than 170 million Pennsylvania grades K – 12 students in over 700 school districts across our Commonwealth; and*

*WHEREAS, SNAPA is a statewide organization of school nutrition professionals committed to advancing the quality of child nutrition programs through education and advocacy; as the premier association for all school professionals in Pennsylvania, their members strive to provide high-quality, low-cost meals to youngsters throughout Pennsylvania; and*

*WHEREAS, recognized as the authority on school nutrition in Pennsylvania, SNAPA has been advancing the availability, quality and acceptance of school nutrition programs as an integral part of education in the Commonwealth for over 60 years; and*

*WHEREAS, SNAPA members will be able to visit and tour historic Pittsburgh before, during and after the conference; the goal of SNAPA's annual conference is to provide training and development for Pennsylvania school nutrition professionals, enabling them to strengthen school nutrition programs throughout the state.*

**NOW THEREFORE BE IT RESOLVED** that I, William Peduto, Mayor of the City of Pittsburgh, do hereby declare August 1, 2018 "School Nutrition Association of Pennsylvania Annual Conference Day" here in our most livable City of Pittsburgh.

A blue ink signature of William Peduto.

WILLIAM PEDUTO  
Mayor





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# Celebrate National Farm to School Month

**Elaine McDonnell, MS, RD**  
**Penn State University**  
**(Project PA), Pennsylvania Farm to**  
**School Network**

**H**appy National Farm to School Month! Congress designated October as National Farm to School Month in 2010, and schools across the country celebrate in many ways. While the most effective farm to school programs integrate purchasing and serving local foods; food, nutrition, and agriculture education; and school gardening, celebrating farm to school can begin with an activity in any of these categories. Hopefully some of the examples that follow from districts and schools across Pennsylvania will inspire ideas of additional ways to celebrate this National Farm to School Month and beyond!

## Local Procurement

Pennsylvania schools celebrate farm to school by purchasing and serving locally grown vegetables,



**Deer Lakes school district students enjoyed shucking and eating sweet corn.**

fruits, milk, grains, and meat/meat alternates across the School Nutrition Programs. California Area School District featured local green beans cooked in front of the students in its high school cafeteria. The district offered an omelet bar at its elementary and middle schools – with eggs from a local farm. The district plans to serve apple and pumpkin pancakes at the end of October. The School District of Philadelphia will serve its second annual PA Preferred Day lunch on October 25, 2018. The local foods menu will feature chicken, lettuce, apple, whole grain soft pretzel, and milk. The nearly 90,000 local lunches that day will represent an investment in local foods of nearly \$60,000. Apple Crunch on October 24, 2018, coordinated by Penn State PRO Wellness, is an excellent event to celebrate local fruit.



**Boalsburg Farmers Market farmers / producers visited State College Area School District Schools.**

For ideas how to organize an Apple Crunch, see [Apple Crunch resources](#). To find local apples for your school/district's Apple Crunch, visit PA Preferred's [Find Local Products](#) interactive search tool.

## Food and Agriculture Education

Many schools are providing opportunities for experiential learning about agriculture, food, and nutrition to allow students and community members to learn about local foods and the origins of food in general, as well as build relationships with local producers. Deer Lakes School District established a program called "Farmer-Direct" through which the district connects with local farmers to provide educational opportunities for students. Through this program, farmers come into the schools to provide taste testing opportunities and give young students a better understanding of the origins of the foods they eat. Jeff Norman of Norman's Orchard, an orchard just over a mile from the school district, has conducted presentations for first graders in the district about apple varieties. Jeff Plummer brings

in corn from his farm in West Deer and interacts with second graders. This program gives the students the opportunity to shuck hundreds of ears of sweet corn grown just down the road from their school and then enjoy the corn when it's served for lunch as part of the district's farm to table program. State College Area School District formed a partnership with a local farmer's market. Through this partnership, farmers and producers came to the district's schools to provide



**The egg omelet bar, with eggs from a local farm, brought smiles to the faces of elementary and middle school students in the California Area School District.**

presentations for students about the job of a farmer and to discuss the items that they produced. Presentations were followed by samples provided by the farmer/producer that were served in the cafeteria at lunch time. The farmer's market provided each student with a five-dollar coupon to be used at the farmer's market. The student had to be present at the market to use the coupon, which ensured that they experienced the farmer's market and didn't hand the coupon off to a parent or guardian, and at least half of the value of the coupon had to be used to purchase a fruit or vegetable.

## School Gardens

School Gardens serve as both a source of local food for School Nutrition Programs and taste tests as well as an ideal setting for hands-on food and agriculture



**Boalsburg Farmers Market farmers / producers visited State College Area School District Schools.**



help schools or districts establish farm to school programs. USDA also publishes a farm to school e-newsletter, “The Dirt,” which includes farm to school stories from around the country and information about farm to school webinars and training sessions. The USDA Farm to School Grant Request for Applications is open, with applications due December 4, 2018. See [resources for applicants](#), including registration for informational webinars on October 16 and 17. In early 2019, USDA will invite districts to complete the latest farm to school survey as part of the Farm to School Census. The [National Farm to School](#)

**Boalsburg Farmers Market farmers / producers visited State College Area School District Schools.**

learning activities. Hope Street Garden and Learning Lab in York is a collaborative garden in which students from Lincoln Charter School, Logos Academy, York City School District, and York County School of Technology all learn about growing food and interact with nature in the midst of their urban environment. Bucks County Youth Center’s garden supplies greens, tomatoes, herbs, melons, and more to meals, as well as a space for residents to explore and develop gardening skills. Littlestown Area School District held a Sweet Corn Day by serving sweet corn grown and donated by the high school Future Farmers of America (FFA) in school lunches on September 21, 2018. York County School of Technology’s raised beds and greenhouse garden offer career-preparation experiences for students in the Landscaping and Agriculture program and supply ingredients to the culinary program.

## Farm to School Resources

USDA’s [Office of Community Food Systems](#) provides support for farm to school by offering resources, technical assistance, and a grant program. Resources linked on the [USDA website](#) include a series of fact sheets providing overviews on topics such as school gardens, local procurement, and others. USDA’s Farm to School Toolkit includes 11 modules designed to

[Network](#) is an information, advocacy, and networking hub for communities working to bring local food sourcing and food and agriculture education into schools. Among the resources available through the National Farm to School Network is a [National Farm to School Month Celebration Toolkit](#) consisting of background information, activity ideas, and communication tools to help schools and communities celebrate National Farm to School



**Deer Lakes students shuck sweet corn.**



**Littlestown Area School District FFA students grew and harvested sweet corn.**

Month. The Farm to School tab on Project PA's [website](#) includes information about farm to school, links to resources (including Pennsylvania-specific resources), questions and answers, and a wide variety of farm to school Promising Practices showcasing successful farm to school activities in school districts throughout Pennsylvania. Rebroadcasts of six farm to school webinars are also available. In addition, the [School Nutrition Toolbox](#) includes the "Farm to School: Keeping it Safe" module and a module on



# APPLE CRUNCH

October 24, 2018

**Apple Crunch**

"Procurement in the School Nutrition Program" which includes a section about local procurement. Representatives from Project PA, the Pittsburgh Food Policy Council, the Pennsylvania Departments of Agriculture, Education, and Health, and The Food Trust have launched a Pennsylvania Farm to School Network. If you sign up to be a member you will receive a monthly email which includes news, updates, and stories about farm to school in our state, as well as grant opportunities, resources, and more. Click [here](#) to receive "The Monthly Harvest."



**Joe Beaman and Deer Lakes students sample salad in a classroom.**

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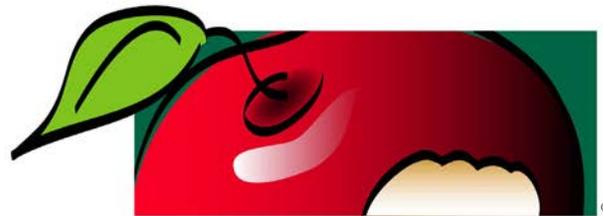
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## Consider Becoming a Part-time Vegetarian

Mary Koch

September 10, 2018

Now that the new school year is here, it's a time of new beginnings. Something you might want to consider is a new beginning for your diet, too. With so many diet options available these days, I'd like to throw another one out there: think of becoming a part-time vegetarian. For those who aren't sure, vegetarians do not eat meat, fish or poultry. Vegans take this a step further and avoid all animal products including eggs, cheese and other dairy products.

Before you just laugh this idea off, consider how many meals you eat that may be vegetarian already: macaroni and cheese, bean burritos or tacos, vegetable soup, peanut butter and jelly sandwiches, cheese pizza and French toast, just to name a few.

I'm not asking anyone to give up eating meat completely, as it is an excellent source of protein in our diet, but consider the health benefits of centering your meal around something other than meat for a change. Most of us don't get the recommended five or more servings of fruits and vegetables daily, nor whole grains for that matter. Why not consider a day or two a month that includes more of these foods?

I'm not suggesting salads for every meal, but if you step out of your typical eating pattern, you'd be surprised how healthy you can be without much effort. Consider traditional meat substitutes such as tofu, dried beans, lentils and peas, chickpeas, nuts and seeds, and plan your meal around these. Use color as a guide to plan your plate; darker, more vibrant fruits and vegetables are powerhouses of nutrients just waiting to improve your health. Skip over the refined grains and opt for whole grain breads, pastas and cereals instead. Not sure



how to prepare these foods? Just do a quick search on the Internet and a whole new world is at your fingertips.

Don't focus on finding alternative protein sources that taste like meat, rather enjoy these foods for their unique qualities and expand your palate. Vegetarian meals are generally lower in fat and higher in fiber than traditional meals. Plant based fats such as olive oil, avocado, and nuts are more heart healthy than their animal based counterparts. Low fat means it's better for your heart and fiber will fill you up so you won't feel deprived.

# 2019 Annual Conference

## The **S**chool **N**utrition **A**ssociation of **P**ennsylvania

Hershey Lodge & Convention  
Center

July 28 to 31, 2019



## A Coordinated Approach

Putting Students First



### ENGAGING KEYNOTE SPEAKER AND EDUCATIONAL SESSIONS!

- The 2019 Annual Conference Committee is working hard on the conference schedule and education opportunities.
- Online registration beginning in January 2019
- Back by popular demand, the Conference Mobile App!
- Super exhibits with new and exciting kid friendly products!
- Family friendly conference center in beautiful Hershey, PA!

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# Annual National Conference 2018 Las Vegas

“**Bold**” might be the best way to describe SNA’s 72nd Annual National Conference (ANC), which was held in Las Vegas in mid- July. ANC offered a dynamic mix of informative education sessions, great networking opportunities, inspiring stories, innovative product offerings and so such more. Combine these with the boldness of host city Las Vegas, and it was the recipe for a memorable event.

Pennsylvania School nutrition professionals gathered together for this unparalleled national experience with one common interest: feeding America’s children.



Shown here: PA ANC Contingency (l to r back row) Cynthia Capaccio from American Dairy Association North East, Ashley Watkins from Kunzler & Company, Inc, Gerry Giarratana, SNAPA Board of Directors (l to r front row) Mary Lee Martines, Forrest Regional SD Pamela Gallagher, SNAPA Executive Director and Gina Giarratana, SNAPA Board of Directors.



Shown Here: 2<sup>nd</sup> from left, Melissa Harding, Past President receiving the Thelma Flanagan Gold Award.

Shown Here: 2<sup>nd</sup> from left, Nicole Melia, President receiving the Pennsylvania Director of the Year





Award-winning journalist Gayle King. A firm believer that people remember you for how you make them feel, King talked about the importance of kindness. She discussed how we all want the same thing: to love and be loved in return. Our differences,” she said, “are many but at the end of the day, we’re all human.

Monday’s official conference start featured dozens of education sessions, the inspiring Red-Carpet Awards Ceremony and the Opening General Session, featuring a conversation between SNA President Dr. Lynn Harvey and award-winning journalist Gayle King

In their wide-ranging conversation, King expressed how she wished she had a stronger relationship with food (especially during her childhood). That inspired her to try to instill a love of food into her two (now adult) children, but “nobody argued with Spaghetti-Os.” She holds a great appreciation for school nutrition professionals and their ability to “train kids and their palates to like broccoli, carrots and apples,” she explained. King described some of her memorable interviews, offered humorous insights into her long, close friendship with Oprah Winfrey and ended the session by getting everyone on their feet to dance to Sixties-era hit, “Build Me Up Buttercup.

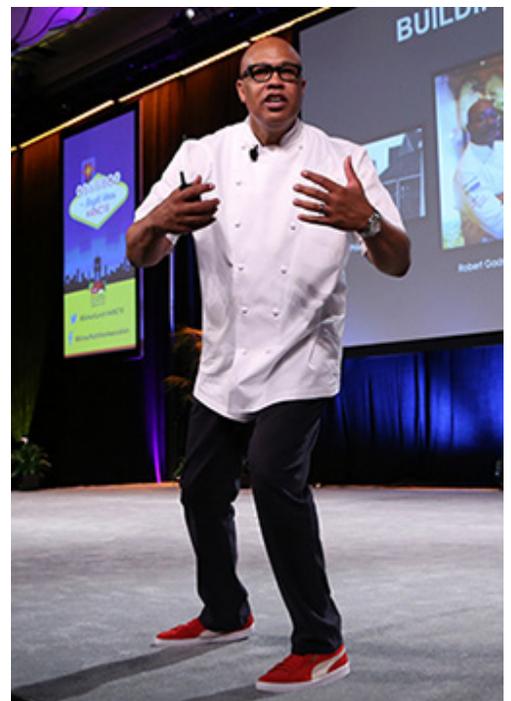
But there was also much inspiration on tap. Eyes became a bit misty during the morning’s Closing General Session, as both outgoing President Harvey and new President Gay Anderson, SNS, gave impassioned speeches, bookending the installation of the new SNA Board of Directors.

And it was the final keynote speech from Chef Jeff Henderson that roused the audience’s pride and passion for their roles as the first line of defense against childhood hunger—and potential criminality. A fierce advocate for abolishing the school-to-prison pipeline, Chef Jeff shared how hunger, poverty and a lack of role models led him to drug dealing and then prison. The “blinders of poverty” kept him from visualizing his true potential during his youth. But that 10-year stint behind bars changed his life for the better.

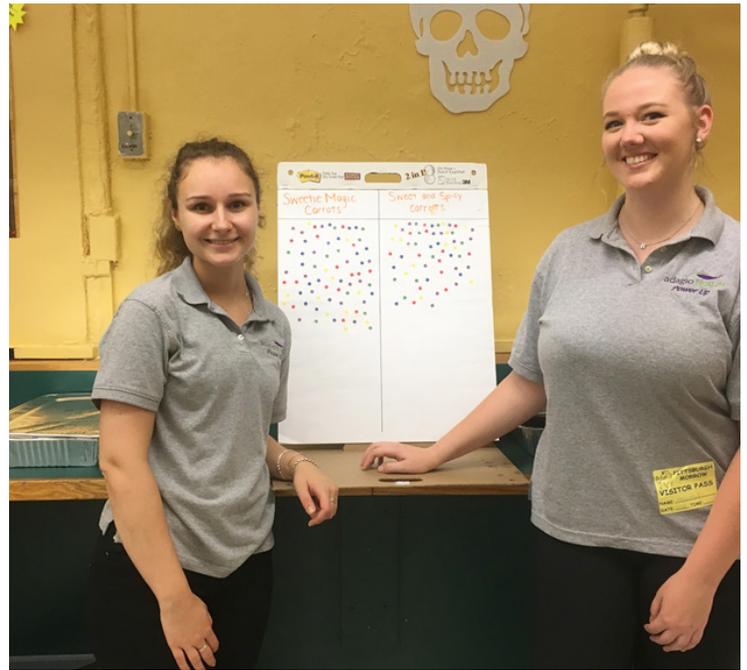
“I didn’t get arrested, but rescued from the streets,” Chef Jeff recounted to a packed house in the Mandalay Bay Ballroom. Prison provided him with the unlikely tools and mentors he needed to rework his life. Prison is where he learned to cook. Once his jailtime was served, Chef Jeff knew he needed to change his lifestyle. He found mentors among the black chef community and rebranded himself. He shaved his face and scalp, stopped lifting weights to become less formidable, changed his walk and purchased a top-end chef’s jacket. He also learned to smile.

His personal story has given Chef Jeff a unique platform to advocate for answers to the poverty epidemic and childhood hunger. “Poverty doesn’t discriminate. Childhood hunger doesn’t discriminate,” he said. “I was able to connect the dots why so many kids become criminalized: food.” Cafeteria staff play an important role in providing proper nutrition, mentorship and love. “We must plug the prison pipeline and a good way to start is through nutritional meals.”

The positive vibes of Chef Jeff’s presentation provided the perfect mood for the final professional hours of ANC, before the show-stopping Final Event: two exclusive performances of Michael Jackson ONE by Cirque du Soleil. Attendees thrilled to the dramatic acrobatics, eye-popping lighting effects and high impact of the troupe’s performances of 35 of the pop legend’s top hits. On Friday morning, departures began in earnest. And while the thousands of school nutrition professionals and partners were leaving Las Vegas, they were ready to heed the words of 2018-19 SNA President Gay Anderson: “What happens in Vegas...can benefit your career.”



**The excited ANC conversation doesn’t have to end just because the conference is over! Share all of your favorite conference moments with us on SNA’s [Facebook page](#) and [@SchoolLunch on Twitter](#). Go to SNA’s [Instagram](#) and [Flickr](#) to see a photo journal of all the lively entertainment! Don’t forget to mark your calendars now for ANC 2019—join us in St. Louis July 14-16, 2019!**



The K-5 students at Morrow Primary enjoyed sampling new flavored carrot recipes: Sweetie Carrots and Sweet & Spicy Carrots! The recipes were developed to add more variety and fun to our menus. Pittsburgh Public Schools Food Service partnered with Adagio Health's Power Up nutrition education program to sample the new recipes and learn about health benefits carrots provide! Students can look forward to learning with Power Up and sampling recipes such as barbecue baked beans, sweet basil & tarragon green beans, lemon & cracked pepper broccoli, toasted onion & garlic mashed potatoes, and more!



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# Calendar of Events

## School Nutrition Association of Pennsylvania

- October 23<sup>rd</sup>, 2018 - SNAPA Strategic Planning- Altoona, Pennsylvania
- October 24, 2018 - SNAPA Board Meeting, Altoona, Pennsylvania
- November 9, 2018 - Northeast Regional Leadership Meeting- Portland, Maine
- January 13<sup>th</sup>-15<sup>th</sup>- SNA Industry Conference- Austin, TX
- February 7<sup>th</sup>, 2019- Board Meeting- GO TO Meeting
- February 24<sup>th</sup>-26<sup>th</sup>- LAC- Washington D.C.
- April 25<sup>th</sup>, 2019- Board Meeting- Hershey, PA
- May 9<sup>th</sup>-11<sup>th</sup>- SNA Leadership Conference- Sarasota, FL
- July 28-July 31, 2019 SNAPA Annual Conference



### Trick or Treat: Unmasking Plant-Based Protein

Wednesday, October 31, 2018, 2:00 pm ET

Join this webinar and learn how to take the spookiness out of plant-based protein and make it easy and fun for kids to digest.

Register Now

Successful completion of the webinar and quiz is awarded 1 SNA CEU, or 1 CPEU for RDs/DTRs.

> [Learn More](#)



### Best of #ANC18: How to Find a Chef

Wednesday, November 7, 2018, 2:00 pm ET

Join a panel of experts for personal stories, advice and answers on how to find your perfect culinary match.

Register Now

Successful completion of the webinar and quiz is awarded 1 SNA CEU, or 1 CPEU for RDs/DTRs.

> [Learn More](#)



### New SNA Resources & Tools to Benefit Your Program

Thursday, November 8, 2018, 2:00 pm ET

Join SNA Staff to learn about all of the new SNA resources designed to help you and your program.

Register Now

No CEUs will be awarded for this webinar. > [Learn More](#)

## Learning Center

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