



# FOLLOW THE YELLOW BRICK ROAD TO SUCCESS

The 2010-2011 school year is off and running. It will be Thanksgiving and Christmas before you know it and then the year will be almost over. It's time to start thinking about attending the State School Nutrition Conference. The planning committee has been hard at work and putting together a great program. The conference will be held at the Hard Rock Conference Center just south of Albuquerque on June 7th

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This year we will be gathering all the tools needed to be successful by taking a trip to the Emerald City and refining our BRAINS, gaining some COURAGE and getting right down to the HEART of the important role we all play in the lives of our students.

If you need to be certified, Healthy Edge will be offered during pre-conference on Tuesday June 7th and Food Safety and Sanitation during the conference. There is a \$25.00 book charge for Healthy Edge and the class size is limited to 50 so get your registration in early.

New and Exciting training effective Site Supervisor. workshop for those become a Site Super-like to sharpen your ter at what you do. during pre-con-continue through of breaks for the show, and fun. This tionally known in-charge \$250.00 for of the New Mexico be a book charge of



will be offered on becoming an This is a 16 hour concentrated of you who are aspiring to visor or those who would skills and become bet-The workshop will begin ference on June 7th and the conference, with lots general sessions, food session is offered by a n-structor and other states the workshop but, as part conference, there will only \$25.00.

Our guest speakers will be trav- eling from all parts of the land of OZ to inspire and motivate us to be the best we can be. Efrain Guerrero (HAPPY) was a hit with SNA members in Dallas TX, this past summer and will be joining us. LaDonna Gatlin (yes..her brothers are "The Gatlin Brothers") will fine tune our hearts so we can all make wonderful music.

We will again have bowling so practice hitting those pins! There will be a costume contest as part of the banquet so start thinking about which character in the "Wizard of Oz" you want to look like. And, yes, there are prizes for the Best Witch (Good or Bad), Dorothy, Scarecrow, Lion, Tin Man, Wizard and everybody else (Flying Monkey, Toto, Apple Tree, Munchkin ).

Look for more to come in the next few months. You won't want to miss this conference.

**Roadrunner**  
New Mexico School Nutrition Association **FALL 2010**



Dear Members:

I hope everyone is having a great school year and looking forward to the holidays.

It has been a busy year as president of the New Mexico School Nutrition Association. A lot of time has been spent on reauthorization as it works its way through Congress. While it is not a perfect bill, it does include many things that will make our programs stronger and better for the children we serve. I urge you to write to your congress-

man, Representatives Teague, Heinrich or Lujan and encourage them to pass Child Nutrition Reauthorization in November.

The association has also been working on the state level to effect positive changes for our programs. Due to our working with partners and members of the NM PED, the governor announced in October that \$250,000 would be added to the Breakfast in the Classroom grant that had been cut after the last legislative session in Santa Fe.

But enough of legislation, I want to thank everyone who attended the conference in June at the Hard Rock Resort and Conference Center. Hopefully, everyone is still enthusiastic and sailing towards excellence whether it be personally, professionally or both. At the end of the conference we asked for feedback on what you thought of the conference. The vast majority of com-

ments were very positive. There were many very helpful comments for planning the next conference. There were a few comments that I wanted to address because they come up every year and I'm not sure anyone ever gets an answer. So in each newsletter this year, I'll be answering a few of your comments. The first comment is "Two hour classes are too long." Unfortunately, if you want to move from level one certification to level two or three, the classes you take have to be a minimum of two hours. Classes to maintain your current certification level only have to be one hour. Since many members want to move up, we have to provide classes at conference that allow them to make that move with two hour classes.

Have a great holiday season and I hope to see many of you at the regional trainings around the state.

Take care. Angela

## MEMBERSHIP

During these difficult times when it seems like you are counting every penny in your personal and program budget, do not think dropping your membership (or refraining from joining) is an option. Think of it as an essential element to your development and success. We need to stick together, share our knowledge and resources and support our legislative issues. Think also, of recruiting your co-workers. The old saying "there is strength in numbers," is so true. The legislative process is so important to our programs and our financial success. The folks in Washington look at numbers when they see a group supporting an issue.

Every one of us adds to that number and the strength we have in Washington and Santa Fe.

Benefits to membership include:

- Information and knowledge through SNA's award-winning magazine and website offering resources, tools and updated information on all the latest issues affecting the school nutrition industry
- Education and Training through a variety of professional development programs, academic assistance and coursework online, including a certification and credentialing program.

- Networking Opportunities through SNA conferences and seminars, which are excellent forums for interacting with other child nutrition professionals.
- Advocacy through SNA's role as the primary national voice for child nutrition on Capitol Hill
- Grants and Scholarships through SNA's sister organization, School Nutrition foundation.
- Research through NA's reports on the latest trends and issues influencing school nutrition programs, which enable members to plan for the future.

- Public Awareness through SNA's promotion of national School Lunch Week and National School Breakfast Week, increasing awareness of child nutrition programs.

In addition there are services like School Nutrition U, Webinar Wednesdays, Keys to Excellence, Scholarships, Free training and customizable tools. For more information on these go to [www.schoolnutrition.org](http://www.schoolnutrition.org)

**MEMBERSHIP IN SNA-DON'T BE CAUGHT WITHOUT IT!**

## December 2010

Dec 1

### AWARD DEADLINES

Louise Sublette Award of Excellence, Heart of the Program, AND Outstanding Director of the Year

Contact: **Angela Haney**

(505) 866-2490

akhaney@llschools.net

Dec 1-3

### Commodity Processing Training & Show

Albuquerque NM, 505-827-1821

## January 2010

Jan 14-15

### Region 1 Workshop

Healthy Edge

Los Lunas NM, 505-866-2490

Jan 16-18

### Child Nutrition Industry Conference

SNA

Seattle, WA

## February 2011

Feb 10

### Legislative Day

Board Meeting

Santa Fe NM, 505-293-1002

Feb 12

### Region 4 Workshop

Nancy Thatcher

575-234-3418

# Calendar of Events 2010-2011

Are You Interested in Becoming a NMSNA Leader? If so, we have just the program for you. Please read the article below:

## **FUTURE LEADERS PROGRAM**

**April 28-30, 2011**

### **Broadmoor Hotel, Colorado Springs, CO**

Goal: To provide hands-on training to new and future leaders of the School Nutrition Association to help strengthen the long-term viability and effectiveness of the state associations and SNA.

Criteria for Selection:

- SNA member
- Certified or credentialed
- Minimum of 3 years in school nutrition
- Demonstrated qualities for future association leadership and shown evidence of strong leadership potential
- Demonstrated interest in developing leadership abilities and shaping the next generation of state association/SNA initiatives
- Committed to life-long learning and career in school nutrition
- Energetic individual who believes in the importance of their local/state association and who is most likely to contribute to long-term growth and development

The NMSNA Board is seeking applicants for this program. Registration, room & board and transportation will be covered by the NMSNA. Please submit a letter of interest with a resume that includes both work and association experience to: NMSNA Executive Board, 9111 La Costa Dr. NE, Albuquerque, NM 87111. Questions: contact Angela Haney, 505-866-2490 or Elaine Keaton at 505-293-1002. This application must be received by December 20, 2010

## Breakfast Fact's

(source FRAC, Ohio State Univ.)

- As many as 35-40% of children do not eat a nutritious breakfast at home in the morning
- Research shows that programs offering breakfast to ALL children during the first part of the school day at no cost, regardless of income, dramatically increase student participation in school breakfast
- Research shows that children who eat school breakfast eat more fruits, drink more milk and consume a wider variety of foods throughout the day than those who don't eat breakfast or eat breakfast at home
- Studies conclude that students who eat school breakfast increase their math and reading scores as well as improve their speed and memory in cognitive tests.

- Research shows that children who eat breakfast at school, closer to class and test-taking time, perform better on standardized tests than those who skip breakfast or eat breakfast at home.
- Schools that provide breakfast, in the classroom, to ALL students show decreases in tardiness and suspensions as well as improved student behavior and attentiveness.

**Roadrunner**  
New Mexico School Nutrition Association **FALL 2010**



## INDUSTRY REPORT by Virginia Schroeder

As you may have already noticed when going to the grocery store prices on protein items are going up. The following are clips from articles in the industry explaining why and how long these prices will be up.

**Poultry** - "the price of meat climbed 5.2% in the government's producer price index, helping drive a 1.2% rise in overall food costs. The cost of processing young chickens in September saw the biggest one-month increase since 2006." (Meatingplace 10-15-10)

**Beef** - will continue to rise over the next few months - currently they are 22% higher than last year. US beef imports are down 13% and beef exports are UP 24%. Beef freezer stocks are at their lowest level in 7 years. USDA awarded contracts covering 360,000# of beef for commodity purchases paying between \$2.02 and \$2.33 per pound. This is up from a year ago at \$1.30 to \$1.39 per pound. (Pierre Foods 9-13-10) Your commodity processing of beef will cost more entitlement dollar in the 10-11-SY.

**Pork** - prices are up 63% over last year and US exports are up 8%. Pork freezer stocks are at their lowest level in 6 years. (Pierre Foods 9-13-10)

**Corn** - corn futures prices hit a two-year high of \$5.73 per bushel for December delivery as trade began on the Chicago Board of Trade Monday the 11th of October before backing down to about \$5.60 in midmorning. A market report on DTN/The Progressive Farmer put the next corn futures price target at \$6.08 per bushel. (Meatingplace 10-11-10) Corn is the key factor in the protein price since it is the feed used to fatten beef, pork and chicken.

**Sugar** - will continue to increase in cost due to the world wide shortage and greater demand for sugar

# SUMMER FOOD SERVICE PROGRAM THROUGH CYFD

Hello Everyone,

My name is Elizabeth Castillo. I am the Program Manager for the New Mexico Summer Food Service Program, which is administered through the Children, Youth and Families Department (CYFD).

New Mexico is ranked 2nd in the nation for serving children eligible for free or reduced-price school meals. This represents only 34.6% of the children who are eligible. Our question should be, "Where is the other 65.4% eating during the summer?" **THE NUMBER OF CHILDREN PARTICIPATING IN SUMMER NUTRITION PROGRAMS SHOULD BE HIGHER!**

In these times when the economy is suffering, parents are unemployed and

programs are being cut, WE MUST do all we can to provide nutritious meals to OUR children. Summer Nutrition Programs are underutilized nation wide and also in New Mexico!

Schools are more suited to administer the Summer Nutrition Programs than most other entities. Schools have well established food service operations, have knowledge and understanding of USDA meal requirements, they are familiar with the children and the community and these in turn are familiar with the schools and their staff. Schools have a vested interest as well. When children are hungry they experience challenges with learning, achieving acceptable test scores and maintaining good behavior.

I appeal to school districts that are not presently providing summer nutrition, to participate in the Seamless Summer Option through PED or the Summer Food Service Program through CYFD. If your school district is currently providing summer nutrition, please continue to identify new areas and populations to serve during the summer.

If more information or assistance is needed, please call me at 505-841-4846 or 1-800-328-2665.

Let's make 2011 a year to increase participation by 10%!

Elizabeth T. Castillo, Program Manager  
CYFD - Family Nutrition Bureau  
Summer Food Service Program

# IN ELAINE'S WORDS BY ELAINE KEATON, SNS

We are totally in the swing of a new year. I hope the beginning of the year start-up "issues" are behind you and you are having smooth sailing. There are several items of interest that you should note:

**Conference:** The dates are June 8-10, 2011, with pre-conference on June 7th. We are offering the Healthy Edge and Safety and Sanitation so that level 1 certification can, once again, be attained by the time the conference is over. All attendees in these sessions must be SNA members before conference starts. We are also having a 16 hour manager training/leadership class that should be fabulous. It is meant for people who want to become managers (site supervisors) or who are already managers but would like some in depth training from a national speaker (who retired from an Ohio school district-she knows her stuff, I promise). My colleague in Indiana said that everyone loves this class and they have offered it several times. They charge \$250 for this class and we are charging the nominal amount of \$25.00 (90% discount...what a deal). The conference hotel is the Hard Rock again. It is a great venue and, with the exception of a few minor problems, has been enjoyed by all. PLESASE NOTE: the cut off date this year

for making reservations for the hotel is May 14. This is three weeks before the conference starts...so mark your calendar now. I cannot stress enough how important it is to get your reservation in early. Mary Swift, our president-elect has almost completed the educational program and it is going to be great. There are many new classes being offered. She also has lined up two first-rate key-note speakers. There will be more on this later.

**Certification:** June 30, 2011 is the very last day that one can be certified without a GED. This is very important! This means, after June 30 no one can be certified without the GED and if a certification lapses, that person will also have to have a GED. Everyone who is certified by that date is "grandfathered in" and will not have the GED requirement. So, if you do not have a GED or HS diploma, it behooves you to get certified within the next few months. Also, do not let your membership lapse. If you do, you will have to pay the non-member fee which is \$51.00 per year rather than the \$6.00 fee you now pay for level 1 certification.

**Membership:** New Mexico was a winner for the spring membership drive. We are so proud but need to always worry about re-

taining our members. This is a wonderful organization and I cannot fathom not being a member, especially when I was working in the "trenches." Let's everyone try to recruit one new member this year (or more).

**Communication:** Often I try to send out e-mails of importance to you all and most of them kick back. I think your computer thinks I'm junk or spam or something (and my feelings are hurt). I would appreciate it if you would send me an e-mail so that I can get your current address and put my address in your computer's address book. I will only send notes that are of interest, I promise. My address is elainekeaton@comcast.net

**New Favorite Quote:** "It's what you learn after you know it all that counts." (John Wooden, former UCLA basketball coach and one of the most successful coaches of all time). When I read this, I couldn't help but think how this applies to us all and our profession. No matter how well we do today, no matter how much we think we know, tomorrow will have new challenges and we will be required to change, to learn and to adapt. What better way than with the support of our professional association...SNA?



modities Bureau and is a welcome addition to the staff at our Rankin office. JUAN SAIZ brings a wealth of purchasing experience and an in-depth understanding of commodities. It's good to have you on board Juan.

Our nutrition education program "KIDS' TASTING" has reached the media and aired on Channel 4 on November 9 at 10:00 p.m. Hope you all caught it!

Albuquerque Public Schools (APS) Food & Nutrition Department is having an exciting beginning to the 2010 to 2011 school year! Our local SNA chapter is busy raising funds to facilitate member involvement with our state association. The chapter is busy making GOLDBARS (a naughty, but nice treat), has taken orders for cutlery at very affordable prices and has started the ball rolling on getting in Avon orders. If you have any interest in any of these, our members would love to hear from you.

Changes are inevitable, and we are all sorry to see ESTHER QUESADA leaving APS for retirement. She has been the Purchasing Diva for APS as well as contributing her efforts and expertise to the New Mexico Food Distribution Advisory Council and NMSNA for many years. She will definitely be missed!

Esther has been working to make the transition as smooth as possible with her replacement—Juan Saiz. Juan comes to APS from the Com-



# NMSNA LEGISLATIVE COMMITTEE REPORT

Corrine Lovato & Mary Ann McCann, Co-Chairs

The legislation makes a number of changes in the school lunch and breakfast programs that are critical:

1. The legislation will increase the per meal reimbursement rate enabling schools to improve the meal pattern and serve more fruit, vegetables, whole grains and low fat dairy products.
2. It will provide the Secretary with authority to establish nutrition standards for all foods and beverages sold throughout the school during the entire school day. Eliminating the "time and place" rule has been a priority for SNA since 1983 when the courts ruled the Secretary had no authority outside of the cafeteria.
3. The bill provides the Secretary with authority to determine which local school expenses are associated with meal service and can therefore be paid for from the school food service account. This has been a major loop hole that is draining local resources.
4. The legislation would also, for the first time, allow the Secretary to establish standards and a certification process for food service professionals.

These are all very important improvements to the program. They will improve meal quality, professional standards and assist in the fight against childhood obesity. At the same

time, however, Section 205 of the bill causes concern and could fundamentally change the structure of the program, damage its effectiveness and reduce participation. The local government NOT the federal government should set the price for school meals.

## State Level

Student Nutrition Day at the New Mexico Legislature is on February 10, 2011. We continue to work with our partners and keeping New Mexico grown produce in the forefront as a "win-win" situation for many entities within the state. Senator Pete Campos will sponsor a bill in this regards. Pam Roy with the New Mexico Food & Ag Policy Council continues to be an invaluable supporter and partner. Please join us at the New Mexico Legislature on February 10th.

## National Level

The Legislative Action Conference (LAC) will take place March 6-9, 2011, at the J.W. Marriott Hotel.

## Child Nutrition Reauthorization

As of today, the child reauthorization has not been funded by Congress. Please ask your senator to endorse S. 3307 by reauthorizing and improving child nutrition programs. Urge your Senator to vote in support of S. 3307 when it comes up for a vote in the lame duck session. This bill must be passed before Congress adjourns.

## Region 1 Workshop

Sanoma Jaramillo, Chair, Region 1 has announced that the date for her workshop will be January 14-15. She will be offering the Healthy Edge. This is a 10 hour workshop. Because of the class length requirement, it is necessary to begin on Friday night. The hours will be 5:00 PM-7:00 PM. The hours for Saturday will be 8:00 AM to 4:30 PM. The entire workshop will be held at the Los Lunas Teachers' Resource Center, 801 Coronado Street NE, Los Lunas, NM. If you have any questions about this workshop, please contact Sanoma at 505-866-2490 or e-mail her at [srjaramillo@lsschools.net](mailto:srjaramillo@lsschools.net)

## PAST PRESIDENTS CHAIR

By Lorraine Marquez

Dear Friends,

I have been appointed as the chair of the past presidents. My position on the board is to offer expertise and experience to the board. I would love to have a few past presidents join me on my committee to strengthen

this experience and wisdom. Please let me know if you are interested. Call me at 505-966-1708 or e-mail me at [marquezl@belen.k12.nm.us](mailto:marquezl@belen.k12.nm.us).



# REGION 2 TRAINING

by Jovanna Kennedy

On Saturday, October 2nd Gallup hosted the Region 2 Autumnfest Training. Speaker Ronda Mikles held everyone's attention for three hours on her session "Customer Service-Attitude and Accountability." Our afternoon session speakers were dynamic. Kendra Kennedy and Lea Weaver's Special Needs class was very informative. Shannon Nelson had us all bending and stretching in her Personal Physical Awareness class. Bill Jordan did a great job with Food Allergies.



All in attendance enjoyed our Autumnfest lunch of pumpkin stew, a beautiful salad, cornbread and mouth watering pumpkin roll. The Gallup committee featured a skit and the attendees shared plentiful laughs. The table decorations were given away as door prizes. The evaluations were positive and everyone in attendance had a great time. A special thanks goes to Virginia Schroeder, Preferred Brokerage and Sue Rose, ISA New Mexico for all that they contributed to our goodie bags.

## PUMPKIN STEW

### *Ingredients*

2 Pounds Beef Stew Meat, cut into 1– inch cubes  
3 Tablespoons Canola Oil, divided  
1 Cup Water  
3 Large potatoes, peeled and cut into 1 inch cubes  
4 Medium Carrots, Sliced  
1 Large Green Pepper, cut into 1/2– inch Pieces  
4 Garlic cloves, minced

### *Directions*

Brown meat in 2 tablespoons oil, add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours, stir in bouillon and tomatoes. Wash pumpkin; cut 6 to 8 inch circle around top stem. Remove top and set aside; discard seeds and loosen fibers from inside. Place pumpkin in a shallow sturdy baking pan. Spoon stew into pumpkin and replace top. Brush outside of pumpkin with remaining oil. Bake at 325° for 2 hours or just until the pumpkin is tender (do not over bake). Serve stew from pumpkin, scooping out a little pumpkin with each serving. 8-10 Servings  
Prep: 2 1/2 hours Bake: 2 hours

Recipe Source: Taste of Home

1 Medium Onion, Chopped  
2 Teaspoons Salt  
1/2 Teaspoon pepper  
2 Tablespoons Beef Bouillon Granules  
1 Can (14-1/2 ounces) diced tomatoes, un-drained  
1 Pumpkin (10—12 Pounds)



# Roadrunner

New Mexico School Nutrition Association **FALL 2010**

## “PUTTIN’ ON THE GLITZ”

The School Nutrition Association had a new event at the Annual National Conference in Dallas this year. It was called “Putin’ on the Glitz” and it was a money raising opportunity for the SNA Foundation. New Mexico definitely had a presence at this event. The NM Cuties made their debut doing a Hee Haw song and dance. The participants were Darlene Yocham (president NMSNA), Angela Haney (president-elect), Mary Swift (vice president), Mary Ann McCann (legislative co-chair and SNA West Region Director), Corrine Lovato (legislative co-chair), Elaine Keaton (executive secretary) and Bart Christian (president of Southwest Training Systems). We want to thank Bart for funding this event. There was a \$500 entrance fee for participants and Bart was our very special financial backer and star. Between these fees and an ongoing auction, thousands of dollars were raised for the foundation. This money is used to provide scholarships and other educational opportunities for SNA members.

The format of the show was similar to “America’s Got Talent.” You will be proud to know that the New Mexico cuties were in first place for quite some time...actually right up until the second act came on stage...ha ha. We had a great time and the money went for a great cause. Our director and producer, Darlene, is already working on our come-back act for Nashville, TN, the location of the 2011 ANC.

RETURN SERVICES REQUESTED

*Making the right food choices, together.*

SCHOOL  
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ASSOCIATION  
NEW MEXICO



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Roswell NM 88202

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