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Happy New Year Everyone,

We have been busy with NMSNA! December 17th we had lunch with Congressman Ben Ray Lujan at Cesar Chavez Elementary in Santa Fe. January 16th we had training for "Making Community Eligibility Work for Your School District". February 3rd we were at the Roundhouse for Student Nutrition Day, Advocating for New Mexico Grown Fresh Fruit and Vegetables for School Meals: SB 143 and HB 81. February 20th we had a booth at the New Mexico Association of School Business Officials promoting our New Mexico School Nutrition Association. February 28th we will be at the Legislation Action Conference in Washington, DC asking for free breakfast in the classroom in all schools with 85% free and reduced students. Our Website will be ready by the middle of March so we are excited about that! The Steps Challenge is reminding us to drinking more water, eat more fruits and vegetables and walking. Our State Conference will be combined with the PED Training in June. Now I know why this year has been going by so quickly! I have enjoyed every minute of it! I look forward to seeing everyone in June at the combined State Conference/ PED Training! Have a wonderful day!

Sabrina Gonzales, President NMSNA

**Join us at the first combined  
NMSNA Conference and  
NMPED  
Food Service Directors Meeting  
June 3 - 6, at the Las Cruces  
Convention Center!**



Sabrina Gonzales with Miss New Mexico and Miss New Mexico Teen at the roundhouse.

Registration is now open and can be accessed online at:  
<https://www.regonline.com/schoolnutritionconf>

If you need assistance during the registration process, call (505) 266-3451 or toll free (866) 219-4582 from 8:30 am - 5:00 pm, M-F (MT). For programming information, logistical details and answers to frequently asked questions, visit [www.schoolnutritionconf.com](http://www.schoolnutritionconf.com).

# Join us at the first combined NMSNA Conference and NMPED Food Service Directors Meeting



**June 3-6, 2014 Las Cruces Convention Center Las Cruces, NM**

## CONFERENCE UPDATE

*Nancy Cathey, RD/LD, President Elect*

This year's annual conference has a new location and many new features. I hope that you will join us for this exciting conference whose theme is "Celebrating New Mexico Culture through School Meals".

The conference will be held at the Las Cruces Convention Center June 3-6, 2014. June 3 will be the pre-conference day which has some new features. The two required classes for Level 1 Certification will be offered in both English and Spanish. In addition, there will be a 4-hour hands-on whole-grains baking class and a 4-hour class on marketing your program by Dayle Hayes. For anyone that normally attends the Spring PED training, that training will occur on June 3 and 4. It will finish just in time for you to attend the networking banquet, food show and the rest of the traditional conference.

There will be three general sessions. The keynote speakers include a magician, nationally known speaker on positive attitude toward change, and an inspirational speaker. Don't miss any of them. The general sessions will also include Las Cruces entertainment hint: they are related to the theme.

The hands-on style of teaching will continue during the regular conference with more whole grain baking and preparing vegetables that students will eat. The regular sessions also include more program marketing, produce care, USDA explaining the new breakfast and competitive foods rules, coping with change, explanation of the new USDA professional standards, and just plain old inspiration. The round table classes that were new last year will also be continued.

Our traditional food show will also continue but with extended hours. At the show you will be able to look for foods that will help you meet the new breakfast meal pattern, the new sodium guidelines, and the new competitive foods rules. You will be able to talk directly with manufacturing representatives about their products.

The banquet will be held on Wednesday night instead of Thursday so that the vendors will be able to join us. We will have some local entertainers and a DJ, so come ready to enjoy yourself. Thursday night will be "Loteria Night" Loteria is a traditional game played in Mexico. In addition to the games, we are hoping to have a little karaoke.

Before arriving at the conference, prepare for our two competitions. We will be holding the t-shirt competition looking for the t-shirt that best represents the theme. New will be a biscochito competition. Bring your best biscochito that meets school meals requirements whole grain, and no trans fats. We don't need you to bring door prizes.

We hope these new features sound exciting to you and that you and all of your colleagues will join us. This year registering for the conference will be fast, safe and easy and be done online at [www.schoolnutritionconf.com](http://www.schoolnutritionconf.com).

*If you need assistance during the registration process, call (505) 266-3451 or toll free (866) 219-4582 from 8:30 am - 5:00 pm, M-F (MT). For programming information, logistical details and answers to frequently asked questions, visit [www.schoolnutritionconf.com](http://www.schoolnutritionconf.com).*

## GOLD SPONSORS



## Legislative Corner

Juan Saiz, Legislative Chair

Well another Legislative session has come to a close and this year was very successful for the NM Student Nutrition Association. Your Legislative team along with Farm to Table, was able to have several discussions with our State's Leadership, leading up to the legislative session. This pre-legislative work led to an outstanding "School Nutrition Day" at the Roundhouse. Our day started off with Juan Saiz and Pam Roy testifying before the Senate Education Committee. Through their testimony we were able to garner support for SB 143, a bill that would allocate funds for Locally Grown Fresh Fruits and Vegetables. After testimony was given, it became evident that our efforts were successful, when a large outpouring of support came from the gallery, as well as from the committee.

The remainder of the day was spent visiting with our Senators and Representatives, lobbying support to our cause. We were able to put many of our members in meetings with their district leadership, which led to \$240,000.00 in funding being added to Senates Budget. We are now waiting for the Governor's Signature approving the funding.

The Legislative Team would like to thank Senators Pete Campos and John Sapien; Representative Jimmy Hall and Don Tripp, for their support of our efforts in improving our programs every year. I would also like to thank Pam Roy and Clark de Schweinitz and Alena Paisano, for all their hard work. It goes without saying, the turnout for our day in Santa Fe was excellent. Your Legislative Team could not have done this without the help from the members that participated for our day at the Roundhouse. Thank you so much for all your hard work.



NMSNA at the Roundhouse



NMSNA at LAC

Dear Colleagues:

Though the 2014 New Mexico Legislative session concluded three weeks ago, Tuesday was the defining moment as Governor Martinez rolled out her final decisions in a \$6.15 billion budget. As education was a major issue of debate between the legislature and the Governor, the budget outcome provides \$2.7 billion, 44 percent, of the budget to public education. As New Mexico is ranked 50th in the nation, investing in the education system is critical.

The New Mexico Food and Agriculture Policy Council's primary focus, "New Mexico Grown Fresh Fruits and Vegetables for School Meals" came out a winner with \$240,000 (recurring) in the final budget signed by the Governor. New Mexico is one of only a handful of states that has the support of its legislature and the Governor for farm to school programs that benefit the health of New Mexico's children and provide economic opportunities to our farmers.

Schools are required by federal regulations to provide ample fruits and vegetables, but federal funding falls short of helping to pay for them. And as the drought persists across states that produce much of the nation's fruits and vegetables, there is no time more important than now for our state to support this program. We want to thank our sponsors, Representative Don Tripp and Senators Pete Campos and Tim Keller for their support. The school breakfast program, "Breakfast After the Bell", for kindergartens through 6th grade will benefit from \$1.924 million, after school and enrichment programs will receive \$1.1 million; \$500,000 will help to support school based health centers; and, a cumulative of \$559,400 will benefit emergency food programs through food banks.

Warmest regards, Pam Roy, Coordinator, Farm to Table



# NUTRITION CORNER

Are you looking for an inexpensive meat alternate? Try lentils! A one quarter cup measure counts as a serving in your school lunch program.

To say lentils are good for you is an understatement. They are high in fiber, and low in calories. They are a good source of protein, iron and several B vitamins. Since lentils don't need to be presoaked like beans, they can be prepared the day of service. Brown and green lentils better retain their shape after cooking, while the red or white lentils generally become soft and mushy. In general, lentils offer a nutty flavor.

Clean and rinse your lentils as you would with dried beans. To boil lentils, use three cups of liquid for each cup of lentils. Lentils placed in already boiling water will be easier to digest than those that were brought to a boil with the water. When the water returns to a boil, turn down the heat to simmer and cover. Green lentils usually take 30 minutes, while red ones require 20 minutes.

Enjoy lentils in a soup or salad, use in place of ground beef in tacos or try this recipe below, one of my favorites. It's great spread on a tortilla, served with crackers, or used as a vegetable dip.

## Lentil Spread

### Ingredients:

- 1 cup cooked French lentils (only use French lentils for this recipe)
- 2 mushrooms, sliced
- 2 garlic cloves, chopped
- 1 tablespoon of tamari or soy sauce (lower sodium)
- 1 tablespoon whole grain Dijon mustard
- 1 canned chipotle pepper, seeded, with just a tiny bit of adobo (use less chipotle if you like less heat)

### Preparation:

1. Mix all the ingredients in a food processor until smooth & creamy.
2. Use as a sandwich or tortilla spread, or as a dip for crackers or vegetables.

Keeps in a sealed container for 5-7 days in the fridge.

Nutrition facts are based on 1/3 of the recipe, used as a spread.

Calories 130  
Total fat 3.3g  
Sat fat 0.3g  
Sodium 433mg  
Carbohydrate 16g  
Fiber 5.9g  
Protein 7.4g

Bon appétit!

Janet



## New Mexico School Nutrition Association (NMSNA)

*Executive Secretary's Corner*

Spring is around the corner and all 5 NMSNA Regional Chairs are busy planning their Regional trainings which will be held in Roswell, Las Cruces, Santa Fe, Gallup and Albuquerque. If you are not receiving flyers from me with information about these trainings please email me and I will add you to the email list I email out regarding trainings and all other info about NMSNA.

The NMSNA conference planning committee is also busy working with the Public Education Department (PED) to plan our first ever annual conference together. Everyone will be able to attend the annual mandatory PED training and NMSNA conference in Las Cruces, New Mexico. More info for the First Annual Mandatory PED Training and NMSNA Conference will be available through Kesselman Jones who will be doing registrations for both PED and NMSNA. As info about this conference becomes available, I will be sure to let everyone know.

As always, please feel free to contact me by phone at 505-980-1570 or email me at pauline.raia@q.com with any questions you might have regarding NMSNA.

### **INDUSTRY REPORT**

Proteins,

Beef--has taken a large increase in the last month and year over year on ground beef 81%. We are seeing close to .95 per pound and from what I am hearing there may be little or no give on this until late winter or early spring. This is due to the freeze this winter and loss of live stock.

This will have some affect on dairy prices, I have not seen how much, but as beef is in tight supply dairy will follow.

Poultry-- the poultry market usually is in line with beef, as beef climbs poultry will follow. USDA reports boiler production to be on average at the same levels year over year

Pork-- is holding at about the same as last year.

Turkey-- has taken a slight increase and the out look is for a steady market with good production helping to keep things steady.

Keep an eye on beef and pork as this may fluctuate and keep watch on all the related items; milk,c heese, yogurt. And items that use dairy. Some prices are due to normal inflation and market conditions.

Have a great day,  
Wayne

### **You Could Go Places with SNAfor Real**

*By Judi Jaquez, VP*

If you are reading this, you are likely already a member of SNA and well aware of the benefits of belonging. But did you know that if you bring in 5 or more new members to SNA this year you could possibly win a trip to Miami for 2 or free registration for the Annual National Conference this summer in Boston? Contest ends May 31st. All you have to do is be sure that each person that you recruit writes your name in the referral section of the membership application form. The forms can be downloaded from [membership@schoolnutrition.org](mailto:membership@schoolnutrition.org).

And Directors, you can buy district-owned memberships for your staff. That way if someone leaves the district, the new employee taking their place can receive the benefits!

# 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).

## Region 4 Training

“Bloom Where You are Planted” was the theme for the Region 4 training that was held Saturday March 15th. There were 132 people from Carlsbad, Clovis, Dexter, Roswell and Albuquerque in attendance and five wonderful presenters. Nancy Cathey and Norm Valenzuela from Las Cruces co-presented the “New Breakfast Meal Pattern”. Ginger Lange from Acosta Sales and Marketing presented a class on “Spice Up Your Meal, Low Sodium”. Delores Worley from Poms and Associates presented “Work Your Body Smarter not Harder”. Sargent Herrington from the Chaves County Sherriff’s Department presented “Surviving an Active Shooter”. All classes were presented in English and Spanish. The Roswell Staff fixed a delicious lunch and we finished up the day with door prizes including two gift cards to Walmart courtesy of Ginger Lange and five paid registrations for the State SNA Conference.



Keep Your Resolution Simple with STEPS! A new year means a fresh start – it’s the perfect time to commit to healthier habits. If you haven’t signed up already, be sure to register for SNA’s STEPS Challenge. It’s simple, free, and you can:

Compete in monthly health challenges for a chance to win great prizes

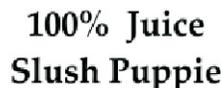
Access healthy recipes and simple fitness ideas

Get inspired and motivated for tips for wellness, motivation, and feeling your best.

Help your state win the STEPS Challenge All-Star States competition and be entered to win a free trip to ANC 2014!

To learn more visit [www.schoolnutrition.org/steps](http://www.schoolnutrition.org/steps) anytime for healthy recipes, fitness ideas, success stories and more.

## SILVER SPONSORS



Biscuits • Gravies/Sauces • Waffles/Pancakes • Tortillas



## Salad Bars a Big Hit with Students

*Shelley Montgomery Region 5 Chair*

New Salad bar is big hit with the students at Valley View Elementary School in Roswell. See picture. The salad bar was started Tuesday the 11th of February and is offered to all students at Valley View. Due to the new healthier meal pattern for lunch Roswell Student Nutrition has started salad bars in 16 of the 19 schools in the district. It takes about a week to get a salad bar started. We start with just serving the upper grade then add another grade every couple of days until everyone is eating from the salad bar. The other three schools in our district will have their salad bar as soon as the remodel on their school is complete. The salad bars help meet the new meal pattern by allowing us to offer more of the fresh vegetables and fruits that are required. Students and adults alike have responded with enthusiasm to the idea



of being able to serve themselves and choose what they like from the salad bar. One student was quoted as saying "I love the salad bar especially the strawberries."

# 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).



RETURN SERVICES REQUESTED

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NEW MEXICO SCHOOL NUTRITION ASSOCIATION NEWSLETTER

