

THE FLASH



A Message from the President

By the time you all receive this issue of the *FLASH*, it will be mid-school year. Most of you will already have an early case of Spring Fever! I'm writing this in late December, with the holidays just behind us and the whole New Year of 2006 ahead. What a year it has already been, with the best yet to come! The holiday season is one of giving – something that many of our members have done a lot of – for their co-workers, family, students, children, and those affected by the terrible hurricanes early last fall.

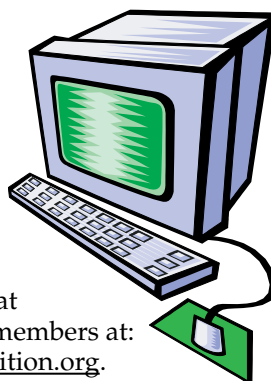
The year continues to be a busy one for the School Nutrition Association in Iowa and nationally. Most of you are probably busy with plans and development of your HACCP program and Wellness Policy. SNA has much to offer to help its members develop and implement new plans. SNAI had a record turnout for the Fall Nutrition Seminar in Johnston Oct. 29. Thank you to Johnston schools, our speakers and industry members for contributing to our success. We extend a special thank you to Diana Weber, our state Vice-President, whose main responsibilities are training and education. The focus of the seminar was on Wellness, and will continue to be a focus of our members and professional organization. Our time has come to help districts effect change in the foods available on campus. Training opportunities abound through our association! SNAI continues to help and lead its members through its five District Workshops coming up this spring (see *Dates to Remember*) for

a location near you! Lastly, the SNA Annual Conference is coming up June 20-21 in Des Moines. Planning will again be in the exceptionally capable hands of Vickie McVey. Mark your calendar.

More thanks go out to those who volunteer their services to SNA. When our District I Co-chair had to resign for health reasons, Cathy Caldwell from Davenport agreed to serve (and was appointed by our Board) as District I Co-Chair. Thanks also to Suzy Ketelsen, our new *FLASH* editor. She has done a terrific job in re-designing the look of our newsletter. There were many wonderful comments about the Fall *FLASH*. As president, I am grateful to SNAI for hiring an Association Manager, and hiring someone as capable and flexible as Norma LaMantia. She makes the job and workload of being a volunteer officer more manageable.

If you have not visited the SNA Iowa website lately, you need to! Norma has helped to keep it updated. You will find contact information for your Executive Board, information about upcoming events, training opportunities, scholarship and membership.

If there is something else you would like to see there, please let your officers know! Check it out at: www.SNAI.org, or www.snaiowa.org, and www.isfsa.org (will be operable until September 2006 only). And of course, don't forget our national website that is full of great information for members at: www.schoolnutrition.org.



SCHOOL NUTRITION ASSOCIATION

I O W A

Making the right food choices, together.



The Johnston Nutrition Services Staff's homecoming float.

Submitted by: LaRae Doll

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Legislative Corner

Legislation plays a very important role in Child Nutrition Programs. U.S. House passed a budget reconciliation bill in mid-December. The bright spot is the food stamp cuts, in addition to any school-based child nutrition program cuts, were eliminated. However, other low-income programs were not so lucky.

Iowa legislature is back in session. Watch for legislation regarding appointing a task force to look at what is being served and physical activity in schools. There will be two state legislative events this year. Iowa Dietetics Association will hold an Iowa Legislative Day on February 15, 2005. Action for Healthy Kids will also be hosting a Legislative Day in February or March. Date and time will be announced later.

How to keep informed about legislation? Check out SNA's Tuesday Morning on the web at www.schoolnutrition.org

School Nutrition Association's 34th Legislative Action Conference will be held on March 12-15, 2006 at the Renaissance Hotel, Washington, DC. Even if you can't attend you can make your voice heard. Contact your Senator or Representative. Best way: **Fax a letter.**

Senator Charles Grassley

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*Elizabeth (Beth) Hanna, RD
SFNS Legislative Chair, SNA Iowa*



National Reading Week
Feb. 27th – Mar. 3rd, 2006
Free Dr. Seuss book for
every 5 cases of specified
product.

From the desk of the SNA Midwest Regional Director

I send greetings and best wishes for a Happy New Year to each member. What a busy fall it was for all eight of our Midwest Region state leaders. The State leaders were busy planning association activities, conducting executive board meetings, attending meetings and keeping in touch with members in their respective states. We are very fortunate to have so many excellent leaders in the Midwest.

I had the pleasure of attending SNA Committee Days in Bethesda, Maryland in mid-October. We are fortunate to have such talented staff members at SNA headquarters. We are also fortunate in the Midwest to have so many qualified school nutrition professionals serving in leadership positions in SNA. I want to extend a special thank you to Cindy Hormel (MO), Kathleen Burrill (MN), Alida Herling (WI), Leah Schmidt (MO), La Lonnie Voll (MN) and Katie Wilson (WI) for representing the Midwest at SNA Committee Days. A very special thank you is extended to Ruth Jonen for her outstanding leadership as SNA President this year.

SNA had a delegation visit China in November. I look forward to hearing about their experiences at the July Annual National Conference in Los Angeles, CA. I am sure there will be a session or two.

The Child Nutrition Industry Conference in Orlando, Florida will be held January 15-17, 2006. Developing a Food Safety Program, What's New for You, Quality Service-Disney Style, Translating the Magic to Reality are just a few of the topics that will be covered at the conference in beautiful Walt Disney World.

SNA's 34th Legislative Action Conference (LAC) will be held March 12-15, 2006 at the Renaissance Hotel in Washington, D.C. Mara Liasson, national political correspondent for National Public Radio (NPR), will be one of the keynote speakers. U.S. Rep. Rosa DeLauro from Connecticut will be the LAC Annual Banquet speaker. Visits to Senators and Representatives on Capitol Hill will be made by the respective state delegations on Tuesday, March 14, 2006. This will be another great conference to attend.

SNA is looking for motivated, innovative, creative leaders to serve on the national level. We need to identify potential candidates to run for the positions of Midwest Regional Director, Education Committee Chair, Public Policy & Legislation Committee Chair and Industry Representative on the 2006 ballot. If you know of someone who would be a good candidate for one of these positions, please send me an e-mail with their name and contact information.

In addition to identifying individuals for the ballot, we need to identify Midwest members willing to serve in an appointed position on the following committees open for 2006-07 - Education Committee and Member Services Committee. Members of a committee shall have expertise or interest in the subject area of the committee on which they serve. All committee members must be active members and must be SNA certified and/or credentialed.

Have a great rest of the school year.

*Teresa Nece, SFNS
Midwest Regional Director*

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SNAI Board Meeting Highlights

**October 14, 2005
Des Moines, IA**

- Mary Jones resignation as District I Co-Chair was accepted
- Motion to appoint Cathy Caldwell as new District I Co-Chair was approved
- Website updates have been completed and will be maintained by our new Association Manager. Website addresses reflecting our name change are now in place. New website; www.snaiowa.org and www.snaia.org
- Dubuque was approved as the conference site for June 2007
- Audit of accounts was successfully completed with no concerns reported.
- Next meeting February 10, 2006

Complete board minutes are available by contacting Nancy at 515-633-4906, or email hogstadn@wdmcs.org



New from Blue Bunny!
Cool Daze ice cream is made with reduced fat ice cream & enriched with calcium.

- Ice Cream Sandwich
- Fudge Bar
- Cotton Candy Cup
- Ice Cream Cone

The new look of the FLASH

Your comments and suggestions are very important and welcomed. Please contact Suzy Ketelsen at sketelsen@cr.k12.ia.us

Planting Seeds to a Healthy Membership

The School Nutrition Association will be hold their 2006 Membership Drive March 1 - April 28, 2006. During that time SNA Iowa will be out in full force looking for new members and reminding current members to rejoin. We are asking all members to actively seek out others in school foodservice to join.



We need to find new members to help our organization grow and move forward. You are the best salespeople to do this. Talk to people you work with, other school nutrition professionals in other schools and districts. If everyone can find just one person to join we would double our membership and help bring this organization to others.

To find out more about the benefits of joining the School Nutrition Association please check Iowa's website www.snaiowa.org. For an application to join please contact the Tracy Knebel - Membership Chair at 712-225-6765 (work) or

712-225-3029 (home) or you can send an e-mail to tracyk@cherokee.k12.ia.us.

I will be glad to answer any questions you have and send an application right to your home. We will also have applications available at all the district workshops and various food shows around the state.

Membership Update: Iowa's Goal for 2005-2006:899
New members since July:58
TOTAL MEMBERSHIP AS OF NOVEMBER:906

We have surpassed our goal but we can always do better. Reach out to those in school foodservice that are missing out. Remind them why you are a member of SNA and help them become a member too.

Tracy Knebel – Membership Chair

The New 2005 Healthy Edge Course is Now Available Online

- Learn how to encourage children to make healthier options to impact their lifelong nutrition!
- Improve your overall child nutrition program and add credibility to the work you and your employees perform!
- Enroll in the *Healthy Edge* program today to earn 10 continuing education credits OR a formal training course that meets the nutrition class requirement for Certification, Level I.

Give Your Career the Healthy Edge!

This new online course replaces the previous CD Rom, *Healthy Edge 2000*.

In its place is the new *Healthy Edge 2005: Building Healthy School Meals*, an online course for members, which is available through Child Nutrition University at www.schoolnutrition.org. Thanks to generous sponsorship from Kraft Foods, SNA can bring you this course in a convenient and engaging format.

Check the SNA website, or call 800-866-8822, ext. 116, Nicole or Justin

Child Nutrition Scholarships and Awards:

The School Nutrition Association sponsors several awards and scholarships to its members. Some are simple to apply for and win while some are more complex. SNA national (800-877-8822 or www.schoolnutrition.org) or state (563-823-0162 or www.snai.com) are sources of information and applications as well as your local chapter presidents and District Chairpersons.

The "Heart of the Program" award is a simple award. It is intended for any outstanding non-management staff member of SNA who influences the quality of school foodservice programs by customer service, interest in young people, cooperation, work attendance, creativity, active in professional growth, and the willingness to go the extra mile. These are the qualities used to determine winners. To be eligible, you need to be non-management staff, and can be nomination by any employee in the individual school (could be more than one nominee per District). There is a state, regional, and national winner. Entries are due by March 1 to the SNA President, Laurie Peyton Crane.

The state association, **School Nutrition Association, Iowa**, offers cash scholarships up to \$600 for members' continuing education. Monies can be used for courses that are needed for formal training to achieve national certification or for college course of study. The application needs to be submitted to the past president, Virginia Bechtold by April 15. Simply write a personal letter describing your need and course of study.

The national association, **SNA**, offers \$500 to SNA members to attend the Annual National Conference. One per state. Deadline: June 2006

Industry Scholarships:

GED Jump Start to help individuals with funds to pay for CED classes, study materials, and the test fee. Amount: \$ 200. Applications accepted any time.

Nancy Curry Scholarship to assist SNA members working in school food service with undergraduate or graduate study at a vocational/technical institution, community college, or college or university. It is also available for children of active members pursuing a school foodservice related field of study. Deadline: April 15th.

Schwan's Food Service Scholarship is available to SNA members who pursue formal education in a school foodservice related field and express a desire to make school foodservice a career. It is also available for children of active members pursuing a school foodservice related field of study. Amounts: \$150 to \$1,000. Deadline: April 15th

CNF Professional Growth Scholarship is offered for SNA members meeting criteria for the Schwan's Food service Scholarship who have completed at least one course toward a master's degree. Amounts: start at \$500. Deadline: April 15th



Free Continuing Education Opportunity -- with fun and prizes promised!

Please mark your calendar and plan on attending a workshop in Des Moines on Thursday, March 9th to learn more about how to provide an improved 'milk experience' to your students. We know that students who enjoy milk at school continue to drink milk throughout their life -- benefiting from the many health benefits dairy foods provide. The workshop has been developed by the School Nutrition Association and the milk processors education program, MilkPEP.

Fast Facts:

Who: School nutrition leaders

When: Thursday, March 9th

Where: Des Moines, location to be determined - There are other locations throughout the United States - if you're interested go to the Web links below!

What: Learn how simple changes in your school's current milk program can boost milk consumption, meal participation ---and revenues!

Cost: No charge!

Credits: 5 specialized Continuing Education units (Key Area #4)

How to register: 2 Options:

You may fax page your form to Sharon Pisner at 202-331-7820 or Register on line at one of two locations www.schoolnutrition.org/schoolmilk or <http://www.milkdelivers.org/schools/SNA/SNAseminars.cfm>



MJM Wholesome Grahams

New – Bear Grahams Lemon

- whole grain -

- trans fat free -

District Nutrition Workshops 2006

For All Foodservice Personnel

Sponsored by: School Nutrition Association Iowa and Bureau of Nutrition Programs and School Transportation

SCHOOL MEALS - SERVING UP GOOD HEALTH

There will be 5 District Workshops held through out Iowa – all covering the following agenda. You may attend any of the workshops – choose the location and the date that works best for you!

Site # 1 = February 25-District IV

Middle School
500 N. Grand Ave.
Charles City, IA
Contact: Sue Ellen Rathbun
563-568-6089

Site #2 = March 4-District III

Saydel High School
5601 NE 7th St.
Des Moines, IA
Contact: Kathy Nervig
515-264-0866

Site #3 = March 11-District I

Davenport North High School
626 West 53rd
Davenport, IA
Contact: Donna Housley
563-386-9588

Site #4=March 25-District V

Woodrow Wilson Jr. High
715 N. 21st St.
Council Bluffs, IA
Contact: Beverly Archer
712-328-6502

Site #5=April 8-District II

Muscatine Schools Administration Center
2900 Mulberry Ave.
Muscatine, IA
Contact: Ginger Brown
319-351-1473

Agenda for the Workshop

8:30 – 9:00 Registration & Continental Breakfast
9:00 – 9:30 Update from The Bureau of Nutrition Programs & School Transportation
9:30 – 10:30 Creating Food Safe Schools—a How to Guide
10:30 – 10:45 Break
10:45 – 11:45 Healthier USA School Challenge
11:45 – 12:45 LUNCH
12:45 – 2:15 Focus on the Customer
2:15 – 3:15 Review of School Wellness and HACCP Programs

Registration cost \$9.00 for SNAI members, \$12 for non-members

Please mail checks payable to SNAI to:
Norma LaMantia, Assoc. Manager
3232 Fernwood Court
Davenport, IA 52807
sna Iowa@msn.com

To have your questions answered call or email:
Diana Weber—Education/Nutrition Chair
515-382-3521, ext. 251 or cell no. 515-291-8717
dweber@mail.nevada.k12.ia.us

You will receive 5 CEU's (Continuing Education Credits) for attending this Workshop

*****Cut here and mail bottom portion*****

REGISTRATION FORM

Name: _____ Site# and Date you wish to attend: _____
School: _____
Address: _____ List others that plan on attending (use back if needed) _____
City: _____
Phone: _____
Email: _____

\$9.00 (or \$12.00) per person X _____ = \$ _____
attending amount enclosed


For planning purposes: PLEASE send registrations in at least 2 weeks prior to the workshop you are attending.

SCHOOL NUTRITION ASSOCIATION

DATES TO REMEMBER

Date	Events and Meeting	Location
February 1	Deadline for Changes in Rules/Bylaws	Governing Rules/Bylaw Committee
February 10	SNA Executive Board Meeting	Des Moines Central Kitchen
March 6-10	National School Breakfast Week	
March 12-15	Legislative Action Conference	Washington D. C.
April 26-28	National Leadership Conference	San Antonio, TX
May 1-5	Child Nutrition Professionals – Appreciation Week	
June 20-21	SNAI State Conference	Des Moines, IA
July 15-17	SNA National Conference	Los Angeles, CA

Date	Association Deadlines	Contact
March 1	Heart of the Program entries due	Laurie Peyton Crane
March 1	Outstanding Director of the Year entries due	Laurie Peyton Crane
March 1	Louise Sublette Entries due	Laurie Peyton Crane
March 15	Heart of the Program state winner due	Teresa Nece
March 15	Louise Sublette state winner due	Teresa Nece
March 15	Outstanding Director of the Year state winner due	Teresa Nece
March 17	Spring FLASH report deadlines	Suzu Ketelsen
April 15	Industry and SNAI Scholarships Due	
June 10	SNA Scholarship for National Conference	



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Your Nutrition Resource

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Prepares students' minds by nourishing bodies

After-school Snack Program

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Nutrition Education

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For more information about our child nutrition programs, contact your local Dairy Council® at

MDC

MIDWEST DAIRY COUNCIL®

800-406-6455 | dairycouncil@midwestdairy.com

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Upcoming Events and News from the State Agency

By the beginning of the 2006-07 school year, all public and nonpublic schools participating in the National School Lunch Program or Special Milk Program in Iowa must have wellness policies in place. The Iowa sample School Wellness Policy support materials and resources are now posted at the Iowa Association of School Boards website: www.ia-sb.org. The USDA recommends that schools conduct an assessment before determining the local school wellness goals. In Iowa, an online assessment tool is recommended by the Iowa Association of School Boards, Iowa Partners: Action for Healthy Kids, and the Iowa Department of Education and is located at: <http://www.fshn.hs.iastate.edu/schoolnutrition/>. This assessment tool is free and easy to use. The district profile will compile school building data for the district, suggest wellness goals for each of the four categories, and continue to be available next year to measure the progress the district has made.

NEW! ICN Event: School Wellness Policy III: Goals That Work

This informational ICN session is an excellent way to assist your School Wellness Committee as they write the local school wellness policy. In this session, you'll hear from school personnel that have changed practice and policies in food service, physical education, classroom practices, and more. Guidelines for writing policy that can be monitored will also be shared.

School Wellness Policy III: Goals That Work

Dates: February 28, 2006 and March 1, 2006

Audience: All school personnel on Local Wellness Policy teams

To register: http://www3.iptv.org/iowa_database/event-detail.cfm?ID=6435

Do you have questions about local school wellness policies or the content of these sessions?

Contact Janet Wendland at (515) 281-5676 or email her at Janet.Wendland@iowa.gov



School Food Safety-Process Approach to HACCP ICN Sessions

At the beginning of the 2006-2007 school year, each organization that sponsors the National School Lunch Program is required to have a school food safety system implemented. USDA Guidance material was sent to each participating organization during the summer 2005.

Two informational sessions are being offered by the Bureau of Nutrition Programs and School Transportation and Iowa State University Extension through Iowa Public TV K-12 Connections. These sessions are provided for School Food service staff, school personnel involved with the school food service program, business managers, school principals, superintendents and others who may be working with food within the school system. These two sessions are re-broadcasts from sessions originally aired in November. For registration details on the two re-broadcast sessions, please go to <http://www.state.ia.us/educate/ecese/fn/training/haccp.html>.

A third work session will be held regionally during March or April in approximately 14 locations throughout the state. For information regarding the third regional training, watch for a mailing coming to your School Food Authority in the coming weeks. The website listed above also features other information and links relevant to USDA's Reauthorization regulations regarding the school food safety requirement.

Questions about School Food Safety-Process Approach to HACCP? Contact Sandra Fiegen at (515)281-6192 or email her at Sandra.Fiegen@iowa.gov.

Eat Smart, Play Hard, and Power Panther Awards

Team Nutrition and Iowa Partners: Action for Healthy Kids are again sponsoring the Eat Smart, Play Hard, and Power Panther awards. These awards recognize schools that have conducted activities or events that promote better nutrition practices, physical activity practices, or both. You can nominate a school you know by contacting janet.wendland@iowa.gov at the State Agency or apply yourself. To apply complete the award form found at: <http://www.state.ia.us/educate/ecese/fn/tn/awards/>. Mail the completed application to the Bureau of Nutrition Programs and School Transportation at the Department of Education.

HealthierUS School Challenge: Recognizing Nutrition Excellence in Schools

Make a New Year's resolution to be one of the first Iowa Schools to apply for the HealthierUS School Challenge. HealthierUS Schools can certify as either a Silver or Gold school, according to the standards established by the Food and Nutrition Service. The objective is to recognize schools that take specific steps to improve their programs and address obesity and to encourage other schools to follow their lead. Ultimately, FNS would like to see all schools take the challenge!

To be certified, a school must be an elementary school, be enrolled as a Team Nutrition School, offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the Dietary Guidelines for Americans and that meet USDA nutrition standards, provide nutrition education for students, provide students the opportunity for physical

activity, maintain an Average Daily Participations of 70 percent or higher of school enrollment for reimbursable lunches, and adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program.

To download the application packet, go to: <http://teammnutrition.usda.gov/HealthierUS/index.html>. Certification as a HealthierUS School is for 2 years. **Take the challenge!**

**SCHOOL NUTRITION ASSOCIATION IOWA
APPROVED BUDGET 2005-2006**

CATEGORY	INCOME BUDGET	EXPENSE BUDGET
State Conference	80,000	40,000
District Workshops	2,600	1,000
Nutrition Seminar	2,500	1,000
Web Updates		1,500
Board Meetings		2,500
National Leadership Conference		5,000
State Leadership Conference		2,500
Clerical Support		250
Audit/Tax Preparation		2,500
Annual Nutrition Conference		4,000
Legislative Action Conference		6,500
Insurance		4,000
Publications	2,000	2,500
Membership/Marketing	4,500	1,500
Interest	3,000	
Miscellaneous		1,500
Allied/Exhibits		800
Association Manager		15,000
Bank/Credit Card Fees		150
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FLASH Deadlines

Please submit your articles or photos for publication in the next FLASH:

Electronic submissions are preferred. Please send to sketelsen@cr.k12.ia.us

Otherwise:

Food and Nutrition Department
615 G Avenue NW
Cedar Rapids, Iowa 52405

Deadline:
Spring Issue – March 17, 2006

The Trans Fat Challenge

Starting this month, Jan. 1, 2006, The Food & Drug Administration is requiring all food manufacturers to list the amount of Trans fatty acids (Trans fat) on the nutrition facts label.

Trans fats increase the level of the LDL (“bad” cholesterol) in the bloodstream and reduce the level of the HDL (“good” cholesterol), increasing the risk of heart disease. Trans fats are now believed to be a greater risk to heart health than saturated (mostly animal) fats.

During processing or manufacturing of vegetable oils, a food can be chemically altered by addition of hydrogen. This is done to increase the shelf life and flavor stability of the product. Originally, it was not known that hydrogenating the oil increased health risks.

Trans fats are found in vegetable shortening, some margarine products, and many processed foods such as crackers, candies, cookies, snack foods, baked goods and fried foods. Small amounts occur in some meats and dairy products. Many food manufacturers are moving away from the use of Trans fats now that the health risks are known. Many restaurants, hospitals, and schools are moving away from purchasing items with Trans fats, including the Iowa Schools.

You can find the amount of Trans fats found in a single serving of an item on a separate line below the “Saturated Fat” on a food products label of nutrition information.

Submitted by:
Laurie Peyton Crane, R.D.

Mark your calendars for the School Nutrition Association’s 49th Annual Conference “School Meals: Serving up Good Health” June 20 – 21, 2006 in Des Moines.



News from Scott School Nutrition Association

Scott School Nutrition Association has had a busy fall. For our September meeting the chapter toured Sara Lee Bakery, in Rock Island, IL. Sara Lee Bakery is purveyor for the Davenport Schools. The company has an automated system that allows flour to be turned into packaged bread in less than 4 hours. The plant is very noisy and hot, but the tour was very informative and interesting.

The SSNA sponsored a fund raising raffle in November and December. The \$100 gift certificate to William Wesley Day Spa would be a wonderful gift for a wife, mother, sister, etc. or the perfect way to relax during the busy holiday season. Kelly Bryant a food service staff member at West High School won the gift certificate. Over \$200 profit was generated by our raffle.

The raffle profit also helped provide funding for our Senior Angel. Local service organizations hand tags on Christmas trees in the HyVee stores. The first name, age and wish list of each senior are listed on the tag. You pick them up and return the wish list items you want to provide with the tag to HyVee before Dec. 12th. Local service organizations then distribute the gifts to the area nursing homes and assisted living facilities. Our senior angel was Lucille, a 79 year old, who wanted books, a lap robe, and a Wal-Mart gift certificate, all of which we were able to provide.

Our chapter sponsored a winter holiday party for members and retired members. It's always nice to see our retired members and catch up with their happenings. Good food and fellowship was enjoyed by all!

Submitted by:
MaryAnn Hogleund

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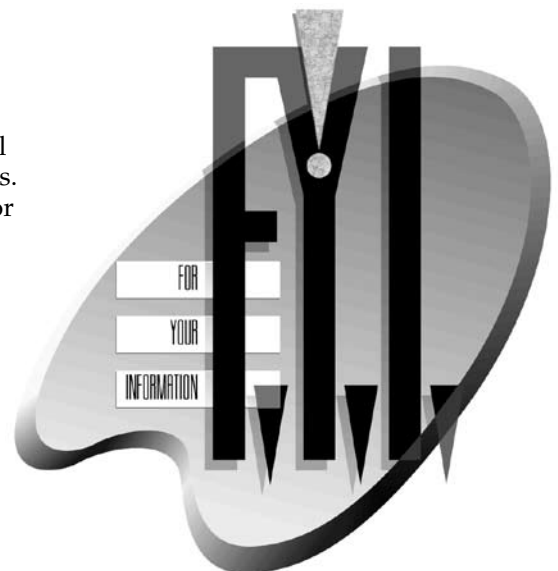
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Contact Cheryl for prior approval on continuing education sessions. Forms are available on the web, or contact her.

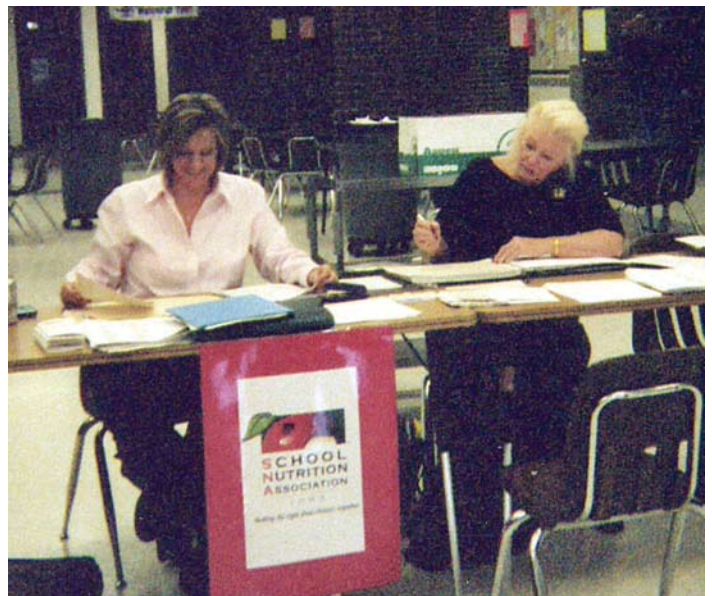
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Nutrition Seminar In Review

The School Nutrition Association Iowa, Midwest Dairy Council, and the Iowa Department of Education Team Nutrition sponsored a Local Wellness Policy Training Seminar on Oct. 29, 2005 at Johnston High School. This seminar was attended by 182 professionals, including food service, nurses, teachers, and school administrators. According to the 71% return of evaluations, most everyone thought it was an excellent, very timely seminar. The four main speakers, Marilyn Hurt, Kristin Frank, Kathi Thomas, and Janet Wendland were excellent in their presentations. Participants heard some of the same information that they did before but these presenters broke it down into more “understandable and digestive portions”. Thank you also goes out to the Johnston Community School District Food Service for serving a very delicious lunch and to all our food suppliers for their generosity.



*Capturing moments at the
Fall Nutrition Seminar*