



Feeding Bodies. Fueling Minds.™

Magnolia Petals

The Newsletter of the Mississippi School Nutrition Association

Volume 15, Issue 2

February 2020

President Laura

I hope this article finds everyone well rested from their Christmas vacation and activities as we head into the new year. I continue to feel so very blessed and grateful to each one of the MSNA members for allowing me to serve you as your President.

As we gear up for the final half of the school year, please know that MSNA is working toward the future for the members of MSNA. As we continue to work towards the future of MSNA and SNA we have introduced new resources from SNA, MDE Office of Child Nutrition, and ICN. We are also introducing new opportunities for our members and growing in a positive manner to bring new members into MSNA.

MSNA's priority is to create a learning environment for members so that they may be able to enhance their programs across the state. I hope that all members will join me in looking toward the future of the association and help to usher a positive mindset into the future of MSNA. I would like to thank everyone who had a part in making the 50th anniversary conference such a success. I hope that everyone will join us on April 3rd in Hattiesburg for the Nutrition Education Seminar and what will be a great day to continue our education in the field of Child Nutrition.

Remember that we may be the unsung HEROES, but nevertheless, we are HEROES to the students of the state of Mississippi. I am grateful for each of you and what you do for the students of Mississippi.

Our greatest glory is in not in never failing, but in rising every time we fail. – Confucius

Thank you!

Laura Bounds

Child Nutrition Director

Vicksburg Warren School District

lbounds@vwsd.org



MSNA 2020 Nutrition Education Seminar

Join your fellow MSNA members on April 3, 2020 in Hattiesburg, MS for the 2020 MSNA Nutrition Education Seminar. After a welcome by President Laura Bounds, Janie Walters will motivate us to define the future. She has spoken at our conferences before! Following a buffet lunch, attendees will participate in round table discussions about Offer vs Serve, Production Records, Recipes, and Nutrition Education. MSNA has updates and other sessions planned. More information can be found on page 3 and 4.

In this Issue!

Nutrition Education Seminar.....	Page 3
MSNA 50th Annual Conference Pictures...	Page 6
Emporium.....	Page 10
News from Our Members.....	Page 11
News from Our Partners.....	Page 19
Upcoming Events.....	Page 23
Sustaining Industry Members.....	Page 24
Sponsors/Calendar.....	Page 25

Jeremy's Networking Corner

Happy New Year! Nothing like the start of a new year and the excitement that comes along with it! I hope everyone is doing well and had an exciting start to 2020!!! You spoke, I listened! After compiling the evaluation for the past few years for our annual conference, I see things we as the executive board have missed and that we need to work on for our members. Taking the information members have given us will help to make a better conference for members. Also, I would like to encourage each of you to serve on a steering committee or run for a board position. Your voice and talent is needed to continue to support the association. Please contact any board member and make your voice heard.



In January, I was able to travel to Palm Springs, CA to represent our MSNA members at the School Nutrition Industry Conference, network with Industry peers and grab a few ideas for our conference, # All Shook Up. I was able to add a new exhibitor for our annual conference and meet new speakers. In March during spring break, I will attend LAC and advocate for our state along with our PP&L members. LAC is the best chance we have to advocate change and improvement for our programs.

I am very honored and elated to be the MSNA President elect for the members of MSNA. After meeting so many of the state's best child nutrition professionals, I am committed to bringing new and innovative concepts and ideas into MSNA for our members. Our dedicated members deserve nothing less than the best we have to offer. So you can expect the best Conferences in 2020. Leadership conference has been set for June 11, 2020 at Table 100 in Jackson, Ms. I invite you to come hear Mr. Joe Pettit, see what our Sponsors have this year, the MSNA Plan of Action for 2020-21, and see your new Board installed.

In closing, I want to thank each of the Child Nutrition employees, managers, office staff, field coordinators, assistant directors, and directors that work so diligently in Child Nutrition Programs across Mississippi as we strive to provide healthy meals for students of this great state. Make no mistake, our work is hard and challenging, but what we do, no one else can do. We are privileged to interact with each student making their day healthier and brighter! As your President Elect, I'm here to serve our members and that is what I will do.

"A genuine leader is not a searcher for consensus but a molder of consensus." -Martin Luther King Jr-

Jeremy Berry, SNS
Lincoln County School District
Child Nutrition Director
MSNA President Elect

Gems by Jimmy

Wow, how time flies when we are having fun! Sometimes we get tired along the way, but as we start the third quarter of the school year let's strive to keep the same energy we started with at the beginning of the year. Let me offer you a few ways to get re-energized. Make plans to attend the upcoming Nutrition Education Seminar in Hattiesburg on April 3, 2020. This seminar will be the ideal spark to prepare you to finish the year strong. Also you can call a colleague to just talk child nutrition or ask that burning question. Lastly, take a minute to watch the smiles of the students as they come through the lines.



I want to thank you for the opportunity to serve as Vice President of MSNA. I appreciate all you do to serve our students nutritious meals each day.

I look forward to seeing you in Hattiesburg. Remember to KEEP THE ENERGY!

Jimmy Buchanan
Vice President, MSNA
Copiah County School District
Child Nutrition Director

MISSISSIPPI SCHOOL NUTRITION ASSOCIATION

NUTRITION EDUCATION SEMINAR

Celebrating the Past, Defining the Future

Lake Terrace Convention Center

Hattiesburg, Mississippi

April 3, 2020

Step One: Please Complete Name and Address information in Type or Print.

First Name	Last Name	SNA Member Number	
District and/or School Name		Business Phone #	e-mail Address
District and/or School Address	City	Zip Code	Phone Number

Registration is from 8:00 – 9:00 AM on Friday, April 3, 2020. The Seminar will be from 9 AM to 3:30 PM on Friday, April 3, 2020. Registration will include Lunch.

Step Two: Select from the Options Below:

Category:	Manager, Site Staff	_____	Registration Fees:	
	Central Office Staff	_____	MSNA Member \$85	_____
	Director or Supervisor	_____	Non-Member \$95	_____
	State Office Personnel	_____	Industry Member \$85	_____
	Industry Member	_____	Purchase Order #	_____
	Other	_____	Total Enclosed \$	_____

No on-site registration

	Registrant's Signature	Date
Step Three:	Send Completed form and Check payable to MSNA to:	Mississippi School Nutrition Association
(Deadline is March 25, 2020)		6 Dove Way Circle
		Clinton, MS 39056

(May be faxed with PO to 601-510-0034)

If a check is not sent with form, send the registration form with a district purchase order or some other indication of obligation of funds. Questions: Phone 601-826-0127, or e-mail to: msnaorg@gmail.com

The Lake Terrace Convention Center is located at One Convention Center, Hattiesburg, MS, 39401, close to the intersection of I-59 and US Highway 49.

A block of hotel rooms at a rate of \$103.00 plus tax has been reserved at the Holiday Inn in Hattiesburg, MS, 6553 US Highway 49, Hattiesburg, MS 39401. The Holiday Inn Express is on US Highway 49, south of the I-59 exit. Call the Holiday Inn Reservations Department at 1-601-990-9340, by March 18, 2020, and ask for the block of rooms reserved for Mississippi School Nutrition Association. There is a 48-hour cancellation policy to cancel rooms. To be exempt from paying for taxes when making payment, include a tax-exempt letter for your district. Payment by district check should be received by the hotel a week before registration and include the names of individuals occupying the rooms.

Refund Policy:

Registration refund request must be made in writing to the Executive Secretary and postmarked on or before the printed deadline date. Full refund less \$25 administrative fee due on cancellations received on or before the printed deadline. No refunds granted seven days prior to the seminar beginning date deadline. Refunds for special circumstances, death or illness, after the closing date will be considered by the MSNA Executive Board. Appropriate documentation will be required. No refunds will be made for no-shows.

MSNA

Nutrition Education Seminar

Celebrating the Past, Defining the Future

April 3, 2020



The new decade has started with rain, rain, and more rain, almost setting records for the wettest January in parts of the state. After cold rainy days, all of us are anticipating spring weather. Part of spring for many MSNA members is attending the MSNA Nutrition Education Seminar. This year we are returning to one of our favorite places, Lake Terrace Convention Center in Hattiesburg, MS. Kenny Coker and his committee have been planning a great agenda for you!

Registration will be from 8 to 9 AM so be on time for the 9 AM beginning. After a welcome by MSNA President, Laura Bounds, the program will begin. Janie Walters, with Champion Communications, will be our keynote speaker, motivating us to define the future. Following Janie's presentation, a buffet lunch will be served.

The afternoon session will feature round table discussions on Offer vs Serve, Recipes, Production Records, and Nutrition Education. Presenters for this session will be MSNA members with actual experience in all areas. As always we will feature updates from MDE-OCN and a legislative update. The session will end with of course, DOOR PRIZES!!

Back this year is the Apron Contest. Involve your students in creating aprons with nutrition messages. Select a winner from your school in the grade categories. Submit the information on Page 5 and bring the winning apron to Nutrition Education Seminar. Judges will select the best apron for prizes! Also check out the Emporium Blow Out Sale on page 10 and 50th Anniversary Cookbooks for sale on page 17. Preorder the Emporium items and the cookbooks and pick up at Nutrition Ed!

Mark your calendar, get those travel requests approved and get ready to be enlightened and motivated and enjoy networking with your fellow MSNA members. Hotel rooms have been reserved at the Holiday Inn close to Lake Terrace. See the registration information on Page 3 for reservation information. Complete the registration form on Page 3 and send it in! See you in Hattiesburg, MS.



Janie Walters is a motivational speaker and a corporate trainer. She is from Madison, MS and has spoken at MSNA Conferences several times. Don't miss this opportunity to see her again!

Kenny Coker Announces Apron Contest at Nutrition Education Conference!

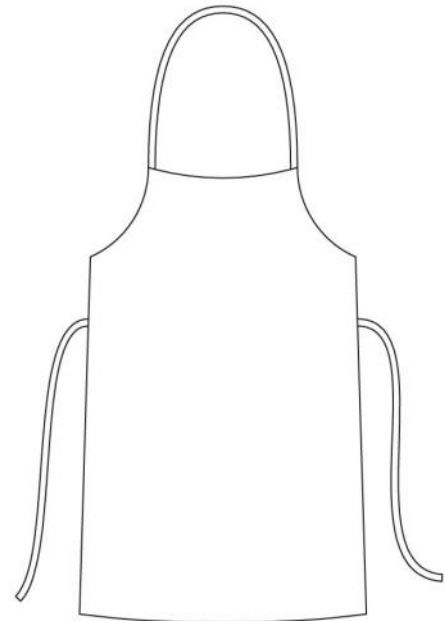
As Chairman of the Nutrition Standards Committee for MSNA, I would like to personally invite you to attend this year's Nutrition Education Seminar on April 3, 2020, at the Lake Terrace Convention Center in Hattiesburg, MS.

It is time once again for the APRON CONTEST. This is a great way to get our students involved and also for them to learn about Nutrition. Below is a web link to a site to print a blank apron for students to design and return to you, so you can select a winner. The aprons must contain a nutrition message. The winning apron design will need to put on a cloth bib apron and placed on a tri-fold board for judging. Several of our members have indicated an interest in the contest. I look forward to another great contest.

To enter e-mail Kenny Coker at

kcoker@itawambacountyschools.com by March 27, 2020. On the morning of April 3, 2020, aprons must be turned in between 8:00 a.m. and 9:00 a.m. to the Nutrition Education Seminar registration desk. Judges will pick a winner in the categories of K-5, 6-8, and 9-12. Please attach to the back of the tri-board, the original design with the name of student and grade, school, school district, and food service director. Winners will receive prizes.

Kenny Coker, Itawamba School District, CN Director



**Commercial
Cooking Equipment,
Refrigeration,
AC/Heating
Maintenance
& Repair**



Full Service

Quick Response

Skilled Technicians

Guaranteed

 **Jackson/MS Delta**
601.932.3333

MS Gulf Coast
228.396.3055



www.temco-ms.com

24-Hour Service

TEMCO

Total Equipment Maintenance Company, Inc.



Upper Right: President Laura Bounds Dedicates Conference to Mother and Others . Upper Right: Registration is Open!

Lower Left: T-Shirts and Bags are Given to Attendees Lower Right: Members are Ready for the Conference to Begin.



Upper Left: Assigning Seats at Banquet Seating Upper Right: Members Casting Their Votes at the Election Table

Bottom Left: Raffle Tickets were sold for Quilt of Conference T-shirts. Bottom Right: MSNA Memorabilia on Display.





Upper Left: Election Table and the Ballot Box!



Upper Right: Some of the Items at the Silent Auction Ready for Bidding.

Below Left: Alston Sory Explains the Corn Hole Contest Rules.

Lower right: Contestants Get Ready to Toss.



Upper Left: Laura Bounds and Armer Moore Counting Points.



Upper Right: House of Delegates Meeting.

Bottom Left: Exhibits Open for Directors.

Lower Right: Industry Had a Variety of Products to Show.





Upper Left: Members Enjoying the Buffett at the Industry Party. Upper Right: Elvis Invites Everyone to 2020 Conference.

Bottom Right: Winners of the Lyp Sync Battle. Bottom Right: Honor Guard Presents Colors at the Opening Session.



Upper Left: Grand Entrance to Conference Exhibit Floor. Upper Right: MSNA Industry Advisory Board Members Open Exhibits.

Lower Left: Storyboard Contest Entries.

Lower Right: Cupcake Wars Contest Entries and Their Cupcakes!





Head Table and Tables at 50th Conference Awards Banquet. Peggy James Received the Lifetime Achievement Award.



Upper Left: Kenny Coker Shows 50th Anniversary Cookbook Upper Right: Vanessa Hayes Delivers Inspiration at Breakfast.

Lower Left: Membership Chair Shirley Price and President Bounds Distribute 100% Membership Awards. Bottom Left: Rena Pritchard with Holmes Consolidated Schools Received Several 100% Awards for Her District.





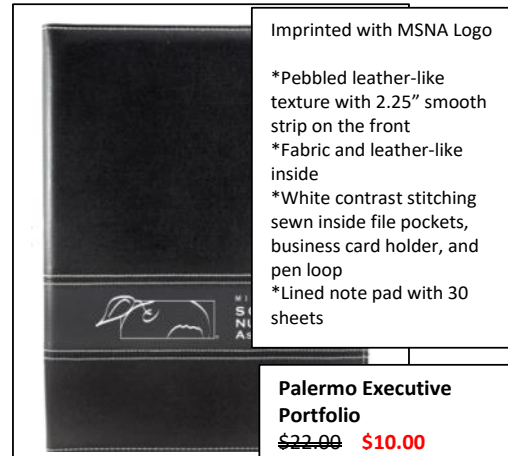
Emporium Blow Out Sale Preorder and Pick-up Up to 66% off items Items at Nutrition Education Seminar!



Color: Black/Vegas Gold embroidered with the MSNA 50th anniversary conference logo

- *Underbill matches the color of visor
- *Snapback closure
- *65/35 polyester/cotton
- *100% polyester mesh back

Richardson Trucker Hat
~~\$20.00~~ **\$10.00**



Imprinted with MSNA Logo

- *Pebbled leather-like texture with 2.25" smooth strip on the front
- *Fabric and leather-like inside
- *White contrast stitching sewn inside file pockets, business card holder, and pen loop
- *Lined note pad with 30 sheets

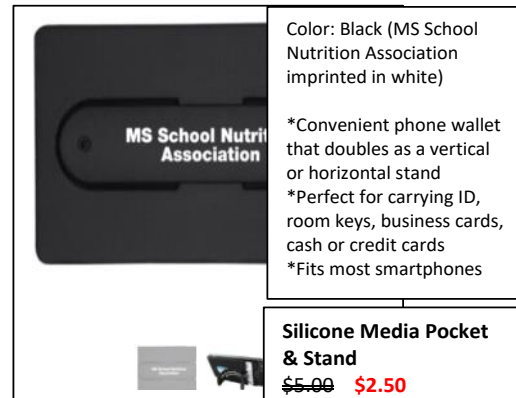
Palermo Executive Portfolio
~~\$22.00~~ **\$10.00**



Black Vest Embroidered with MSNA Conference Logo

- *100% polyester
- *Anti-pill fleece
- *Convertible collar
- *Oversized nylon reinforces slash pockets
- *Elastic hem

Fleece Full Zip Vest
~~\$32.00~~ **\$15.00**



Color: Black (MS School Nutrition Association imprinted in white)

- *Convenient phone wallet that doubles as a vertical or horizontal stand
- *Perfect for carrying ID, room keys, business cards, cash or credit cards
- *Fits most smartphones

Silicone Media Pocket & Stand
~~\$5.00~~ **\$2.50**



Color: Black/White Imprinted with MSNA Logo

- *Natural look 600D polycanvas, convention or shopping tote features a large zippered front pocket and colored stitching
- *Actual size is 15"hX17"wx 5.5' gusset

Histen Tote Bag
~~\$12.00~~ **\$6.00**



MSNA Run T-shirt
~~\$15.00~~ **\$5.00**

Items can be purchased with Cash and Purchase Order and distributed at Nutrition Education Seminar. These payments will include state tax. Email items wanted to Marc or AI at email below. Purchases for a school district should be made with a purchase order and submitted with a copy of the State Tax Exempt Form to avoid paying state taxes. Purchase orders and the State Tax Exempt form can be emailed to:

Marc Rowe at: mrowe@jackson.k12.ms.us

or

AI Young at: alyoung@jackson.k12.ms.us

Winter Beach Bash In Nettleton!

We were so tired of the winter rainy days that the Nettleton Cafeteria Staff decided to spring into some tropical rays. Our students were ready to chill out with the COOL TROPICS 100% FRUIT JUICE SLUSH, which is a new item that was added to our order guide this year. Students and staff alike participated in promoting this great new item for a week. Each week students dressed in different attire for our Winter Beach Bash and were rewarded. We had a great time.

Carolyn Barber—Nettleton School District Food Service Director



Lee County Hosts Winter Beach Bash

On Tuesday, January 28, 2020, Lee County also partnering with Jarri Vandiver of Affinity Group and Cool Tropics to throw a Winter Beach Bash in their cafeterias. They hosted a fun cafeteria competition with two winners: One was for best dressed staff in best beach/Hawaiian shirts and second prize was for best decorated cafeteria. Winners received prizes donated by Jarri Vandiver with Affinity Group.

Valerie Weivoda—Lee County School District CN Director



Whipping up a colorful café!

Spring is just around the corner and the Child Nutrition staff at Kosciusko are determined to put out just as many colors as Mother Nature! Staff members have been brainstorming to see just how colorful and attractive their serving lines can be in order to entice students to try healthy options for breakfast and lunch.

Kosciusko focuses on the “offer” premise of Offer vs. Serve, striving to offer students fresh fruits and vegetables that they might not normally see in their daily lives and in their homes like kiwi fruit, cherry tomatoes, celery sticks and much more.

“Many of us get in a routine of cooking and serving the same things over and over in our homes,” said CN Director Lisa Voyles. “When we put out something that is new to the children, it sparks their interest and gets a new conversation going.” In addition to offering lots of fresh and healthy options, the CN staff works to display their offerings in an attractive manner. “It should look pretty,” said Willie Hannah of Kosciusko Middle Elementary School. “If it’s pretty, they will try it.”

Staff members at Kosciusko Lower Elementary School joined the trend in writing messages on students’ bananas but have taken it a step further and partnered with the academic staff. “Manager Darryl Weatherby and her staff get the list of sight words for the week from teachers,” Voyles said. “They write the sight words on the bananas and the kids get excited to see their ‘word’ on their fruit.”

The spring at Kosciusko is shaping up to be colorful and fun! (Pictured is Mallie Hill at Kosciusko High School showing off their beautiful salads and fruits)



By Lisa Voyles, Kosciusko Schools, Child Nutrition

Clarksdale Municipal School District

It is true when you are good to students and staff that they will appreciate your efforts. Recently the students at Clarksdale High School rewarded the high school staff with Paparazzi jewelry. The students are excited about the new menu items that are offered to them in addition to trying new menu items offered for breakfast and lunch.

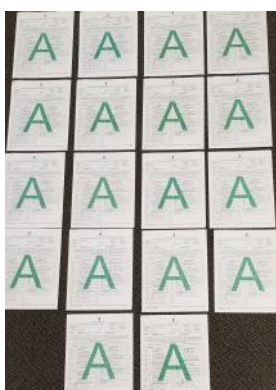
J.W. Stampley 9th Grade Academy staff was also given sweet treats for their staff by parents that appreciate the wonderful job they are doing with those students.

Staff interacts with the students that come through the line. CMSD staff strive to be professional and courteous to all students. It just goes to show you that if you are good to others, they will be good to you. Our district is proud of our students and staff.

Wilma McIntosh—Clarksdale Municipal School District



Don't forget to share your most simple accomplishments!



It is important to brag to your district and community about all of your great accomplishments! Sometimes this can be the hardest thing to find time to do in our busy schedules. Facebook pages and other social media outlets make it easy to quickly upload a picture and share the easiest things, such as good results from your required state health inspections! After sharing this picture of all our perfect "A" scores, the district and superintendent shared as well which was great positive publicity!

Sarah Busby, MS, RD

Director of Child Nutrition

Pascagoula-Gautier School District

Perfect Attendance Celebrated at Jones County Schools

Jones County Schools had 12 child nutrition employees with perfect attendance from the beginning of school through December 20, 2019. Each employee received a certificate of recognition along with a \$25 Regal movie gift card. We appreciate each team member's dedication for having perfect attendance. Employees names from left to right: Roland Ducksworth (West Jones Elem.), Brandi Tucker (Northeast High), Sheila Williams (South Jones Academy), Vanessa Blackwell (West Jones High), Tabitha Kirk (West Jones High), Darlene Lingle (West Jones High), Pam Taylor (Northeast High), Amanda Smith (North Elem.), Shirley Blakely (South Jones Academy), Angie Walters (South Jones Academy), Kim Rivers (West Jones High), Vera Jackson (West Jones Elem.)



Janel Polansky—Jones County Schools

Farm to School Day at Beechwood Elementary

Beechwood Elementary participated in their first Farm to School event on October 11, 2019. Students from grades K-2 all joined in. They were able to touch, feed and learn about chickens, ducks, goats and turkeys.

Sandy Hearn, cafeteria manager, had a variety of fruits and vegetables for the students to taste and to learn about. The students were given pencils, color books and cow masks. They also learned that strawberry milk "Does Not" come from Pink Cows.

Fun was had by all, including the staff.

Sandy Hearn, Cafeteria Manager, Vicksburg Warren School District



Farm to School Day at Redwood Elementary

Farm to School Day 2019 at Redwood Elementary in Vicksburg was a great day. The kids learned about milking cows. They even got to try it themselves. They sampled different Mississippi grown foods and fresh honey.

Sammy Soil came to talk to them about plants. The students interacted with horses, chickens, and goats that some farmers brought.

The tractor company provided farm equipment for them to see. All had a great time.

Darlene Birdsong, MSNA Single Unit Chair, Manager, Vicksburg Warren School District



Health Fair in Jackson County Schools

East Central Middle School did a great job of hosting their annual health fair! The Child Nutrition department always enjoys participating in the event. This year we distributed satsumas, bottled water and nutrition education on beverage choices. University of AL nutrition and dietetics student Melanie Land shared tips on smart beverage choices. Thank you Donna Speed with The Dairy Alliance for supplying our Fuel Up to Play 60 gear and Jeremy Sessions with Sessions Farm Market in Grand Bay, AL for donating the satsumas we distributed.

Ashley Harris, RD, SNS – CN Director – Jackson Coun-



Caring Shirts Ministry, A Worthy Cause



Caring Shirts Ministry, located at Bovina Baptist Church in Vicksburg, MS, provides shirts that have been altered for patients with picc lines, ports, drains or feeding tubes. They can be opened on the sides or top depending on the need. They are free to the patients. They have plastic snaps and are safe for MRI/PET scans. These shirts are made and delivered to hospitals and patients locally or nationwide. You can follow them on Facebook at Caring Shirts. If you would like to donate to this ministry, please contact Darlene Birdsong at (601) 529-8638. We are requesting any previous MSNA conference bags or monetary donations. If you would like to contribute, all donations are greatly appreciated.

Thanking you in advance,

Darlene Birdsong, Manager, Vicksburg Warren School District

A Dedicated Employee at Tunica County Schools

Mrs. Shirley Winters has been gainfully employed at Tunica County Schools for 34 years. She started working in 1986 at the Rosa Fort High School. Since then she has worked at every other school except one. Mrs. Winters is a manager.

Mrs. Shirley gets a great fulfillment from her job mainly because of the children. She loves knowing that she has made a positive impact on so many students, teachers, and parents by ensuring that students have the opportunity to get complete nourishment meals for their overall growth. This is rewarding to her. Mrs. Shirley is glad to say she is a part of the Tunica County School District. She is pictured with her staff and is on the bottom right!

Mark Carpenter – CN Director – Tunica County Schools



Food Safety & Sanitation System



HACCP



Verification



Sanitation



Education



Contact us to get started!

800-289-7725 or info@sfspac.com



USDA Beef Crumbles in Lincoln County Schools

On January 22, 2019, Doris Schneider and Lydia West visited Enterprise Cafeteria in Lincoln County. They came to view the use of Beef Crumbles, which is a cooked ground beef provided as a USDA Foods commodity distributed throughout the state. Mrs. Joann Carruth and Mrs. Shemika Boyd were happy to show them from start to finish how convenient and easy to prepare this product is in a recipe. Pictured from left to right: Joann Carruth, Doris Schneider, Lydia West, Shamika Boyd



Saltillo High School Cafeteria Staff Make Pizza from Scratch!

Saltillo High School cafeteria staff **HOMEMAKE** their pizzas **EVERY FRIDAY!!!!** And every Friday, they make a specialty pizza to go along with the standard Pepperoni and Cheese pizzas served. Sometimes it's Chicken Bacon Ranch, and when they have some leftover pulled pork, they make BBQ pizza. The process is normally 2-3 days starting on Wednesday to when they cook and serve the pizza on Friday. The pizza sauce is homemade as well. The cafeteria employees put so much love and effort into making the food great for their customers!

Valerie Weivoda—Child Nutrition Director—Lee County Schools



Calzones at Jones County Schools!

Jones County Schools students are excited over the new calzone recipe. The managers learning how to build calzones at a monthly staff meeting. The students absolutely loved the new product. We continue to put calzones on our menu monthly. Schools have made pepperoni and cheese, pepperoni, ham and cheese. The varieties are endless.

Janel Polansky—Jones County Schools



Wayne County Child Nutrition Helps to Make Mississippi Recipes a Success!

On January 6, 2020, the Wayne County School District's Child Nutrition staff helped to test new recipes for the Mississippi Recipes for Success index during part of our professional development day. Half of the staff worked alongside Lydia West at Waynesboro Riverview School to prepare the Chicken Parmesan Sandwich and conduct a second test on Southwest Chips and Dip and Italian Pasta Salad. The other half of the staff worked alongside Doris Schneider at Wayne Central School to test Buffalo Calzones and conduct a second test on Italian Pasta Salad, Buffalo Chicken Wings, and Bare Wings with Various Dipping Sauces. The Southwest Chips and Dip, Italian Pasta Salad, Buffalo Chicken Wings, and Bare Wings with Various Dipping Sauces are now added to the Mississippi Recipes for Success index. You can access the recipes in the latest update of NutriKids released from the Mississippi Department of Education Office of Child Nutrition and

through Mississippi Recipes for Success online: <https://mrs.mdek12.org/news/NEW-RECIPES-added-to-the-MRS-Index>

Wayne County School District Child Nutrition Director, Jackie Henry, has been a member of the Mississippi Recipes for Success Taskforce for several years. She and her child nutrition staff work hard to provide quality meals to their customers across Wayne County. They also enjoy collaborating with all of the Child Nutrition Professionals in the Mississippi School Nutrition Association to help provide the best to the War Eagles, Panthers, Lions, Tigers, Buccaneers, and Whippets of Wayne County.

If your school district would like to be involved in recipe testing please visit www.mdek12.org/OCN/OP/MRS/MRS-Test-Recipes for more information or email



MSNA 50th Anniversary Cookbooks for Sale

MSNA has a limited number of copies of the 50th Anniversary Cookbook available and will be selling those copies for \$20. Cookbooks will be sold at the MSNA Nutrition Education Seminar. Preorder by completing the form below and send to Kenny Coker. Payment will be required before receiving the cookbooks.

For questions, contact either Kenny Coker at kcoker@itawambacountyschools.com or Doris Schneider at msnaorg@gmail.com

Complete form below and send to Kenny Coker at kcoker@itawambacountyschools.com or fax to 601-510-0034.

Name _____ e-mail _____

Number of Cookbooks _____ X \$20 = \$_____ Phone _____



Left Picture – Promoting Cheese on World School Milk Day
Right Picture – Taste Testing Different Apples

Middle Picture Think Before You Drink Poster

More Than Just a Cafeteria Lady: A School Nutrition Intern's Experience

Being a student in the public school system, I grew up eating from the school cafeteria. My whole family came when the Thanksgiving meal was served; I loved the vegetable soup; and I'll never forget the delicious cookies. However, the school cafeteria is so much more than a nutritious, warm meal. I had the opportunity to work as an intern with Lee County Schools in Tupelo, MS, where I discovered first-hand what goes on behind the scenes.

The first day of my internship began with an unexpected start. I received a message from my preceptor Valerie Weivoda MS, RD, LD, SNS, Director of Child Nutrition, that a cooler went down at one of the schools. I met her at the school where, unfortunately, some of the food was lost. Not only did we discard these foods, we also took inventory of the food lost. This task took up half of the day, and then we went back to the office where there was more work waiting to be done. In the child nutrition office, I learned about marketing, finance, human resources, conflict resolution, payroll, inventory management, ordering food, and creating menus; and that's only the beginning. Little did I know what all went into running a few cafeterias.

The school nutrition system must be ran like a well-oiled machine. It is a business where there are no shortcuts or slacking. It is made up of hard workers. Every job matters, and everyone is greatly respected and appreciated for what they do.

I love what Valerie Weivoda said about the school nutrition program: "The beauty of our mission is that it is universal. No matter what language you speak, ethnic background, cultural differences, or where you live, we all speak the language of food. This is what brings us together."

My experience with Lee County School Nutrition was incredible, and it is something I will never forget. Being a part of this amazing organization for just four (4) short weeks touched my life so much and gave me a greater insight into all of the hard work and dedication that it takes to operate the program. Next time you see a person who works for the school cafeteria system, thank them. It will mean more to them than you know. These people are rock stars for our children, and we could not do it without their selfless work and passion.

Mary Kathryn Decker, Dietetics Intern
University of Northern Colorado Distance Program

2020 Jr. Chef Competition Finals

On January 23, 2020, the Mississippi Department of Education, Office of Child Nutrition hosted the **3rd Annual Jr. Chef State Finals Competition** at the Mississippi FFA Center in Raymond, MS. The theme was ***"Savor the Flavor of Mississippi"***. This competition allows High School Culinary Arts students the opportunity to learn about recipe development, farm to school resources, teamwork, and friendly competition among their peers. The recipes are nutritious, student-friendly and may be adapted for incorporation into Child Nutrition menus. Team ***"Cookin' Chicks"*** from the Culinary Arts Program at Desoto County Schools Career Tech West served Spicy Chicken with Vegetables. Team ***"Lancia"*** from the Culinary Arts Program at Oak Grove High School, Hattiesburg MS served Warrior Oli Ravioli. Team ***"Momma Mia"*** from the Culinary Arts Program in Jackson County School District served Chicken Parmesan over Whole Grain Fettuccini Alfredo. The 2020 winners, Team ***"Momma Mia"*** will now prepare to travel to the Southeast Regional Competition in Louisville, KY to compete against other 1st Place winners from: Alabama, Georgia, South Carolina, North Carolina, Kentucky, and Tennessee and a chance to win a scholarship to Sullivan University.

This competition would not have been possible without the extraordinary help and participation of the following individuals: students and instructors, school district personnel, regional and state judges, The Dairy Alliance, MS Farm to School Network, the FFA Center and the Office of Child Nutrition Staff. The TEAMWORK displayed bringing this together was AWESOME!

1st Place: Team "Momma Mia" – Jackson County School District



BALLOT FOR 2021-2023 MSNA EXECUTIVE BOARD NEEDS NOMINATIONS!

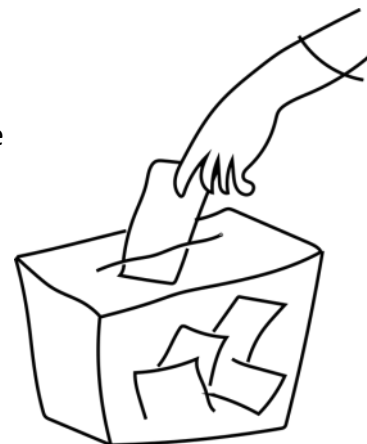
The nominating committee is now accepting nominations for the following positions on the MSNA Executive Board:

Vice President: (1) Must have been a member of MSNA for a least 5 years preceding the nomination. (2) Must have served on the executive board within the past 3 years and attended 3 of the 5 conferences.

Treasurer: (1) Must have been a member of MSNA for at least 5 years preceding the nomination.

The following positions are also on the ballot. All must have been a of MSNA for at least 3 years preceding the nomination.

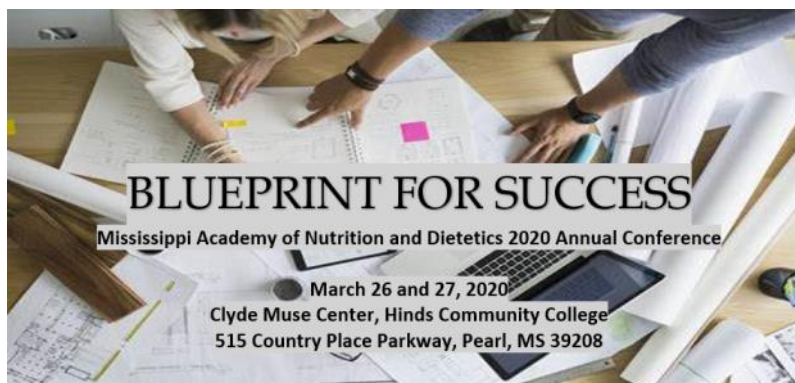
Single Unit Section Chairman
State Agency Section Chairman
Region II Northeast Director
Region IV Central Director



There are more qualifications listed in the bylaws, but you must have these minimum qualifications to be considered for the position. Each person nominated will be contacted by the committee to confirm their qualifications and consent to be added to the ballot. If you have someone you would like to nominate, call me at 662-963-7409 or e-mail to cbarber@nettleton.k12.ms.us

Thanks, Carolyn Barber, Nominating Committee Chairman – Nettleton School District

Registered Dietitians in Mississippi are Getting Ready to Build their Blueprint



The Mississippi Academy of Nutrition and Dietetics will host their 2020 Annual Meeting **March 26th and 27th, 2020**, at the **Clyde Muse Center in Pearl, MS**. The agenda is full of talented speakers and presenters offering a wealth of information on a variety of topics to meet this year's theme: *Blueprint for Success*. The MS-AND Board of Directors along with numerous other volunteers have worked tirelessly to create a schedule of events to appeal to registered dietitians, dietetic interns and students in dietetic programs. At least one of the sessions will help fulfill the Ethics requirement in our CDR Plan for Approval.

A reception will be held at Table 100 on **Thursday March 26th**. One-hour CEU will be offered for student poster sessions. This will be a great time to mingle with other registered dietitians, dietetic interns and students and conference speakers.

For more information visit <https://eatrightmississippi.org/> and <https://www.facebook.com/MSANandD>

Under the Dome

The 2020 legislature is all sworn-in and ready to work. This session will be the longest of their four while in office. The legislature reduced this session by seven days instead of the usual 125 of the first session in a term. The new end-of-session date is May 3, 2020, House Speaker Philip Gunn and Lt. Governor Delbert Hosemann have announced new committee chairmanships and assigned members to committees.



We make sure that legislators are aware of MSNA needs and issues. On an important note that so many of you are interested in, leadership and a large number of legislators are saying that nothing will happen to PERS this session. To date only about 500 bills have been introduced. That number will grow to about 3,000 bills to watch. We will remain vigilant in watching issues that impact MSNA throughout the session. Thanks for what you do and making sure that Mississippi's future, her children, start with a great beginning.

May the Wind Always Be at Your Back,
Donna Echols, Ph.D.,
www.TheEcholsGroup.com
MSNA Lobbyist



We Are Mississippi's Dairy



Choose 100% Real Milk
and accept no substitutes









Locally Owned • Locally Produced • Since 1938
427 Dory St. Jackson, MS
(601) 969-1307

PrairieFarms.com


Milk Myths and Truths



How well do you know milk? What myths are your students believing and what can be your response? Afterall, if it is on the internet it's the "truth"!!!

Regular milk is as healthy as organic regular milk. There's no nutritional difference between organic milk and regular milk. Both contain the same vitamins and minerals. All milk must meet the same rigorous standards of the U.S. Department of Agriculture and the Food and Drug Administration.

All milk contains vitamin D. All milk, regardless of the fat content, contains vitamin D. Milk ranks first as a food source of calcium, potassium and vitamin D (all critical for bone development).

For the price, milk supplies more nutrients than juice. Per 8-ounce glass, milk provides twice as many nutrients and vitamins as juice.

Flavored milk is just as good for you even with a small amount of added sugar. Research shows children who drink flavored milk meet more of their nutrient needs than the non-milk drinkers. Milk, whether it's flavored or plain white, contains essential vitamins and minerals including protein and calcium.

Soy, almond, coconut and rice beverages are not the same as real dairy milk. While some milk-alternative beverages are a good source of plant protein, they are fortified and do not offer the same package of healthy nutrients — calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin — found in milk and milk products. One 8-ounce glass of almond beverage only provides 1 gram of protein, while real dairy milk provides 8 grams of protein per 8-ounce serving.

People with lactose sensitivity need to use caution in consuming milk and other dairy products. Lactose intolerance doesn't mean dairy intolerance. Hard cheeses and cultured dairy products like yogurt have little or no lactose. Lactose-free dairy milk is also a good choice.

Farmers are concerned about the environment and do not use large amounts of pesticides. Dairy farmers care about their farms and the land. Environmental practices on dairy farms are regulated by federal and state agencies, and farmers consistently meet or exceed those regulations.

Dairy cows are not given unnecessary antibiotics; these antibiotics are not in the milk we drink. Rigorous testing ensures antibiotics do not enter the milk supply. Cows are sometimes given antibiotics under conditions approved by a veterinarian. Once a cow is given antibiotics, it is separated from the herd and continues to be milked, but the milk is discarded. That milk never reaches the consumer and is not included in any milk products.

Milk is not full of hormones. There are naturally occurring hormones found in animal and plant foods, including milk. These natural hormones are completely broken down during digestion. Some dairy farmers choose to use a naturally occurring bovine hormone, bovine somatotropin or rBST, to help cows produce more milk. The safety of rBST has been affirmed and reaffirmed by the U.S. Department of Agriculture, the Federal Drug Administration and other leading health organizations.

For more information on dairy and possible ways to increase your meal participation or for a presentation for your staff, faculty or students, contact your Youth Wellness Manager with The Dairy Alliance, Donna Speed at dspeed@thedairyalliance.com or 601-317-1565.

SNA NEWS

Attend the 4th Annual Virtual Expo—Registration Opened January 6, 2020

Experience the future of sourcing new products—registration for SNA's FREE [Virtual Expo](#) opens January 6. The Expo runs from February 4-March 4 and features two virtual exhibit halls—Food and Beverage and Equipment/Technology, a Learning Center with 15 new pre-recorded education sessions from #ANC19 to earn CEUs, a networking lounge, and a chance to win prizes by signing up for the Leaderboard. Network and make connections with exhibitors and peers across the country and discover new products and services for your program—no travel required!

NSBW Planning is Ready for Takeoff!



Planet Veggie

Mark your calendar for [National School Breakfast Week](#) (NSBW)—March 2-6, 2020 and pump up students and stakeholders with an “**Out of this World**” campaign! The theme for #NSBW2020 is “**School Breakfast: Out of this World,**” so start planning your NSBW celebration today by downloading the [NSBW 2020 Toolkit](#) to help you get started on your promotion ideas. Another way to get your breakfast program ready for takeoff, is to visit the [SNA Emporium](#) and shop for the #NSBW2020 themed resources available to ensure you show how your breakfast program is blasting off into new territory! Happy planning—we hope you are ready for an out of this world ride into the #NSBW2020 galaxy!

SNA 2020 Election

February 15-29, 2020 The SNA 2020 election is coming soon! Remember to keep an eye on www.schoolnutrition.org/snaelection to learn more about the candidates and prepare to cast your vote in February!

SNA Announces the +1 Membership Challenge!

It's a new year and we have a new challenge for you! The all-new +1 Membership Challenge is a new recruitment campaign to help ensure that SNA remains strong and provide the highest quality education, advocacy and training to meet your needs. We invite you to participate in the challenge! Simply watch the official campaign launch video from SNA National President, Gay Anderson, share your reason for being an SNA member—using social media tools, and recruit at least 1 new member—your +1. By participating in the Challenge, you will also have a chance to earn great incentives for recruiting new members. Visit the SNA Website for more details on the +1 Membership Challenge. Are you ready for the challenge?



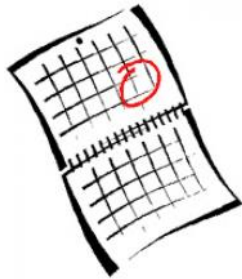
SNA ANC is Set for Nashville, Tennessee!

Mark your calendar now for the School Nutrition Association Annual National Conference from July 12-14, 2020. The site is the Opryland Hotel in Nashville, Tennessee. Featuring interest sessions, round table discussions, exhibits, emporium and entertainment, this is an event that you don't want to miss. Don't forget the opportunity to network with SNA members from all over the country. Nashville is within driving distance for much of Mississippi.

MSNA 51st Annual Conference - November 5-8, 20

Bancorp South Arena and Conference Center - Tupelo, MS

All Shook UP!



Mark your calendar for the 51st Annual Conference in Tupelo, MS on November 5-8, 2020. The Headquarters Hotel is the Hilton Garden Inn Tupelo. Room blocks will also be available at other hotels. Exhibits and sessions will be at the BancorpSouth Arena and Conference Center next door. Currently construction of an addition is under way, but won't interfere with our conference. President Elect Jeremy Berry has been planning for this conference since last year. The Executive Board, Conference Steering Committee, and Industry Advisory Board are preparing, too.

Conference will begin Friday with House of Delegates Meeting, manager training, exhibits open to directors, and the Industry Party on Friday night. Saturday will bring opening general session, contests, interest sessions, exhibits and the Special Awards Banquet at night. This year Interest Sessions will be on Saturday morning with exhibits opening to all at 12:30pm.

If you have never been to Tupelo, this is your opportunity. Come north for networking, new experiences, and some great events and enjoy what Tupelo has to offer. Plan a trip to Elvis's birthplace. More information on the Conference and Exhibits will follow as plans are finalized. Check out the MSNA website: www.schoolnutrition-ms.org or email msnaorg@gmail.com for further updates. See you in Tupelo, November 5-8, 2020!

MSNA Leadership Conference


The MSNA Leadership Conference will be held on June 11, 2020, at Table 100 in Flowood, MS. Come and spend the day adding to Leadership skills and a look at MSNA Plan of Action for 2020-21. Joe Petit will be the keynote speaker on Leadership. The MSNA Race is tentatively scheduled as a twilight race in conjunction with the Leadership Conference. Nutrition 101 is also tentatively scheduled on June 10, 2020. Further information will be sent later in the spring.

Service
Dependability
+ Quality

Success!

It all adds
up with
Crumbley Paper &
Foodservice!

Crumbley
PAPER & FOODSERVICE
P.O. Box 585
Laurel, MS 39441
(601) 649-3431



**MISSISSIPPI'S CHOICE FOR WAFFLES,
HAMBURGER BUNS & FRENCH TOAST!**

Explore our broad variety of great-tasting proven products that will keep your students happy! Visit us at BAKECRAFTERS.COM for full product information!

Contact Rex Jenks: (985) 727-6086 / rexjenks@charter.net

See the MSNA Sponsorship List on the Back Page!

When you speak with our Sponsors and Sustaining industry Members, thank them for their support!

If you know of an industry member who is interested in exhibiting at the 51st MSNA Annual Conference in Tupelo, MS, November 6-1, 2020, have them contact MSNA at msnaorg@gmail.com for further information!

***Please Support and Thank
Our Sustaining Industry Members!!!!***

Alston Sory, Marketing Agents South
Jarri Vandiver, Affinity Paramount Group
Chuck Ainsworth, SFSPac, Inc.
Rick Leach, BakeCrafters
Tim Simmons, The Wallin Group
Mike Reed, TEMCO
Ed VanCise, Prairie Farms Dairies
Louis Crumbley, Crumbley Paper & Foodservice
Wanda McDowell, Super Bakery
Matt Henson, PMR
Sara Martin, Merchants Company
Bill Wolfe, Hotel & Restaurant Supply
Dave Grover, Grover Brothers
Creighton Hardy, Interior Elements
Donna Speed, The Dairy Alliance
Michele McGowan, National Food Group
Payton Steeley, Trident Beverages
Becky Hill, Key Impact Sales
Teri Brewer, Thermo Kool
Mike Burke, Vulcan Equipment
Mike Smith – Staffing Solutions
Gina Dillon, Meals Plus
Mary Ryan, Heartland School Systems
Marshall Wolfe, Young Equipment
Dee Early, Visual Solutions
McCain Foods, Key Impact

MSNA**EXECUTIVE COMMITTEE****2019—2020****President**

Laura Bounds.....601-631-2826

President Elect

Jeremy Berry.....601-833-0490

Vice President

Jimmy Buchanan601-894-9411

Secretary

Keba Laird, RD, SNS.....601-924-4002

Treasurer

Wanda Brandon601-857-5722

Executive Secretary**Editor**

Doris Schneider, RD.....601-826-0127

E-mail: msnaorg@gmail.com

Fascimile: 601-510-0034

UPCOMING EVENTS**MARCH 2-6, 2020****National School****Breakfast Week****JUNE 2019****MSNA Meetings****MSNA Leadership Seminar****APRIL 2, 2020****MSNA Executive Board,****Industry Advisory Board****Steering Committee****Hattiesburg, MS****APRIL 3, 2020****Nutrition Education****Seminar****Lake Terrace Center****Hattiesburg, MS****JULY 12-15, 2020****SNA Annual Conference****Nashville, TN****NOVEMBER 5-8, 2020****51st MSNA Annual Conference****BancorpSouth Arena and****Conference Center****Tupelo, MS****MSNA GRATEFULLY ACKNOWLEDGES THE SUPPORT OF THESE INDUSTRY SPONSORS!****MSNA PLATINUM SPONSORS****SFSPAC, Inc. Prairie Farms****Total Equipment Maintenance Company, Inc.****Crumbley Paper and Foodservice Company****BakeCrafters****MSNA SILVER SPONSOR****PMR****MSNA BRONZE SPONSORS****Key Impact Sales The Dairy Alliance**

**MISSISSIPPI
SCHOOL
NUTRITION
ASSOCIATION**

Feeding Bodies. Fueling Minds.™

