2022 WINTER NEWSLETTER

Feeding Bodies. Fueling Minds.™
### Current MTSNA Board Members and contact information for your use. Please feel free to contact any member for help, guidance, support or assistance. The board would also like to accept your ideas for changes additions and new ideas as we plan the 2023 Summer Conference. Please reach out and become an active part of your MTSNA Board!

**Upcoming Board Meeting:**
**March 3 & 4, 2023**
**Heritage Inn, Great Falls**

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<tr>
<th>Name</th>
<th>Position</th>
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| **Renata Nichols**  | President                         | Alder School District #2
P.O. Box 204 Alder, MT. 59710
President SNA Foundation Ambassador Board Member Since 2016
alderkitchenmt@gmail.com
C  406 596 3328 |
| **Patrice O’Loughlin** | President Elect                  | MTN Peer Mentor
722 Parkhill Drive
Billings, MT. 59102
President Elect School Nutrition Employee Manager/Awards Chair Professional Development Board Member Since 2019
pmjo3737@gmail.com
406-861-3534 |
| **Tammy Wham**      | Vice President                    | Ennis School District #52
PO Box 664 Ennis, MT. 59729
Vice President Co Legislative Chair Board Member Since 2015
wham@ennisschools.org
406-682-4799
Cell 406-490-8280 |
| **Pam Radke**       | Secretary                         | Sidney Public Schools
35230 CR 121C Sidney, MT 59270
Secretary Board Member Since 2017
radke@sidneyps.com
406-433-2330 Ext 5311 |
| **Chandra Plakke**  | Scholarship Chair                 | Superior K-12 Schools
PO Box 636 Superior, Mt 59872
Scholarship Chair Membership Chair Board Member Since 2021
plakkec@sasd3.us
406-822-3600 x230
406-239-5751 cell |
| **Open Position**   | Industry Representative           |                                            |
| **David Thomas**    | Treasurer                         | Darby School District
215 Water Street Darby, MT. 59829
Treasurer Board Member Since 2019
Cell 406-493-5004
Work 406-821-1310
tmsnatreasurer.davet@gmail.com |
| **Shelli Boggess**  | Web Page Chair                    | Deer Lodge Elementary SD #1
444 Montana Ave. Deer Lodge, MT 59722
Web Page Chair Board Member Since 2022
boggess.shelli@dijuniorhigh.org |
| **Kaddi Lohrenz**   | Auction Chair                     | Ennis School District #52
KaddiLohrenz@ennisschools.org |
| **Lisa Ey**         | By Laws & Resolutions Chair       | Florence School District
Florence School District eyl@florence.k12.mt.us |
| **Louise Chandler** | Vendor Chair, Past President      | Noxon Public Schools
PO Box 166 Heron MT 59844
Vendor Chair, Past President Farm to School Eat Right Montana Rep Board Member Since 2015
montanaweez@gmail.com
406.544.7419 |
| **Lynne Keenon**    | Board Member Since 2022           | Lynnek@bps.k12.mt.us
P.O.Box 2216 Browning MT 59417
Cell: 406 450 2251 |
Alder School, November 2022

Hello my fellow lunch ladies and gentlemen,

I’m watching the snow fly and keep thinking: “where did that school year go?”... Soon we will go skiing with our kiddos, then there is Valentine’s Day (a big deal in our school). After that: the science fair, Easter party, Track meet... and... Ta daaa the last day of school.... “

This was all a bit fast forward... but at my age; it sure feels exactly like that.

NOW most important; I would like you all to know how incredibly proud and honored I feel to be working, alongside you all in our “not always easy” business!!! Hang in there, you will find that missing employee, you will get some of the staff to step up/in, your kiddos DO SEE your smiles and your Efforts!

Also let’s make time for your health, keep your bodies and minds strong! Find YOUR THING that makes you happy and healthy! (For me it’s Yoga, a good book and walking/spending time with my doggies) and if you get some “down times” (I know right) don’t feel guilty!! Enjoy it and relax, you deserve it!

Please never hesitate to reach out to all of us (all our info is in this newsletter), to the OPI staff and also to the MSU staff. They are all here to help and support us please take advantage of all the resources we have at our fingertips!!!

I will gladly be here for you all, for whatever I can do for you and help you with!

Sincerely with lots of love and Blessings,

Your President
Renata Nichols
FSD Alder Elementary School
SNA’s all new monthly membership campaign is the perfect opportunity to show your support for school nutrition and earn the chance to win great prizes!

We encourage you to recruit a new SNA member today.

This revamped approach to the Annual Membership Campaign will have 1 (one) randomly selected winner each month from August 2022 through May 2023.*

**Top 6 Reasons to Join SNA**

1. **Free Training**
   - Free live and on-demand webinars at your fingertips on The Training Zone

2. **Meetings & Events**
   - Unparalleled in-person & virtual networking & professional development opportunities

3. **Advocacy in Action**
   - Unyielding efforts to provide a voice for school nutrition at the state and national levels

4. **Career Advancement**
   - The ability to grow professionally with Certificate & Credentialing programs

5. **School Nutrition Magazine**
   - A subscription to SNA’s award-winning publication and other timely news you need

6. **Marketing & PR Resources**
   - An array of tools to promote and grow your school meals program

SNA membership is a smart investment for you and your program.

Become a member today at [www.schoolnutrition.org/join](http://www.schoolnutrition.org/join)
When Life Gets Hard

The last couple months have been very tough for me personally. I am the only sibling that lives in Ennis so the majority of caregiving for my parents is up to me. As some of you know and some will learn, older parents are like having toddlers at times. They argue with you when they don’t want to go to the doctor and don’t listen really well. Then I also have a beautiful son who has schizophrenia and he had a downward spiral on the crazy rollercoaster we ride. Right now things are looking up on both the parents and son picture.

Through all of this I still have to work, because of those pesky bills, and try and have a life. So then I felt like I wasn’t giving anything 100%. I have come to realize that I can only give what I have the energy, physically and mentally, to give and it doesn’t make me a failure at what I am doing. We all need to take a step back and give ourselves a break. If all we are capable of giving is 70% at times, that is alright because in reality that is our 100% for the day. And most importantly, if you need a mental health day, take one and learn to take care of yourself also. I am not the best at that but I am trying to get better at it.

I hope you all have a Merry Christmas and some well-deserved time off!

Love you all Tammy Wham

Review time. I don’t know, but for me, it’s hard to concentrate on your job when you have that in the back of your mind. Getting everything to send back to OPI, it’s almost like getting a divorce again with all the paperwork, labels, recipes, and such. Who has the time to manage a team, feed the kiddos, and concentrate on all the problems of not getting what you ordered? Then the milk price goes up. I feel like an FSD. We need to get paid more as my employees don’t either. I think of us as Lunch heroes. I would need to address this. We work so hard to ensure everyone is taken care of that we, as teachers in nutrition, are overlooked. We have such a high-demand job. I don’t think most people realize just how much work we all do. Then you see fast food places hiring for 19 hr. This breaks my heart. We are a Team Nutrition. We feed our children delicious healthy meals and ensure they have everything on their plates before they leave the cashier. We work so hard, and we love what we do. I want to thank Stephanie and Kelly for coming to visit Florence Carlton! It was so lovely to have outsiders coming from OPI and seeing our new kitchen with fresh eyes. Don’t be scared of OPI. They are here to help us. I appreciate their knowledge! They are welcome anytime, and lunch is on me! Yes, I nailed it! I am very grateful for the team I have; they work countlessly hard, and they deserve as much credit as I do! Go, Team!

Lisa Ey
MTSNA
WINTER NEWSLETTER
BY PATRICE O’LOUGHLIN

A CHRISTMAS RECIPE & MY WISH FOR YOU!

4 Cups of LOVE
2 Cups of LOYALTY
3 Cups of FORGIVENESS
1 Cup of FRIENDSHIP
5 Spoons of HOPE
2 Spoons of TENDERNESS
4 Quarts of FAITH
1 Barrel of LAUGHTER

Take love and loyalty mix it thoroughly with faith. Blend it with
tenderness, kindness and understanding. Sprinkle abundantly
with laughter and bake with sunshine. Serve generous helpings
daily!

My Dear MTSNA Friends!
You have been assigned this
mountain so you can show others it
can be moved! Difficult roads can
lead to beautiful destinations. Never,
ever give up! Travel far enough to
meet yourself. Remember the night is
darkest just before dawn. Don’t give
up your daydream or believe
everything you think. You are
important, loved & APPRECIATED!
Have a joyous and blessed holiday
season because, after all,
YOU PERSISTED!!
In Peace, Patrice

MTSNA • WINTER NEWSLETTER
AWARD NOMINATIONS
EMAIL YOUR AWARD NOMINATION
100 WORDS OR LESS, BEFORE APRIL 15TH TO
PATRICE O’LOUGHLIN
PMJO3737@GMAIL.COM
NEED NOT BE A MTSNA MEMBER TO WIN!

WOW AWARD
The WOW AWARD memorializes Julie
Leister, a bright light and advocate for
MTSNA. The WOW AWARD recipient is
a COMPASSIONATE individual who will
receive a GMW handmade knife from the
LEISTER FAMILY! NOMINATE your
FAVORITE School Nutrition Professional
TODAY!

PROFESSIONAL OF
THE YEAR AWARD
The PROFESSIONAL of the YEAR
AWARD recognizes a School Nutrition
Professional who consistently makes
OUTSTANDING CONTRIBUTIONS
to School Nutrition and is actively
working or retired.

SILVER SPOON
AWARD
The SILVER SPOON AWARD is for a
NON-MANAGERIAL
School Nutrition Professional who
makes ongoing improvements to School
Nutrition with DEDICATION AND
FINESSE.
Dear Montana School Nutrition Association Board and Members,

As I say goodbye to you as a peer and colleague, I want to thank you for all your hard work and passion for serving Montana children and families through providing easy access to balanced meals and snacks while at school. On November 18th, I officially retired from MSU and co-directing Montana Team Nutrition (MTN). Over the last 29 years, I have enjoyed working with you and your colleagues with the goal of serving healthful, tasty meals that meet the USDA requirements. Thank you for participating in the many training programs that we hosted to allow us to cook together, learn together and from each other! We at Montana Team Nutrition were always interested in trying new or research-based strategies for creating comfortable cafeterias and healthful school environments. We appreciated that many of you were willing to participate in pilot projects, or work with us on creating new recipes, or trying a new policy like scheduling recess before lunch.

The meals you serve are often the most nutritious that a child may receive during the day. Your role in preventing childhood hunger and helping to expand children’s food preferences is so important. It is hard work as you know so well and often isn’t valued as it should be. I hope you will consider getting involved in your professional organization, MTSNA, so you can grow your own leadership skills and strengthen support for school nutrition programs throughout our state and beyond. Remember, you truly make a difference every day. I wish you continued success and joy in your jobs.

I am excited to announce that Molly Stenberg and Aubree Roth will co-direct Montana Team Nutrition at MSU. They and the MTN team look forward to working with you on school nutrition, farm to school and school wellness projects. MTN appreciates the opportunity to work in close collaboration with the Office of Public Instruction, School Nutrition Programs directed by Ms. Christine Emerson.

I am looking forward to spending more time with my family and to explore interests and hobbies I have put off during my career. I will always remember the many delicious meals I enjoyed at your schools and will continue to advocate for child nutrition programs, especially universal free meals for all children while at school. Take good care, I hope our paths continue to cross through MTSNA.

With much gratitude and respect,

Katie Bark
(barksnmt@gmail.com)
Most of us have them. The memories of sitting in the classroom and the smells wafting through the building. Oh, my goodness, or should I say oh for goodness! I am from a very small town, my graduating class was 26 students, not unlike many Montana towns. When I think back on my childhood school days, the lunchroom and the lunch ladies are at the top of that list. The homemade everything, upside down cheeseburgers were one of my many favorites, served with buttery corn and fresh baked buns with the option of honey infused peanut butter. And dessert- there was always dessert. Cakes, pies, brownies, cookies, pudding and gelatin oh my! Walking my tray through the line and stopping to fill my glass with milk from the dispenser. All the tables were in long rows with only two short ones in the front for the littles. The teacher table was the only table that was singular but they all ate with the entire elementary student body. Things have changed quite a bit since then of course, from the regulations on what and types of foods served and milk dispensers are now taboo. Teachers tables in many lunchrooms exist no longer. But the memories we provide today will live on in many students’ minds. I do not have the privilege to work in such a small intimate school setting (so if you do relish every minute), but I do, however, know we make a difference in so many lives. For some a very big difference -and that is the best of the best. We get to do all this, in the love act of preparing food and extending kindnesses.
Greetings Fellow Lunch Peeps,

It's beginning to look al lot like Christmas, everywhere you go! I don't know about you, but I'm a sucker for a Christmas song by Burl Ives or Bing Crosby or the smell of pine and citrus filling the air with warmth. Watching glistening snowflakes dancing to the ground and hearing children's laughter as they play with friends. These moments are precious. Sometimes though, we can get caught up in the hustle and bustle of life that we truly miss the Joy of the Season.

The holidays can also be a challenging time for people, so I thought who doesn't enjoy a little Game?( No, it's not BINGO!:) This Season I'm sending you a Christmas Bucket List. Now I'm a realist, so I don't expect you to check off every box on this list. The purpose of this is TO JUST HAVE FUN and make lasting memories. We don't want to have REGRETS!!

Now remember, this is just an example and you are welcome to create your own Christmas Bucket List. There may be things you've wanted to do during the holidays and never got it, now is your time. There is no time like the present. Remember Enjoy the Small Things This Season whether it be building a snowman or holding a child's hand!!

In closing, I want to Wish You A Very Merry Christmas and May Your Holidays Be Bright!!

Yours Truly,

Kaddi Lohrenz

Christmas Bucket List

- Bake Christmas cookies.
- Watch a holiday movie.
- Call a far away loved one.
- Make an Advent calendar.
- Make a gingerbread house.
- Build a snowman.
- Hang mistletoe.
- Sing Christmas carols.
- Send a letter to Santa.
- Drink hot chocolate.
- Write Christmas cards.
- Go see Christmas lights.
- Donate a toy to a local toy drive.
- Make Christmas tree ornaments.
- Read a Christmas book.
- Dress up in ugly Christmas sweaters.
- Relax by the fireplace.
- Make treats for a neighbor.
- Decorate a Christmas Tree.
Welcoming new staff to Montana Team Nutrition

Hello everyone! On behalf of Montana Team Nutrition, I would like to introduce two new team members! You have heard that the wonderful Katie Bark retired several weeks ago. Gretchen Groves has also left our team. While we will miss those ladies tremendously, we are happy to welcome Kylie Cassidy and Haley Scott to our team. They look forward to meeting MT SNA members in person through work related projects and at your summer conference.

Kylie Cassidy is the new Administrative Coordinator for Montana Team Nutrition. Born and raised in Colorado, Kylie is a Montana transplant by way of Oregon. She joined her family this year to run a small-scale, organic farm in Belgrade. She is passionate about food, food access, and food sovereignty. She has a very cute dog and a sassy cat.

Kylie Cassidy, kylie.cassidy@montana.edu, phone 406-994-5397

Haley Scott is the new Program Lead with MT Team Nutrition. Haley holds a bachelor's degree in agricultural communication and a Master of Public Health degree, both from the Ohio State University. Before joining MTN, she served as the Farm to School Program Assistant for Ohio State University Extension. Haley enjoys working on obesity prevention strategies, gardening education, and connecting educational sites with nutritious and local foods. When she is out of the office, you can find her spending time with her family and friends, hiking, gardening, cooking, and exercising her energetic pointer, Sarge.

Haley Scott, haley.scott1@montana.edu, phone 406-994-5641

Please keep a lookout on Montana Lunchline for upcoming trainings and programs. Aubree Roth is always working on new and exciting farm to school trainings and Molly Stenberg continues to head up the school food service trainings. We look forward to working with you during this school year!

Thank you,

Molly Stenberg, stenberg@montana.edu, phone 406-994-7217
Aubree Roth, aubree.roth@montana.edu, phone 406-994-5996
Celebrate National School Breakfast Week!
March 6–10, 2023

PARENTS:
Did you know? Your child can DIG IN to healthy breakfast options at school!

Be a School Breakfast Builder!

Studies show that students who eat school breakfast are more likely to:
- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

Follow SNA and #NSBW23 on Social Media to learn more about #schoolbreakfast!

NSBW resources are made possible by: