Welcome back!

By now school is underway and I hope you are meeting the challenges this year with creativity and success.

I'm new to the MTSNA board this year. I've met many of you over the past 4 summer MTSNA conferences, and you are the reason I am excited to join the association board.

I've been the Co-Head Cook, at Noxon Public K-12 Schools for 4 years. Our program is unique in that we have 2 head cooks. We share the entire operation from planning to meal prep to dishes... you name it!

We have some changes and foreseeable adversities coming this year, and will be setting goals to meet each one with the best possible outcome.

I live in Heron, Montana, the last town (it's tiny!) before you fall into Idaho. Family is a joy in my life, I've been married for 25 years. We have 3 kids, 3 grandkids, 4 dogs, a cat...and no partridge in a pear tree. My free time consists of play, reading, making the long trek to purchase groceries, and as much travel as I can fit in.

I'm the type of person who always likes to try new things. This summer I went parasailing with my 13-year-old grandson. What a fantastic and thrilling adventure!

Giving a presentation at conference last summer and joining the board are also thrilling adventures. I'm excited for what will come next!

Feel free to contact me montanweez@gmail.com or noxoncooks@noxonschools.com.

I look forward to serving YOU!
President’s Message: Making a Difference

By Jayne Elwess, MTSNA President

Welcome back to another great school year MTSNA!

When I returned to work to start another year this fall, I was encouraged to watch a wonderful video called Every Opportunity from the Huffington Post. Our school Administrator encouraged all the staff to watch it. You should too! It was about how some adults ignore, or fail to talk nicely to, children in school. Did you know kids are people too?!

Take a minute to think about it. Have you ever had a bad day at work and things just seem to get worse as the day progresses? Then a teacher or parent smiles at you and compliments you on your great food and how delicious it always is or maybe they may have had to dress themselves and didn’t get a hug or a kiss good-bye because their parents left for work early.

As School Nutrition Professionals we might be the first smiling face, the first kind voice a child has seen or heard that morning... possibly all day.

I have met a lot of you during our years of attending conferences and workshops together and I know how wonderful and caring you ALL are; but occasionally we need to remind ourselves to speak to each child with kindness and respect, no matter how challenging they can be, or what kind of bad day WE are having!

As you know, this summer was filled with the summer Olympic games in Rio. Athletes spoke about how they spent years trying to reach their goal of being their best. I was amazed at their dedication with only a small chance of succeeding.

Later, I thought about what goal I could set for myself. This is my 12th year working at Bigfork School District, my 4th as Food Service Director. I absolutely love my job and being part of the amazing community of Bigfork. I am dedicated to helping children learn about food and receive the good nutrition they need.

Meet Ginny Kirby, the New MTSNA Secretary!

Welcome Back School!

The 2016-17 school year is shaping up to be an awesome year for Bigfork, I hope it is for all of you too! :)”

Thank you for nominating me as your MTSNA Secretary. I’m excited to be a part of this amazing Board and look forward to getting to know some new friends.

This is my 12th year working at Bigfork School District, my 4th as Food Service Director. I absolutely love my job and being part of the amazing community of Bigfork. I am dedicated to helping children learn about food and receive the good nutrition they need.

Another part of the Board I’m helping with moving forward is the Librarian/ Historian. Linda has done a fabulous job of taking care of our records. I look forward to taking over and updating the books throughout the year.

If anyone has stories or pictures they would like to add, please contact me at 406-837-7409 or gkirby@bigfork.k12.mt.us
MTSNA on Social Media

By Tara Ray, Social Media Chair

Have you seen our MTSNA Facebook page?! Follow us at: Montana School Nutrition Association. It’s a great way to see fun articles, training opportunities and place for discussion.

Another great way to get information about School Nutrition Programs in Montana is through Montana Lunch Line through email.

This list serve is a conversation with all other food service folks in Montana. Ask questions you’re struggling with and provide solutions for others!

If you’d like to be added to the list, email Clay Hickman at chickman@mt.gov – he’d be happy to get you added to the conversation!

National School Lunch Week is October 10-14th

Don’t forget to “Show Your Spirit” during National School Lunch Week!

Treasurer’s Report

By Joan Karls, MTSNA Treasurer

The 2015-2016 goal for our annual conference was to increase our membership. As an incentive to accomplish this mission we included a discount with our conference registration rates with an opportunity to become a new member of the Montana School Nutrition Association.

Oh what a success it was!

Many new members joined our organization at the time of conference and we were so happy to see them. To see you!

As a result, SNA awarded us with a $500 prize for the highest increase in membership nationwide for 2015-2016.

MTSNA is in very good financial standing and ready to offer scholarships to our loyal members to attend conferences and to High School students pursuing a food service related field.

It has been my pleasure to serve our members as their “new” treasurer this past year. I look forward to another great year and getting to know you all better.

Be well, be safe, and take care!

Vendor Suggestions Needed!

By Jennifer Spellman, SNS, Vice President

Wow! Can you believe the school year has begun and summer is behind us? I don’t know where the time went! The June MTSNA Conference in Great Falls seems like a long time ago. The opportunities we had there to learn about new products and resources in the market may have even slipped your mind.

The vendor show was held at the beginning of conference instead of the end and the feedback we received was overwhelmingly positive! Even the vendors thought so!

Vendors spent a lot of time and money to participate in the conference which supports our association and all of our schools. It is a one stop shop to help you learn what is new out there and even ask questions to our manufacturer representatives that make time to be here.

In planning for next year’s conference in Billings, I would like to know what you would like to see at the vendor show. Are there any companies, products or resources you know of we might be interested in hosting? Please share this with me at jennifer_spellman@gfps.k12.mt.us
School Nutrition Association Opportunities for All  
By Salley Young, MTSNA President-Elect

Early in August, SNA sent out a desperate request to state leaders in the Northwest region.

SNA needed a replacement for a one-year term member on the Professional Development Committee from the employee/manager section.

After a little nudging, I completed the appropriate form (never thinking anyone would even look at it) and submitted it to SNA national headquarters.

I recently received a letter from SNA President Becky Domokos-Bays saying the SNA Board of Directors has approved my appointment to the School Nutrition Association Professional Development Committee for a term of one year, beginning immediately.

I am proud to represent Montana at the National level, but no prouder than I am to fulfill my commitment for the next two years as MTSNA President-Elect and President.

I encourage you to put your name in the hat the next time an opportunity presents itself.

Set a goal to get outside your comfort zone this year and try something new.

MTSNA Membership Update

By Ellen Mills, Membership Chair

2016 has been a very exciting year for our Montana School Nutrition Association! We won the National Membership award for our division by increasing our total enrolled members by 20%! That means we have 71 new members.

Not only did we increase our membership, we also celebrated our 40th year while hosting an outstanding state conference with approximately 300 attendees. We reformatted the conference classes to showcase the Team Up model. This new design was a great success. The participants were able to prepare usable action plans that they could implement into their local programs. We hope you enjoyed it!

Our state association now has 252 members who have the opportunity to grow personally and professionally through the SNA resources available at the state and national levels. Our state association website www.mtsna.org provides information on our annual conference in June, scholarship and award applications. It also has state association happenings and the executive board member contact information. The national SNA website www.schoolnutrition.org has marketing ideas to promote your program and increase participation, current national school nutrition events, and educational opportunities.

If you haven’t already done so, I encourage you to set the personal goal of creating an account on the SNA website and exploring all of the benefits available to you.

While you’re surfing the SNA website, check out the 2016-17 Annual Membership Drive Campaign an opportunity to win an Annual National Conference registration and VIP package. All you have to do is recruit five new members to be entered into the prize drawing. Be sure the new member writes your name as the person who recruited them on the application form.

Please contact me at 406-334-0821 if you have any questions.
Harvest Apple Crisp

Yum!

10 cups unpeeled, cored, and sliced apples
1/2 cup white sugar
1 tablespoon white whole wheat flour
1 teaspoon ground cinnamon
1/2 cup water

Preheat oven to 350 degrees. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over apples.

1 cup quick cooking oats
1 cup white whole wheat flour
1/2 cup packed brown sugar
1/4 cup chopped walnuts
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/2 cup butter, melted

Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda, walnuts and melted butter together. Crumble evenly over the apple mixture.

Bake at 350 degrees for about 45 minutes.

A Note from MTSNA Vice President  By Jennifer Spellman, SNS, Vice President

In our daily routines we often forget about our own safety and wellness. Many of you may have seen the news regarding Rita Maze who was kidnapped at a rest area between Helena and Great Falls.

Yes, she was a previous employee of Great Falls Public Schools. In this heart wrenching story there is something we all need to take note of and learn. Rest areas often have some of the most serious crimes and we are often not aware of. I do it myself.

If you stop at a rest area, take a minute before getting out of the car to look around. Be sure to know your vehicle, lock your vehicle. Does your vehicle have a trunk and if so, do you know where or if it has a trunk release? If it doesn’t have a trunk release, teach anyone you know to kick out a tail light and wave your arm out to get someone’s attention. If you ever have an eerie feeling, please listen to your gut. Our personal instinct is something very real.

It is just as important for you to be aware of your surroundings at your work. Many of you start early in the morning, in the dark and are one of the first people at the school. It is a routine that you are not given the luxury of changing.

Ask your school supervisor to make sure a light is where you enter and a camera, if possible. I do not wish to scare you but rather keep everyone as safe as possible.

On a lighter note, I hope your school year is off to a great start. We are at the start of a new year and on our way to a road of success with School Breakfast and Lunches. Feeding the children in our communities is as valuable as educating them.

Each of you feed kids every day and you make a difference in their lives. Keep greeting all your students with a smile and recognition they deserve every day! Make them think of you as the person that made a difference in their life.

For more info contact Tara Ray at tray@mt.gov

By-Laws Update
By Salley Young and Tara Ray

The By-Laws Committee works hard to identify changes that need to be made to our current governing document (AKA: the By-Laws) keeping us aligned with SNA policy.

Earlier this year, the committee presented changes to the MTSNA Board, and were approved. We discussed the changes at our first general session of conference last June.

A number of our By-Laws were made available to members so they could review the changes during the three days of conference. A business meeting with the interested members met at our final session to vote on them and eventually they were approved.

For more info contact Tara Ray at tray@mt.gov
Feeding Kids is our Business!

School Nutrition Foundation Ambassador
By Jayne Elwess, MTSNA President, SNF Ambassador

Some goals are easy to reach and others take a little bit of work. As the newly appointed School Nutrition Foundation Ambassador, my goal this year is to inform you on the School Nutrition Foundation (SNF) and what it is about!

The Mission: To advance School Nutrition Programs by providing resources to SN Professionals.

The Vision: Well-nourished students prepared for success.

Value Proposition: Through collaboration with the School Nutrition Association (SNA), allied partners and donors, the School Nutrition Foundation is committed to:

- Identifying and supporting school nutrition research and innovations.
- Sharing best practices with the school nutrition community.
- Providing scholarships to SNA members for professional development and continuing education.

This summer while attending the Annual National Conference (ANC) in San Antonio, TX, I volunteered to work at the SNF booth. While there, I was able to visit with members and learned about the help they received from the SNF scholarships.

They had set a goal to further their education in child nutrition, and through the School Nutrition Foundation they succeeded! As everyone knows, education can be expensive, but with the help of SNA/SNF Scholarships the load can be a little lighter.

If you are interested in pursuing additional education in the field or would like to donate to SNF be sure to check out their website at schoolnutritions.org.

We are so lucky to have YOU as a member of MTSNA.

Thank you for the hard work you do in feeding Montana kids healthy meals all school year long!
For more years than I can remember my colleague and dear friend Carol Simanton has been representing MTSNA as our Legislative Chair. Reporting to you in every newsletter and keeping us informed of the changes coming happening in Washington DC.

I am honored and honestly a little scared to have been nominated to fill this important role for our state affiliate, MTSNA.

The good news is, Carol and her husband have retired and moved to Maine, on the beautiful New England Coast. We miss her already!

SNA continues its grassroots advocacy campaign to oppose block grants. Please take time to connect with our Senators Jon Tester and Steve Daines and Representative Ryan Zinke to express your concerns about block grants, as well as the eligibility changes for the Community Eligibility Provision (CEP) that are included in house bill HR5003.

Let them know that SNA supports the Senate compromise on nutrition standards (S3136) and share your stories about the vital impact of school meals in your community.

SNA is eager to see the passage of a sensible Child Nutrition Reauthorization bill and urges the House to pass this legislation that does not put school meal funding or participation in school meal programs at risk.

Visit schoonutrition.org/StoptheBlock to learn more. Feel free to drop me a line at syoung@3rivers.net

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**Policy Update: Child Nutrition Reauthorization**  
By Salley Young, Legislative Chair

**Block Grants would cut funds for school meal programs and abolish federal nutrition standards.**

**Children in need could lose access to free or reduced price school meals.**

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See Your Name in Print!

Would you like to submit an article to the next MTSNA Newsletter? We’d be happy to post any guest column written by YOU! Please send any articles to Tara Ray at tray@mt.gov by November 10 for our Winter edition.
Get Growing Your Farm to School Program

Aubree Roth, Montana Farm to School Coordinator,
Montana Team Nutrition Program
Aubree.roth@montana.edu
(406) 994-5996

Get Growing Your Farm to School Program
Farm to school is rockin' and rollin' in Montana with new school gardens popping up every year. According to the USDA Farm to School Census 40% of Montana schools were implementing at least one aspect of farm to school in the 2013-14 school year. This includes over $1.6 million in local food purchases by schools!

Farm to school programs are created on the school or community level, which means you can create a program that fits your available resources and the culture of your community. Since there is no prescriptive plan to follow, it can be overwhelming to get started. To be able to more effectively achieve your farm to school goals, start small, choose 1-3 steps to accomplish this year, reflect on your efforts, and make new goals. Below are a few ways to help you get started.

Sign-Up for Montana Harvest of the Month Program
Montana K-12 schools and afterschool programs can register for the Montana Harvest of the Month program, which began in September 2016 (registrations accepted throughout school year). The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. Each month, the schools participating in the program focus on promoting one locally grown item (e.g., winter squash) by serving it in a meal, offering taste tests to students, and doing educational lessons and activities surrounding both the nutritional and agricultural aspects of the food. Montana Harvest of the Month is a perfect way to launch or grow a farm to school program as it provides an easy framework to follow and ready-to-use materials at no charge. More information and registration: www.montana.edu/mtharvestofthemonth

Celebrate Farm to School Month – October
October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food. From taste tests in the cafeteria and nutrition education activities in the classroom, to farm visits and school garden harvest parties, schools, early care and education sites, farms, communities and organizations in all 50 states and D.C. join in the celebrations. It is a perfect time to showcase what you are already doing or kick-off your farm to school initiatives. More information: http://www.montana.edu/mtfarmtoschool/f2s-month.html

Join Montana Crunch Time – October 24, 2016 at 2:00pm
Mark your calendar and find your apples because Montana Crunch Time is coming! Celebrate Food Day and National Farm to School Month with fellow Montanans by crunching into locally and regionally grown apples on October 24, 2016 at 2 p.m. We encourage all Montanans to join the crunch this year. Grab an apple, your colleagues, family, or friends, and join us for the loudest crunch yet! More information visit: http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html

Get Resources & Share Your Story
Did you know that this year there is a NEW Montana Farm to School website? The site provides a central resource for all things farm to school in our state. Learn about other successful farm to school programs in the state, find upcoming farm to school events, and share your own stories, recipes, or activities. Visit: www.montana.edu/mtfarmtoschool
So Many Reasons to be a Member of MTSNA

Monthly SNA Magazine and Educational workshops at conference!

Cindy Giese recognized as Professional of the Year!

MTSNA Executive Board—Louise Chandler too!

Jayne Elwess, MTSNA President welcoming everyone to conference

All of YOU!

Sharing ideas about school food!
Goal Setting

Use this page to create goals for your program as you move into the school year. This framework can help keep you on track and accomplish anything you set your mind to! First, think about something you’d like to improve in your program. Then, define the vision you have. This is your goal. Make sure your goal is specific, measurable, actionable, realistic and timely. Finally, think about what steps you need to take to reach that goal. Write these ideas down and get after it! The most important part of any goal is starting to work toward making it happen! Stay positive, patient and persistent and you will be successful!

Goal #1

Goal #2

Goal #3
### MTSNA Executive Board Members

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>City, MT</th>
<th>Email Address</th>
<th>Contact Information</th>
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