

# FOOD FOR THOUGHT

May 2009  
Volume 6, Issue 2



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## SNA Legislative Action Conference 2009

*by Judy White, Legislative Committee Chair  
Food Service Director, Wrentham and Plainville Schools*

In 1946, Congress passed the National School Lunch Act as a "measure of national security, to safeguard the health and well being of the Nation's children and to encourage the domestic consumption of nutritious agricultural commodities." This remains the purpose and focus of the School Food Service Program in all schools. The School Nutrition Association is committed to educating, supporting and inspiring school nutrition and food service professionals.

On March 3, 2009, The School Nutrition Association of Massachusetts sent sixteen food service directors and food service industry members to the Legislative Action Conference. The purpose of the conference is to meet with all of the members of the Massachusetts House and Senate in Washington DC. Our message and issues that we discussed were:

- Increase the per meal reimbursement by 35 cents for all meals to keep pace with rising costs and implementing the Dietary Guidelines for

Americans. The current Federal reimbursement of \$2.57 for a free school lunch is not adequate as the average cost to produce a school meal is \$2.92.

- Update the Federal reimbursement rates semi-annually.
- Expand the free meal category from 130% of poverty to 185%, consistent with the WIC income eligibility guidelines (eliminating the reduced price meal category).
- Provide 10 cents in USDA commodities for each school breakfast served.

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Photo identification: Bottom Row–Doreen Iovanna (DESE), Judy White (Wrentham and Plainville Schools), Sue Lacasse (Chicopee Schools), Joanne Lennon (Chicopee Schools), Lynn Petrowski (Fall River Schools), Congressman Jim McGovern (Worcester), Anne Marie Stronach (Lawrence Schools), Katie Millet (Department of Elementary and Secondary Schools, State Leader), Karen McDonald (Thurston Foods), Donna Miner (Chicopee Schools), Jean Comfort (Rich's Products), Gail Koutroubas (Andover Schools), Jackie Morgan (Milton Schools and School Nutrition Association President), Janice King (Quaboag Schools), Suzanne Tucci (Good Harbor Fish Company)

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## SNA Membership Update

*by Sheila Parisien, SNS, Membership Chair*

Exciting things are going on with SNA membership these days. The **Spring Membership Drive, Raise Your Voice**, is coming to a close. If you recruited any new members for the drive, send your name and the name of the new member(s) to your Chapter Delegate or your Chapter's Membership Liaison. For each new member you recruited, your name will be entered into a drawing for a free one-year SNA membership for yourself. The winner will be announced at the Fall Conference along with the results of the drive.

The **new certification program** is in full swing and there is professional excitement in the air! To become certified, one of the requirements is completion of Healthy Edge Training. We offered this training at our Spring Conference and the room was filled to capacity. At the close of the training, our trainer Janice King reported that all attendees filled out certification applications! If you would like more information about this new, somewhat confusing certification program, please contact anyone on the membership committee, your delegate or delegate elect or any board member for information. Go to our website for listings of chapter contacts and membership committee members at [www.schoolnutrition.info](http://www.schoolnutrition.info).

Now to the most exciting news: SNA is now offering a **School District Owned Membership (SDM)**. Mass. will be rolling this new membership option out on August 18, at our Annual Meeting in Waltham. A SDM is owned by the school district which means that if an employee leaves your employ or transfers to another school, her (his) replacement will take over that membership and be assigned a new membership number. This new option makes it much easier for a district to pay for their staff membership and allows district employees to enjoy all the much-needed benefits of SNA. To find out more about school district owned memberships, attend our annual meeting or look for specific information to follow.

The following is a testimony from Kristin Morello, Director of the Reading Public Schools. Kristin earlier this year signed up all of her staff as SNA members. If you too have 100% of your staff as SNA members, please let us know.

The Reading Public Schools believe in both education and professional development for all of its students and faculty. As the Food Service Department is part of the Reading School Department, hiring and maintaining highly qualified personnel is a must. In an effort to achieve this, with economic hardships, we decided to utilize the association that advertises it is one of the leading organizations committed to educating, supporting, and inspiring school nutrition and food service professionals. To that end, we budgeted professional development dollars to cover the cost of membership and the fees for the three local General Chapter Meetings. We also included, within our contract negotiations, a paragraph stating that, "Tuition reimbursement funds may be used to reimburse any employee's annual membership to the SNA." That offers us the opportunity to offer to pay for memberships but does not demand it through the budget.

Directors have so much to do that trying to schedule meeting space, research and acquire trained professionals to run the meeting and make it interesting for staff is almost impossible. The Delegate and Delegate Elect for the SNA Chapters make this job easy by inviting the staff with a formal and personal invitation. They schedule the meeting space and trainer and they provide a meal during the networking session. For approximately \$55 a year, per employee, you receive 6 hours of training, 3 meals and countless networking prospects, newsletters, magazines, and a number of other intangible opportunities.

It is a challenge to educate and inspire alone. The SNA of Massachusetts has offered me the opportunity to learn, grow, inspire, lead, and follow. All of these opportunities have made me a better director and a better person. Offering that chance to those with whom I work is a gift and I am grateful that the administration in Reading believes it is of value. I would recommend utilizing the SNA Chapter Meetings to anyone who provides training and professional development to their staff.

# Not All School Lunch Programs Should Be Considered Equal

by Kitty Johndrow, Dietetic Intern, Chicopee Public School Lunch Program

This article is in response to "*Better Nutrition equals better education for our Children*" that appeared in the Chicopee Register on Thursday, March 12, 2009. The public school lunch program is an essential component of each student's school day. Research shows that successful school lunch programs result in increased math and reading scores, improved classroom behavior and attentiveness, fewer visits to the nurse's office, decreased absences, tardiness and an overall improvement in performance. According to Roger's article she implies that school lunch programs promote child obesity, diabetes, heart disease and other illnesses. She suggests that USDA commodity foods are a health threat to 60 million children enrolled in public school and states that schools who participate in the National School Lunch Program serve mostly low-grade hamburgers, French fries, hot dogs, pizza and subsidized chicken nuggets on a daily basis. While she attacks school lunch programs she also mocks the hard working individuals who "cook" five days a week in public school kitchens (The word "Cooking" appears in her article in quotes as if cooking couldn't possibly exist in school food service) Why would Rogers, want to pick on school lunch? It is hard to believe why anyone would want to risk the benefits to children by bad mouthing public school food service programs and the USDA Food Distribution Program.

While most school lunch waves last about 15-30 minutes long it is unthinkable that Rogers could equate that short time of consumption as a possible threat to the health of our nation's youth. The majority of students who participate and qualify for free and reduced lunch programs count on school lunch as their main meal of the day therefore, approximately one third of their daily calorie needs must be offered for that meal. It seems that Rogers has overlooked the fact that that there are 18 more hours in the day that also need to be accounted for in contributing to our nation's child obesity problem therefore school lunch programs should not be blamed for increasing the waist sizes of today's students.

School menus offer a wide range of foods that appeal to young children and teens. Rogers suggests that school menus only offer fast food items and few options of fruits and vegetables. What she doesn't realize, is while school lunch programs need to provide meals that are recognizably appealing toward young children and teens, there are many opportunities offered to the students to try new foods quite often. Unfortunately, when students aren't offered these items at home or don't like to try new foods these new foods get passed by. Some students experience their first encounter with a specific food in the school lunch line. While a variety of healthy foods may be offered to the children, there is no guarantee that the food is actually eaten once the child sits at their lunch table. The act of choosing and eating food is an intimate experience for each individual. As hard as each School lunch program works to prepare healthy, attractive, nutritious meals for all of their students, it is almost impossible to make every student happy. Let alone make every student choose to eat healthy every day. The lunch program is not responsible for making a child eat healthy it is responsible for offering a healthy meal. Menus are posted monthly in free newspapers, school newsletters, school websites, lunch rooms and on public television stations, I suggest that Rogers checks a few of the school menus before she jumps to any conclusions as to the items served to school children.

According to *Saved by the Lunch Bell: As Economy Sinks, School Nutrition Program Participation Rises*, a study issued by SNA last December, over three quarters of schools that were surveyed reported an increase in their number of free and reduced-price lunches being served while at the same time school nutrition programs also experienced decreases in their ala carte sales. More than 135 school nutrition directors from 38 states participated in the survey. Approximately 80% reported a rise in the number of free lunches served in the past year, nearly 65% increased their reduced-price lunches being served and full price lunches had decreased in 48% of the districts. Clearly the need for free and reduced lunch programs has increased and become extremely popular based on our nation's overall economy.

The USDA Food Distribution program was put into place to promote and improve the nutritional quality of the diets of children while it supports agriculture through price support and surplus removal programs. Through the USDA, a list of commodity food items consisting of more than 50 different commodities is made available for schools who participate in the National School

## Challenges and Rewards

*by Jackie Morgan, president SNA of Mass.*

It has been a very rewarding and challenging year. Leaders in the education field and legislation have finally figured out what we have known for many years. School breakfast and lunch are part of the solution. The solution to childhood hunger, prevention of obesity and the relationship for better attendance, better behavior in school and increased test scores.

I was very fortunate to attend our most recent Legislative Conference in Washington DC this past March. President Obama is committed to ending childhood hunger in the United States of America by the year 2015 and he has committed to do this together with the USDA and the school feeding programs. Our new secretary of Agriculture, Tom Vilsack, spoke to over 700 food service professionals at the LAC conference. He has committed to our president and to each one of us that he will end childhood hunger. Secretary Vilsack was born an orphan and grew up overweight as a child. He told us of the ridicule he felt being overweight and the one constant in his life was the love he received in school. His passionate speech really touched all of us and I look forward to the next few years under his leadership. We also had the opportunity to visit with our elected officials while we were in Washington and I am proud to let you know that we have a passionate leader in Washington from Massachusetts, Congressman Jim McGovern. He is preparing legislation to eliminate reduced pricing for both breakfast and lunch and he wants universal breakfast in the classroom at every school in America. He is committed to children and eliminating hunger not only in America but globally. We visited with him in his office for over one hour and he invited the entire Massachusetts delegation to the meeting.

We have all been weathering the economic crisis both at home and at work. Children are in need now more than ever. Free lunch applications have increased across the state and families are worried. SNA is an important resource now more than ever to food service employees. Our most recent conference focused on controlling food cost, looking at different ways to prevent fraud and loss in our programs and better ways to approach others at their comfort levels. This spring conference will be our last two day conference as we have all agreed to move our date to January. So mark your calendars for January 12, 2010 in Boxboro for our Commodity Food training and food show. We wanted to offer

an earlier date so we could all have enough time to decide about diversion for both our meat and our peanut butter and cheese products.

We offered Healthy Edge this past spring and we were so pleased that 35 of our members attended. Janice King, our vice president, taught this two day course and the reviews were tremendous. I never knew you could get a 6 on an evaluation when the scores were 1-5. Portion Control, Nutrition, cost savings and marketing were just a few of the great topics that healthy edge covers. Please look for this to be offered next January 2010. You won't want to miss it.

Our chapters have been alive with activity this year and that is what I am most pleased about this year. I was committed to offering our chapter's consistent training throughout the state and we are so thankful to the John Stalker Institute and the Department of Elementary and Secondary Education for the assistance in this training. Our delegates and delegates-elect have done an amazing job hosting general and director meetings across the state. Thank you to all of them for staying committed to our goal.

Next spring as the past president, I am hoping to bring speed dating to our regions. We have had great success with this at our conference and next year we are going to be moving this to our regions. Vendors both small and large will be invited to join in and share all of their information about products to both managers and directors throughout the state. We are hoping this will give our members another opportunity to find new and exciting products to serve to our customers.

SNA of Mass. has been working with Harvard University for the past two years as a true partner in childhood nutrition. They have extended themselves in so many areas and the news just keeps getting better. We had the honor of Dr. Willett at our fall conference. He shared with us the most recent research regarding whole grains, fruits and vegetables. When he was leaving the conference to get on a plane so many of our members were following him out of the room asking him all kinds of questions. It was truly amazing. We continued to work with Dr. Willett and have invited master and doctoral students from Harvard to join us in kitchens and really get to know what it is like in the day of a food service employee. Ruth Griffin from the

*Continued on page 8*

*LAC cont. from page 1*

- Grant the Secretary of Agriculture the statutory authority to regulate the sale of all foods and beverages on the school campus, consistent with the most recent edition of the Dietary Guidelines for Americans (ending the “time and place rule”)
- Require the Department to implement a consistent, science-based national interpretation of the Dietary Guidelines. Massachusetts Congressman James McGovern from Worcester, Mass addressed the entire 700 attendees and voiced his commitment to Childhood Nutrition and called for universal breakfast at the bell, an end to the reduced price lunch and ending poverty through childhood nutrition programs in this country. He will work with the new administration in Washington and the Secretary of Agriculture to see that we adequately fund and feed the children in America. Our future is resting on it.

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*School Lunch Programs cont. from page 3*

Lunch program. The commodity listing may vary from time to time depending on the availability of specific foods. This listing may consist of a variety of fresh and canned fruits and vegetables, whole eggs, tuna, peanut butter, sunflower butter, brown rice, whole grain pastas, fruit and vegetable juices, cereals, oils, cheddar cheese, mozzarella, and American cheese, chicken fajita meat, ground beef, and all purpose and bread flour. Only high grades of meat, fruits and vegetables are accepted into the program. The established quality specifications are constantly updated to ensure that quality food items are purchased for this program. I doubt that Rogers would be able to maneuver through the lunch line and spot the differences between purchased foods and commodity foods being served. Recently the USDA revised their specifications for foods offered to school lunch programs. Foods purchased for school lunch programs have reduced fat, sugar and salt contents such as; unsalted peanuts, meats with less salt, ground beef and cheeses with lowered fat contents and fruits in light syrup have been added to the commodity listing to promote healthier food options for school children. In the summer of 1995, new rules and regulations governing the nutritional standards of the National School Lunch Programs required that by the school year 1996/ 97, all schools who participate in school lunches and breakfasts are to be consistent with the recommendations of the *Dietary Guidelines for Americans*. Rogers should consider that without help from commodity foods school lunch programs would definitely lack variety and abundance.

As a nation we should not assume that all school lunch programs are created equal. Student participation, federal grant funding, commodity availability and individual food service directors are major considerations regarding our nation's school lunch program. Joanne Lennon, Food Service Director for the Chicopee, Massachusetts School system has implemented a progressive school breakfast and lunch program that works to feed the community throughout the entire year. Chicopee has 15 school lunch programs that cater to preschool through high school students. Five of these schools offer elderly congregate lunch sites, four schools offer Universal Breakfast, one offers extended day snack, two offer afterschool cooking classes to promote the consumption of fruits and vegetables while many others participate in community fundraising to promote healthy lifestyles. Mrs. Lennon and her kitchen staff have also collaborated for 19 years with community programs to provide 2000 meals daily throughout the summer. Rogers would be pleasantly surprised to witness the “Cooking” that takes place within the Chicopee Massachusetts School Lunch program. Throughout the school year as students who attend Chicopee, Massachusetts food service cafeterias pass through their lunch lines they are offered a variety of choices such as; fresh salads that are made daily, locally grown fruits and vegetables, homemade (gluten free) soups, chili, and stews, oven baked rolls, salad and pasta bars, whole wheat pretzels, vegetarian options, traditional home-style meals, multicultural dishes and the occasional holiday meal. Traditional desserts like cakes and brownies made with high sugar content and trans-fats are nowhere to be seen. They have been replaced with fresh/canned fruits, jell-o, yogurt or pudding. “We don't offer ala carte lines for our four largest schools so one would assume that participation would be way down. On the contrary, participation rate is at 75%. The 3000 students who eat in our cafeterias by choice aren't bothered by the lack of ala carte, but continue to chose to eat our “cooked meals” one example would be the Sheppard's pie”, Joanne Lennon. While “cooking” and serving meals are obvious daily priorities for the Chicopee school lunch program Rogers would not be able to overlook the importance of the USDA commodities along with the dedicated kitchen staff throughout the Chicopee school system. The Chicopee school lunch program invites Rogers to lunch to prove all school lunch programs are not created equal.

## What You Need to Know Regarding Food Allergies

by Kate Otto and Kim Trudel, dietetic Interns at Beth Israel Deaconess Hospital

Approximately 4 to 8 percent of all school-aged children suffer from food allergies and the numbers keep growing. Food allergies occur when a person's immune system identifies a normally harmless food as a threat to the body. Basically, the body's immune system reacts to a food protein and "defends" the body by producing antibodies for that particular protein. These antibodies, namely histamine, are released into the bloodstream and produce symptoms of a reaction when the allergen is consumed. In some instances, reactions can occur even if the person touches or breathes in particles of the food allergen. Common symptoms of an allergic reaction can be mild such as a runny nose, hives, skin rash, redness and swelling, or coughing and sneezing to a more severe reaction involving stomach cramps, nausea, vomiting, lightheadedness or trouble breathing. The most severe type of reaction is called anaphylaxis and can cause swelling of the airways, a dangerous drop in blood pressure and even death.

The eight most common food allergens are: milk, egg, peanuts, tree nuts, soy, wheat, shellfish, and fish. These foods cause approximately 90% of all allergic reactions. More recently, sesame has been included in this list in Europe and Canada. It is important to note that food allergies differ from food intolerances. They require much more attention to food labels and identifying foods that contain allergens.

**Reading Labels: What to look for** – Once a food allergy is diagnosed, the treatment is strict avoidance. However, avoiding the food allergens requires the ability to identify them in an ingredient list. The figure below provides a sample list of ingredients to avoid when an allergy is present. Secondly, new laws for the labeling of food products make it even easier to identify a potentially harmful food. The Food Allergen Labeling and Consumer Protection Act of 2004 mandates that as of January 1, 2006, all manufacturers must state, in plain language, if a food product contains any of the top eight food allergens. This must be indicated either in the ingredient list or separately on the food label, regardless of what the food product is. Additionally, under this law manufacturers are required to specify what type of nut, fish, or shellfish is in the product. For more specific information, visit this website <http://www.foodsafety.gov/~dms/alrgqa.html>

**Cross contamination: What it is, how it happens, and how to avoid it** – Cross contamination occurs when an allergen free food comes into contact with a food containing an allergen, and therefore becomes unsafe for anyone with that allergy. This contact can cause a potentially life-threatening allergic reaction, even if a person does not directly ingest the food product that they are allergic to. For example, people with a wheat allergy need to use a separate toaster to avoid contact with wheat containing bread crumbs. The amount of allergen needed to trigger an allergic reaction is individually based, so it is essential to avoid cross contamination all together. Cross contamination can happen anywhere, especially during manufacturing, preparation, cooking, storage, or serving. It is important to recognize when there is a potential risk for cross contamination and what steps are necessary to prevent it from occurring.

**Here are some tips to avoid cross contamination:**

- Prepare foods without allergens before preparing foods that contain allergens to save the time required to sanitize all contact surfaces.
- Read labels. Some foods may not contain allergens, but could be processed on equipment used to make a food product containing allergens, or manufactured in the same plant.
- Wash hands with hot, soapy water for at least thirty seconds after touching any foods containing an allergen.
- Change gloves between preparing different foods.
- Sanitize all utensils and cooking surfaces after they come into contact with a food containing an allergen. Common sources of cross contamination during food preparation are: unwashed hands and unchanged gloves, cutting boards, counter tops, utensils, pots and pans, grills, deli slicers, fryolators, and toasters.
- Use plastic, dishwasher safe cutting boards instead of wooden, they are much easier to thoroughly sanitize.
- Use separate serving spoons, bowls, and plates for "safe" and "unsafe" foods.
- Designate particular sections of pantry and the walk-in for "safe" and "unsafe" foods.
- Suggest children with allergies use individual packets for condiments, even tiny bread crumbs that get into a mayonnaise jar have the potential to cause an allergic reaction.
- Be aware of other potential places where cross contamination can easily occur like salad bars, buffets and delis. For example, you may have to specifically use a new knife to prepare an allergen free sandwich.
- Treat a food containing an allergen as if it were raw meat – you wouldn't use the same knife to slice a tomato after cutting raw chicken without washing it first!

Food Allergy:	Ingredients to Avoid:
Milk	Casein Caseinates (ammonium, calcium, magnesium, potassium, sodium) Hydrolysates Lactose Nougat Pudding Sour cream Whey Yogurt
Egg	Albumin Lysozyme Mayonnaise Meringue Surimi
Soy	Hydrolyzed soy protein Soy sauce Tamari Tempeh Textured vegetable protein Tofu
Peanuts and/or Tree Nuts	Cold pressed, expelled, or extruded peanut oil Ground nuts / mixed nuts Peanut butter Peanut flour
Wheat	Bread crumbs Cracker meal Flour Gluten Semolina Whole wheat berries Whole wheat flour Food starch
Fish and/or Shellfish	Abalone Cockle Crab Prawns Scallops
Sesame	Benne / benne seed / benniseed Gomasio (sesame salt) Halvah Hummus Tahini Seeds Sesame oil (gingelly or till oil) Sesamol / sesamolina Sesamum indicum Sim sim Vegetable oil

*\*Adapted from The Food Allergy & Anaphylaxis Network*

*Challenges and Rewards cont. from page 4*

Needham Schools has organized this for the past two years and more and more students have enjoyed the experience. They are quite shocked in the lack of time children actually have to eat and can not believe how hard the food service staff work. This collaboration has expanded now and Dr. Willett has asked the Harvard Dining Services to work with us in sharing recipes. I am excited to share with you that this will be on our member's only page shortly. The recipes are amazing and will really compliment our farm to school initiatives.

The nutrition committee is getting ready to reveal their huge initiative under the direction of Mary Jo McLarney from Somerville. They have been working diligently and have developed an offering on our member's only page of "Ask Nutrition Committee". This will allow food service professionals from across the state to ask any question they may have regarding childhood nutrition and get science based advice back. This is going to be such a wonderful option for all of us to look forward to next fall. Thank you to the entire committee for sharing your knowledge.

In closing I would like to say thank you to everyone on the executive board. We are all volunteers who are passionate about our careers and what we do each day to affect the life of a child. We work hard in our jobs and somehow find time to volunteer for the School Nutrition Association of Massachusetts because we believe that training and opportunities for knowledge will only continue to strengthen our programs. These are not easy times with the rising costs of food, labor and benefits. Families now more than ever depend on the food children are eating at school to offer their child the nutrition they need to learn and grow. Our executive director Susan Sacks has been invaluable to me this year as I have been continually expanding our visibility in our state and I would like to thank her.

It has been an honor to serve as president this past year.

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## A Look Ahead to 2009–2010

At the SNA National Leadership Conference in April 2009 we were able to work on the priority issues facing SNA of Mass. as identified by our board of directors. We have combined the various issues and identified three main categories that we will focus on next year; chapter development, volunteer outreach and development, and effective communications. This past year we began to focus on the chapters and pursued opportunities to bring child nutrition education to our members at a local level. We will continue to develop these programs and our chapters next year as well as our commitment to SNA certification and credentialing. SNA is a volunteer-based association and our members our critical to our success. We will continue to develop strategies to increase our base of volunteers and volunteer leadership training. Effective communication is key both internally to and from our members and externally to the various communities we deal with as school nutrition professionals. Keep in mind communication is a two-way street, so make sure your voices are heard. Here are the Priority Issues SNA National will be working on in our behalf:

1. Financial Stability – Insufficient funding, increasing food and operational costs, and lack of regulatory uniformity from one state to another are making school nutrition programs more costly and less efficient.
2. Membership Organization – Shifts in the demographic profile of the school nutrition workforce adversely affect the traditional model of local chapters in many states.
3. Wellness – Growing public interest in wellness and opportunities for special interest groups to modify school nutrition policies have created a patchwork of state and local policies that are having a negative impact on school nutrition programs.
- 4 Professionalism – The increased complexity of child nutrition programs is driving the need for more training opportunities to ensure future program quality.

**CONFERENCE CORNER**

Make sure you mark your calendars before you leave for summer vacation. The SNA of Mass. Summer Annual Meeting is Tuesday, August 18 at Waltham High School. This year we will have a cooking demo by award-winning chef German Lam, an update on DESE from Katie Millett, a presentation on School District Owned Memberships (SDM), a few words from our members along with the annual installation of the new board of directors and a vote on bylaw changes. Lunch will include some of the items from the cooking demo! Stick around after lunch and meet with your SNA committees for the first meeting of the school year and play a role in shaping the year ahead. This meeting is a chance to check in with your fellow SNA members and get a head start for the new school year. A conference brochure will be mailed in July and keep an eye on our website for the program posting and online registration.

We are in the process of finalizing the Fall 08 conference program (10/27-28) and it looks like another great two-day statewide event. Back by popular demand - the lip sync and Halloween costume contests! Start thinking and practicing now. Last year's acts will be tough to beat. Our educational program includes quality sessions on cost savings ideas, effective communications, farm to school, allergies, technology tips for a paperless office, disaster preparedness, a legislative update and a look at resources to help you and your "customers" access a variety of advocacy resources for school nutrition. The SNA national president, Dora Rivas, will be our guest along with Dr. Ayoob as our keynote speaker. And let's not forget the fantastic food show and our annual auction, both promise to be bigger and better than every before.

January 12, 2010 we will have the Commodity Connection at the Boxboro Holiday Inn, to allow you to see all the products prior to all commodity deadlines. We will start the day with education sessions and our professional development committee is beginning to develop that now - stay tuned. We will be offering another Healthy Edge session (Monday Jan 11 - 12, 2009) so take advantage of this opportunity to secure your SNA certification.

We will be bringing speed dating with your vendors to the local levels with two regional events; March 24 and March 31. Keep an eye on this website and your mail as details develop.

Have a great summer vacation and rest up - 2009-2010 looks like another big year for SNA of Mass!

**MARK YOUR CALENDARS**

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

SNA of Mass. Annual Meeting  
August 18, 2009  
Waltham High School  
Waltham, MA

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

Regional Speed Dating  
Location to be determined  
March 24, 2010  
March 31, 2010

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

### SNA of Mass. Board of Directors 2009–2010

- President – Lynn Petrowski
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- Vice President – Gail Koutroubas
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  - Public Relations – Joanne Lennon
- DESE Representative – Katie Millett
- Executive Director – Susan Sacks

SNA of Mass. is a  
volunteer-based organization  
and we need you!

Special thanks to the  
2008-2009 Board of Directors  
and all of our volunteers who served on  
our various committees and/or volunteer  
onsite with our state and chapter events.

Best wishes for a great summer vacation  
and see you at the annual meeting:

Tuesday, August 18 in Waltham!



258 Harvard St., PMB 283  
Brookline, MA 02446

**Save the Date**  
**Tuesday, August 18, 2009**  
**SNA of Mass. Annual Meeting**  
**Waltham High School**