



# Mush-On

Alaska School Nutrition Association Newsletter

January



2015

## Highlights of upcoming events

- “Save the Date” AKSNA Conference—Feb 18-20, 2015, Anchorage
  - Get ready to nourish your mind, body, and spirit at the AKSNA 46th Annual Conference.
  - Pre-conference workshops on the 17th.
  - Register by January 31, 2015 to save \$45.00 off your registration.
  - The draft agenda and registration materials can be found at the AKSNA website: <http://www.aksna.org/>.
- AKSNA Board vacancies—if you are interested in the following positions please contact us at [aksna101@hotmail.com](mailto:aksna101@hotmail.com).
  - Treasurer
  - Communications and Mush-On News Editor
- Earn your Level 1 certificate with these Simple Steps! (Pre-registration requirements may apply)
  - STEP 1: Complete one 8-hour Nutrition Core Course and one 8-hour Food Safety Core Course. The National Food Service Management Institute ([www.nfsmi.org](http://www.nfsmi.org)) offers both 8 hour courses online and free of charge!
  - STEP 2: Send SNA your completed application, payment and Certificates of Completion then CELEBRATE! SNA will send you a confirmation letter. Visit [www.schoolnutrition.org/certificate](http://www.schoolnutrition.org/certificate) for all the details to take the important first step towards your certificate...you'll be glad you did!

## AKSNA Executive Board

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## PrimeroEdge at the AKSNA Conference

During the Alaska School Nutrition Association Conference in February, we will be hosting two concurrent PrimeroEdge sessions:

1. The first will be an overview for folks who haven't begun using PrimeroEdge,
2. The second session will be a Questions and Answers session for districts using the system but needing some problem solving.

Please feel free to bring your laptop for the Q&A session so we can look at your live data.

Jo Dawson / (907) 465-8708  
Child Nutrition Program Manager  
AK Department of Education & Early Development

**SFSP & CACFP At-Risk Afterschool Meals Trainings  
AKSNA Conference, February 20, 2015**

On Friday afternoon, February 20<sup>th</sup> at the AKSNA Conference, Alicia Stephens will be offering two optional trainings for School Food Authorities (SFA) who are interested in participating in the Summer Food Service Program (SFSP) and/or the Child and Adult Care (CACFP) At-Risk Afterschool Meals Program.

For those SFAs already participating in SFSP, this training will cover the 2015 annual training requirement. For those interested in offering SFSP or CACFP At-Risk, who are not already participating in either program, this is a great opportunity to learn more about both programs which aim to bridge the gap for those students who would normally receive meals through NSLP and SBP and feed children outside of school hours. Each training will be about 1.5 hours long (with a break in between) and are tailored for SFAs that are already familiar with Child Nutrition Programs.

Alicia Stephens  
Summer Food Service Program Specialist  
Alaska Child Nutrition Programs  
Alaska Department of Education and Early Development



**Annual School Nutrition Conference  
July 12-15, 2015  
Salt Lake City, UT**

Explore. Discover. Inspire. That's the name of the game at the 69th Annual National Conference, July 12-15, 2015! Join more than 6,000 attendees including school nutrition, industry members and allied organization representatives at SNA's premiere school nutrition event of the year. Come prepared for a fun, educational and thought-provoking experience in beautiful Salt Lake City!

Here's what some of our own Alaska School Nutrition educators had to say about last year's conference:

*ANC Boston 2014 was the best of all the ones I have attended so far! Sessions were very informative. The technology of the conference was great as all the information was online after the conference, thereby making session references available. I also liked the smaller vendor show, more quality, not just quantity. Besides, was much easier on my feet! Boston was a fantastic location for a conference.*

*But most of all, the opportunity for networking with peers, reconnecting with friends made from past conferences, and meeting new contacts or meeting someone for the first time face to face is always a highlight!*

*Helena Schreder  
Fairbanks North Star Borough School District*

**Dates to Remember:**

February 18-20, 2015 –  
AKSNA Conference  
Anchorage, AK

March 1-4, 2015 –  
Legislative Action Conference  
Washington, D.C.

March 2-6, 2015 –  
National School Breakfast Week

April 23-25, 2015 –  
National Leadership Conference  
San Diego, CA

May 1, 2015 –  
School Lunch Hero Day

May 13-14, 2015 –  
Spring Industry Boot Camp  
National Harbor, MD

July 12-15, 2015 –  
Annual National Conference  
Salt Lake City, UT

Alaska School Nutrition Conference cont.

*ANC 2014 experience -- Myself and others attending ANC in Boston came away thinking that it was the best ANC provision ever of educational classes for operating NSLPs. I took advantage of the classes regarding Community Eligibility Provision, Finance measurement for School Meal Programs, and of course the Public Policy and Legislation trainings.*

*As the year 2015 is another reauthorization year for the National School Lunch Act, ANC offerings included discussions regarding the new and coming meal pattern adjustments. This seemed to be a hot topic.*

*The mega vendor show was the biggest ever. My time on the vendor show floor was pretty much devoted to checking on those electronic gadgets that record freezer and chill temps automatically into systems, with no need to write temps down by hand.*

*I need to add that through ANC, I was much absorbed into the activities in the SNA Nominating Committee, as I am in my last days as Northwest Representative for that Committee. This elected role has been a great experience.*

*ANC was great, and it is always fun to represent AKSNA - ALASKA.*

*Dean Hamburg  
Kenai Peninsula Borough School District*

*I can't say enough about the ANC conference, it is always a wonderful experience! It is a wonderful feeling to be among so many other people that enjoy doing what they do and are going through the same triumphs as you. You really feel like you are not alone.*

*The classes are informational and the vendor show is huge! It is really interesting to see what kinds of items industry folks are creating to help us meet the new USDA regulation changes to our meal patterns and snacks.*

*I strongly encourage everyone to go at least once!*

*Elizabeth Seitz  
Alaska Department of Education and Early Development*

### **Helpful Links:**

AKSNA Website –  
[www.AKSNA.org](http://www.AKSNA.org)

AKSNA Facebook page -  
[www.facebook.com/pages/Alaska-School-Nutrition-Association/127128467377407](http://www.facebook.com/pages/Alaska-School-Nutrition-Association/127128467377407)

OR

[www.facebook.com](http://www.facebook.com) and search for the Alaska School Nutrition Association page

School Nutrition Association Website -  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

Fuel Up To Play 60 Homepage –  
[www.fueluptoplay60.com](http://www.fueluptoplay60.com)

Washington State Dairy Council –  
[www.eatsmart.org](http://www.eatsmart.org)

Food Allergy Research and Education (FARE) –  
[www.foodallergy.org](http://www.foodallergy.org)

Healthier US Schools Challenge Online Application –  
[www.fns.usda.gov/tn/HealthierUS/application.html](http://www.fns.usda.gov/tn/HealthierUS/application.html)

State of Alaska, Child Nutrition Program –  
[www.eed.state.ak.us](http://www.eed.state.ak.us)



### **Allergy Corner**

The following website has several links/articles about managing food allergies at school. For example:



#### **Tips for Parents & Educators**

FARE and its partners have developed a number of resources specifically for educators and school personnel. Talk to your school about reviewing and implementing one of the programs listed on the link below, and ask them to visit our [Resources For Schools page](#).

Visit the following website to see these programs and other useful tools:  
<http://www.foodallergy.org/managing-food-allergies/at-school>

## AK Farm to School Announcements

### National Farm to School Network (NFSN) Webinar:

- ‘Telling your story: Share your success with the media, the community, and funders’: February 10<sup>th</sup>, 9am Alaska time: [register here](#) Maintain momentum for farm to school within your community through media relations, funder outreach and community partners with persuasive success stories. The National Farm to School Network's communications staff, Chelsey Simpson and Stacey Malstrom, will offer simple best-practices and easy tips for sharing your story and finding your audience. The 20-minute presentation will be followed by a Q&A session.

### News

- Check out what recent studies are showing about lunches served at school versus sack lunches brought from home: [Click here to read article from NY Times!](#)

### Resources

Check out the great materials on [choosemyplate.gov](#)! You can find:

- Printable ‘10 Tips Nutrition Education’ Series
- Health and Nutrition lesson plans
- Building blocks for educators



## HealthierUS School Challenge: Smarter Lunchrooms

Is your district or school interested in applying for the HealthierUS School Challenge? As of September 2014, the application criteria has changed. Many of the basics are the same, including required participation in the National School Lunch and School Breakfast Programs, being registered as a Team Nutrition School, serving a menu that is 6-cent certified, and having an approved Local Wellness Policy.

Beyond the basics, some things have changed. Under the new application rules, it is no longer necessary to meet additional meal pattern criteria. There is a new emphasis on Smarter Lunchroom Techniques, requiring an SFA to incorporate a certain number of action items based on the award level for which you apply. Districts are now required to be in compliance with SmartSnack regulations, and it is also required to incorporate Team Nutrition resources and materials into Nutrition Education efforts. Lastly, the ‘Other Criteria of Excellence’ categories have been streamlined, with new selections added.

Overall, the new application criteria contains some significant changes that will positively impact school health environments and make the application process more straightforward for schools. We hope you will consider applying! For questions or more information, please contact:

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