

# FOOD FOR THOUGHT

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## A Few of My Least Favorite Things

by Janice Watt

*This was sung by the Reimbursables; April Laskey, Janelle Madden, Jane McLucas, and Janice Watt, the winners of the lip sync contest, at the Fall 08 SNA of Mass. conference, to the tune of My Favorite Things from the Sound of Music.*

Tray drops on foam trays,  
And risky decisions,  
Dull stainless kettles  
HACCP plans unwritten  
Brown moldy produce the delivery brings  
These are a few of my least favorite things

Obnoxious sales phonies  
Reviews that are brutal  
Lunch bells and rumor mills  
And overcooked noodles  
Wild kids who yell I'm free with a zing  
These are a few of my least favorite things

Young girls with piercings that look really trampy  
Lunch ladies who are overly cranky  
Phone calls that turn into quick catering  
These are a few of my least favorite things

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When the staff fights,  
When the phone rings,  
When I'm feeling sad,  
I simply remember I get summers off,  
and then I don't feel so bad

Mouse drops in storerooms  
And outdated kitchens  
Parents that mettle  
Breaded sponges of chicken  
Janitors acting as if they were king  
These are a few of my least favorite things

Turkey boloney  
A boss who is frugal  
Unions that raise hell  
Staff trainings futile  
Bold kids that eat with a plan for charging  
These are a few of my least favorite things

Girls in cold kitchens with many hot flashes  
Point of Sale lunch time computer crashes  
The DOE finds that you're over claiming  
These are a few of my least favorite things

When the staff fights,  
When the phone rings,  
When I'm feeling sad,  
I simply remember I get summers off,  
and then I don't feel so bad.

# Come to Washington!

## Your voices need to be heard because children can't vote!

*by Judy White, Legislative Chairperson*



SNA of Mass. is proud to invite you to the 37<sup>th</sup> Annual Legislative Action Conference. The Senate and Congress will Re-Authorize the National School Lunch and Breakfast Program this year. Congress and Senators need to hear your stories and experiences from your districts as we visit them on the hill during the conference. Your monthly reimbursement check and your monthly commodities are a direct result from Congress. This is the opportunity for our voices to be heard.

Highlights of our Massachusetts visits include: Congressman Jim McGovern is a leading force and authority in Child Nutrition Programs for the entire country. He has visited with the Worcester and Wrentham Public Schools. He wants to meet with the entire Massachusetts delegation every year.

Congresswoman Niki Tsongas has visited with the Lawrence Public Schools Food Service Program and wants to meet with all of us this year. Congressman Tierney met with Manchester Essex School Food Service Program in November 2008. Our entire delegation from Massachusetts supports our programs and needs to hear from us yearly.

Here are the details:

Date: March 1-4, 2008

Costs: Registration \$495, Hotel \$240 per night (Share rooms \$120.00 per night), Airfare \$375

Location: JW Marriot, Washington DC

Contact Judy White at [whitej@wrentham.k12.ma.us](mailto:whitej@wrentham.k12.ma.us) for more information, sharing of hotel rooms and to confirm your attendance. You will not regret this empowering experience.

### MARK YOUR CALENDARS

SNA Legislative Action Conference LAC  
March 1-4, 2009  
JW Marriott  
Washington DC

SNA of Mass. Spring Conference 2009  
Commodity Connection  
March 18-19, 2009  
Plymouth Radisson  
Plymouth, MA

SNA Annual National Conference 2009  
June 29 - July 2, 2009  
Las Vegas, NV

SNA of Mass. Annual Meeting  
August 2009  
Date and location to be determined

SNA of Mass. Fall Conference and Food Show 2009  
October 27-28, 2009  
Best Western Royal Plaza and Trade Center  
Marlborough, MA

SNA of Mass. Commodity Connection  
January 12, 2010  
Holiday Inn  
Boxborough, MA

SNA Legislative Action Conference LAC  
February 28 - March 3, 2010  
JW Marriott  
Washington DC

SNA Annual National Conference 2010  
July 11 - 14, 2010  
Dallas, TX

SNA of Mass. Annual Meeting  
August 2010  
Date and location to be determined

SNA of Mass. Fall Conference and Food Show 2010  
October 26-27, 2010  
Best Western Royal Plaza and Trade Center  
Marlborough, MA

## The Year in Review – A Progress Report

*by Jackie Morgan, President, SNA of Mass.*

It has been an amazing and challenging year. Children are in need now more than ever for nutritious meals each day. 73% of school nutrition programs across the country have experienced increased costs as a result of implementing their districts nutrition standards. Whole grain items, fresh fruits and vegetables, and low fat snack items have resulted in these increased costs. Amazingly, many food service directors are telling me that they are serving more meals this year than ever before. The national School Nutrition Association has just completed a very detailed study analyzing the price of a brown bag lunch. On a national average the cost is \$3.40 for each home packed lunch. Many families now understand that the variety and affordability of school prepared meals are now an integral part of their child's educational success. This success story really is such a compliment to each one of you for the dedication you bring to your job each day.

The School Nutrition Association of Massachusetts' Executive Board has been evaluating the various methods of how we deliver professional development to our members. We divided our research into three different areas to investigate how we provide educational sessions at our conferences and at our local chapter meetings. After a series of mega discussions we unanimously decided to develop our chapter meetings and provide education at the local level.

This year we have begun to coordinate professional development statewide with each chapter working together to develop programs to be duplicated throughout the state so each member receives the same training.

In order to best utilize our limited resources, we have decided to run an annual commodity one day exhibit in January 2010 with related educational programming and discontinue our spring two day conference. This will allow more vendors to show their commodity products prior to the USDA filing deadline. Commodity food is one of the best ways to help save your food service program save money. We are all looking for the most efficient way to utilize our government food and by moving the commodity show it will

allow our cheese and peanut butter vendors to participate. This change will not go into effect until January 2010.

In addition, our association will be able to dedicate more time and money developing local educational programs that will help our individual members grow. We hope managers and food service employees will have more access to training with this change. Our annual fall conference and food show will continue and will be the main statewide event for our association. So mark your calendars for October 27–28, 2009.

Given the current state of the economy and the difficult time we are all experiencing financially regarding education we feel this action is prudent and will:

- Leverage our resources more efficiently
- Allow greater access to our educational programming
- Help us deliver important and high quality professional development opportunities for all of our members throughout the year.
- Provide a more effective vehicle for members to have access and learn about all of the commodity products in a more timely fashion.
- Increase participation in the annual state conference.

We look forward to seeing all of you at our last two day spring conference in Plymouth, Mass. March 18 & March 19, 2009.

Thank you all for what you do each day to improve the life of a child.

## Fats: The Good, the Bad and the Ugly

*by Amy Rod and Eriselda Kote, Dietetic Interns, Beth Israel Deaconess Medical Center*

Fats, as we all know, are a vital part of our diet. However, we are continuously learning more and more about how we can ideally fit them into our daily food plan. Current research shows that the type of fat is just as important as the amount of fat that we consume. In the past, fat had a bad reputation as the apparent cause of many adverse health conditions, like obesity and heart disease. More recently, it has become understood that it is mainly high amounts of saturated fat (the “bad”) and trans fat (the “ugly”) that can contribute to these conditions, whereas Monounsaturated Fatty Acids (MUFAs) and Polyunsaturated Fatty Acids (PUFAs—especially omega-3s)—“good” fats—can be very beneficial to health. Currently, the National School Lunch Program (NSLP) limits the amount of fat for a student’s lunch to 30% of total calories (1). But, the Dietary Guidelines for Americans (USDA), on which the NSLP claims to base their standards, actually states that children four to eighteen years of age should be consuming 25–35% of calories from fat (2). The American Heart Association agrees, with the stipulation that most of one’s fat should come from the beneficial MUFAs and PUFAs (3). As new NSLP guidelines are developed, we should expect to see fat recommendations change to better reflect current Dietary Guidelines for Americans.

To catch up to new knowledge, schools need to try to incorporate sources of MUFAs and the omega-3 PUFAs (the “good” fats) into the school lunch. Unfortunately, most sources of MUFAs would not be appropriate or practical—nuts and nut butters due to allergies, and avocados due to cost. However, canola and olive oils could be substituted for other oils that are currently being utilized (and could be used in salad dressings), seeds could be added to the salad bar and other dishes, sunflower butter (Sunbutter) could be used, and olives could be incorporated more. The issue with including a variety of omega-3 PUFAs in the school lunch is similar to that of including MUFAs—allergies, high cost and preference. Significant sources of omega-3 PUFAs are fatty fish (salmon, mackerels, herring), flaxseeds, nuts (walnuts, pecans, hazelnuts), animal products from animals that have been grass-fed or fed omega-3s, and algae. The most practical source of PUFAs would be an inexpensive fish (of the kinds previously listed) prepared in a way that would appeal to children (salmon sticks breaded with whole wheat breadcrumbs, baked in olive oil). Another option would be to offer ground flaxseeds in the salad bar, in salad dressings, or sprinkled over baked dishes like muffins.

Saturated fat, the “bad” fat, tends to be consumed excessively in the American diet and thus often leads to many adverse health conditions. In the school cafeteria there are several ways to decrease children’s intake of this fat, including using lean cuts of meat, substituting ground turkey for ground beef (only if the ground turkey has a lower fat content than ground beef), using desserts that have low-fat ingredients, limiting ice cream products, and offering only 1% or skim milk and other low-fat dairy products. Cooking techniques include baking and poaching instead of frying, using appropriate oils (canola and olive oil) instead of margarine or butter and, when cooking ground meat, making sure to drain out the fat and rinse it to minimize residual fat.

In regards to lowering the “ugly” fats, Boston and the Brookline Public School District are now required to use food products that contain zero grams of trans fats. Other school districts may soon be following suit. To implement this change, managers must pay close attention to food labels and replace any products that have more than zero grams of trans fats. Common sources of trans fats include cream sauces, white sauces, cheese dishes, cream soups, ready-to-use pudding, stick margarine, some cooking oils, and shortening. When purchasing products from vendors, managers should be sure to include the specification “0 grams trans fat” at the top of a grocery bid. After the changes have been implemented, managers should regularly check nutrition labels for changes in trans fat content, as ingredients in food items often change without notice.

Of course, the biggest issue with offering healthy food options at school is to make them appeal to children. Kids like fun, easy foods with which they are familiar, but many kids have actually grown up with ethnic foods and may find Mexican or Japanese food appealing. Having themed lunches once or twice a week may be a successful way of incorporating healthy fats. For instance, a Mexican-themed lunch could include fish tacos with olives and avocados. Including healthy fats in school lunches does not have to be a burden on foodservice managers, but can actually be a fun challenge that will hopefully turn out to be nutritious *and* appealing.

# Membership Awards and Scholarships

*by the SNA of Mass. Membership Committee*

## AWARDS

SNA awards program highlights and honors managers and staff that go above and beyond to make their programs successful.

If you have a manager or staff member that is doing something unique, creative or innovative that is helping your program improve, nominate them for an award. This year's economic strain is forcing members to become more creative and resourceful while still maintaining nutrition integrity and operating a financially sound operation.

### THE LOUISE SUBLETT AWARD OF EXCELLENCE

- An SNA manager, head cook, assistant manager or childcare manager.
- Must be SNA certified
- Takes a vision, idea or goal and uses it to improve the school nutrition program and help it grow.

### HEART OF THE PROGRAM AWARD

- SNA foodservice or child care employee
- Must be SNA certified
- An employee that influences our school nutrition program by customer service, creativity or just going the extra mile for the improvement of the program

To download nomination information and applications, go to [www.schoolnutrition.org](http://www.schoolnutrition.org) and click on the membership section. All award applications are due to our State President, Jacqueline Morgan by March 15, 2009

For more information on the awards program please contact: Sandy Slosek, Membership Committee, Awards Section [Slosek\\_sandy2barnstable.k12.ma.us](mailto:Slosek_sandy2barnstable.k12.ma.us) or 508-778-0563.

## DIRECTOR OF THE YEAR

This award goes to an outstanding director that has accomplished great things in their program and has been involved in their state association. We will again this year be asking Business Officials to nominate their directors.

- Must have been a director for 10 years minimum
- Must be SNA certified

If you would like more information on Director of the Year or if you would like to nominate one of your peers, go to [www.schoolnutrition.org](http://www.schoolnutrition.org) or contact:

Sheila Parisien, membership chair [parisiens@mersd.org](mailto:parisiens@mersd.org) or 978-526-2049.

## SCHOLARSHIPS

Each year the School Nutrition Foundation plays an integral role in helping child nutrition professionals achieve their professional and educational goals by awarding several scholarships. The Foundation provides child nutrition professionals and their dependents with numerous tuition assistance opportunities. Increasing educational costs along with the growing demand for trained and educated school nutrition personnel are the driving force behind the Foundations commitment to offer financial assistance. Visit SNA at [www.schoolnutrition.org](http://www.schoolnutrition.org) and click on continuing education for more information and applications on these scholarships

SNA of Mass provides professional development scholarships for those members interested in continuing their education. For more information and applications go to [www.schoolnutrition.info](http://www.schoolnutrition.info) and click on Grants. These scholarships may be able to be used for classes you are currently taking.

Applications for both SNA and SNA of Mass are due April 15, 2009.

For more information on these scholarships contact: Jill Lucius, membership committee, Scholarship Section [jlunch@charter.net](mailto:jlunch@charter.net) or 978-345-3284.

## Make Nutrient-Rich Foods a Key Component of School Wellness

*by Sheri Doucette, RD, LDN, New England Dairy & Food Council*

Wellness continues to be a hot topic as schools across the country work to combat rising obesity rates and poor nutrition habits among students. Many schools have restricted high calorie, high fat foods and foods of minimal nutritional value to comply with wellness policies. These changes are helping to improve each student's diet, but it is also important that schools recognize the value of promoting the healthy food options available. According to Action for Healthy Kids' 2008 Progress or Promises report, "School wellness isn't just a matter of shifting the emphasis off the least nutritious foods; it's about shifting the emphasis onto healthier foods to reach the point where the foods that kids want to consume are the ones that they should consume." School nutrition professionals can play a key role in this effort by emphasizing the wide variety of nutrient-rich foods offered to students every day through the school breakfast and lunch programs.

The Nutrient Rich Foods (NRF) approach is based on a long-standing principle in nutrition guidance – nutrient density. Foods that provide high amount of vitamins and minerals and relatively fewer calories are considered nutrient-dense or nutrient rich. Similar to the National School Lunch and Breakfast Programs, the NRF approach is based on USDA's Dietary Guidelines for Americans and MyPyramid. This concept shifts attention to the total nutrient package – including components like essential vitamins, minerals and fiber – so that students learn which foods they should be eating instead of which they should avoid.

The Nutrient Rich Foods approach emphasizes enjoying nutrient-rich foods from within each of the five food groups and includes:

- Brightly colored fruits and 100% fruit juice
- Vibrantly colored vegetables
- Whole, fortified, and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, skinless poultry, fish, eggs, beans and nuts

Highlighting nutrient-rich foods during school meals exposes students to foods that are essential for learning and growth.

Many programs and resources are available to help school nutrition professionals continue to provide students nutrient-rich foods and promote good nutrition. Please visit the following websites to learn more about these resources.

- ◆ [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org) – Read the Action for Healthy Kids special report, "Progress or Promises? What's Working For and Against Healthy Schools" and learn how to continue improving children's nutrition.
- ◆ [www.HealthierUS.gov](http://www.HealthierUS.gov) – Learn about the HealthierUS initiative and how small changes can make a big difference in school nutrition. Sign up for the HealthierUS Challenge.
- ◆ [www.NewEnglandDairyCouncil.org](http://www.NewEnglandDairyCouncil.org) – Find ways to incorporate nutrient-rich foods into menus, cafeteria promotions, and school wellness initiatives.
- ◆ [www.NutrientRichFoods.org](http://www.NutrientRichFoods.org) – Enjoy user-friendly tips, recipes and grocery shopping lists to help make a nutrient-rich diet simple and enjoyable.
- ◆ [www.SchoolWellnessKit.org](http://www.SchoolWellnessKit.org) – Receive the "Do Amazing Things!" School Wellness Activation Kit as well as tips for implementing Game On! The Ultimate Wellness Challenge.

For more information contact Sheri Doucette Email: [SDoucette@NewEnglandDairy.com](mailto:SDoucette@NewEnglandDairy.com) Phone: 617.734.6750 x15

## Conference Corner

*Susan Sacks, Executive Director*

**FALL 08** – The Fall 2008 SNA of Mass. conference was a true success on every level because of all of you from the volunteers, to conference attendee, and our members. Special thanks must go to our speakers, the record breaking amount of exhibits on the show floor, auction donors, the entertainment with the Halloween theme and the lip sync contest. Special congratulations to the winners of the following contests. Be sure to check our website photo album for more pictures from this conference and others!

**Booth Winners** : Broker – Venture Sales Group, Manufacturer – General Mills, Distributor – Hallsmith Sysco

**Best Costumes:** Chick 'o Peas from Chicopee; Linda Harberger, Sue Lacasse, Joanne Lennon, Donna Miner, and Elizabeth Wheeler, Sarah Palin – Mary Palin of Wilmington, Street Lady – Sheila Parisien, Manchester

**Best Lip Sync:** Let's get Physical, Chrissy Carroll, The Reimbursables; April Laskey, Janelle Madden, Jane McLucas, & Janice Watt

**Industry Member of the Year:** Shelley Hill of Cotton, Cotton and Hill

**Auction Donors– Thank You!** – Basic American Foods/Naturally Potatoes– BattleGreen FoodService – BJ's Wholesale Club – Bobby Orr– Bose Corporation – Boston Bruins – Costa Food – Elizabeth Grady – Fornero & Co. Photography – Garelick Farms – Knouse Foods – Kraft Foodservice – Hallsmith Sysco – Hanniford Supermarket – Mansfield Paper – Market Dynamics (Bosco, Cain's, Cargill, Ember, Jana, Jennie-O, JTM, Land O'Lakes, McCain, Westminster) – Mayoli – Multitieria – Nestle – New England Dairy Council – New England Revolution Charitable Foundation – New England Ice Cream – Northshore Wholesale Marketplace – Nutrikids – Polar Beverage – SNA Chapter 1 – SNA Chapter 2 – SNA Chapter 4 – The Artworks Shop – The Boston Celtics – Thurston Foods – Trader Joes – Venture Sales Group – Wakefield Repertory Theater



**SPRING 09** – The SNA of Mass. Spring conference, Wednesday and Thursday, March 18–19, 2009, is packed with sessions to inspire and equip you to return to your workplace re-energized to implement practices that will help you make and save money, add humor and team building to your management style, increase your program's participation, introduce new products and menu ideas, and build in savings through commodity processing.

During these tough economic times SNA of Mass. has designed a program to show you how you can generate additional revenue through breakfast programs, going green, learning more about loss prevention (both inventory and finances), and hearing from your peers on how they are saving money. The speed dating with your vendor session will highlight new products, menu ideas and services. The commodity connection is your opportunity to see and taste commodity products and gain assistance in implementing commodity processing into your program. Check our website [www.schoolnutrition.info](http://www.schoolnutrition.info) for more conference details and register online today!

## Spring 2010

The upcoming spring 2009 SNA of Mass. conference will be the last two day spring conference. In 2010 SNA of Mass. will sponsor the Commodity Connection on January 12, 2010 to allow commodity processors adequate time to show their products. In addition to exhibits by the state approved commodity processors, we will offer educational sessions. Exhibitors – please make not of this scheduling change and SAVE THE DATE.

## Did You Know?

- Somerville Elementary School has been recognized by the USDA as a HealthierUS Silver School.
- Kristin Morello of Reading won the grand prize at the SNA Annual National Conference trade show – a Garland Moisture Plus Oven worth \$8,000
- SNA of Mass. won the SNA membership drive for the northeast with 53 new members. Welcome to each of our new members!
- SNA has revised the Certification program. Individuals must keep records of their own CEUs. Check out the SNA of Mass. website [www.schoolnutrition.info](http://www.schoolnutrition.info) and the SNA national website [www.schoolnutrition.org](http://www.schoolnutrition.org) for more details.
- The John Stalker Institute is sponsoring a symposium Tuesday, April 7, 2009 9–3:30 on Supporting School Wellness in Mass. at the Best Western Royal Plaza in Marlborough. Check out their website for more details [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org).
- Flyers outlining information on the new food stamp allowances are posted on our website in both English and Spanish.



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Register Today  
SNA Spring Conference &  
Commodity Connection  
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