

Mush-On

Alaska School Nutrition Association Newsletter

October



2014

The President's Report

Dear AKSNA Member,

As winter is fast approaching us, it seems like things are starting to calm just a bit. AKSNA has begun working on the Annual AKSNA conference that will be held in Anchorage Feb 18-20, 2015. AKSNA is putting the agenda together now, so if there is anything you would like to see on the agenda please send Carlee Wells your ideas and thoughts. The conference will be at the Egan Center and the hotel details will be coming out soon. So please mark your calendars now.

The implantation of Primero Edge has really been our focus in Kodiak. We are using all the modules and are finding it very helpful. I hope you have at least picked one of the modules to start. Once you get it up and running I believe you will really find it a helpful tool. Child Nutrition holds a conference call ever Monday to help assist and troubleshoot many of our concerns. I find these calls, when I can get on, very helpful.

I hope you are finding the monthly newsletter helpful and informative.

Happy October!
Sandy Daws, AKSNA President

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ANC Conference ~ July 2014

The SNA Annual conference that I attended in Boston over the summer was amazing. A bit overwhelming at first but amazing. I met a lot of School Nutrition members from all over the country. I found Networking with fellow school districts to be useful. Listening to their challenges and then hearing the challenges we face in Alaska was interesting and provoked good discussions. In addition, the networking with the Vendors and being introduced to new vendors. I am hoping we may see some of those vendors try to make it to our conference. Stay tuned for more ANC conference news from other AK attendees in next months' issue of the Mush-On.

Sandy Daws
AKSNA President



SNA News

New! Parent Resources from SNA

Now is a perfect opportunity to reach out to parents and remind them that school lunch is healthy, tasty, and a great value! Take advantage of SNA's brand new customizable parent brochures, available online now. All you need to do is add your own district logo, meal pricing, and website – then send them home with kids.

Download the brochures today at www.schoolnutrition.org/PR.

Want to Increase Breakfast Participation? Go Further with Funds!

Up to \$4,000 is available for qualifying K-12 schools enrolled in *Fuel Up to Play 60* to promote your program and increase participation. The final deadline for this school year is Wednesday, November 5, 2014. Get started on your application by [clicking here](#).

SNAC Bites

SNA Communication (SNAC) Bites are monthly emails aimed to help highlight new SNA programs and provide topics and content for state association newsletters and chapter meetings. Please visit

<http://www.schoolnutrition.org/Membership/SNACBites/> for a brand new library of ads about SNA programs.



100% Fruit Juice – Truth vs. Pulp Fiction

2:00 pm ET on Wednesday, November 5

There is no question that eating fruit is important for overall health; however, fruit consumption remains surprisingly low, with most Americans consuming less than half of their recommended intake. Research shows that one hundred percent fruit juice is a nutrient-dense drink that can be a cost-effective way to help children and adolescents meet fruit intake goals, while also delivering significant nutrients and improving diet quality. Nonetheless, many misperceptions exist about 100% fruit juice's role in health, and its impact on body composition and weight, particularly in children. How do these misconceptions affect beverages served in schools, what are the demographics of 100% fruit juice drinkers and what does the science say?

Webinar sponsored by the Juice Products Association. **Participation in this webinar is worth 1 SNA CEU.**

Register here: <https://www2.gotomeeting.com/register/756165826>



Allergy Corner

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

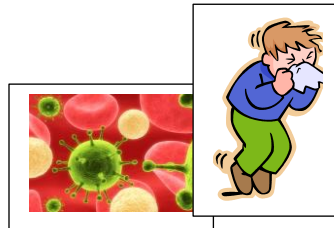
Tips for Parents & Educators

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>



Dates to Remember:

Oct 13-17, 2014 –
National School Lunch Week

Oct 24, 2014 –
Local Food Day

Nov 5-6, 2014 –
Fall Industry Boot Camp
National Harbor, MD

Jan 11-13, 2015 –
School Nutrition Industry Conf.
Phoenix, AZ

March 1-4, 2015 –
Legislative Action Conference
Washington, DC

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

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

AK Farm to School *announcements!*

October is National Farm to School Month! Get ready to celebrate in your community and don't forget to share what you are doing with us.

In response to the Farm to School Month survey the following three sites have been awarded a Local Day Lunch event. Congratulations!

- **Unalaska City School** - October 24th (all week long)
Description of Event: We will feature 4 menu items with local food for 400 students and prepare 200 pounds of local food. Our menu will be red salmon fillet, Alaska Grown potatoes, green peas, Alaska Grown barley roll and blueberry crisp! This represents a local fish, vegetable, fruit, and grain.
- **Cordova School District** – October 24th
Description of Event: We will feature 12 menu items with local food for 250 students and prepare around 350 pounds of local meat and 200 pounds of local vegetables. This represents a local fish, vegetable, other local meats, and grain. We will also have the state Farm to School Coordinator coming to present at the school assembly and work with the Home Ec and Career Exploration students.
- **KidZone Early learning Center in Wasilla** – October 24th
Description of Event: We will feature 4 menu items with local food for 56 students and preparing 20 pounds of local food. Our menu will be red salmon fillet, Alaska Grown potatoes, green peas, Alaska Grown barley roll and blueberry crisp! This represents a local dairy, vegetable, fruit, and grain.

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**Alaska Farm to School Conference-** We are excited to announce that the Alaska Farm to School Program has been awarded a grant from USDA to host the first ever Farm to School Conference in Anchorage! We have set aside the majority of the funds to be used as travel assistance so we can get as much state representation as possible.

**What:** Alaska Farm to School Conference

**When:** January 13-14, 2015

**Where:** Anchorage Marriott Downtown

**Cost:** No registration fee

**Agenda:** This is where you come in. We have created a [very short survey](#) to get an idea of what YOU would like to see at this conference:  
[https://www.research.net/s/2015FTS\\_conference](https://www.research.net/s/2015FTS_conference). Please take a few minutes to fill the survey out so we can plan a conference that will be relevant to the most people.

Thank you to the 80 people who submitted their input for the conference! With all the great feedback we have a great working agenda and can start the registration process.

Look for the registration packet at: [http://dnr.alaska.gov/ag/ag\\_FTS.htm](http://dnr.alaska.gov/ag/ag_FTS.htm). If you have questions about the agenda or travel scholarships contact Johanna Herron at [Johanna.herron@alaska.gov](mailto:Johanna.herron@alaska.gov).

Keep in mind the agenda is still being finalized. Many of the speakers are still being confirmed and some of the session topics may change. It was included for you to get a general idea about what the conference will cover.

Johanna Herron, Farm to School Program Coordinator  
[johanna.herron@alaska.gov](mailto:johanna.herron@alaska.gov); 907.761.3870

### 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)

## Smart Snack Calculator on the AKSNA website

Be sure to visit the AKSNA website for school nutrition news and resources at <http://aksna.org/>.

You'll find resources such as:

- The Alliance for a Healthier Generation Smart Snack Calculator. Click on the picture in the right hand column on the AKSNA website home page to access the calculator.
  - [Is Your Snack a Smart Snack?](#)  
Take the guesswork out of nutrition guidelines with the new Alliance Product Calculator for Smart Snacks! Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side or entrée item meets the new USDA Smart Snacks in School Guidelines.
- Links to the current AKSNA Mush-On newsletter in top center of home page as well as the previous month's Mush-On link in the lower right hand column.
- Statewide school district links. Stay informed on what other school districts are doing around the state. If you would like your district added, please contact AKSNA Board Member Chris Johnson at [chris.johnson@matsuk12.us](mailto:chris.johnson@matsuk12.us).



## Smarter Lunchrooms conference Jan 15 -16, 2015

Good morning NSLP Sponsors,

The Child Nutrition Program is sponsoring a combined Smarter Lunchroom Techniques and Healthier US School Challenge event January 15<sup>th</sup> and 16<sup>th</sup> at the Marriott Hotel in Anchorage. Each of these programs offers ways to influence healthy nutrition and physical activity choices for students in our schools. The CNP workshops are part of a partner event with the Alaska Farm to School Program, which is holding a conference at the Marriott Hotel January 13<sup>th</sup> and 14<sup>th</sup>.

Travel scholarships are available to attend this event. Submit Registration to CNP by December 15th, 2014. For more information contact Ellen Hackenmueller at [ellen.hackenmueller@alaska.gov](mailto:ellen.hackenmueller@alaska.gov).



## *Creating Healthy Menus with USDA Foods*

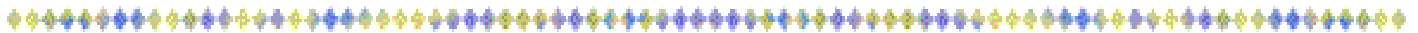
If you were unable to join in the USDA Foods Webinar live on Oct 16 you can view the webinar recording at a later date on the [USDA Food and Nutrition Service](#) YouTube channel.

This webinar offered an opportunity to learn about remarkable recipe resources and featured the speakers from this popular panel at the SNA Annual National Conference in Boston this summer.

## Local Lunch Day 2014 ~ October 24

- Celebrate National School Lunch Week during October 13-17 and National Food Day on October 24<sup>th</sup> by serving locally grown or Alaska grown, caught or harvested foods.
- Schools and child care sponsors can participate by having a Local Lunch Day that features an Alaskan grown food on their lunch menu for that day. When you submit your Local Lunch Day activity, through a Survey Monkey you'll automatically be entered for a chance to win a great prize.
- The annual Food Day is a way for all child nutrition programs to join the nationwide celebration toward more healthy, affordable and sustainable food. If you would like information on this national event please go to the website: [www.foodday.org](http://www.foodday.org)
- National School Lunch Week is a weeklong celebration of the school lunch program, this year the focus is the importance of eating well and getting active. The School Nutrition Association (SNA) has resources to help you plan a special menu, decorations, and activities for your cafeteria. SNA also has a sweepstakes you can enter to win some great prizes. Please visit the SNA website at: <http://www.schoolnutrition.org/NSLW2014/>

If you have any questions regarding Local Lunch Day or National Food Day, please contact Sue Lampert at 907-465-8710 or [susan.lampert@alaska.gov](mailto:susan.lampert@alaska.gov).



### Public Policy and Legislation



AKSNA- Public Policy and Legislative Update:

There is much happening at the federal level regarding USDA School Meal Programs.

The year 2015 is the time for Reauthorization of the National School Lunch Act (NSLA) of 1946. The Federal Reauthorization for NSLP is scheduled about every 5 years, as a Congressional review of the regulations and funding practices for USDA School Meal programs and RCCI programs. AKSNA will be involved with this reauthorization process as a voice for Alaska concerns.

As the National School Lunch Act of 1946 and the National School Breakfast Act of 1966 are established by law as entitlement programs for nutritional support to American children, the Reauthorization process serves as a time for AKSNA, and School Nutrition Association (SNA) and other interested school meal partners, to share to Congress their perspectives with USDA school meals regulations and administrative practices.

National wide, there is much discussion among school meal program sponsors regarding the new meal patterns, increased costs of program operations, and concern about student participation in school meal programs. Some school meal program sponsors are successfully meeting the new meal pattern standards. Others struggle due to limited access to those foods and services that are necessary to meet the nutritional requirements.

Within AKSNA there is consensus that regardless of the level of success experienced by a USDA meal program sponsors in achieving the new meal pattern standards – or not, the increased costs associated with the changes is extraordinary.

As an opportunity was presented to update USDA and SNA leadership regarding the extraordinary program costs to sponsors of NSLP and NSBP and RCCI programs in Alaska, I recently spoke to a gathering of NSLP leaders at the National Food Service Management Institute (NFSMI). This meeting was held at the NFSMI facility based on the campus of the University of Mississippi, in Oxford Mississippi. I presented to the group on Wednesday, 10/8/2014.

I was invited to serve as part of this National Advisory Committee activity for NFSMI, I addressed the challenges experienced by program sponsors of USDA school meal programs in Alaska. I spoke of the high transportation costs for foods, limited distributor options and the limited product availability as factors in meeting the challenge of feeding children across the half million square miles of the Alaska we love.

I shared to the USDA and NFSMI and SNA and Industry persons in attendance, the great distance for foods to travel, just to get to Alaska. And then I explained the across- AK journey system of trucking and rural AK-flight support to schools that are successfully accomplished, but at high dollar cost.

I shared to the NFSMI gathering the need for continued federal support of By-Pass Mail as a supply option for foods to Alaska children. \*\* The group was surprised to learn that we use US Mail, through the By-Pass Mail process, as a carrier for foods to USDA school meal programs.

I shared of the limited milk- dairy support options to our programs, and expressed appreciation for the USDA - UHT milk support to Alaska school meal programs.

I outlined to the NFSMI- SNA- USDA Group the very good support we enjoy from our State Agency, Child Nutrition Services. I talked about their extra efforts to get to sites in the Arctic, Aleutian and Interior and Southeast Alaska school communities. The group was pretty amazed.

Questions asked were, "What's a 206?", "What do you mean by 'barge deliveries'?", "And why do you not have roads?"

Attached are 2 pictures that were included in my presentation at NFSMI, in Mississippi.

Anyway: AKSNAers, please, let me encourage you to keep checking the SNA web site for tracking of re-authorization efforts, and please do share to President Sandy Daws and to SNA your thoughts on your program needs as we serve Alaska children.—\*\* Your AKSNA voice and contribution to these topics is very much valued.

Dean Hamburg- SNS-  
AKSNA PPL

