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Welcome Back Everyone,

First of all....I would like to Thank My Family, Rankin Office, Managers, Conference Committee, Executive Board, Executive Secretary and everyone else who made the State conference in June such a huge success! Without all of your support I would not have been able to do it! The new school year has begun and we are already planning for Our Thanksgiving Meal! Time sure does fly by when you are having fun! We had our first Board meeting in Sept and it was very productive. We have 6 new board members that I would like introduce to everyone, Juan Saiz-Legislative Chair, Janet Novak- Nutrition Chair, Wayne Leach- Industry Chair, Debbie Candelaria-Region 2 Chair, Betsy Cull- Region 3 Chair and Shelley Montgomery- Region 4 Chair. We also have a new Roadrunner Editor, Chimene Quillen and a new Processor, Sanoma Jaramillo. We are working on consistent training throughout NM, our website, steps challenge, membership, building partnerships with nurses and bringing a Legislature to lunch. So as you can see we are pretty busy. I look forward to working with everyone this year as your president.

Sabrina Gonzales  
NMSNA President  
gonzales\_sab@aps.edu



Congratulations to Angela Haney , Los Lunas Schools, for being honored as New Mexico's Director of the Year for 2012-2013 and SNA Outstanding Director of the year Award! Great job Angela! New Mexico is proud of you!!!

# Industry Report

## Food and Labor Forecasts



Consumer Price Indexes	Percent Increase	
	2013 Forecast	2014 Forecast
All Food	1.5 - 2.5%	2.5 - 3.5%
Meat/Poultry/Fish	1.5 - 2.5%	2.5 - 3.5%
Eggs	2.0 - 3.0%	1.5 - 3.0%
Dairy Products	1.0 - 2.0%	2.5 - 3.5%
Fruits & Vegetables	2.0 - 3.0%	2.0 - 3.5%
Cereals and Bakery	1.5 - 2.5%	2.0 - 3.0%

Sources: Centers for Disease Control; SNA 2013 Back to School Trends Report, USDA; National Restaurant Association

## Most Popular Lunch Entrees

- #1 Pizza
- #2 Chicken Nuggets/Tenders
- #3 Other Chicken Entrees
- #4 Mexican Foods

Sources: SNA's July 2013 trendSETS Newsletter; SNA 2013 Back to School Trends Report

## School Breakfast Food Trends

Strong regional preferences

Sources: USDA; SNA 2013 Back to School Trends Report



## New Mexico School Nutrition Association (NMSNA)

### Executive Secretary's Corner

As Executive Secretary of NMSNA, I want to let everyone know that I am here to help all NMSNA members with whatever they might need from New Mexico School Nutrition Association.

NMSNA has a fantastic group of officers that are there to serve all NMSNA members, but who have full time jobs besides serving as an officer for NMSNA. At times it makes it difficult for NMSNA officers to do their job and be available for all NMSNA members. This is where I come in. I am the liaison between NMSNA members and the NMSNA officers. I help out by answering questions and helping NMSNA members with whatever they might need. My job is to work for all of you as an employee of NMSNA and be available everyday Monday through Friday, from eight to five. This ensures that NMSNA is available for its members at all times. By communicating with each other and helping each other out, we can all ensure NMSNA a great association and a benefit for all NMSNA members to belong to. Please feel free to contact me by phone at 505-980-1570 or you email at pauline.raia@q.com.

# NUTRITION CORNER

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## Nutrition Standards for Competitive Foods

*Submitted by: Janet Novak RDN, LD, SNS - Special Needs Dietitian, APS*

Competitive foods and beverages must meet the nutrition standards specified in the interim final rule, beginning July 1, 2014.

To be allowable, a competitive food must meet all of the competitive food nutrient standards and:

Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or

Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or

Be a combination food that contains ¼ cup of fruit and/or vegetable; or

For the period through June 30, 2016, contain 10 percent of the Daily Value of a nutrient of public health concern based on the most recent Dietary Guidelines for Americans (i.e., calcium, potassium, vitamin D or dietary fiber). Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food; and

If water is the first ingredient, the second ingredient must be one of the food items above.

Fresh, canned, and frozen fruits or vegetables with no added ingredients except water, or in the case of fruit, packed in 100 percent juice, extra light, or light syrup are exempt from the interim final rule's nutrient standards. Canned vegetables that contain a small amount of sugar for processing purposes are also exempt.

**Competitive foods must contain:** 35 percent or less of total calories from fat per item as packaged or served.

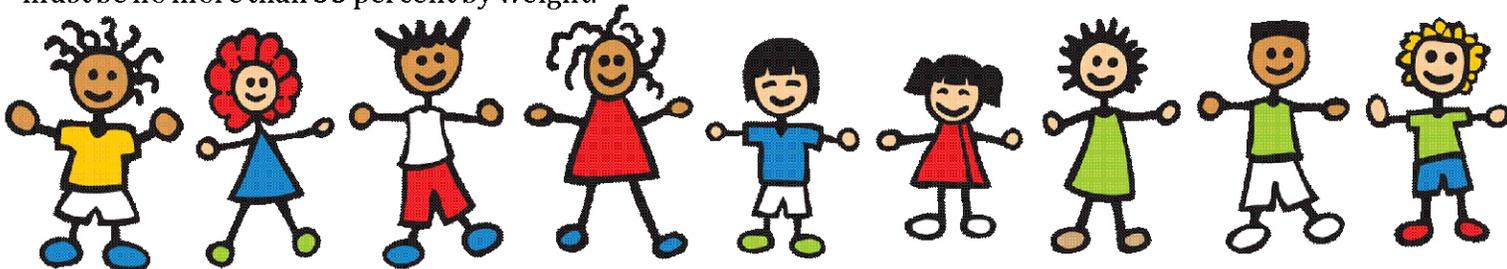
No more than 10 percent of total calories from saturated fat per item as packaged or served.

Competitive foods must have 0 g of trans fat per item as packaged or served.

Exemptions: reduced fat cheese and part-skim mozzarella cheese, nuts, seeds, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and seafood with no added fat.

Exemptions: reduced fat cheese and part skim mozzarella cheese, nuts, seeds, nut or seed butters, and products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.

Sodium content in snacks is limited to 230 mg per item as packaged or served. On July 1, 2016, the sodium standard will move to 200 mg per item as packaged or served. Entrée items must have no more than 480 mg of sodium per item as packaged or served, unless they meet the exemption for NSLP/SBP entrée items. Total sugar must be no more than 35 percent by weight.





# October is National Farm to School Month!

Exemptions: dried whole fruits or vegetables; dried whole fruit or vegetable pieces; dehydrated fruits or vegetables with no added nutritive sweeteners; and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes.

Snack items and side dishes served à la carte must have no more than 200 calories per item as packaged or served, including accompaniments such as butter, cream cheese, salad dressing, etc. Entrée items sold à la carte must contain no more than 350 calories including accompaniments, unless they meet the exemption for NSLP/SBP entrée items.

## Beverage Requirements

Allowable beverages for elementary students are limited to:

plain water (carbonated or uncarbonated)  
lowfat milk (unflavored) and  
nonfat milk (including flavored)  
nutritionally equivalent milk alternatives (as permitted by the school meal requirements)  
and full strength fruit or vegetable juices and full strength fruit and vegetable juice diluted with water or carbonated water. All beverages must be no more than eight ounces with the exception of water, which is unlimited.

Allowable beverages for middle school students are limited to:

plain water (carbonated or uncarbonated)  
lowfat milk (unflavored)  
nonfat milk (including flavored)  
nutritionally equivalent milk alternatives (as permitted by the school meal requirements)

and full strength fruit or vegetable juice and full strength fruit or vegetable juice diluted with water or carbonated water. All beverages must be no more than 12 ounces, with the exception of water, which is unlimited. Elementary and middle school foods and beverages must be caffeine free with the exception of naturally occurring trace amounts.

Allowable beverages for high school students are limited to:

plain water (carbonated or uncarbonated)  
lowfat milk (unflavored)  
nonfat milk (including flavored)  
nutritionally equivalent milk alternatives (as permitted by the school meal requirements)

and full strength fruit or vegetable juice and full strength fruit and vegetable juice diluted with water or carbonated water. Milk and milk equivalent alternatives and fruit or vegetable juice must be no more than 12 ounces.

Also allowed in high schools are calorie-free, flavored and/or carbonated water and other calorie-free beverages that comply with the FDA requirement of less than five calories per 8 ounce serving (or less than or equal to 10 calories per 20 fluid ounces), in no more than 20 ounce servings. Beverages of up to 40 calories per eight fluid ounce (or 60 calories per 12 fluid ounce) in no more than 12 ounce servings are also allowed. There is no ounce restriction on plain water (carbonated or uncarbonated). Beverages containing caffeine are also permitted. Allowable beverages are available in the food service area and elsewhere without restriction.

For more detailed information, please see:

[http://www.schoolnutrition.org/uploadedFiles/Competitive%20Foods%20Rule%20Memo\(4\).pdf](http://www.schoolnutrition.org/uploadedFiles/Competitive%20Foods%20Rule%20Memo(4).pdf)

# SNA: What's in it for me?

By Judi Jaquez, Vice President

For those who have been a member of SNA for a while, you know the benefits of belonging. You connect with others that have solved the issues that you face and are willing to tell you what they did, you have professional development opportunities so that you can perform your job better and feel more confident, and you can have fun with your new SNA friends! If you have experienced this as a member, take it to the next level by letting your co-workers know how to become a member and encouraging them to join. And, IF you are able to recruit five or more new members, you are eligible to win a trip to Miami, Florida OR 1 of 7 registrations for the Annual National Conference in 2015! They just need to put your name on the application in #10 "Who referred you to SNA?".

## Greetings from Roswell,

My name is Shelley Montgomery and I am the new Region 4 Chair. I am the Satellite II Kitchen Manager for Goddard High School. I have been employed at Goddard High School in food services for the past 8 years. February 8<sup>th</sup> has been set as a tentative date for a regional training. Agenda, times and more information will be sent as soon as the training is finalized.

I am very excited about getting to know everyone and serving as Region 4 Chair.

## What is Certification ANYWAY?

By Judi Jaquez, Vice President

Certification is a process that signifies that you have a level of expertise in the field of School Nutrition. There are three levels of certification beginning with Level 1. To attain this you must now have either a High School Diploma or a GED. This requirement is new since last year. If you haven't earned your GED yet, the SNA's School Nutrition Foundation offers a scholarship program to help you offset the costs related to attaining your GED. This includes funds to help pay for classes, study materials and the GED test fee. You can learn all about it at [www.schoolnutrition.org/snf](http://www.schoolnutrition.org/snf); click on the "Scholarship Information and Applications" link.

Then you must attend two classes that are 10 hours each; one in sanitation/food safety and one in nutrition. Both of these classes are offered during the state conference each year or you could take them on-line at [www.snuniversity.org](http://www.snuniversity.org). These are reasonably priced and allow you to complete the course at your own pace and during the time of day or night that is convenient to you.

To maintain certification, continuing education credits will be required and you can get those at the Regional Trainings provided or at the state conference. Some districts offer a pay incentive for employees that are certified. Get started today on obtaining certification!

Contact Judi Jaquez or Pauline Raia for current membership forms.

## Calendar of Events 2013 -2014

### October 2013

National Farm to Table Month

### November 2013

Sweet Potato awareness month

### December 2013

National Pear Month

### January 2014

National Soup Month

Oatmeal Month

January 14 & 15 - Commodity processing show

### February 2014

February 3 - State Legislative Day, Santa Fe

NMSNA Board Meeting

Presidents Day

### March 2014

National Nutrition Month

# SAVE THE DATE!



**Celebrating New Mexico  
Cultures through Schools**

**June 3-6, 2014**

**Las Cruces Convention Center**

# Dairy Farmers are Dedicated.



**For generations, New Mexico dairy farmers have teamed up with Dairy MAX to bring fresh, delicious milk and other wholesome dairy foods to your school cafeteria. These family businesses are dedicated to the children of New Mexico and their communities.**



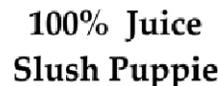
Dairy MAX represents your local dairy farming families and supports child nutrition. Whether it's expanding School Breakfast, After School Snacks or Summer Feeding, Dairy MAX provides grants and expertise for schools. Learn more at [www.dairymax.org/tools-for-schools](http://www.dairymax.org/tools-for-schools).

**[dairymax.org](http://dairymax.org)**

# GOLD SPONSORS



# SILVER SPONSORS



Biscuits • Gravies/Sauces • Waffles/Pancakes • Tortillas



## Legislative Committee

Juan Saiz with Albuquerque Public Schools, has been named as the Legislative Chair. Pam Roy with the NM Food and Agriculture Policy Council has agreed to also sit on our committee, as well as continue to be our voice in Santa Fe. Virginia Schroeder with Key Impact Sales and Lyman Graham with Roswell ISD, Dexter Schools and Carlsbad ISD also bring their expertise and experience to the Legislative Committee. We are all very excited with the upcoming NM 2014 Legislative Session and all its challenges. School Nutrition Day at the Capital will be February 3, 2014. We will be attending the Education Committee meetings and will be issuing talking points to go over with your district representative. Please mark your calendar, February 3rd, promises to be an exciting visit to the capital.

Thank you,  
Juan V. Saiz



# DOOR CONTEST

Submitted by: Lyman  
Graham, Foodservice  
Director Roswell  
Schools



Carlsbad Schools:  
Kennie Rya, Sally Arrerondo, MaryAnn Castaneda

## GOT NEWS?

Send your information to: ATTN: Chimene Quillen, 8340 Washington St. NE, suite B, Albuquerque, NM 87113  
or email [cquillen@acosta.com](mailto:cquillen@acosta.com). Publication deadline: Winter/Spring - March 7, 2014



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