President’s Message

"Looking forward to seeing you at conference."

OPI, Team Nutrition and the MTSNA Conference Committee have put together three days filled with learning opportunities and some FUN!!! Thanks to the evaluations you all turned in last year, the Summer Conference is planned with all Montana School Nutrition employees in mind. “Good Nutrition Makes Cents” is our theme for 2014 and will be at the Heritage Inn in Great Falls beginning with preconference classes Tues., June 17, and breakout sessions on Wed., June 18. It will conclude Thurs., June 19 with a Vendor Show that brings in many new items the food service industry provides to help us meet all our daily and weekly requirements. Also, on Wednesday Team Nutrition hosts a scumptiously nutritious luncheon while we learn about the changes for the 2014-15 school year. The Banquet and Live Auction are Wednesday evening. I am looking forward to seeing all the creative “Piggy Bank” themed baskets or centerpieces you will bring for us to bid on!! This has become an entertaining event we all look forward to!

Something new this year … J & V of Great Falls will be selling kitchenware and utensils Monday afternoon during registration and also on Tuesday. If there are items you want to see and/or purchase please contact me at ddheuscher@juno.com so I can let them know.

MTSNA has chosen Great Falls Life Skills Program for our Community Outreach this year. These students are developmentally disabled and their families have chosen to enroll their child in this program to develop skills that will help them gain independence and join the work force. The program is available to them up to age 21 with a chance of local Great Falls businesses employing them. The students show their appreciation for this opportunity by hosting a “Boss Night Banquet”. Please consider collecting all your spare change from now until conference and donate to these students for bus passes, work clothing and shoes. There will be piggy banks at conference for your donation. Another chance to show your support is to donate personal grooming products which are also needed … please support these students and show them the love and generosity of our Montana School Nutrition Association. A representative of the Life Skills Program will attend our Closing Session on Thursday to accept our donations.

I am looking forward to seeing you at Conference, three days filled with renewing friendships, refreshing our energy and refueling our passion for School Nutrition, the career we have chosen!!! I am honored to represent Montana as your President and thank you for the opportunities the position has opened up for me professionally and personally.

See you at Conference.

CHAPTERS

HAVE YOU thought about having a CHAPTER in your Area?
Do you know what a CHAPTER is?
Let’s look and see what a CHAPTER could mean for members....

Maybe a CHAPTER is Right for You in Your Area!!!

Think about how it feels to get together with your peers at conference at the end of the school year. You get inspired with tips and tricks of the trade and network with others.

That is the heart and soul of a chapter but it does come from the members to provide the ideas of training topics, fundraising and events that you may want to do within your area of the state!

Yes.... Some States have fewer miles to travel and more people to be in their Chapters. The question is, “Do you have the commitment to your profession to want to go the extra mile?”

Not only would you get more “Education and Training” to further your skills and career, you would also gain the friendship and support of peers that you may never have gotten to know before. A Chapter could also provide members with the opportunity to send members to conferences also.

FOCUS... TALK.....
LET’S GET THIS CHAPTER STARTED!
It just takes a few to start leading the pack!
January 24, 2014
An in house audit was held for the MTSNA monthly record books. Betsy chaired the committee of Jayne, Salley, Sue, Clayton, Jennifer, Julie, Linda, Ellen, Becky and Carol.

Also tonight, the MTSNA handbook was looked over and discussed. The bylaws were also looked over and it was decided that we needed to take a look at them to make sure that the MTSNA board is following protocol.

Respectfully submitted by Julie Leister, MTSNA Secretary

January 25, 2014
The meeting was called to order by Debbie at 8 a.m., who also led us in the Pledge of Allegiance. Linda gave us a thought for the day. Roll was taken.
Present were: President/Certification - Debbie Heuscher
President Elect - Salley Young
Vice President - Jayne Elwess
Treasurer - Becky Green
Secretary/W.O.W/AFHK/By Laws/Resolutions - Julie Leister
Newsletter Chair - Betsy Rykowski
Legislative/Area Rep Chair/Scholarship - Carol Simanton
Munch MT/Chpt Дмрt/Librarian/Historian - Linda Schwarzbach
Vendor Chair - Cherry Arthur
Heart of the Program/Single Unit/L. Sublet Chair - Ellen Mills
Industry Representative - Clayton Scheafer
A quorum was present. Guests were Katie Bark, Tara Ray and Joan Karls. Web Page Marketing Chair - Jennifer Spellman arrived at 8:15. Membership/Scholarship Chair - Sue Hesse arrived at 8:25. Minutes were read from the October 5, 2013 meeting. Salley made a motion to accept the minutes as read. Becky seconded. All voted unanimously, motion passed.

Correspondence …
Debbie received a note from Katie Bark letting us know that no one applied for funding to attend the summit last fall, so we still have the $500. Debbie received a letter from SNA asking for our state support in funding national scholarships. Also received were two phone calls to Debbie from new people in Montana that were interested in employment in school food service. Cherry has received calls from a couple of vendors asking about our summer vendor show.

Treasurer …
Becky provided a balance sheet. MTSNA has a very positive financial future. All bills have been allocated except one and she is working with Cherry on collecting it. We discussed what needs to be sent out with the conference registration mailing. We discussed the MTSNA CD’s earning such low interest. Becky has been having trouble with her computer and the association may have to look into buying the treasurer position a new one.

Membership …
Sue reported that we currently have 173 active members. Sue continues to send out missing link letters to expired and delinquent members. Sue brought samples of member favors that we will discuss later in the conference topic. Sue let us know that she is retiring at the end of this year. Sue has spent many years in the school food service and on the MTSNA board and will be truly missed.

chapter development …
Linda asked for ideas on how to get chapter information out to our members and food service personnel. She also asked for ideas from the board on how to start a chapter. We had lots of discussion and shared ideas; suggestions (video conference, vision net) focus areas and will follow up at a later date on some of the ideas.

Newsletter …
Betsy sent our membership a letter letting them know we’re going green and putting our newsletter on our website, instead of mailing it to each member. In this letter they were asked if they wanted the newsletter in an email to let her know, she received 35 requests. She received many compliments on how nice our newsletter looked. Betsy went over what articles need to be in the spring newsletter and who needed to send it in. Betsy asked Jennifer if we had a counter on our website and we do have a graph to show how many visitors we have. When submitting an article remember that we are representing the MTSNA for the good of our association. Next deadline to have articles in is March 10, 2014.

Legislative …
Carol has been in contact with the MT state legislators during the shutdown. Also, Carol has been discussing the Farm Bill where the fruit and vegetable program are tagged from. She has asked for their support in child nutrition. She briefly went over the SNA position paper that will be discussed at the LAC conference in Washington, D.C. discussion was held. She’s all set to partake in this conference.

Action for Healthy Kids / ERM …
Julie reported that the Missoula team is holding a Healthy Heart Family Fun Night, a community event to educate families about nutrition and physical activity. Missoula is holding a Healthy Food Summit to help mold the wellness policies in schools. Katie also reported that the Healthy Hero Award will be offered this year and urged people to apply. ERM will be asking for sponsors this year to help fund scholarships and/or nonprofits and since MTSNA was a past sponsor, we may be asked.

Librarian / Historian …
Linda is working to organize the historian book. She will send pictures to the web chair so they can be put on the web page.

Vendor Chair …
Cherry is about to start on the conference registration with vendors. She hopes to have forms to her vendors by March 1. J & K and Cherry have been in contact with each other about draping. Cherry asked if we would send her local business that may want to have a place in our vendor show.

Heart of the Program …
Ellen let us know that March 1, 2014 is the deadline for submitting this award to the committee chair. We have had no applications for this award as of this writing.

Munch Montana …
Linda is working on the breakfast and lunch menu for Munch MT Day which is the second week in March. Kamut flour and
local melons are the featured products this year. Aubrey Roth and Helen Hanson are working with Linda. Ag in Montana supplies placemats to schools and Linda will put that link on lunch line so schools can get into contact with Ag in MT. She will put the featured menu on lunch line, so schools can all participate.

INDUSTRY REPRESENTATIVE …
Clayton gave updates on new brokers. He suggests hosting a commodity processing fair during our conference close to the vendor show while the brokers are here. Clayton and Chris Emerson visited on this and shared ideas. Much discussion was held on the components of the class/fair, products, signage and who, what and when in connection to the vendor show. Cherry, Salley, Clayton, Chris and Judy will communicate and work together on this.

WEB PAGE / PUBLIC COMMUNICATIONS …
Jennifer and Emily at OPI have worked together and OPI has some of our information on their website also. Jennifer still needs to get our domain name in the MTSNA name. Katie asked Jennifer if she could set up a list serve; she will check on this. Salley asked Jennifer if she could make the newsletter a tab of its own and she said she would do this. Jennifer let us know that when you send her an email, many are going into her spam so if she does not respond that you may want to call as she did not receive the email. Jennifer asked once again for us to send information that may be of interest so she can put it out on our web page.

WOW AWARD …
Julie has put this information on lunch line so people may send in applications. There will also be an article in the spring newsletter encouraging people to nominate a coworker for this award. Julie has received one application so far.

BY LAWS AND RESOLUTIONS …
Julie will go through the MTSNA bylaws to see if any need updated, changed or reviewed and bring those proposals to the conference board meeting.

SCHOLARSHIPS …
Sue has received no membership scholarships as of this meeting. MTSNA offers two member scholarships for those who are working toward certification or wanting to put this toward credits for certification. Julie will put some information about this on lunch line, as Sue has no access to lunch line. Discussion was held on both member and high school scholarships; the amounts, criteria, how many to give, the retrieval rate, etc. Carol has put the high school scholarship information on lunch line and has had some interest.

OLD BUSINESS …
Debbie requested conference duties from the MTSNA board members and has received some. If you have not gotten your duties to her, please do so ASAP.

INDUSTRY REPRESENTATIVE DUTIES …
Debbie read the duties the committee drafted. Some discussion was held. Becky made a motion to accept the duties as presented. Carol seconded. All voted unanimously, motion passed.

MTSNA COMPUTER POLICY …
This committee of Sue, Linda and Jennifer researched different policies and gathered criteria. Jennifer being the chair visited with OPI and SNA. The committee brought great information, much discussion was held. The committee will come up with a written policy and bring it to the conference board meeting. They will draft up an agreement form between MTSNA and the board member committee chair. Julie made a motion that all computers and electronic devices are property of MTSNA. Becky seconded. All voted unanimously, motion passed.

LAC CONFERENCE …
March 25, 2014. Carol discussed the importance of attending this conference each year. Katie Wilson sent a letter to the MTSNA board stressing the importance of attending annually. Cherry stated that she was disappointed when she came home from LAC, because she did not get to visit with her state representatives themselves but their aides. Many thoughts and suggestions were made on the attendance of this conference in the best interest of the MTSNA members.

LEADERSHIP CONFERENCE ATTENDANCE …
Due to the unavailability of Ellen and Jennifer not attending this conference, Becky made a motion to send Salley to leadership with the purchase of separate rooms at the best rate. Carol seconded. All voted unanimously, motion passed.

ANNUAL NATIONAL CONFERENCE …
Salley, Jayne and Debbie will be attending in July in Boston.

MTSNA HANDBOOK …
A committee meeting was held on 1/24/14 on the updated handbook. Salley made a motion to adopt the revised handbook. Jayne seconded. All voted unanimously, motion carried.

WEB / FACEBOOK PAGE …
Jennifer had no information on this. Discussion came up earlier about the facebook page. Tara volunteered to start the MTSNA facebook page and had it up and running before the end of our meeting. Thank you Tara!

NEW BUSINESS

MTSNA BOARD QUALIFICATIONS …
One of the qualifications to be a MTSNA board member is that you need to be certified or working toward certification. Discussion was held on how long you have to become certified after joining the MTSNA board. Jennifer made a motion that anyone joining the MTSNA executive board has 1 year to become certified. Jayne seconded. All voted unanimously, motion passed.

NEWSLETTER …
Deadline March 10. Guidelines were given on what to send (if you send pictures, add names, if you use an acronym, spell it out). It is important to have your information in on time. Respect the difference between an editorial and an article.

PRESIDENT ELECT BOARD DUTIES …
Salley went over the duties for the 2014-15 MTSNA board. Betsy Rykowsky will be resigning as newsletter chair in June. Salley appointed Tara Ray to fill this position.
Sue Hesse will be resigning from the Membership/Scholarship Chair in June. These 2 positions will be open and Salley will fill these at a later date.

NFSMI …
Carol is on this council and attended a meeting in Tennessee. Carol was very impressed with the sessions and the classes that they offer to states for trainings free of charge! You can go onto their website and take classes to benefit your certification which Carol has done. Carol saw a lot of history while she was there and was grateful to represent Montana.

MTSNA CD RATES …
Becky talked about the MTSNA CD rates and how little interest they are bringing in. Discussion was held on what to do for a bonus this year with the spending of a little extra money. A vote was taken and we will have a motivational speaker this year. Salley will look into this and try to book one from Montana.

CHANGES IN SCHOOL NUTRITION PROGRAMS …
Katie and Tara let us know the changes in breakfast next year are coming. There are going to be some professional standards also coming, but these will apply to the new hires as those working in child nutrition should be grandfathered in. Community Eligibility was also discussed and that will be something for schools to consider for the benefit of all students. The Smart Snack Rule will be in effect in July and this will affect the sales of snacks being sold in schools during school hours (school stores, bake sales, coffee carts are examples). We talked about being in compliance of these new rules and the support of the lunchrooms as well as the food service.

CONFERENCE …
Discussion was held on the summer food service conference classes, speakers, member favors and the community outreach. Great Falls Vocational Outreach is our community outreach this year. Jennifer will put an article in the newsletter about this service and let our conference attendees know we will be asking them to bring items along for a donation to this program. Debbie will put an article in the newsletter about the “change” we are asking to drop in the bank! Becky made a motion to purchase two banners for the MTSNA at the best price. Sue seconded. All voted unanimously, motion passed. Cherry made a motion to charge $125. for the 8 hour Serve Safe class. Carol seconded. All voted unanimously, motion passed. Salley is to order 100 portfolios for the conference.

FUNDRAISERS …
Becky will purchase 100 1/2 pans. Julie will purchase 200 1/4 pans. Sue will purchase 250 coin purses with the piggy bank logo and conference theme if cost effective on them. Universal Athletics is coming to our conference to work with us on printing our logo on shirts, sweatshirts and aprons.

GOOD OF THE ORDER …
We had a very productive meeting! Salley made a motion that all business conducted and transacted at this meeting has been done in the form of a corporation and resolved that this association approves same and enter them into the corporation’s minute’s books. Carol seconded. All voted. Motion passed.

RESPECTFULLY SUBMITTED BY JULIE LESTER, MTSNA SECRETARY

Montana Schools Receive National and State Recognition for Healthy School Meals

SUCCESS! Montana Schools excel the State and National Level in School Wellness! Three MT school districts have earned prestigious Healthy School Awards. Recent National HealthierUS School Challenge Award winners are:

• Somers School District (Lakeside Elementary School and Somers Middle School), under the direction of Robin Vogler and staff, are the proud recipients of a HealthierUS School Challenge Award- Bronze level.

• Seeley Lake School District (Seeley Lake Elementary School and Seeley Lake Middle School), under the direction of Will Bernstrauch and staff, also received Bronze-level recognition in the HealthierUS School Challenge Program.

The HealthierUS School Challenge (HUSSC) program is a voluntary, national award which recognizes schools which create healthy school environments by improving the quality of meals and increasing physical activity and nutrition education. HUSSC Award winners work hard to meet rigorous standards.

• Blue Creek School District, under the Michelle Wayman and staff, is a proud recipient of a Healthier Montana Menu Challenge Award for their Healthy School Lunch Program. A state-level award program, the Healthier Montana Menu Challenge, offers recognition for schools serving healthy school breakfast, lunch and/or a la carte meals.

A complete list of Montana’s Award Winning Schools is available here: http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_6

Way to go! We are so proud of you!

To learn more about these healthy school award programs, refer to http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/#gpm1_6

Please contact Montana Team Nutrition at (406) 994-5641, or email Molly Stenberg at stenberg@montana.edu or Katie Bark at kbark@mt.gov
The 2014 legislative action conference has come to a close. I feel we were very successful at presenting our positions to our congressmen. We met for a couple days before charging the hill. SNA went over the positions with us then we discussed how it was best to present our positions to the congressmen. You need to know what you are going to say to present it quickly as they are very busy people who have only so much time to spend with us. On Tuesday we met with every congressional office. John Walsh and one of his aides met with us and were very receptive to our positions. At Senator Tester’s and Representative Daines’ office we met with their agriculture aides. They were also very receptive to our positions.

We were fortunate enough to go to the Montana breakfast on Wednesday morning where Senator Walsh made a point of introducing us to his wife, a school teacher in Helena. We also had a very good conversation with Senator Tester. He said he did not realize the impact some of these changes had on us. In reality what looks really good on paper does not always play out as being so great in real life. We let him know we are losing too many children as customers; to some degree the garbage cans are our best fed customer and it does not become nutritional until our children eat the product.

The positions we went over with our congressmen were meal pattern flexibility (retaining the initial 50% whole wheat, suspending the implantation of sodium target 2 and removing the requirement that all student must select a 1/2 cup serving of a fruit or vegetable). Competitive Foods (reopen and extend the comment period on the “Smart Snacks in Schools”). Finally, we discussed Strengthening School meal programs (encouraging a clear and coordinated strategy between the USDA and the US department of education, return to the five year administrative review cycle, address the problem of unpaid meal charges, increase program simplification, and finally, provide flexibility on paid meal equity.) As you can see we had a great deal to cover so we needed to be very organized and ready to present all our positions. If you would like to read a more detailed paper on our positions please go to the SNA website where they are posted.

During our conference and before going to the hill we spent some time discussing the new professional standards being proposed. There is much concern about meeting the five years of experience for the smaller school as most of know we didn’t have five years of experience. We are not saying it wouldn’t be good, but in reality are there possible people out there for every small school with five years of experience to take over for us older managers when we retire.

As you can see it was a very busy time for us and I thank Jennifer Spellman for accompanying me to the meetings. I believe it was very effective to have us both as she presented from the stand point of one of our largest school districts while I presented from the stand point of one of our smallest and very rural school districts.

Please feel free to contact me if you have any questions concerning legislative action and I will try to help.
Healthy students learn and behave better. Students who eat well fuel their brains for success in the classroom. New brain research shows that both nutrition and physical activity positively affect academic achievement. Schools can help students be ready to learn by offering meals and snacks from the USDA’s MyPlate— including lean proteins, low fat dairy, whole grains and a variety of fruits and vegetables. The USDA’s Smart Snack rule (starts July 1, 2014) will establish nutrition standards for all foods and beverages sold on school grounds during the school day. The rule does apply to:
- Foods sold a la carte within the food service program
- School stores
- Vending machines
- Snack bars
Food-based fundraisers that take place during the school day.

The rule will not affect food sold after school or on the weekend. Examples, include concessions, foods and snacks students bring from home, classroom events, and the teachers' lounge. Please note the rule allows schools to gradually phase in the changes over the first year.

The best way to evaluate if a snack or a la carte item will meet the Smart Snack rule is to ask the question - is it a food from one of the five food groups of the USDA’s My Plate icon? Is it moderately low in fat, sodium and sugar? Is the portion size moderate?

For beverages, refreshing water, bone building low fat or fat-free milk, and 100% fruit juice are allowed in elementary (grades K-8); calorie free beverages are also allowed only at the high school level.

The Office of Public Instruction, School Nutrition Programs and the Montana Team Nutrition Program will be offering workshops (starting at the MTSNA conference in June) to assist you in the implementation process. We also encourage you to utilize your food vendors for accessing products that meet the standards.

There are resources available to help you implement this new policy. Check them out at the following websites: For a full description of the USDA Smart Snack rule along with informational handouts, press release, go to: http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm

Smart Snacks Resource Kit: www.schoolnutrition.org
This kit has ready to use presentations and newsletters to help you educate your staff, administration, and parents in addition to taste testing tools to engage students in product selection.

Smart Snacks Product Calculator: www.healthiergeneration.org/calculator
This tool will take the guesswork out of evaluating products as you can see how the ingredients and nutrients measure up against the new requirements.

Feel free to contact us for additional information at kbark@mt.gov or go to the School Nutrition Programs website at: http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html

Recipe for .... KID’S TROPICAL BREEZE

You’ll need -
- 1 cup milk
- 1 Tablespoon sugar
- 1 cup orange juice
- 1 cup of crushed ice
- spoon or ice cream scoop
- plastic bag
- blender
- rubber spatula
- glass

Crush the ice by putting the ice cubes in a plastic bag and hitting the bag against a hard surface. Add the milk, orange juice, sugar and crushed ice to the blender. Cover and blend for about 20 seconds until all the ingredients are mixed together. If you’re not allowed to use a blender, ask an adult for help. Make sure the blender is completely stopped and remove from its stand. Then use the ice cream scoop to put your Island Milk into a glass. Enjoy!

Last month, the Governor’s Office of Community Service and the Montana Commission on Community Service announced the 2014 recipients of the ServeMontana and First Lady School Breakfast Champion awards. The ServeMontana awards are presented annually to outstanding community volunteers and organizations for their service to Montana. The awards were presented at the ServeMontana Award Ceremony in the Montana Capitol Rotunda. First Lady Lisa Bullock presented the First Lady School Breakfast Champion Award to exceptional schools that promote successful outcomes among children through the initiation and support of school breakfast programs. “Our students can’t do their best in school when they’re hungry,” First Lady Bullock said. “The schools we’re recognizing today understand this challenge and took innovative steps to overcome it.”

2014 First Lady School Breakfast Champion Recipients:
- Fromberg School for the startup of a new school breakfast program.
  Heather Foos, School Food Service Manager
- Corvallis High School for increased participation in an existing school breakfast program. Kathy Martin, School Food Service Manager

For more information about the awards and for brief bios of the recipients, please visit www.serve.mt.gov
The USDA has recommended the following for School Nutrition Professional Standards beginning July 2015: All school nutrition professionals will be required to receive continuing education and education opportunities. School nutrition managers will need a minimum of a high school diploma and 5 years of experience. School nutrition directors with enrollment of 2,500 or more students will need a bachelor’s degree.

SNA’s CEO Patti Montague made this statement, “Continuous professional development initiatives and professional standards will help ensure students continue to receive healthy, safe meals that enhance the public’s confidence in school nutrition professionals and their programs.”

We are all encouraged to make comments at schoolnutrition.org or Food and Nutrition Service, USDA at http://www.regulations.gov and follow online instructions for submitting comments.

The Montana School Nutrition Association wants to ensure we promote continuing education and encourage our members to become SNA certified showing your personal commitment to learning and growing professionally in your chosen career of school nutrition. MTSNA Board will again offer SNA Certification Application Fee Scholarships to those who want to gain SNA certification this year at Summer Conference. IT JUST MAKES ‘CENTS’!!!

Renew your SNA certification or apply at Conference. And YOU may WIN like Connie Dove. Connie was the winner of the 2013 Certification Drive. She won a 3 night stay in the deluxe suite at the Great Falls Heritage Inn for Conference 2014.

Congratulations Connie and thank you for your dedication to School Nutrition and realizing the importance of continued education while feeding Montana children!!

The 2014 Certification Drive prize will be a Billings Hotel & Conference Center room for the 3 nights of 2015 Summer Conference. All MTSNA members renewing or applying for SNA certification, by Wednesday evening of our 2014 Summer Conference, will be entered into this prize drawing at Thursday’s closing general session. You must be present to win!!!

For those that are interested in SNA certification after completing a Preconference class, Food Services of America (FSA) ServSafe, or National Food Safety Management Institute (NFSMI) Nutrition 101, visit the certification table. To apply and receive this scholarship you must be a SNA member, bring your card or join at Conference You will also need:

1. a copy of your High School Diploma or GED Certificate
2. a copy of ServSafe Certificate
3. a copy of Nutrition 101 Certificate

If you have taken either of these classes in the last 5 years (and still have your class certificates) you could become SNA certified, too!!

Contact me if you would like more info – ddeuscher@juno.com or find the information on our website, mtsna.org, or visit schoolnutritionassociation.org.

DEBBIE HEUSCHER - MTSNA CERTIFICATION CHAIR

Join us at the Great Falls Best Western Heritage Inn for our 2014 School Nutrition Summer Training Conference June 17, 18, 19!

The mission of SNA at the National level and the State level is educating and empowering members to provide healthy meals to foster an environment where children achieve overall wellness and lifelong success. That is the real motivation behind our trainings, and this year we have a great line up of classes and conference events.

We hope to build relationships and teamwork as well as offer educational opportunities. Attending conference is a wonderful opportunity for personal and professional development. You will come away with loads of information and practices you can apply immediately.

I would also like to thank the MTSNA members for the opportunity to represent Montana at the SNA National Leadership Conference in just a few weeks. Leadership training is such a huge asset for me as I move into the Presidency of our state organization in June. NLC will provide me with tools I will use to keep our state government strong and informed.

See you in Great Falls!

SALLEY YOUNG

MTSNA PRESIDENT ELECT

LINDA SCHWARZBACH, MTSNA BOARD

DEBBIE HEUSCHER - MTSNA CERTIFICATION CHAIR

Summer break and the 2014 Montana State School Nutrition Association Conference will be here before we know it.

During our banquet this year we will once again have a live auction, featuring our always lively auctioneer, Cherry Arthur. I sincerely need your assistance in helping make this a fun and profitable evening. Our theme for Summer Conference this year is “Good Nutrition makes Cents” and we need centerpieces and items to auction off to help build up our scholarship fund. We were thinking about piggy banks, etc., but any item or idea is more than welcome. If you are able to help us out, please contact me at: schwarzbachlinda@gmail.com or call 406-378-2400 home, 406-788-8894 cell. Thanks a bunch, have a great spring.

LINDA SCHWARZBACH, MTSNA BOARD
A Scholarship for Graduating Seniors

MTSNA and Western Marketing are very proud to be offering a scholarship to a graduating high school senior who is planning to pursue a degree in a field of nutrition. Along with our commitment to feed school children we also want to help them further their education in the field of nutrition if that is where their interests lie. This can be as a home economics teacher, a dietitian, or going to a trade school to become a chef.

Please have the student submit their application to me by April 15th, 2014. They will then be sent to the selection committee and we will be notifying students by May 3, 2014. We will arrange to have someone present this scholarship to the student at their awards banquet or graduation. We also hope to have the recipient at our conference banquet in June.

Feel free to contact me if you have any questions, and I will do my very best to help you. Please find the scholarship application in this newsletter and make as many copies as you need for interested students. I am looking forward to seeing all of you at conference. I hope your year is a wonderful, fulfilling time for you and your students. Please send the application to: Carol Simanton, 1081 East Whitewater Rd, Whitewater MT 59544.

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**Montana School Nutrition Association**
**Western Marketing**
**Application for $500 Scholarship Award**

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<th>Application Cover Sheet</th>
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<td><strong>APPLICANT INFORMATION</strong></td>
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<td>Phone: ___________________</td>
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<td>High School Attending: ___________________</td>
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<td>College or School You Plan on Attending Fall 2014: ___________________</td>
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Applicant’s Signature: ___________________ | Date: ___________________ 
_By signing this scholarship application you are acknowledging the information is true and provided in good faith._

**APPLICATION CRITERIA**

Please include the following with your Cover Sheet and Application:

1. Official High School Transcript
2. Most Recent Grade Report- (if not included on transcript)
3. An essay stating why you would like the scholarship

Send to: Carol Simanton
1081 E. Whitewater Rd.
Whitewater, MT 59544
h2ohlr@itstriangle.com
The Vocational Program, in Great Falls has existed since 1971. It consists of two Vocational teachers, three job coaches, and four academic paras between three high schools. The Vocational Program is designed to help severe and profound to moderately disabled students have an opportunity for job experience in the community. It is also designed to help those students transition to adult services to continue work experience opportunities. The Vocational Program prepares disabled individuals to be productive, contributing members of society.

The students attend a weekly JOBS class and Group class which teaches appropriate social interactions/skills, appropriate hygiene/dress, appropriate job skills such as dependability, task completion, time management, community safety, responsibility etc., appropriate interviewing skills (i.e. good eye contact, manners, appropriate language) just to name a few.

When a job placement is ready a job coach will accompany the student in the community teaching him/her how to cross streets safely, how to ride city transit, not talking to strangers, on the job training etc. This training starts in the freshman year of high school thru Secondary Life Skills (age 21). So, approximately every student will have anywhere from five to seven job experiences by the time he or she graduates. Many of the students come from low income families and do not have the proper clothing or toiletries necessary for a job interview.

Also, 98% of the students due to their disabilities are unable to operate a motor vehicle so the city transit is their only means of transportation to and from work. Clothing donations have been helpful to outfit a student for such an interview and buying bus passes allows the students to go to work. There are approximately between 80-100 students participating and each bus pass costs $10.00 which will last for about two weeks riding to and from work. For an entire school year anywhere from four to seven years the cost is astronomical. Recently an extremely large student needed jeans for work (he had only sweatpants that would fit) needing a size 4X shirt, size 46 waist pants and size 20 shoe. Money donations were given with the generosity of JC Penney (who carries large sizes) to purchase this student clothing. One pair of shoes was donated by another teacher and another pair was bought and donated by a person in the community. Needless to say, many students benefit from the kindness and generosity of others who otherwise would not have the opportunity to have job experience.

(Written By: Ann Taylor, Vocational Resources Teacher)

Each year the students raise money for “Boss’s Night” which hosts the bosses in the community that have hired the students. The Food Service Department in Great Falls began servicing this night and this will be the 5th year for this event March 18, 2014. It is an honor to work together with Ann Taylor and her staff to put on such an event. Students come dressed up and smile with pride of their achievements with their boss’s around the community.

It is with this that we have chosen this department to ask you to bring with you toiletries such as soap, shampoo, deodorant, toothbrushes, toothpaste etc.

Some of the students live by themselves and some with their families but either way it is difficult for them to afford such items.

Jennifer Spellman, SNS
Director of Food Services & Warehouse
Great Falls Public Schools

I hope you are enjoying the second online edition of the MTSNA Newsletter. By ‘going green’ we save all the way around, and proudly put that money back into benefits for our members. One benefit, for example, is providing a quality conference with great speakers, instructors, and fun-filled events!

Remember if you are already a member to encourage your peers to check us out and see what membership has to offer! However, member or not, we look forward to seeing you at the Great Falls Best Western Heritage Inn during our 2014 School Nutrition Summer Training Conference June 17, 18, and 19. It is always nice to see familiar faces, share ideas, and take home a wealth of information.

While in Great Falls please feel free to drop in on the MTSNA Board Meeting, June 16, 6:15 p.m., at the motel. But you don’t have to wait for conference; remember we are always a couple mouse clicks away at www.mtsna.org

Take time to bask in the spring weather, and best wishes for the remainder of the school year.
Thinking about spring?
Office of Public Instruction and Montana Team Nutrition Program certainly are! Winter and early spring are perfect times to get planning your farm to school endeavors for the following school year. Need a few ideas?

**GET IDEAS GROWING THIS SPRING**

**Start (or support) a school garden!** Did you know you can use your foodservice account for seeds and garden supplies for a school garden? Using safe gardening and harvesting practices, school garden produce can be used in school meals, snacks and celebrations.

**Bite into beef to school!** Through the Beef to School Coalition, statewide partners including Office of Public Instruction are working together to research and promote local sourcing of beef for schools. Schools can purchase state or federally inspected meat through local processors and even work directly with ranchers. If you are purchasing local beef, or have in the past, share your story with us (contact information below) to help paint a clear picture of Montana Beef to School programs.

**Crunch into the county of Montana!** Over 11,000 Montana students crunched into locally and regionally grown apples on October 24, 2013 at 2 p.m. in celebration of National Farm to School Month and National Food Day! Let’s make a louder crunch in 2014 - save the date and begin planning early. In the meantime, watch this fantastic video made by Whitefish High School students about their Montana Crunch Time celebration: [http://www.youtube.com/watch?v=oKKQPIZpTes](http://www.youtube.com/watch?v=oKKQPIZpTes)

**Celebrate National Farm to School Month!** An entire month dedicated to celebrating farm to school initiatives is a perfect time to kick start or ramp up your farm to school efforts. Consider hosting farm field trips, farmer visits, taste tests and making Montana meals. A Farm to School Guide with ideas and resources is available at opi.mt.gov/Farm2School. Start planning this spring so your celebration plans don’t get trampled at the beginning of the school year.

**Sharpen your culinary skills!** Learn how to use whole, fresh foods efficiently and brush up on your culinary skills at the Montana Cook Fresh pre-conference session at Montana School Nutrition Association conference in June. This hands and knives on course will be led by school food service managers as well as trained chefs.

**Gain inspiration and share your story!** Start 2014 out with a huge splash! Join your fellow Montanans as well as farm to school advocates from around the country for a National Farm to Cafeteria Conference in Austin, Texas on April 15-18. More information and registration: [http://farmtocafeteriaconference.org/7/](http://farmtocafeteriaconference.org/7/)

**I was driving my nine year old granddaughter to dance class the other day and we were discussing meteorites and asteroids hitting the moon. She was worried about the earth and what would happen if one of them hit us. I told her about the differences in the atmosphere and how it protected us but that the moon didn’t have that protection, etc... “Grandma”, Jayde said, “do you know everything about outer space”? I replied, “No, nobody knows everything, that’s why I read books and watch shows on TV so I can learn about things I find interesting”. She said, “You mean you can still learn about stuff even when you’re old”? Now, I am going to take that as a compliment as she probably thought, being as old as I am, that I do know everything! Unfortunately, I don’t.**

If you’re like me and want to keep learning no matter how young, or old you are, then the Montana School Nutrition Association’s Pre-conference classes are designed with you in mind! We have some great classes lined up this year. As always we continue to offer the 8 hour ServSafe and Nutrition 101 classes. In addition, 4 hour classes are available so you can choose one or two classes that fit your needs! The 4 hour classes include “Where’s the Dough?” Baking with whole Grains (off site and limited to 25), Montana Cook Fresh (off site with possible limit of 25), Smarter Lunchrooms (off site), Lentils Montana’s Real Treasure, Kitchen Safety 101, Learning with your Computer, (2 classes offered, one for Beginners and one for Advanced) ServSafe Sanitation (repeat sessions), New Food Service Manager Basics, and a Refresher course for experienced Managers. Please remember that if you choose to attend an offsite course, you will need to provide your own transportation.

The Pre-Conference /Conference registration for June 2014 will be held at the Holiday Inn in Great Falls, MT. Please be sure to read your registration form closely to insure that you have all the information you’ll need to enjoy your conference. See you in June!

**AUBREE ROTH, FARM TO SCHOOL COORDINATOR, MONTANA TEAM NUTRITION PROGRAM**
NEW BOARD MEMBERS

Meet Tara Ray!

Tara Ray is a Registered Dietitian born and raised in Darby, MT. She attended Concordia Lutheran College in Moorhead, MN where she received her bachelor’s degree in Nutrition and Dietetics with a minor in Print Journalism. To become an RD, Tara was required to complete a 10-month dietetic internship. Her internship was with the Sarasota County Food and Nutrition Services department in Sarasota, FL.

She now lives in Bozeman, MT and enjoys travelling to visit schools around the great state of Montana, a place she is proud to call home. Tara enjoys being active, reading as much as she can and meeting new people.

Meet Joan Karls!

Joan brings to Montana Schools 20 years of certified food service experience, 15 of those years as a Production Kitchen Coordinator. She is energized by a challenge and is creative and supportive in implementing the new USDA nutrition regulations. Active in SNA Wisconsin holding various executive board positions including President.

Joan is married to her high school sweetheart and now resides here in Montana, where she is able to spend more time with her daughter Megan, who holds the position as Principal Second Violinist for the Great Falls Symphony and Cascade Quartet.

When not feeding children, Joan can be found enjoying her hobbies which include reading, fishing, volunteering and watching Green Bay Packer football.

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**Munch Montana**

**LINDA SCHWARZBACH**

MTSNA is once again helping to promote “National Agriculture Week” with the annual Munch Montana Menu.

The theme for this year is: “Agriculture: 365 Sunrises and 7 Billion Mouths to Feed”

National Ag Day is March 25, 2014. We have a wonderful opportunity to show students the importance of agriculture in Montana by serving products that are produced in our state. We have included a set of menus that might help give you theme ideas. The web site www.montanakids.com has some great ideas for activities, recipes, things to do and see. If you interested in placemats for your theme day you can contact Helen Hanson, President of Agriculture in Montana Schools at (406)547-3482 or email at fordcreek1@itstriangle.com.

Our Menus this year are focusing on grain grown in Montana. In the last couple of years we have seen our Child Nutrition Programs follow the new Meal Patterns and serve 51% whole grain products such as Kamut (kah-moot), which is called the “Great-Great Grandfather of Grains”. Derived from the ancient Egyptian word for “wheat”, this high energy grain was discovered thousands of years ago. With kernels two or three times the size of its modern relative, kamut delivers rich flavors and great nutrition for a valuable addition to any diet. There are several web sites that sell Kamut along with health food stores and even some local groceries stores. Check out the possibilities for Montana products in your area and I think you will be surprised by the items you will find. Here is a Menu for Munch Montana

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**Day one BREAKFAST**

**Cinnamon Rolls** - Try using your recipe but substituting Kamut flour for half of the Bread flour

Cantaloupe - Wonderful cantaloupe is grown of the Missouri River southeast of Big Sandy, Ron Pearson, is currently selling to schools.

**Fruit Juice**

**Milk**

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**LUNCH**

**Kamut Spaghetti with Meat Sauce**

Ground Beef - 17 lbs.

Dry Onion bits - 1/2 cup

Granulated Garlic - 3 Tbsp.

Pepper (white or black) - 1 Tbsp.

Salt - 2 Tbsp.

Canned Tomato Puree 1 1/2 # 10 can

Water - 1 gal.

Dried Parsley - 1/2 cup

Dried Basil - 1/2 cup

Dried Oregano - 1/4 cup

Dried Marjoram - 1/2 Tbsp.

Dried Thyme - 1 Tbsp.

Brown ground beef. Drain. Add other sauce ingredients and simmer about one hour.

Kamut spaghetti pasta - 6 lb.

Enriched Spaghetti - 5 lb.

Combine 2 spaghetti products and add to boiling water and salt. Cook until tender. Drain. Stir in meat sauce.

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**Salad Bar or Tossed Salad**

**Melt-In-Your-Mouth-Huckleberry Cake**

2 eggs, separated

1 cup sugar

1/4 tsp. salt

1/2 cup butter

1 tsp. vanilla

1 1/2 cup flour

1 tsp. baking powder

1/3 cup milk

1 1/2 cup fresh huckleberries

Beat 1/2 cup butter or margarine until creamy; add 1 cup sugar and beat until fluffy. Beat in egg yolks and vanilla until light and creamy. Add sifted dry ingredients alternately with the milk. Fold in the fresh berries. Shake a little of the dry ingredients over the berries, before adding them to the mix so the berries won’t sink to the bottom. Put in 8x8 pans. Sprinkle top of batter lightly with granulated sugar. Bake at 350 for 50-60 minutes.

**Milk**

I realize that this is coming to you a little late this year and I apologize. You can choose your own special recipes in place of the menus we suggested and make a fun Theme Day for your students! I would be happy to help you find sources for local products.
The School Nutrition Association is having its annual **SPRING MEMBERSHIP DRIVE** from March 1 to May 31, 2014. All fifty states are automatically entered to participate. SNA wants us to recruit as many new members as we possibly can while encouraging those that are already members to retain their membership. Let your fellow food service workers know why being a member of MTSNA and SNA is so important. Tell them how we, as local members, receive discounted rates to attend the state conference, and get a ‘little extra’ gift upon registration. We have opportunities for financial support for continuing education in our field. And as a group are a louder voice to approach government with our needs and concerns. Let your recruits know that as members we are able to vote for the executive board members that represent the Montana School Nutrition Association, and we receive discounted insurance offers from SNA. Don’t forget to mention SNA’s award-winning magazine that is jam-packed with priceless information on feeding our school kids. As of January 2014 the Montana School Nutrition Association has 174 proud members, but our goal during this Spring’s drive is to increase this number considerably! So what’s in it for you? If you bring in 5 or more new members to SNA this year during the **ANNUAL MEMBERSHIP CAMPAIGN** you could win some great prizes like a trip for two to Miami or a complimentary registration to Annual National Conference 2015!!!

See [www.schoolnutrition.org](http://www.schoolnutrition.org) for all the details. We all have it in us to achieve this goal, so ladies and gentlemen, let’s go out there, recruit, and show SNA and the other 49 states what Montana can do!!

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**SCHOOL NUTRITION PROGRAMS**

**CHRISTINE EMERSON,**
**SCHOOL NUTRITION PROGRAMS DIRECTOR**

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March is Nutrition Month

The theme is “Enjoy the Taste of Eating Right”. Information can be found on the Academy for Nutrition and Dietetics website at [http://www.eatright.org/NNM/](http://www.eatright.org/NNM/)


This proposed rule would establish minimum professional standards for school nutrition personnel who manage and operate the National School Lunch and School Breakfast Programs. The proposed rule would also institute hiring standards for the selection of State and local school nutrition program directors; and require all personnel in these programs to complete annual continuing education /training.

To be assured of consideration, written comments on this proposed rule must be received by the Food and Nutrition Service on or before April 7, 2014. Submit comments at [http://www.regulations.gov](http://www.regulations.gov). Follow the online instructions for submitting comments. And as always, please call us if you have questions about programs or need assistance. OPI School Nutrition Programs can be reached at 406-444-2501.

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**NOTHING TO LOSE, EVERYTHING TO GAIN!**

**HEALTHIER US CHALLENGE AWARD**

Have you thought about applying for the HealthierUS Challenge Award and been discouraged? Maybe it is time to get it done or not being sure what to do to get started. Either way it is attainable. There was a time that I thought the same thing in Great Falls Public Schools but there is help and you are likely doing everything to get a Bronze and maybe a Silver Award already. As the new guidelines have come along it is getting you closer than you may have thought. Yes, your school needs to be part of this as well. When you talk to your principal and PE Teachers about what it takes and get a bit of information to them and from them, you will want to move forward.

I have never seen food service staff be recognized as well as at our reception to honor our schools and these awards. What a wonderful honor and way to have the public know what you are doing every day! With that being said, I hope each of you will consider going to: [http://www.fns.usda.gov/hussc/healthierus-school-challenge](http://www.fns.usda.gov/hussc/healthierus-school-challenge)

After you check out the website, Contact Molly Stenberg at 406-994-7217 or e-mail: stenberg@montana.edu and she will help guide your school to be a success! Don’t be discouraged after looking at the website learning what needs to get done. Most of the work is what you do on a daily basis. I encourage all of you to make this happen and get Montana to be the state with the Most Awards Nationwide! **GO FOR IT!**

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**JENNIFER SPELLMAN**

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