



**SCHOOL
NUTRITION
ASSOCIATION**
OF OHIO

PUBLICATION OF THE SCHOOL NUTRITION ASSOCIATION OF OHIO

THIS IS THE

**WINTER
2023**

President's Message

Janelle Brunswick, RD, LD, SNS, President, SNA of Ohio



I hope everyone is having a smooth successful year so far and creating powerful moments. The board and conference committee have been working hard on the upcoming SNA events.

If you haven't already, make sure you register for the **Ohio SNIC 2023 Conference on March 15th at Bridgewater Banquet & Conference Center in Powell, Ohio**. This conference provides a great opportunity to connect and build relationships with your industry partners. The agenda is full of excellent speakers and topics. Jon Colby will be diving into the various components of

emotional intelligence and how we can improve our emotional intelligence as well as how we can deal with situations better in the future. If you are able to come in the night before please join your SNA of Ohio school and industry friends for dinner (on your own) at The North Market Bridge Park! Following dinner come to Throw Nation for a free axe throwing event.

Continuing on the topic of emotional intelligence, there is a formula that our district has intertwined into our daily culture that I feel can help us improve our emotional intelligence. Tim Kight presented the formula $E (Event) + R (Response) = O (Outcome)$ to our district several years ago and it has changed the way I operate in my professional and personal life. We do not have control of the majority of the events that happen to us but we always have control of our response. I feel our emotions can take over at times during events which then can lead to our responses not always being what we intended, which then can give us an outcome that could have been different. A few methods in which you can use to handle your responses to events more positively include pressing pause, getting your mind right, building skill, stepping up, making a difference, and adjusting and adapting. Every event is different but I know personally pressing pause has saved me from ending up with a negative outcome and instead creating a positive one. I challenge each of you to keep this formula in mind for the rest of the school year and see if you can't change some of your outcomes for the better.

SNA's 2023 Legislative Action Conference (LAC) is just around the corner on March 5-7, and I'm excited as this is my first time attending. I am thrilled to join my colleagues in Washington to be an advocate for school nutrition and experience the fundamentals of the democratic process, learn more about current legislative and regulatory challenges facing school nutrition and personally meet with legislators to make an impact on the future. Reach out to our Legislative Chair, Deanne Kelbley, if you are interested or have any questions regarding LAC.

Don't forget to save the date for the annual SNA of Ohio Conference happening June 20-22 in Dublin, Ohio. The conference team and President-Elect, Ashley Morena, have put together outstanding sessions that will help you empower your self growth, build successful teams, and create stronger communities.

Thank you again for everything you do for Ohio's children. I hope to see you at an SNA event in the near future.

Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.

Travis Bradberry, Jean Greaves: Emotional Intelligence 2.0

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SAVE THE DATE!!!



SNA of Ohio Annual Conference

“Building to Empower”

June 20-22, 2023
Embassy Suites
Columbus-Dublin

June 20-22, 2023
Embassy Suites Columbus • Dublin

Are you in the process of rebuilding a self-sustaining school nutrition program after several years of pandemic chaos? Collaborate with and learn from other districts at the 2023 SNA of Ohio Annual Conference! Hear what districts from around the state are doing to rebuild their programs with a key focus on building to empower. The conference will have several tracks of CEUs dedicated to personal growth, building successful teams, and stronger communities.

Current Industry Partners and School District members - Look for full details and registration information this Spring!

The Business of School Nutrition: Join Us at SNIC of Ohio!

SNA of OH IAC, Alison Powers

As a School Nutrition Professional working in an Ohio school district, you have a full professional plate! From menu planning, procurement, and labor management, there is very little time for strategic planning. It is crucial to explore what your colleagues are doing throughout the state to learn best practices that save you time and money. How do you accomplish this level of networking when you can't seem to break away from the day-to-day operations? SNA of Ohio is here to help!

Join us on Wednesday, March 15, 2023, for the **Ohio School Nutrition and Industry Conference (SNIC)** for a one-day event of education and networking opportunities! Conveniently located in Central Ohio, the conference is held at the Bridgewater Banquet & Conference Center in Powell, Ohio.

TOP 3 REASONS TO ATTEND SNIC OF OHIO ON MARCH 15, 2023

Global Industry Perspective

The business of school nutrition is complicated and ever evolving! SNIC of Ohio brings together a meeting of the minds including school nutrition professionals and industry partners from the Ohio area. Professional development is the order of the day bringing enriching topics to the forefront benefiting the entire audience. You'll learn about operational efficiencies, industry innovations, and business development. The SNA of Ohio industry partners are your best resource to answer your questions on supply chain, product innovation, and foodservice trends throughout the country. Need help with the latest equipment or product development? Now is your time to ask your questions and source the industry leaders for their feedback.

Enhance Your Program

Professional development offers enrichment to support you personally and professionally. At SNIC

of Ohio, you'll enjoy some thought leadership from regionally and nationally recognized speakers on emotional intelligence, menu ideation, and regulatory compliance designed to enhance your program. Our goal is for you to be renewed from a day of engagement and recharged to return to your district with new ideas and initiatives.

Building Relationships

While it may seem like a sacrifice to leave your district for a day, you can gain so much from networking with your colleagues and peers outside of the office. One of the best features of the school nutrition profession is the transparency and collaboration. No one in this room is competition, so there's every opportunity to share your ideas, innovations, and best practices. If you have a question, don't hesitate to ask! Whether you've been in the industry for 10 minutes or 10 years, there's always something to learn and partnerships to be made. Our business to serve students, schools, and communities is an initiative we can all support. Let's come together to build better relationships!

The business of school nutrition has multiple facets from USDA, state agency, school district members, food and equipment manufacturers, brokers, dealers, distributors, consultants among many others. It's hard to know where to begin to expand your network and knowledge in the field. This is where getting involved in your state level organizations and School Nutrition Association is your asset. The SNA of Ohio events are designed to bring together operators and industry to collaborate and engage by supporting one another. Above all, it's important to come with an open mind with the goal of having fun!

Visit the SNA of Ohio website to register for SNIC of Ohio on March 15, 2023 in Powel, Ohio. Industry and school district members are welcome to attend! Register by March 8th at <https://snao.formstack.com/forms/2023snicofohioschoolreg>. We can't wait to see you there!

Vegetable Options That Don't Taste Like Vegetables!



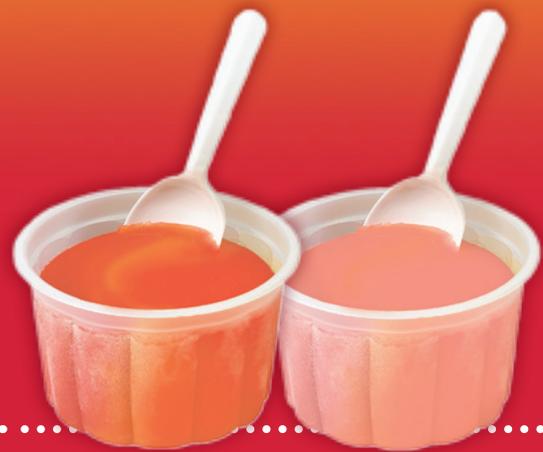
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FEBRUARY 6-10, 2023

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The American Dairy Association MidEast and the Ohio and West Virginia Farm to School Networks invite your school or other location to register for the Smoothie Slurp during the week of February 6th!

Participating in the “smoothie slurp” simply means making, serving and slurping smoothies made with dairy foods blended with fruits and vegetables (local, fresh, frozen or canned) for breakfast or lunch! Register at <https://bit.ly/SmoothieSlurp23>

REGISTER HERE

SHARE ON SOCIAL MEDIA

Show us how you slurp! Share photos or videos on social media using #OHSmoothieSlurp or #WVSmoothieSlurp and tag @adamideast and @OhioFarm2School or @WVFarm2School.



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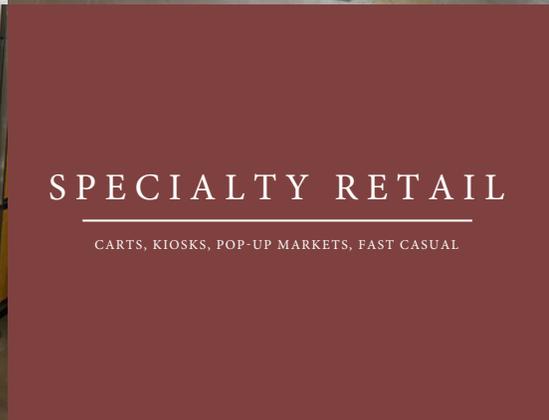
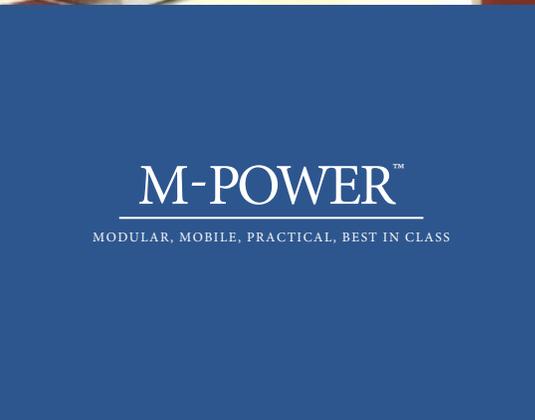
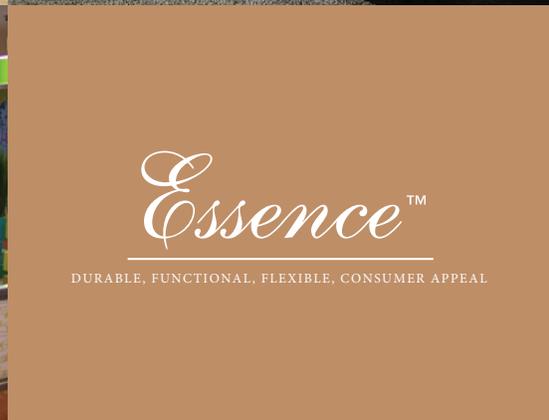
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CONTACT US TODAY!



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ARE YOU LOOKING FOR AN EXCITING LEADERSHIP OPPORTUNITY?

Tiffany McCleese, SNA of Ohio Nominating Committee Chairperson

SNA of Ohio wants YOU! We are looking for members who wish to contribute and be part of a collaborative, energetic group! Your talents will shine through and you will enjoy working with the Board of Directors and the committees that make this a great organization with great impact in Ohio!

Ballot positions:

- A leader is needed to in the office of **Vice President**, who then moves through the SNA of Ohio succession to President-Elect, President, then Past President.
- **Regional Director** positions are open for the four regions below for two year terms. In this position, you have a role guiding local chapters to stay active and informed of changes.
 1. **Northeast:** Cuyahoga, Lake, Geauga, Ashtabula, Trumbull, Mahoning, Columbiana, Portage, Stark, Summit, Lorain, Medina, Wayne, and Ashland Counties.
 2. **Central:** Marion, Morrow, Knox, Delaware, Union, Madison, Fayette, Licking, Franklin, Fairfield, Pickaway and Perry Counties.
 3. **East Central:** Holmes, Coshocton, Tuscarawas, Harrison, Carroll, Jefferson, Guernsey, Belmont,

Muskingum, Morgan, Noble, Monroe, and Washington Counties.

4. **Northwest:** Van Wert, Allen, Hardin, Mercer, Auglaize, Logan, Williams, Fulton, Defiance, Henry, Paulding, and Putnam Counties.

Appointed positions (appointed by the SNA of Ohio Executive Committee):

- The position of Resolution & Bylaws Chair is also an appointed position available next year. This position is appointed by the Executive Committee and is a three-year term.
- The position of Lead Regional Director is an appointed position available next year. This position is appointed by the Executive Committee from the current regional directors and is a two-year term.

We need YOU! I am certain you will find leadership in SNA of Ohio extremely gratifying and educational - and it's also a great networking opportunity with your colleagues across the state! Please contact me by February 28th at mccleese_t2@my.westcler.org or 513-943-5038 if you have an interest in any of these positions or have any questions at all. Thank you!



Ohio SNIC is coming up!

March 15, 2023

Bridgewater Banquet & Conference Center – Powell, Ohio

We hope you can join us for the 2023 Ohio SNIC Event! The event format is a full day of education and showcasing our valued SNA of Ohio Platinum Industry members!

And, we have some great networking opportunities planned for our Platinum Industry Partners and School District members for the evening of March 14th!

We hope to see you there!

**For more information and to register today, visit
[https://www.snaohio.org/SNICofOhio.aspx!](https://www.snaohio.org/SNICofOhio.aspx)**



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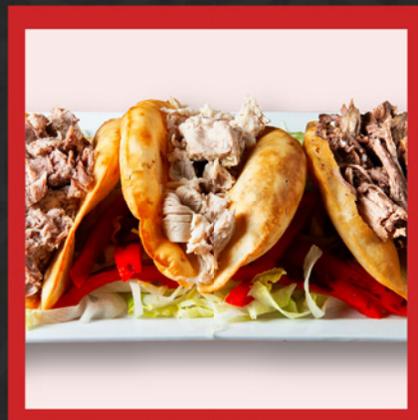
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TO LEARN MORE!

Legislative Action Conference 2023

The Legislative Action Conference will be held at the J.W. Marriott Hotel in Washington, D.C. from March 5-7, 2023. SNA National has compiled our annual Position Paper that we will present to our Congress(wo)men and Senators when we “Charge The Hill” on Tuesday, March 7th. We speak with our Congressional Representatives about our concerns and successes so that we can continue to have the support and funding that our operations need. It is so important for as many Child Nutrition Professionals from Ohio as possible to lobby. Industry and school district personnel are equally important! Our Representatives need to hear

from us directly, so please plan to participate in this very important process.

For all things LAC, go to <https://schoolnutrition.org/meetings/lac/2023/>

You will be able to reserve a room at the J.W. Marriott after you register.

Note: You must be an SNA member to attend this conference.

We look forward to seeing you at the Legislative Action Conference!

SNA of Ohio Leadership Spotlight



Andrew Mendez

Food Service Director
Kenston Local SD

Current Position on the SNA of Ohio Board:
Secretary/Treasurer

Title: Nutrition Services Director

How many years have you worked in child nutrition?
5, currently in my 6th year.

What's your favorite thing about being involved in SNA? Networking and idea sharing with the wonderful people involved in school nutrition. I love getting to share this passion with so many other like minded individuals.

What are you most passionate about professionally?

I love getting to come alongside people and inspire them to be the best versions of themselves. Encouraging them to bring the best version of themselves into the team and bringing the team together to work toward a common goal.

My Favorites:

- School Lunch: Orange chicken, or our chipotle bowl
- Music: Pop Punk, Rock, and Funk
- Vacation: Jamaica - warm weather, pretty beaches and lots of fun things to do
- Hobby(ies): Exercise, play sports, enjoy the outdoors, cook, play board games, and play the drums.

SNA National Awards Information

The School Nutrition Association offers the opportunities below for annual awards and scholarships! **Please note that the deadline for SNA of Ohio Awards and Scholarships is March 1, 2023. Online application forms are linked below:**

- [SNA of Ohio Scholarship](#)
- [Sue Whitaker Member Award](#)
- [Barbara Duncan Memorial Scholarship](#)
- [Buckeye Service Award](#)
- [Industry Service Award](#)
- [Most Valuable Principal-Administrator-Superintendent Award](#)

[2023 Retiree Recognition Form](#)

If you will be retiring from school food service this year (school district or industry), please let us know! Complete the online form by April 30, 2023. We would like to recognize this year's retirees during the awards luncheon at the SNA of Ohio Annual Conference June 20-22 in Columbus!

[SNA National Awards Information](#) (March 1, 2023 deadline)

SNA celebrates members who work every day to ensure well-nourished students across the country are prepared for success. Nominate an **employee, manager, and/or director** that you admire to be recognized for all of their great contributions!

Visit the link below for full details and to submit your nominations by March 1, 2023!

<https://schoolnutrition.org/Membership/AwardsScholarships/>



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For more info and to submit your entry, scan the code below!



Or you can contact:

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- **Central and Southern Ohio** - Contact **Chuck Robison** with **SMART Systems** at 502-376-6133, or chuck@smart-4.com



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Announcing the Ohio School Breakfast Challenge

Breakfast & Beyond Recognition for SY 2022-2023

Breakfast and Beyond recognizes Ohio school districts for their resiliency, innovative practices and collaboration in the important work of feeding students.



The Ohio School Breakfast Challenge (OSBC) partners are recognizing districts or an individual school within a district, that demonstrate a collaborative approach and innovative strategies to expand access and participation in school meals.

How to Participate

Click here to submit your story for SY 2022-23 Breakfast and Beyond. Beginning in January, 2023, school districts will receive an email from @Survey Research/Alchemer to submit your story for Breakfast & Beyond.

Submit stories that-

- include plans implemented between June 2022 thru December 2022
- demonstrate collaborative efforts, innovative strategies, and practices
- maximize resources to expand and increase access to the school meal programs.

Stories can be submitted between January 15, 2023 thru April 15, 2023.

Recognizing Your Efforts

A selection of stories from across Ohio will be highlighted and shared on an ongoing basis (February thru May 2023) with all Ohio Education Associations and their membership, and other education, health, and child focused organizations.

Districts submitting stories will receive

- an electronic medallion for your use on school menus, website, social media, school district profile & other community focused communications.
- social media messages and a press release to share with your district and the community.

For resources to promote school breakfast visit
OhioSchoolBreakfastChallenge.com





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- Cheesy Pretzel Bites
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- Pretzel Slider

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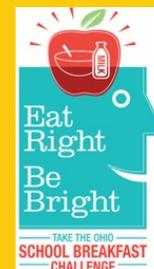


This district was featured on the Ohio School Board Association's Leading the Way podcast!

Pickaway-Ross Career & Technology Center
Rural, Chillicothe, Ohio
Ross County

Pickaway-Ross Career & Technology Center was recently featured on the Ohio School Board Association's "Leading the Way" podcast!

Listen here> <https://bit.ly/PodcastPickawayRoss>



Breakfast & Beyond-2022

Collaborators

- District & Building Administrators, Teachers
- Nurse, Education Specialist, Students
- Librarian, Support Staff

School District Instructional & Meal Options

SY 2021-2022- In-person instruction

- Grab-n-Go breakfast to eat in the classroom.
- Hot breakfast to eat in the cafeteria.
- Breakfast and Lunch offered at no charge.

Goals

- Collaboration between cafeteria manager and commercial food careers instructor.
- Work together to share vendors, storage space, and use of students to help with meal prep.
- Offer a Grab-n-Go breakfast in addition to a hot breakfast.
- Increase the number of lunch periods from 3 to 5 to allow social distancing among students.

Results

- Commercial food careers instructor and cafeteria manager have collaborated to
 - Create menus, utilize multiple vendors, and share storage space
 - Employ students to help with hot breakfast and meal prep for lunch.
 - Provide weekend meal bags for students

SY 2021-2022- Supply chain issues have been an obstacle in securing food and staff shortages have been challenging in the preparation and serving of meals in a timely manner. Because of these complications, the school administration made the decision to coordinate the efforts of the cafeteria and the Commercial Food Careers (CFC) program. The collaboration was a logical solution that benefited the cafeteria and students in the high school's CFC program. The cafeteria shared vendors, storage space and CFC students helped fill in the gaps with staff shortages.

A few other changes that were implemented were:

- *To maintain social distancing among students, the number of lunch periods increased from 3 to 5 lunches. This was accomplished by reducing each lunch period by a few minutes to create 5 shorter lunch periods.*
- *Building administrators and staff members also distributed weekend meal bags to address food insecurities for many of the students.*
- *Hot breakfast was re-introduced because of the extra students helping to prep breakfast and lunch meals.*

Combining efforts of the cafeteria and the Commercial Food Careers Program was a win-win for the career center. Students were able to help in the cafeteria, using the skills they learned in the CFC Program. The cafeteria manager was able to hire some of the students to help with meal preparation and service that helped address staff shortages. The collaboration has also expanded the vendor pool, using multiple vendors to procure food and supplies.

"The fact that our students were really capable of running the cafeteria and doing those tasks just like any other adult ... really gave our students more opportunities to get real-life experience." Dana Anderson, Career & Technical Education/Special Services Supervisor.

continued on next page



From left: Angela Bell, Dana Anderson and Kevin Krebs.

Students get snack bags to provide weekend breakfasts

Posted 10/22/2020 at 7:47:31 AM by Erika Konowalow (staff member)

Nearly 490,000 children in Ohio struggle with food insecurity. Pickaway-Ross is helping combat it by providing bagged food for its students to take home on Friday afternoons.

"These are weekend breakfast meals – whole grain Pop-Tarts, muffins, cereal boxes and juice boxes, non-perishable items – so that students will have a breakfast for Saturday and Sunday," said Angela Bell, the career center's cafeteria manager.

"A lot of kids don't have anything on the weekends. Even if they eat it that night as a snack, they're getting food."

The weekend meal project began a few weeks ago and Angela said the initial challenge was how to reach every student.

"We've learned where we need to be (as students leave the building) to reach everyone. So our numbers (of students getting food) have grown, which is wonderful," she said.

"Kids seem very appreciative when they get the weekend bag. I think a lot of them are thankful that they have the food."

In addition to the weekend meals, Pickaway-Ross has always provided students with free breakfast. This year, the Ohio Department of Education, which administers the free- and reduced-lunch program, implemented free lunches for students through the school year.





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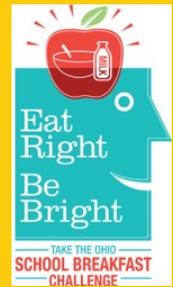
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Breakfast & Beyond-2022

Collaborators

- District Administrators
- Teachers, Students
- Child Nutrition Staff

School District Instructional & Meal Options

SY 2021-2022- In-person instruction

- Breakfast is offered in the cafeteria for all school buildings.
- 2nd Chance Breakfast at the Middle and High School.
- Breakfast and Lunch are offered at no charge.

Goals

- Increase access, speed of service and participation in the School Breakfast Program.
- Streamline menu options for easy pick-up.

Results

- Breakfast participation has increased by 600% at the middle/high school building. 68% of students eat breakfast daily districtwide.

SY2021-22- For the current school year, school breakfast and lunch are offered at no-cost districtwide. The school nutrition department met with administrators to determine methods to increase school breakfast participation at all buildings. With administrative support, the nutrition department streamlined menu options to increase the speed of service at breakfast in all buildings. At the middle/high school building, 2nd Chance Breakfast was implemented after the 2nd bell to accommodate students that normally aren't hungry first thing in the morning.

Elementary School: Students were spending too much time waiting in the cafeteria line to pick up breakfast. This discouraged some students from eating a daily breakfast. To speed up service, food choices were added to the menu that was easy for students to pick up as they moved through the cafeteria line. Students have more time to pick up breakfast and eat in the cafeteria, resulting in more students eating breakfast every day.

Middle/High School: About 100 students eat a hot breakfast in the cafeteria before the bell. The school implemented a 2nd chance breakfast at 9:00 am (after the 2nd bell) and at 9:45 am (for the band and choir students). This additional breakfast time helped to serve students tight on time or not at school early for breakfast. Menus were also streamlined to include more choices students enjoy. Increasing access to breakfast and new menu items increased participation from 100 to 600-800 students eating breakfast every day! The nutrition department added an additional hour for 2 staff members, to prepare and serve breakfast. The increase in participation has advanced the fiscal health of the department and has benefited students' nutritional well-being. Students enjoy breakfast and are "upset" if there is a 2-hour delay, and they can't eat breakfast at school.

The district would like to continue to offer meals at no charge in the future. Using alternative meal service times and streamlining the menu has contributed to a successful breakfast program that will continue to expand over time.



Second chance breakfast has been very successful at St. Marys City Schools. Many of our students come from homes, where food is limited or not available. Having the second chance breakfast allows these students the chance to get something to eat in addition to the two meals we feed them. We also have many students who do not like to eat first thing in the morning, so this gives them the opportunity to have that snack mid-morning. As the school nurse, I would estimate that 80 percent of the students I see in a day just need a small snack. I can share a small story with you; I have a student who takes medication every day and she always needs milk and a muffin to get her meds down. This student comes from a very low-income home and on 2-hour delay days, we do not offer breakfast. That particular morning was a 2-hour delay day, and this student was very emotional and beside herself because she wasn't going to get that meal. I was able to provide her with a snack thanks to our amazing cafe staff, but what we learn in that moment is that these kiddos depend on those meals. Sometimes the meals we provide here at school are the only ones they get in a day. So, what I want to say is PLEASE do not take away the second chance breakfast or limit any of the meals these kiddos receive, because I have seen an improvement in attendance and the number of students remaining here at school due to this addition. Thank you for caring about OUR kids.

*Deanna Halko RN, BSN, MSN-CNP
St. Marys City Schools District Nurse*

Our second chance breakfast option for our students has been incredibly successful and greatly benefited the health and wellness of our students and even improved the morning culture of our schools. Our Middle School and High School start their day early at 7:25am so many kids don't have time or an opportunity to eat breakfast before school. The students are excited in mid-morning to find out what's on the day's menu and grab it as they head to their next class.

Bill Ruane, St. Marys City Schools Superintendent

I feel strongly that a hungry stomach can lead to an unfocused mind. I believe our second chance breakfast has led to improved classroom performance and better behavior. The students at Memorial High School are blessed to have this opportunity and have experienced only positive benefits from this program. Thank you for enabling our students to be at their best.

John Zerbe, Assistant Principal



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610	IW - Wowbutter & Strawberry Jelly EZ Jammer Sandwich	40-4.6 oz	2/2
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814	825 (IW) Turkey Pepperoni Calzone	48-5 oz	2/2
816	827(IW) Cheese Calzone	48-5 oz	2/2
831	861 (IW) Cheeseburger Calzone	48-5 oz	2/2
841	851 (IW) Philly Cheesesteak Calzone COMING SOON	48-5 oz	2/2
847	857 (IW) Turkey Ham & Cheese Calzone NEW	48-5 oz	2/2
860	830 (IW) Chicken Enchilada Empanada	48-5 oz	2/2
862	832 (IW) Buffalo Chicken Calzone	48-5 oz	2/2
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834	835 (IW) Turkey Ham & Cheese Calzone	60-3 oz	1/1.5
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843	853 (IW) Turkey Sausage, Egg & Cheese Breakfast Pocket	60-3 oz	1/1.5
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