

# Mush On

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Save the date!



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# A Note from the State Association President

Sue Lampert

Happy Better Year!!

Goodbye 2020! You were challenged to feed students in ways that no one knew existed. But you did it!! You should all be proud of the creative ways you served kids nutritious meals. Whether you offered grab and go meals or used school bus routes for home delivery, the kids received their meals.

The start of 2021 brings hope that there is light at the end of the tunnel. I would encourage you to attend the virtual AKSNA conference during the last week of January. The conference Keynote Speaker will be Maureen G Mulvaney, better known as MGM. You will be entertained, informed, and most of all reinvigorated by the original Energizer Cheerleader, MGM! She will be speaking on how to “Thrive, Don’t Just Survive” during these difficult times.

Please submit your registration and view the full conference agenda on the AKSNA website at <https://aksna.org/events/aksna-53rd-annual-conference-2021/>.

Thank you for all that you do.

Sue Lampert  
AKSNA President

## State Agency Update

Jo Dawson, MS, SNS

As we look toward the new year ahead, I want to take this opportunity to express how much this past year has meant to Alaskans; school nutrition professionals across the state have been front line workers in the fight against food insecurity during this unparalleled pandemic. You have served in new and different ways, you have had to make adjustments for safety, you've attended new training sessions, you've had to apply for waivers to make all this happen – but most importantly you have stepped up to help the children of Alaska. Thank you for your work, your patience, and your commitment; the job you do makes a difference to so many in our communities.

From the entire team at Child Nutrition Programs, we wish you a wonderful new year.

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## An Interview with Walter Williams

Trevor Bridgewater, SNS

Walter Williams, Nutrition Specialist for Southwest Region School District is retiring, having served 23 years in school nutrition. Walter serves 650 students each day at eight schools in an area spanning 23,000 square miles of Southwest Alaska (just slightly smaller than West Virginia). Trevor Bridgewater, AKSNA Membership Chair interviewed Walter to share his experience with fellow AKSNA colleagues.

**Trevor:** How did you get started in School Nutrition?

**Walter:** Searching classifieds while working on North Slope oil fields, needed a change of pace. Too much time away from family. (4 weeks on, 2 weeks off)

**T:** What is important to you about the school nutrition profession?

**W:** Constant training of staff. Reinforcing with students that healthy eating is part of a good lifestyle.

**T:** What's one "rule" everyone should follow?

**W:** Treat each other the way you would want to be treated.

**T:** If you could make any changes to school meal regulations, what would they be?

**W:** Be real with the kids, more demonstrations about healthy choices, [and] relevant nutrition education from earlier age.

**T:** What skills would you like to master that you don't have now?

**W:** Carpentry, woodworking picture frames from wood from my grandfather's house.

**T:** What celebrity or public figure inspires you the most?

**W:** George Washington Carver for his dedication to education. Henry Ford for his association with George Washington Carver.

**T:** What are some of the small things that make your day better?

**W:** My faith, prayer. Finding unity with people even if we don't agree on everything.

**T:** What has been something you have achieved for yourself or your district?

**W:** Certification of 95% of staff being ServSafe certified. Huge accomplishment with such a remote district.



## Share Your Stories

Gavin M. Northey, MBA, SNS

Each day, dedicated School Nutrition professionals like you provide nutritional support to 50,000 schoolchildren in throughout the great State of Alaska. The work we do is important and essential to the educational and nutritional needs of Alaskans.

Sharing our stories is an integral part of our mission. Your stories help to advocate your mission to local and national leaders. Your stories inspire your colleagues. Your stories tell the public what Alaska's school nutrition professionals do to support education and child nutrition in Alaska.

All AKSNA members are welcome to submit short articles for this quarterly newsletter and/or the web site. If you do not have time to write an article, consider submitting photos and a brief one paragraph description. As your communication chair, my goal is to help you share your story, including editing member-submitted articles and photos. Email your story to [news@aksna.org](mailto:news@aksna.org).

## The 53<sup>rd</sup> Annual AKSNA Conference

The 53<sup>rd</sup> AKSNA Virtual Conference will be held **January 26 – 28, 2021**. Our special keynote presenter is MGM. MGM is a multi-faceted Professional Speaker and Author who has spoken from Finland to Malaysia and in every corner of the USA. More information on the following page.

Registration is free. Attendees must [register](#) to receive the Zoom link.

### Conference Schedule

<b>Day 1- Tuesday, January 26, 2021</b>		
1:00 – 1:15	Opening Remarks and Welcome SNA President- Welcome	AKSNA President Sue Lampert Reggie Ross
1:15-1:45	State Agency Update	Jo Dawson, DEED
1:45-2:15	AKSNA Business Meeting and Election	AKSNA President Sue Lampert
2:15-2:30	AKSNA Award Ceremony	AKSNA President Sue Lampert
2:30- 2:45	Legislative Updates	Mary Beth Whalen
2:45-3:00	Closing Remarks	AKSNA President-Elect Sandie Ponte
<b>Day 2- Wednesday, January 27, 2021</b>		
1:00-1:05	Opening Remarks and Welcome	AKSNA President-Elect Sandie Ponte
1:05-1:30	Acronyms in Child Nutrition	Trevor Bridgewater
1:30-2:00	Transportation – Drop Point Delivery	Sharon Pagan - American Fast Freight
2:00-2:30	Food Share in 2021	Kendra Tyler- US Environmental Protection Agency
2:30-3:00	USDA 2012 Meal Pattern Review	Beth Seitz
3:00-3:05	Closing Remarks	AKSNA President-Elect Sandie Ponte
<b>Day 3- Thursday, January 26, 2021</b>		
1:00-1:05	Opening Remarks and Welcome	AKSNA President-Elect Sandie Ponte
1:05-1:40	Anchorage School District- Child Nutrition Study	Gavin Northey
1:40-2:00	Business Manager to Business Partner	Cassee Olin/Leslie Young (Sitka) Beth Seitz
2:00-3:00	Closing – Motivational Keynote Speaker	MGM
3:00-3:05	Closing Remarks	AKSNA President-Elect Sandie Ponte

## About MGM

Source: MGM & Associates



Born **Maureen Gail Mulvaney**, she certainly lives up to her initials **MGM**...a Big Production.

MGM is a multi-faceted Professional Speaker and Author who has spoken from Finland to Malaysia and in every corner of the USA. She has shared the stage with such notables as Dr. Norman Vincent Peale, Dr. Joyce Brothers, Ann Jillian, Lynn Sherr, Mary Higgins Clark and many others. Her audiences encompassed a broad spectrum of participants from all walks of life.

MGM is the author of the best seller—**The Women's Millionaire Club**~*Success Recipes of Millionaire Women Entrepreneurs*, **The Stress Strategist**, **Any Kid Can be a Super Star**, and co-author of **Chicken Soup for the Teacher's Soul**, **Mission Possible** and **Stinky David**.

MGM is a Super Star in her own right as she has earned the highly coveted National Speakers Association CSP-Certified Speaking Professional designation. Only the top 10% of all speakers, around the world, have achieved this designation. MGM has also been a Private Practice Therapist, Psychology College Instructor, Public Relations Executive and Special & Elementary Educator.

MGM's action packed keynotes, seminars and general sessions receive rave reviews from frontline employees to CEO's. Every presentation is a blend of researched information and personal anecdotes to provide an entertaining, yet valuable, learning experience. Be prepared to Laugh and Learn.

### Thrive, Just Don't Survive: SCHOOL MEALS MATTER!

School Nutrition is Saving the Nation –One Five-Star Meal At a Time. We need to Shout that From the Roof Tops!

It's time to take back our schools.

- We have the Cleanest, Safest Kitchens in America-- yet no one knows about it but us.
- We are Serving Fruits, Veggies, Whole Grains, Protein and Milk, in the correct Proportions, to keep our students healthy and reduce childhood obesity --yet no one knows it but us.
- We Serve over 800 students in 1 hour and 30 minutes—yet no one knows it but us.

MGM, School Nutrition's Original Cheerleader, will Show YOU How to Embrace Customer Service for Kids and Cheer About it. MGM will Shout IT and Show YOU how to Be Proud About IT! Be Prepared to Laugh as YOU Learn!

In this session, inspirational speaker Maureen G Mulvaney will show you how to embrace change to make your operation more positive, productive and profitable. She'll also share her successful "recipes" for putting some excitement back into your organization. Learn how you can make your organization 'the heart' by working collaboratively with your whole team and getting 'Buy In' from Everyone

MGM has helped thousands of participants change their attitude to change their behavior. MGM Always GETS RESULTS!

- Use the Latest Changes in your industry to take advantage & advance Your Organization to be more Positive, Productive and Profitable.
- Collaborate with colleagues, get the 'customers' on your side & enlist your employees to cheer on your organization.
- **Take Back Your Power to Change The World One Smile at a Time!**



## SNA 2021 Election – 15 – 28 February

The SNA 2021 election is coming soon! Remember to keep an eye on our [election page](#) to learn more about the candidates and prepare to cast your vote in February!

## Nominate a Colleague You Admire for an SNA Award

Nominate someone you admire for an SNA Award. Nominations for the Employee, Manager, and Director of the Year awards are now being accepted online by SNA through March 1, 2021. For more information, including how to nominate and qualifications, please visit the [SNA Member Awards page](#).

## Take Action: USDA Proposed Rule to Restore School Meal Flexibilities

The U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS) released [proposed regulations](#) to restore flexibilities for milk, whole grain and sodium requirements in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This [proposed rule](#) maintains Target 1 sodium limits through the 2023-24 School Year (SY), states that Target 2 limits take effect in SY 2024-25, and the final target is eliminated. It also requires half of all grains served under NSLP/SBP to be whole grain-rich and allows the service of low-fat flavored milk.

USDA issued the proposed regulations following the April 13th [federal district court ruling](#) that vacated the 2018 Final Rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements due to procedural issues. [SNA urged USDA to restore the flexibilities](#) to ease the burden on school meal programs. Submit your comments urging USDA to restore flexibilities. [TAKE ACTION!](#)

Share your success! Send articles, photos, success stories, and more to share with your colleagues working across the Great State to fuel our future. Email: [news@aksna.org](mailto:news@aksna.org).