

The School Nutrition Association of Connecticut



# The NUTMEGGER



## VISION

All CT students have access to nutritious school meals that promote a healthy lifestyle

## MISSION

Provide school nutrition professionals with tools, resources and opportunities for program success and sustainability

## VALUES

Striving for excellence through:

- Integrity
- Commitment
- Inclusion
- Collaboration
- Dedication

Our celebration of  
School Nutrition Recognition Week p. 6&7

**SNACT.ORG**

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## Executive Committee

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President	Erica Biagetti
Incoming President	Kate Murphy
Vice President	Erin Perpetua
Treasurer	Jessica D'Agnese
Secretary	Ashley Onion
Executive Director	Denise Di Mare

## Regional Representatives

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Charter Oak	Sue Pinkham
Minute Maid	Open
Mohegan	Carol Dodson
Naugatuck	Becky Tyrrell
Nutmeg	Eileen Faustich
Yankee	Stephanie Deason

## Committees (chairs listed first)

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Child Nutrition	Lonnie Burt, Amanda Aldred, Melissa DeCoffe, Elizabeth Fisher, Nichola Hall, Erin Perpetua
Education	Stephanie Deason, Elizabeth Fisher (co chairs) Fionnuala Brown, Diane Burbank, Sharon Shettleworth
Industry Council	Dennis O'Connor, Kate Murphy (vice chair), Christine Benoit, Allison Erickson, David Gambino, Lynne Pellegrini, Ward Thomas
Marketing	Abby Kassman Harned, Amanda Byrd, Chris Hathaway, Tacey Martinek, Jackie Schipke, Lianne Xenophontos
Member Services	Dianne Houlihan, Kristina Crandall (co chairs), Dennis O'Connor, Heather Plourde, Brian Reynolds, Tim Thurston, Samantha Wilson
Single Unit	Kristina Crandall
Nominating	Ernie Koschmieder and all regional reps
Program Development	Jen Bove, Maggie Dreher (co chairs) Cindy Brooks, Ron DeBarge, Eileen Faustich, Susan Maffe, Ashley Onion, Tim Prosinski, David Nichols, Maureen Nuzzo, Stuart Wisel, Sue Yazdzik, Tracey Winzer (Ways and Means)
Public Policy & Legislation	Maureen Nuzzo, Jeffrey Sidewater (co chairs), Cindy Brooks, Tim Cipriano, Dawn Crayco, Brunella Ibarrola, Susan Maffe, Nicole Maxellon, Robin Lamott Sparks and all regional reps
CSDE Rep	Fionnuala Brown
CASBO Rep	Karen Asetta, Nancy Cole

# Thank You!

As I write this and reflect on my time as president all I can think of is how grateful I am for this experience. I am proud that when asked to do something out of my comfort zone, I said yes. I know you might not believe this after all of our focus Friday mornings together but I am a quiet/shy person. Getting to know all of you and building relationships has meant so much to me. You are essential to all of our accomplishments this year. So thank you for believing in me and supporting me throughout this journey. It has been an amazing experience that has helped me grow personally and professionally. I am so thankful for all that you have done. I look forward to the next chapter and can't wait to see what the future holds.

Where are you going to take us next?

Have an amazing summer and enjoy every moment!



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Erica Biagetti 

SNACT President 2020-2021

## A Message From John Frassinelli, Division Director, CT State Department of Education, Child Nutrition

Governor Ned Lamont has declared today, May 7, 2021, Connecticut School Lunch Hero Day. I want to express my gratitude to you for your hard work throughout this challenging year. Because of you, tens of millions of healthy, nutritious meals continued to be served to Connecticut's children. With so many families facing food insecurity during the pandemic, these meals were, and continue to be a lifeline – both nutritionally and emotionally for families.

During this past year, despite concerns for your own health and safety, school nutrition staff came into work every day (rain, snow, and sunshine!) ensuring students had access to nutritious meals. You greeted parents and students with smiles, costumes, posters, and delicious food while letting the students know how much they were missed. Your ability to be flexible and work in an ever changing environment, has been awe inspiring and I am truly grateful for your tireless dedication.

I continue to share your successes with state leaders and credit you with being an integral part of ensuring that Connecticut's children are healthy and ready to learn.

On behalf of fellow registered dietitian Commissioner Charlene Russell-Tucker and myself, thank you for all that you do and know that you are appreciated today and every day!

Thank you to CSDE for YOUR Heroic efforts to insure that children throughout Connecticut were fed during the pandemic.





State of Connecticut

By His Excellency Ned Lamont, Governor: an

## Official Statement

*WHEREAS*, School Nutrition Professionals provide nutritious, well-balanced and delicious meals to school children in the state of Connecticut; and

*WHEREAS*, Child Nutrition Programs are the first line of defense against childhood hunger and play a crucial role in health promotion and the development of life-long healthy habits; and

*WHEREAS*, meals prepared and served throughout the state of Connecticut by School Nutrition Professionals significantly enhance student learning environments, providing the fundamental nourishment students need to learn, grow, develop and thrive; and

*WHEREAS*, School Meals are consistent with the USDA Dietary Guidelines for Americans and nourish students throughout the day to assure that all students in Connecticut come to class "ready to learn"; and

*WHEREAS*, Connecticut's School Nutrition Professionals creatively nurture partnerships with parents, teachers, healthcare providers, non-profit and government agencies, to enhance their programs and serve their communities; and

*WHEREAS*, Child Nutrition Programs and School Meals stimulate the economy by purchasing food from farmers, processors and food vendors and employing Connecticut residents in their programs; now

*WHEREAS*, Connecticut schools pride themselves on offering fresh, locally grown foods and have cultivated partnerships with farmers throughout the state; now

*THEREFORE*, I, Ned Lamont, Governor of the State of Connecticut, do hereby officially honor and recognize May 7, 2021 as

### SCHOOL NUTRITION HERO DAY

and commend their good work on behalf of children in the State of Connecticut.



*Ned Lamont*

GOVERNOR



The week of May 3 through 7 was a celebration of the immense efforts school nutrition professionals made to insure that every child in CT had access to healthy nutritious meals throughout the pandemic.



LIVE School Nutrition  
**MASTERMIND MEETUP**  
 Special Guest: Erica Biagetti  
 School Nutrition Masterminds Facebook Group  
 Monday, May 3, 2021 5pm EST  
 Hosted by Liz Roesel





SNACT was extremely honored to welcome Dr. Miguel Cardona, the Secretary of Education, to our Awards Event

Thank you Dr. Cardona for your support and encouragement!

**“Because of you, the kids in CT didn’t go hungry”**

Dr. Miguel Cardon, US Secretary of Education at SNACT’s May 6, 2021 Honor-Palooza



## SNACT 2020-2021 Award Winners!



### *Rising Star Director*

***Carol Dodson, Montville***

*Carol has been an all-star since the pandemic hit. She has continued to make sure the children in her district are offered top quality meals.*

### *Rising Star Manager*

***Melissa Lambert, Waterford***

*Melissa pours her heart and soul into making nutritious delicious healthy meals for her students, paying attention to every detail.*





***Manager of the Year***  
***Karine Szymaszek, Meriden***

*There are many things that happen on short notice in a school, and on all occasions Karine is willing to go above and beyond to accommodate any request. She is a tremendous asset to our building*



***Industry of the Year***  
***Doug Wade, Wade's Dairy***

*Doug has been nothing but extremely helpful during this whole Pandemic. He is known to be one of those silent angels, only asking "what can I do to help with your project."*



**Director of the Year**  
**Kate Murphy, Naugatuck**

*She has gone above and beyond during serving through covid-19. She has done everything she can to insure that all the students who needed a meal had a meal to take home with or have in school.*



**Unsung Hero Award**  
**All CT School Nutrition and Industry Partners** *What a year! And what an incredible job you have done ! Thank you!*



## **SNACT 2021 Conference**

**Virtual and In Person**

**October 13-14 virtual**

**October 15 In Person with a Food and Industry Trade Show!**



**Get ready for October!**

We are so excited for what's in store: ICN training available virtually

PLUS an in person conference and Show

Registration will open in June– watch your email for details!

## Legislative News

SNACT had a busy spring, legislatively! SNACT President Erica Biagetti and PP&L Co-chair Jeffrey Sidewater testified before the House Committee on Children, regarding **SB 36, An Act Concerning School Lunch Debt** and before the Environment Committee on **HB-06502 An Act Concerning the use of Certain Poly-styrene Products**. In both testimonies, SNACT informed our state legislators about the impact of these respective bills on school nutrition programs.

In March SNACT was well represented at SNA's Legislative Action Conference (LAC). LAC was virtual this year but still offered great insight and moments of fun– including a guest appearance by Matthew McConaughey! Connecticut's legislative outreach efforts were given a special "shout out" from Cathy Schuchart, SNA's Staff Vice President ,

Government Affairs and Media Relations Center.

SNACT representatives met with representatives of Connecticut's Senators and Congress-people. We presented SNA's position paper with the # 1 priority being the permanent establishment of universal school meals. Other issues that were raised included providing direct emergency financial relief to SFAs, preserving USDA food entitlements and State Administrative Expenses (SAE) and reducing regulatory and administrative burdens to allow programs to focus resources on their primary mission- – feeding children.

SNACT is looking forward to continuing to build our relationships with our legislators.

Meeting with Senator Blumenthal's Office



SNA President Reggie Ross and Matthew McConaughey



### Universal School Meals Bill Introduced!

The Universal School Meals Program Act of 2021, sponsored by Senators Bernie Sanders (I-VT) and Kirsten Gillibrand (D-NY) and Representatives Ilhan Omar (D-MN) and Gwyn Moore (D-WI), was announced in May. CT Senator Richard Blumenthal and Congresswoman Johanna Hayes are early co-sponsors of the bill. Universal meals is the top priority on SNA's *2021 Position Paper* and was the first issue raised when SNACT members met with our Legislators during LAC.

## Industry Spotlight

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Thank you to our Industry Partners who provided SNACT and our members with amazing support throughout 2020-2021!

This past year has required flexibility and creativity and our industry partners provided both— from our virtual Hot Topics to Directors to our Connecting Connecticut Events and on to our Focus Friday Foodie Feature our industry partners were there for us.

SNACT's Food and Industry Trade Show on October 15, 2021 will be a wonderful opportunity to see old friends and new. The show will have protocols in place to meet health and safety requirements, but we are looking forward to seeing everyone in 2021!

Hot Topics for Directors and Focus Friday will be back in 2021-2022!

We're looking forward to both virtual and in person opportunities to meet and share information

### **SNACT's Industry Council**

SNACT's Industry Council is a valuable partner to SNACT. Dennis O'Connor of American Patriot Sales is our Council Chair and Kate Murphy is vice-chair.

In addition to Dennis and Kate, the members of the 2020-2021 Council are: Christine Benoit (CORE Foods), Allison Erickson (Thurston Foods), Dave Gambino (Wade's Dairy), Lynne Pellegrini (AJ Letizio), and Ward Thomas (Gordon Foods) SNACT is fortunate to have this wonderful group to work closely with us as we navigate the year.

Members of Industry Council rotate on 2 year terms. Thank you to Allison, Dave and Ward who are finishing their IC terms!



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### Sweetened

- Watermelon
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The Connecticut Milk Promotion Board, New England Dairy, and the dairy farm families of Connecticut want to thank all the school nutrition heroes in our state. We have been amazed by the creativity and outstanding effort you have employed this past year to ensure students in Connecticut are nourished and ready to learn. Thank you for your continued hard work.

We believe in the power of school nutrition programs to help nourish our future. During the 2019-2020 school year CT dairy farmers invested over \$110,000 in grant funding in CT schools to advance nutrition programs. Additional support for the coming school year, including grab-n-go menu ideas, can be found on the school meals page of our website.



[NewEnglandDairy.com](http://NewEnglandDairy.com)

Funding for this sponsorship provided by the Connecticut Milk Promotion Board

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Total Fat 5g		Total Sugars 19g	
Cholesterol 0mg	0%	Total Sugars 19g	37%
Sodium 200mg	12%	Iron 1mg	20%
Protein 5g			
Vitamin D 0mg 0% • Calcium 40mg 8% • Iron 1.6mg 36%		Potassium 110mg 2%	

Percent Calories from Fat (<=35%) 25.71%  
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### GRAB-N-GO INDIVIDUALLY WRAPPED

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### MENU INSPIRATIONS

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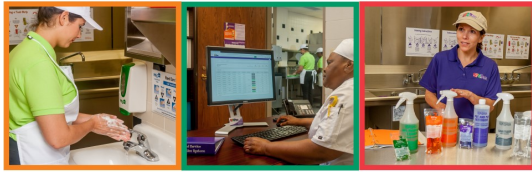


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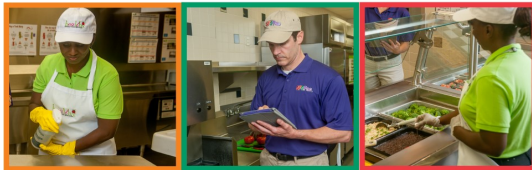
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10013000002964		SIMPLY HEINZ Yellow Mustard	500 x 5.5 g Sachet	---	🚫🚫
54400011319		GREY POUPON Dijon Mustard	200 x 0.25 oz Sachet	---	---
10013000714409		HEINZ Honey Mustard	100 x 1 oz Cup	---	---
10013000381014		SIMPLY HEINZ Honey Mustard	100 x 1 oz Cup	---	🚫🚫
<b>MAYO BASED SAUCE</b>					
13000013154		HEINZ MayoChup Packets	200 x 12 g Sachet	---	---
10013000282182		HEINZ Garlic & Herb Aioli	200 x 12 g Sachet	---	---
10013000282144		HEINZ Chipotle Aioli	200 x 12 g Sachet	---	---
10013000531600		HEINZ Tartar Sauce	200 x 12 g Sachet	---	---
<b>TACO &amp; HOT SAUCE</b>					
10013000532409		HEINZ Mild Taco Sauce	200 x 9 g Sachet	✓	---
10013000986806		HEINZ Hot Taco Sauce	500 x 9 g Sachet	---	---
716037000363		SALSA DEL SOL Jalapeño Hot Sauce	500 x 9 g Sachet	✓	---
10013000512326		HEINZ Zesty Buffalo Sauce	100 x 0.875 oz Cup	---	---
013000013604		HEINZ HoneyRacha	100 x 1 oz Cup	---	🚫🚫
00013000013505		TABASCO Jalapeño Sauce	200 x 3 g Sachet	---	🚫🚫
00013000013512		TABASCO Chipotle Sauce	200 x 3 g Sachet	---	🚫🚫



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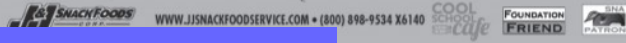
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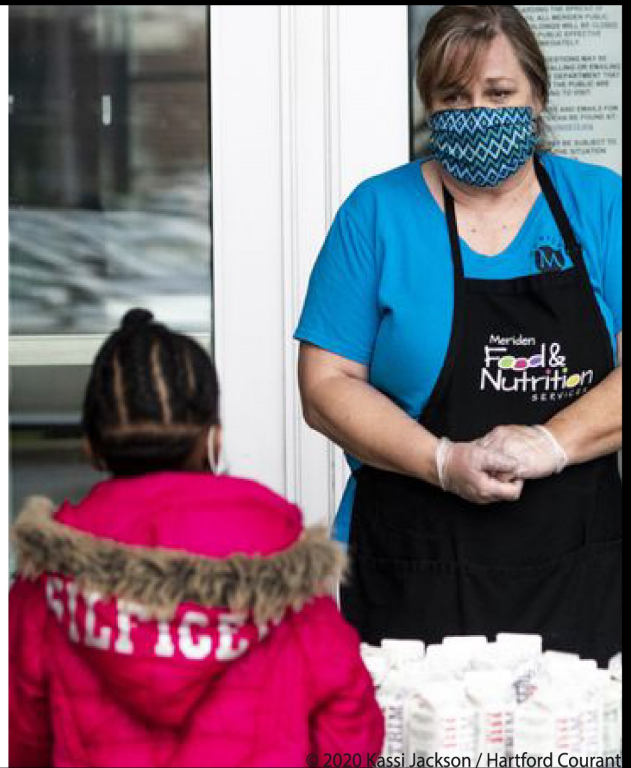
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# Thank You,

to all of the frontline providers of essential services for children.

During this difficult time, it has certainly been a challenge on both sides of the food service industry; but with patience, determination and perseverance we will overcome this struggle together.

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A recent study finds that the healthiest meals children eat during the day come from school cafeterias!

According to a JAMA Network report, studies done between 2003 and 2018 found that the highest quality meals consumed by children were the meals they consumed in school.

Stephanie Deason, Food Service Director of Mansfield Public School had a recipe featured in the March issue of SNA's SN Magazine! Well done!

Food **Focus**

## Zucchini and Kale Bread

- 4 1/2 cups granulated sugar
- 1 cup brown sugar
- 2 1/4 cups vegetable oil
- 6 eggs
- 6 cups flour
- 2 Tbsp. + 3/4 tsp. baking powder
- 1 1/2 tsp. salt
- 2 Tbsp. + 1 1/2 tsp. cinnamon
- 5 1/4 cups zucchini, frozen
- 3 cups kale, frozen



Serves: 96  
 Per Serving: 131 cal., 1.5 g pro., 5.2 g fat, 18.2 g carb., 0.78 g fiber, 62 mg sod.  
 Meal Pattern: 0.25-oz.-eq. whole grains

- 1 Preheat the oven to 350°F. Let the kale and zucchini thaw.
- 2 In a large bowl, combine the sugars, oil and eggs and mix thoroughly.
- 3 In another bowl, mix the flour, baking powder, salt and cinnamon. Add to the sugar mixture and combine.
- 4 In a food processor, add the par-thawed zucchini and kale, and blend into a coarse slurry.
- 5 Carefully fold the zucchini and kale slurry into the batter, which will become sticky, cold and dense.
- 6 Pour the mixture onto a greased full-sized sheet pan and spread evenly. Bake for 20 minutes. Cut into 96 mini-loaf portions by cutting eight rows horizontally and 12 rows vertically.

### Kitchen Wisdom Says...

The kale will likely turn the bread loaves green, which I think is a plus. If you don't have kale, spinach would be a perfect substitute.

The recipe needs a better name! Like "Summer Garden Coffee Cake" or something along those lines.

We used whole-wheat flour, freshly grated zucchini and fresh, blanched kale. Our student testers were amazed they had eaten kale and zucchini in a bread that was so tasty.

I think these would be great in muffins, in which case they'd be bigger portions and you might get more crediting for vegetables.

School gardens grow an abundance of kale, and we are always looking for new ways to serve it.

The kids were so excited to see the "treat" and were willing to try it. Most of them loved it; a few said it was good/OK. One said, "love the texture." My pickiest eater even loved it. When I told them the name was Zucchini and Kale Bread, the look on their faces was priceless. They were so shocked!

I personally enjoyed making this recipe. Very simple and quick without many ingredients. I wouldn't change anything about it.

**Recipe and Photo:** Mansfield (Conn.) Public Schools, [www.mansfieldct.gov/153/School-District](http://www.mansfieldct.gov/153/School-District)

**Nutritional and Meal Pattern Analyses:** Rebecca J. Polson, CC, SNS, Instagram: @ChefRebeccaK12

### WHOLE-GRAIN GAIN

The health-propelled shift to encouraging more whole grain-rich foods in schools, as well as restaurants and homes, certainly pushes both cooks and diners out of their respective comfort zones, but it *does* serve a worthy purpose. Compared to the white variety, whole-wheat flour provides a much heftier dose of fiber, vitamins and phytonutrients. Still, "Whole-grain flour does have its

challenges," comments Chef Vahista Ussery, MS, MBA, RDN, founder of To Taste, a web-based culinary consulting company.

In simple bread and muffin recipes, you can substitute up to half of the required all-purpose flour with whole-grain flour, but the same isn't true of yeast breads, such as cinnamon rolls. This is because whole-wheat flour absorbs more liquid than white flour, producing a stiffer dough that doesn't

rise as easily, according to King Arthur Baking Company. Its recommended solution: For every cup of whole-wheat flour substituted into a recipe, increase the liquid by 2 teaspoons. Before kneading (but after mixing), let the dough rest for 30 minutes to fully absorb that liquid.

Keep in mind that any substitutions will affect both the color and flavor. "Whole-wheat flour has a nuttier flavor that some kids might not be

# SCHOOL LUNCH HERO DAY™

May 7, 2021

See how CT celebrated!





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# SNACT Committees—Get Involved!

All of the events from the prior pages were the result of the wonderful work done by our committees. In addition to our major events, SNACT sponsors regional trainings, Hot Topics and more.

SNACT has 9 standing committees that meet regularly. The committees work separately and together to make sure SNACT is fulfilling our mission. They are:

**Child Nutrition:** Oversees Mentoring Program

**Education:** Coordinates and runs regional training and offers statewide training

**Industry Council:** IC is made up of 7 Industry Members who apply to serve on the council.

**Marketing:** Works to develop and maintain awareness of SNACT programs.

**Member Services:** Encourages SNACT membership, oversees SNACT Scholarships and Awards

**Single Unit:** Acts as the liaison between SNACT and single unit manager/supervisors.

**Nominating:** Identifies and recruits SNACT's future leaders

**Program Development:** Develops, designs and oversees SNACT Conferences, Trade Shows and Banquet

**Public Policy and Legislation:** Acts as the SNACT liaison on legislative matters.

Plus Ad hoc Bylaws and Ad hoc Finance Committees.

**Becoming involved with a SNACT Committee is a great way to develop and advance your professional skills. Most Committees meet a few times a year. If you are interested in being involved with SNACT and the great things we do for school nutrition professionals in CT, please contact Incoming President Kate Murphy at [kate.murphy@naugatuck.k12.ct.us](mailto:kate.murphy@naugatuck.k12.ct.us)**

## Congratulations to SNACT's 2021 Election Winners

### Officers

**Vice President** (Term: 2021-2022): **Kristina Crandall**, Food Service Coordinator, Groton Public Schools

**Treasurer** (Term: 2021-2023): **Jessica D'Agnese**, RD, CD-N, Food Service Director, Glastonbury Public Schools

### Regional Representatives

**Minute Maid** (Term: 2021-2022): **Nichola Hall**, MBA, Assistant Director, Bridgeport Food & Nutrition Services

**Mohegan Chapter** (Term: 2021-2023): **Carol Dodson**, Food Service Director, Montville Public Schools

**Yankee Chapter** (Term: 2021-2023): **Stephanie Deason**, MS, RD, Food Service Director, Mansfield

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New England Dairy, Amanda Aldred  
aaldred@newenglanddairy.com 203.723.8924



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tferris@esfoods.com



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**General Mills**  
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**New England Ice Cream Co.**  
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**Hadley Farms**  
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**Old Neighborhood/Thin N'Trim**  
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**Peterson Farms Fresh**  
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**Jones Dairy**  
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**Pilgrims Pride / Goldkist**  
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**Mansfield Paper**  
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**Tasty Brands**  
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**Warehouse Restaurant Supply**  
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**Yang's 5th Taste**  
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Schwan's  
Super Bakery  
Tyson Foods

### Are you interested in taking the SNS exam?

SNACT will host the SNS exam on October 14. The SNS exam is required to receive the SNS (School Nutrition Specialist) designation. It is a 4 hour exam that must be done on site (vs. on line). CT has not hosted an exam in many years and this will be a wonderful opportunity for anyone interested to take the exam without having to travel out of state. The exam is open to SNACT members and non members.

Please check your email for information about registering to take the exam!

## Stay Connected with SNACT!

SNACT maintains an active presence on social media. Want to share fun things happening at your school, or interesting conferences or nutrition events you've attended? Do you have great photos of meals, staff or special activities? Email your submissions to [execdir@snact.org](mailto:execdir@snact.org)

The Nutmegger is published three times a year. The Nutmegger is distributed electronically to all members. The current Nutmegger and back issues can be found at our website- click on the Nutmegger tab.

Thursday Thoughts is SNACT's e-newsletter to keep directors "in the know" about upcoming events, opportunities, regulations and more! It is sent via email on the first and third Thursday of the month. To be put on the mailing list, contact [execdir@snact.org](mailto:execdir@snact.org)

And you can find everything about SNACT on our website at [www.snact.org](http://www.snact.org) Click on the events tab to find the list of SNACT and SNA events with links to register.

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