



SNAPA Happenings *Fall 2019*

~First Lady of PA Discusses Charitable Food Organizations

~Dairy Trends

~Partnering for Success

~President's Message

~2019 National Conference Highlights

~2019 Hershey Conference Highlights



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Covers

Designed by:

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NMM

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President's Message Fall 2019 SNAPA Happenings

Welcome Back to another wonderful, fun-filled school year. Starting a new school is never without its challenges, but we are school food service professionals and we know “how” to get things done! Congratulations on a successful start of the 2019-2020 school year!

Our 2019 Annual Conference was held in Hershey Pennsylvania and focused on *A Coordinated Approach to Putting our Students First*. What does that *really* mean? Simply put, it means utilizing your resources to make students in Pennsylvania our #1 priority. So many of you do this effortlessly. We build and maintain strong work relationships with our school administrators, faculty and staff, our business & industry partners, our state agency, and *our* SNA/SNAPA network! They are all within arm's reach to contribute to the success of *your* program. We work together to create abundant and vibrant school gardens, active wellness teams, and much needed weekend food programs. These programs would not be successful without us working together in *a coordinated approach*. The best tool we have is our resources, human, technical, online, and our amazing association!

The SNAPA website is a great source of information. As a member, you get access to previous recorded webinars that are presented by industry professionals that provide proven tips & tricks of the trade. Don't forget you also get the latest copy of Monday Morning newsletter, filled with valuable and useful program resources. The SNAPA Happenings magazine is posted (and delivered to your email address on file) on our website for members to find interesting articles that help improve your program. One of the best resources SNAPA provides is our annual conference and Hershey was fantastic! I look forward to seeing you in August at the 2020 annual conference at the Kalahari! Another great SNAPA resources is our local Chapter meetings. Chapter meetings are a great place to network with your colleagues who share the same experiences, vision and knowledge. Let's be honest, who doesn't like to share their proven successes in their cafeterias! That's the greatest thing about school food service professionals, there is no competition, we love to share successes!

Thank you to every one of our wonderful members who always PUT Pennsylvania Students First!
Wishing you all a successful 2019-2020 school year.

Evora Nichole Taylor

2019-2020 SNAPA President

The School Nutrition Association Of Pennsylvania

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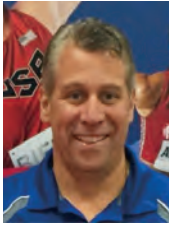


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Pennsylvania attends 2019 Annual National Conference in Saint Louis!



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**SNAPA receives
the 2019
President's Award
of Achievement**

SNA President Gay Anderson and SNAPA President Nichole Taylor

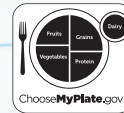


*Left to Right Back Row: Past President- Valerie B. Nartowicz, MS, RD, SNS, B&I Partners Don and Carol Gilbert, Executive Director- Pamela Gallagher, MBA, SNS. *Left to Right Front Row: Director of the Year- Lori McCoy, MDA, RD, SNS, 2019-2020 President Elect- Gina Giarratana and 2019-2020 President- Nichole Taylor



SNA President Gay Anderson and SNAPA Director of the Year, Lori McCoy, MDA, RD, SNS

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SNAC Bites

October 2019 Edition

Welcome to the October 2019 issue of SNA Communication (SNAC) Bites! SNAC Bites highlights new SNA programs and news, and provides content for your state association publications, chapter meetings and social media channels. In some cases, the content will need to be customized for your state association's needs, should you decide to use the below stories.

Here are this month's headlines:

1. [Envision Your Future: Register for #SNIC2020 Today!](#)
2. [Share Your NSLW 2019 Playlist with Parents!](#)
3. [Count 'Em, Five Webinar Wednesdays this October](#)
4. [New School Meal Bills Introduced to Congress](#)
5. [ERS Publishes Report on Household Food Security in United States in 2018](#)
6. [FNS Publishes Evaluation for Direct Certification with Medicaid for Free and Reduced-Price](#)

1. Envision Your Future: Register for #SNIC2020 Today!

Join us at [#SNIC2020](#) in California's beautiful Coachella Valley from January 12-14, 2020 and experience three days of unparalleled learning, networking, collaboration and cutting-edge ideas for school nutrition operators and industry partners. Designed to help you grow school nutrition programs, you'll learn new strategies to boost your creativity, gain innovative insights, hone your leadership skills and put the most innovative ideas in school nutrition into practice.

All of your favorite education formats are back—general sessions featuring [visionary speakers](#), 60-minute concurrent breakout [education sessions](#) on hot topics, fast-paced 30-minute Ideas@Work sessions on singular innovations and industry-hosted [Innovative Solutions Sessions](#). Plus, we're offering some fantastic new learning opportunities! Take part in roundtable meet-ups on hot topics, incredible offsites and experiences throughout the conference, and professionally guided Learning Circles for you and up to eight of your peers. Plan to come a day early for [pre-conference sessions](#)!

[Registration](#) is now open—kick off the year of perfect vision with us and register for #SNIC2020 today!

2. Share Your NSLW 2019 Playlist with Parents!

There's only a little time left to amplify your engagement with parents before [National School Lunch Week 2019](#)! Remember that SNA's resources are available to help you share what's on your #SchoolLunchPlaylist. Download the SNA [NSLW 2019 Toolkit](#) as well as share the NSLW 2019 Infographic (available in [English](#) and [Spanish](#)) to get the word out to parents. Create more buzz by inviting parents to enjoy school lunch with their child on [National Take Your Parents to Lunch Day](#) (Wednesday, October 16, 2019), or any other day that works for them.

Encourage them to review the school lunch menu and keep the conversation about healthy eating going outside of the cafeteria. You can also encourage them to follow the SNA [TrayTalk Facebook page](#) and [blog](#) for school lunch innovations and success stories.



3. Count 'Em, Five Webinar Wednesdays this October

Kitchen staff in small districts often go beyond the call of duty because their devotion to the students sometimes outweighs available resources and funds. On October 9, join us for [ANC Ideas@Work: Small District? Make the Most of Your Resources](#), where one district director will share how she rewarded her dedicated staff by entrusting them with more decision-making power, creating greater buy-in and professional growth.

Then on October 16, [Best of #ANC19: Redesign Your Serving Line](#) is one simple way to increase participation without breaking the bank. Hear from two states that implemented new food arrangements and service line designs to entice kids to eat healthier reimbursable meals. On October 23, [Best of #ANC19: News You Can Use- Recent Updates in USDA Research \(and Why You Need It\)](#) will dive into why the USDA collects School Food Authority (SFA) data, and how they are putting it to use. Then, on October 30, join [Best of #ANC19: Simple Solutions for Handling Change](#) with Bart Christian, who always finds a way to encourage and motivate those who may need a reminder of why their work is so important. He'll give you the tools you need to re-engage at school (and at home). Find all open registrations here: [Upcoming Live Events](#)

4. New School Meal Bills Introduced to Congress

Two new bills impacting school nutrition programs were introduced in September 2019:

- Rep. Susan Wild (D-PA), Rep. Brian Fitzpatrick (R-PA), Rep. Debbie Dingell (D-MI), Rep. David Trone (D-MD) and Rep. Don Bacon (R-NE) have introduced [H.R. 4259](#), the *Schools Preventing Hunger in At-Risk Kids (SPARK) Act*, a bipartisan bill that extends categorical eligibility to over 400,000 children who currently live with grandparents or in other arrangements such as kinship care.
- Rep. Jim McGovern (D-MA) and Rep. Rodney Davis (R-IL) introduced [H.R. 4265](#), the *Healthy Breakfast Help Kids Learn Act of 2019* which would strengthen and expand the School Breakfast Program (SBP) by providing additional federal support to those schools participating in the SBP.

5. ERS Publishes Report on Household Food Security in United States in 2018

On September 4, the U.S. Department of Agriculture's (USDA) Economic Research Service (ERS) published [Household Food Security in the United States in 2018](#), a report that covers household food security, food expenditures and use of Federal food and nutrition assistance programs for 2018. A food-insecure household is defined as a household that has difficulty providing enough food for all their members due to a lack of resources at some point during the year. USDA monitors the extent and severity of food insecurity in U.S. households through an annual, nationally representative survey sponsored and analyzed by USDA's ERS.

Overall Findings:

- The 2018 prevalence of food insecurity declined, for the first time, to the pre-recession (2007) level of 11.1 percent.
- In 2018, 88.9 percent of U.S. households were food secure. The remaining 11.1 percent (14.3 million households) were food insecure.
- In 2018, 4.3 percent of U.S. households (5.6 million households) had very low food security, not significantly different from 4.5 percent in 2017.
- In households with children, children were food insecure in 7.1 percent of U.S. households (2.7 million households) during 2018, not significantly different from 7.7 percent in 2017. Households with food insecurity among children were unable at times to provide adequate, nutritious food for their children.



6. FNS Publishes Evaluation for Direct Certification with Medicaid for Free and Reduced-Price

The Food and Nutrition Service (FNS) published the report: [*Evaluation of the Direct Certification with Medicaid \(DCM\) for Free and Reduced-Price Meals \(F/RP\) Demonstration*](#). This report evaluates the ability of individual states and school districts to identify and directly certify eligible students for free or reduced-price meals by using information from Medicaid data files. This report describes the implementation process and explores the effects it has on certification, participation, Federal reimbursements and State administrative costs. FNS evaluated these new demonstrations to assess the means and resources used, the challenges encountered in conducting data matches, the impacts on student certification and overall participation in National School Lunch Program (NSLP) and School Breakfast Program (SBP), and the costs associated. Read the full report [here](#).

Overall Findings:

- Direct certification through Medicare resulted in an incremental increase in the number and percentage of students certified for free and reduced-price meals, but effects varied across states.
- Changes in certification rates had mixed, limited effects on participation rates.
- Direct certification also had mixed impacts on Federal reimbursement costs.
- Implementation was generally successful, but timelines for implementation were longer than expected due to the complexities of conducting data matches.
- State administrative costs were modest; most of the costs were associated with startup expenses.





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2019 HERSHEY CONFERENCE HIGHLIGHTS!

Keynote Speaker – Laura Schroff

An international and #1 bestselling author and keynote speaker. Since the launch of her books, *An Invisible Thread*, *An Invisible Thread Young Readers' Edition*, *An Invisible Thread Christmas Story*, *Angels on Earth*, Laura has become a passionate and compelling voice on the power of acts of kindness and human connections.

In Hershey, she shared her personal story about love, compassion and paying it forward!



SNA's President Elect Reginald Ross

Swore in our 2019-2020 Board of Directors, spoke about the importance of SNA memberships in challenging times and held a breakout session on marketing your program!



Left to Right: SNAPA President- Nichole Taylor, Keynote Speaker- Laura Schroff and SNA President Elect Reginald Ross

SNAPA's President Evora Nichole Taylor

Welcomes members to the 2019 Annual
Hershey
Conference!



**A Coordinated
Approach – Putting
Student's First in
Pennsylvania!**



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Fully Cooked Traditional Turkey Meatloaf
#614710

Sustainability Overview

Everything we do at Tyson Foods starts with our purpose – to raise the world’s expectations for how much good food can do.

Our purpose gives us direction to positively impact the world by making a difference in the environment, our workplace, in the communities where we work and serve and in animal welfare to sustainably feed the world together. Five key objectives will help us deliver safe, affordable, sustainable food for generations to come:



1

Food – We deliver high levels of food safety, work closely with independent farmers to reduce human-use antibiotics and offer and communicate new benefits across key business segments.

- Sustainably offer protein and food products that consumers want

★ Launched 359 new products in 2018 & invested \$114 million in R&D

2

Animal Welfare – We deliver excellence in animal health, handling and humane harvesting through leading-edge, third-party monitoring and continuous improvement through research and pilot projects.

- Deploy the most transparent welfare practices in foodservice

★ Began full disclosure of six key animal welfare indicators



3

Environment – We develop bold, outcome-based targets across several environmental focus areas for our direct operations and supply chain as well as targeting material compliance with regulations.

- Reduce greenhouse gases (GHG) by 30% by 2030
- Reduce water intensity by 12% by 2020

★ Partnered with Environmental Defense Fund on two pilot programs that will help improve nutrient management on 500,000 acres of corn

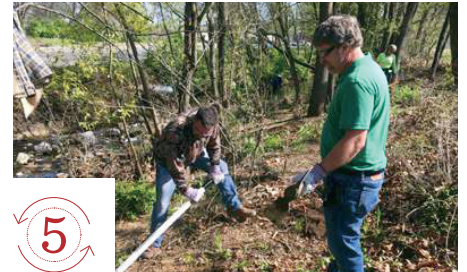


4

Workplace – We foster a workplace where Team Members are safe, healthy and empowered to excel; with competitive compensation and benefits, which cultivates workplace retention.

- Build a highly engaged team with a 10% increase in retention
- Aspire to offer English as a second language and financial literacy training to all employees

★ Reduced OSHA recordables by 22% from FY2017 to FY2018



5

Communities – We build strong communities where we work and live by reducing food insecurity and enhancing Team Members’ stability, resiliency and quality of life through programs like Upward Academy.

- In 2015, pledged \$50 million in cash or in-kind to fight hunger by 2020

★ 46,065,388 servings to ease hunger since 2015



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Trends in Pennsylvania's Dairy Industry

Dr. Carol A. Hardbarger
PA Milk Marketing Board
September 2019



As I pondered what to write for this article on trends in the dairy industry, I received an email from The Hershey Store urging me to “celebrate Milton Hershey’s Birthday with Something Sweet!” Milton Hershey was born on September 13, 1857, and I doubt if there are many in the United States or around the world who do not recognize his name. The heritage of Hershey Foods is tied to the dairy industry in Pennsylvania; indeed, in 1903 Hershey started building his company in Derry Township, PA, because of the abundance of available fresh milk to make his milk chocolate. Many don’t realize that his innovative use of fresh milk to make confections began before 1900 when he manufactured caramels in Lancaster County.

Throughout Pennsylvania’s early history, dairy animals were kept on farms to provide families with fresh milk to drink and to make butter and cheeses. Industrialization at the turn of the century resulted in a migration of rural residents to the cities and a way to deliver a healthy and commercially viable product to city residents was needed.

Today, Pennsylvania’s dairy industry has come a long way. The Commonwealth ranks 6th nationally in total dairy production, 2nd in the number of small dairy farms, and 4th in the number of processing plants. While agriculture is Pennsylvania’s biggest business, dairy is the largest area of agriculture in the state. Things have changed, though, and many farmers are selling their farms or herds and milk consumption is declining. How do these changes affect things in our state given not only the economic but nutritional value of dairy products?

First, consumers are increasingly health conscious and can often be swayed by advertising that touts the benefits of plant-based milk alternatives; some consumers resist dairy and other animal products because of perceived cruelty issues. It is imperative that all of us who believe in benefits of dairy nutrition for children and others state the facts. Dairy, through yogurt bacteria and kefir, is considered one of the best vehicles for carrying probiotics into the body. We know, also, that yogurt can help improve lactose digestion for those found to be intolerant. Dairy protein in the form of whey has significant nutritional benefit as it is one of the best sources of branched-chain amino acids, which have been shown to stimulate muscle protein synthesis. It is

no wonder that whey sales volume increases year after year. And regular fluid milk contains nine essential nutrients, most of which must be added to plant-based alternatives.

Second, consumers clamor for new and interesting flavored milk products. The industry is responding with alcohol-infused ice cream, flavored butters and milks, and spicy marinated cheeses. Think of “Earl Gray Tea with Shortbread Cookies” ice cream or coffee with cheese cubes melting much like a marshmallow! Consumption of these products is rising even while fluid milk consumption is declining. Dairy companies are attempting to “think outside the box” to compete with plant-based alternatives because dairy products are more nutritious and less expensive to produce. Here in Pennsylvania several of our milk processors market special flavored milks for limited times—peanut butter chocolate, orange creamsicle, eggnog, chocolate peppermint and cookies and cream, to name a few.

Third, good research and communication have put higher fat foods back in style, including dairy products. Foods with natural fat content require less processing and usually contain fewer additives. Whole milk sales have increased and if Congress passes the legislation designed to allow whole milk back in schools, we believe consumption among children will begin to rise. Sales of full-fat cheeses and butter are also increasing at a steady pace.

I urge everyone to become a Pennsylvania dairy advocate. It isn’t trendy, but it is smart: Smart nutrition for our children and families, smart for our seniors, and smart for our economy.

For more information, please contact me at chardbarga@pa.gov.





SNA Awards Program

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Awards for School Nutrition Professionals



Nominations are due by February 15, 2020
Please contact Pamela Gallagher at 717-732-1100

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#snic **2020** Indian Wells, California
January 12-14, 2020

VISION

School Nutrition Industry Conference

Get ready to kick off 2020 (with vision) at the most innovative conference in school nutrition: the [School Nutrition Industry Conference](#) (SNIC) January 12-14, 2020 in Indian Wells, California.

In addition to the hottest topics in school nutrition and the best business keynote speakers from around the globe, you can expect exciting new educational opportunities at SNIC. Many of our pre-conference sessions and workshops have **limited space** and are available on a **first come, first served basis**.

Take a minute to review these opportunities and be first in line when registration opens later this week.

Pre-Conference Workshops:

Community Connection: Palm Springs USD Tour & Mini Farmers Market

Saturday, January 11, 9:50am-2:15 pm (includes lunch and travel time on bus), **\$169**.

Join us for an exciting field trip to tour the Palm Springs Unified District warehouse and central kitchen and learn how they foster community partnerships to support school meals. This unique opportunity will also feature local farmer Bob Knight who will lead a discussion on how to bring locally grown and prepared foods to students with a mini farmers market.

SNIC THINKubator: Think Outside the Lunch Box

Saturday, January 11, 2:00-5:00 pm, \$129. Very Limited Space.

Are you an innovative operator? Do you love problem-solving in teams? Do you thrive on the idea of pitching ideas to about 600 of your peers?

Join us for an exclusive opportunity to participate in SNA's first-ever THINKubator! The THINKubator is an innovative concept of collaborative problem solving and idea generation that we're using to address some of the toughest school nutrition challenges.

- 8 teams will compete to solve the following challenge: "How do we increase school lunch participation?"
- Each team will include 5 participants: 3 operators, 1 industry sponsor and 1 high school student from the local school district.

Once your team has developed its innovative ideas, they will pitch these solutions to the SNIC audience during Sunday afternoon's general session.

Registration open to operators only. Industry representatives interested in sponsoring a team should contact SNA Business Development Manager, Nita Artis at nartis@schoolnutrition.org.

Special Conference Workshops:

Please note that these activities will take place concurrent to other education sessions and ideas@work sessions on Monday 1/13 and Tuesday 1/14.

Behind the Scenes at the Renaissance Indian Wells Kitchen & Dining
Monday, January 13, 10:00 am – 11:00 am & 2:45-3:45 pm; Tuesday, January 14, 9:00 am-10:00 am, \$25.

Join executive Chef Eric Theiss of the Renaissance Indian Wells Resort as he takes you on a one-of-a kind culinary journey. Tour the Renaissance banquet kitchen and gain innovative ideas for your school district from its state-of-the-art ovens, storage facility, garde-manger and conveyer belt food assembly while sampling delightful food. ***Please note: This activity will take place concurrent to other education sessions and ideas@work sessions.***

Local Food Bank Activity: Help End Hunger in the Coachella Valley
Monday, January 13, 2:30-5:00 pm (includes travel time on bus), \$25

Experience a unique opportunity to participate in a community activity at the "Find Food Bank" in the Coachella Valley, a non-profit organization dedicated to ending childhood hunger and family food insecurity in the Southern California region. Come meet and learn from peers from across the country– all while helping the local community!

Please note: This activity will take place concurrent to other education sessions.

Visit the SNIC website, for more details about these exciting opportunities and to view the full conference schedule and amazing general session speakers.

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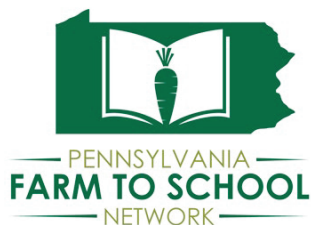


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Wolf Administration announced its food security plan, "[Setting the Table: A Blueprint to for a Hunger-Free PA.](#)" The plan lays out the administration's goals of providing all Pennsylvanians with access to healthy, nutritious food, which will improve their well-being, health, and independence. One of the key goals of the Blueprint is to increase access to and participation in school breakfast programs for students who are eligible for free and reduced-price lunch at school.

The Pennsylvania Nutrition Education Network facilitates communication among individuals and organizations engaged with improving nutrition in our communities. We work to ensure that effective, evidence-based, appropriate nutrition resources - primarily for low income populations - are available across the state.



The Pennsylvania Farm to School Network is a group of state agencies, nonprofit organizations, and other leaders committed to leveraging collective resources in order to collaboratively advance and promote farm to school efforts across the Commonwealth. The Network is here to support food service directors with sourcing local foods for child nutrition programs. Check out our [map](#), sign up for our [newsletter](#), register for [PA Preferred Day](#) and/or reach out to Kelsey Porter at kporter@thefoodtrust.org.

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Bedford, PA – The [Pennsylvania Beef Council](#) (PBC) has been a long time member and sponsor of the [School Nutrition Association of Pennsylvania](#) (SNAPa) to provide school foodservice professionals beef resources from recipe inspirations to farm immersion events. SNAPa is the statewide organization that is committed to advancing the quality of child nutrition programs through education and advocacy.

SNAPa's annual conference took place in Hershey, PA July 28-31 attracting nearly 400 attendees. The PBC staff was able to take a group of 100 SNAPa members who chose to

partake in a field trip to a local farm on Tuesday, July 30th. The group was made up of dietitians, school lunch program decision makers and cafeteria staff representing 59 school districts from across the state.

The group spent the evening at the Masonic Village Farms which spans across approximately 500 acres. The farm includes 150 mature cows and the capacity to feed 300 head of cattle in their feedlot facility. The farm has garnered national recognition for their commitment to Beef Quality Assurance practices and their dedication to sustainability efforts. They are stellar stewards of both their land and animals.

Farm Manager, Frank Stoltzfus, and Herd Manager, Scotty Miller led the group through the farm tour sharing what they do day-to-day to ensure their cattle are taken care of properly and how nutrition plays into a quality beef product. The group was able to view both the cow-calf operation as well as the feedlot. The evening ended with an open Q&A session and a beef dinner before loading the school buses to head back to their convention.

"This was a great opportunity to share the faces behind beef with those that help to feed and nourish the next generation. We are grateful for the association's interest in learning more when it comes to the beef community and look forward to working together in the future," said Nichole Hockenberry, Director of Marketing and Communications, PA Beef Council."

To learn more about the Pennsylvania Beef Council, visit www.pabeef.org.

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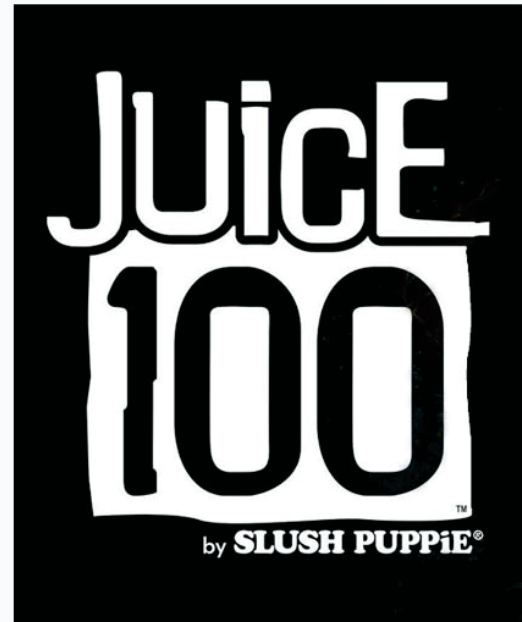
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Game Day Meals launched at Mt. Lebanon High School

Reprinted with permission Harry Funk Sep 11, 2019 Updated Sep 13, 2019



Harry Funk/The Almanac

State Agriculture Secretary Russell Redding and Mt. Lebanon High School Principal Brian McFeeley cut a ribbon for the ceremonial launch of Game Day Meals.

Harry Funk

For anyone who had to endure soggy french fries, burger buns and pizza crusts for their school lunches, cafeterias have changed for the better. Guests for a recent event at Mt. Lebanon High School learned firsthand when sampling menu items such as Korean beef over brown rice with stir-fried vegetables and boneless, skinless grilled chicken sandwiches. The occasion was the kickoff, complete with a ribbon cutting, for Game Day Meals, a program to provide nutritious offerings featuring locally sourced food. The objective is to offer performance-boosting meals Fridays to 50,000 students in Pittsburgh-area schools.

Nolen Fetchko, Mt. Lebanon food service director, and Joe Beaman, University of Pittsburgh director of dining services, worked on developing the program, which has been joined by PA Preferred as a partner.

The state Department of Agriculture sponsors PA Preferred to identify and promote food and agricultural products grown, produced or processed in Pennsylvania, and the department's secretary, Russell Redding, visited Mt. Lebanon for the Game Day Meals launch.



Harry Funk/The Almanac

State Agricultural Secretary Russell Redding is pictured with his Game Day Meal at Mt. Lebanon High School.

“You cannot feed a hungry mind on an empty stomach,” he told a group of students prior to partaking in a Korean beef lunch. “It takes a lot of energy to think and to act, to be great performers as students, but also great performers on the field. I think that’s a really important connection that you make here through Game Day Meals: That nutrition is critical to a strong performance.”

The program features meals planned by University of Pittsburgh dietitians, and Auburn Weisensale, director of nutrition for the university’s athletic department, has spoken with Mt. Lebanon students about the importance of eating properly, providing many recommendations for how to do so.

“The school is doing something here that they’ve entrusted to many, to make sure that you receive great nutrition,” Redding said to students during his visit. “You can perform at your peak, whether you’re on the field or in the band room or in the classroom.”



Harry Funk/The Almanac

From left are Joe Beaman, University of Pittsburgh Director of Dining Services; Timothy Steinbauer, Mt. Lebanon School District Superintendent; State Rep. Dan Miller, D-Mt. Lebanon; Nolen Fetchko, Mt. Lebanon Food Service Director; and Pennsylvania Secretary of Agriculture Russell Redding.

Staff writer Harry Funk, a professional journalist for three-plus decades, has been on the staff of The Almanac since 2015. He has a bachelor's degree in journalism and master of business administration, both from Indiana University of Pennsylvania.



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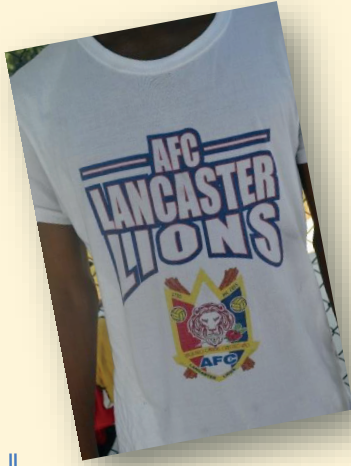
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AFC Lancaster Lions and SNAPA Team Up for Summer Saturday Sun & Fun!



AFC Lancaster Lions was founded in 2015 by former Harrisburg City Islander Brian Ombiji and is Lancaster, PA's highest tier professional soccer development team. Its men's side competes in the United Premier Soccer League. AFC Lancaster Lions also operates the AFC Lancaster Lions Foundation, which provides an opportunity for Lancaster youth to participate in soccer as a productive, safe afterschool activity. Lancaster Lions' youth development program emphasizes sport as a pathway to higher education; several youths who have been part of the program have played for their high school team and gone on to college soccer careers.

The Central Pennsylvania Food Bank has partnered with AFC Lancaster Lions for over two years to provide nutritious lunches and dinners at no charge to the program or the participating children. Utilizing the CPFB's sponsorship of the Child and Adult Care Food Program during the school year and the Summer Food Service Program in the summertime frees money in AFC Lancaster Lions' budget that would otherwise have been spent on food, which enables them to purchase more equipment or attend more tournaments than a club of their size otherwise might. Through this mutually beneficial partnership, the CPFB is also able to reach many at-risk children who likely would not attend other afterschool programs.

By: Morgan Flood
Youth Programs Associate
Central Pennsylvania Food Bank
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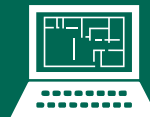
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First Lady Frances Wolf and Governor's Food Security Partnership Highlight Importance of Charitable Food Organizations

September 03, 2019



Harrisburg, PA - First Lady Frances Wolf and top officials from each of the six state agencies from the Governor's Food Security Partnership today joined Feeding Pennsylvania and the Central Pennsylvania Food bank to highlight the importance of charitable food organizations and the Supplemental Nutrition Assistance Program (SNAP), the nation's most important anti-hunger program, during Hunger Action Month. The Governor's Food

Security Partnership includes the departments of Aging, Agriculture, Community and Economic Development, Education, Health, and Human Services.

"Tom and I are so proud of the progress the Food Security Partnership has made towards eradicating hunger - we have taken an active approach to ensuring all Pennsylvanians have access to nutritious food by encouraging public, private and non-profit partners to share best practices and support existing programs," said First Lady Frances Wolf. "But, as we all know, there is still more work to be done. There are still far too many Pennsylvanians - over two million - who are unsure of where they will find their next meal. That is why it is so important to bring awareness to the issue of food insecurity - not only during Hunger Action Month, but all year long."

In Pennsylvania, approximately 1.53 million Pennsylvanians experience chronic hunger. About 437,000 low-income children are experiencing food insecurity. Food insecurity means not having access to reliable and nutritious meals. Since hunger and health are deeply connected, the effects of inadequate food are profound. Those effects include increased risks for chronic diseases, higher chances of hospitalization, poorer overall health, and increased healthcare costs.

"More than one million people around Pennsylvania do not know where they will get their next meal," said Human Services Secretary Teresa Miller. "For these people, food insecurity is their daily reality. However, programs like SNAP and charitable food networks help working adults, people with disabilities, older adults, and children access food and expand their purchasing power so they do not have to choose between paying for a doctor's appointment or replacing an old pair of shoes and being able to eat dinner."

On average, children whose families utilize SNAP are healthier than kids whose families qualify for SNAP but are not enrolled in the program. These kids go on to have higher graduation rates, increased adult earnings, and improved health outcomes in their adult life. Older adults who are enrolled in SNAP are healthier, hospitalized less and are less likely to go to a nursing home.

In addition to SNAP helping curb healthcare costs, SNAP helps local economies. In May 2019, the United States Department of Agriculture (USDA) published [a study](#) on the influence of SNAP redemptions on the economy and county-level employment in the time leading up to, during, and after the

Great Recession. This study found that SNAP redemptions could have a greater economic stimulus impact than many other forms of government spending per dollar spent, especially during a recession, because they are paid directly to low-income individuals. For instance, the grocery subsidies deliver food directly to tables along with a financial return into rural supermarkets and small businesses in those communities.

There are over 10,000 authorized retailers that participate in SNAP across Pennsylvania. These retailers redeemed about \$2.6 billion in SNAP benefits in 2018 according to the United States Department of Agriculture. SNAP also provides support for programs like SNAP 50/50, where non-profit organizations leverage their funding with matched funds from the federal government to provide career-specific skills training for people receiving SNAP benefits.

In 2016, the Governor's Food Security Partnership released Setting the Table: A Blueprint for a Hunger-Free PA. The Blueprint was developed through robust stakeholder engagement. With the Hunger Blueprint as a guide, the Governor's Food Security Partnerships and charitable food partners have made significant impacts in our communities in the past three years. The role of charitable food organizations played an essential role in improving access to local food resources and increasing awareness of food insecurity.

Feeding Pennsylvania is a partnership formed among eight of Pennsylvania's Feeding America member food banks. Through this partnership, they serve nearly two million low-income individuals annually by distributing more than 160 million pounds of food across Pennsylvania. The mission of Feeding Pennsylvania is to assist members in securing food and other resources for themselves and for people in need and to provide a collective voice on the issues of hunger and food access.

"There are 1.53 million Pennsylvanians facing hunger and nearly half a million of them are children," said Jane Clements-Smith, executive director of Feeding Pennsylvania. On behalf of the entire charitable food network, we would like to thank Governor and First Lady Wolf for their commitment to addressing hunger. Feeding Pennsylvania is proud to have been at the table since the conception of the Governor's Food Security Partnership, and we continue to work closely with the administration to ensure that every Pennsylvanian has access to nutritious food."

Charitable food networks around the commonwealth do important work every day to help Pennsylvanians experiencing hunger, but they cannot end food insecurity alone. The combination of charity and government assistance programs are necessary to help bridge the meal gap.

The Wolf Administration will be visiting local charitable food organizations across the commonwealth during Hunger Action Month to highlight local resources and initiatives as well as learning from volunteers and staff and talking to people who are experiencing hunger. The partnerships between the Wolf Administration and local food networks work together to maintain a critical safety net.

For more information on the Governor's Food Security Partnership and food assistance programs, visit www.dhs.pa.gov.

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Goats provide district with eco-friendly maintenance

Norwin School District is turning to an alternative solution for maintaining rough terrain on the district's steep, hilly landscape. Since July 31, a herd of seven goats from Nuisance Wildlife Solutions has been taking care of the shrubbery typical machinery can't reach, increasing the safety of students and staff and ensuring an attractive campus. According to a district news release, the solution is also likely to cut down on reseeding, since weeds and other vegetation leave behind. It also is expected to help reduce the district's ongoing problem with groundhogs by removing some of the ground cover the animals prefer.



release, goats also eat most of the seeds that

The goats are in a fenced area to separate them from people on campus and are being cared for the Nuisance Wildlife Solutions staff. Signage has been posted to discourage people from disturbing the "working" goats.

Using goats for landscape maintenance where rough terrain exists has a number of advantages, said Norwin Superintendent Dr. Jeff Taylor. "It is a cost-effective practice that doesn't jeopardize employee safety and, because herbicides are not used, it is environmentally friendly. I anticipate that other school districts will be interested in exploring this solution for steep, overgrown areas on their properties."



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Partnering for Success: Working with Community Organizations to Advance Your Farm-to-School Program.

By Malik Hamilton¹, Sarah Buranskas², Dawn Plummer³, and Victoria Thurmond⁴



A Food Service Director (FSD) is never without a to-do list longer than can be accomplished in the few hours available each day. Menus must be written, food ordered, and costs managed. So when a representative of a local advocacy group comes by or calls and asks about how much local food you are serving, and if you are working directly with any farmers, or providing some sort of nutrition

education in the cafeteria and the

classroom for students, it can quickly take the wind out of your sails and leave you wondering if you'll ever find the time to address it all. The good news is that you don't have to do all the heavy lifting on special programming like Farm-to-School. There are organizations in your community that are eager to take the reins and help you get programs like these planned, organized, and implemented free of charge and with nothing more than on-going input from you.

During School Year 2017-2018, alongside our then dietitian and menu planner, I met with representatives of the Pittsburgh Food Policy Council and Grow Pittsburgh to discuss the feasibility of applying for a United States Department of Agriculture (USDA) Farm to School Grant. Our department understood the need and benefits of such a program, but we feel we're doing good if we can manage a five-thousand-dollar grant for grab-n-go carts and a blender. We knew we simply didn't have the time or free labor hours to write a proposal, implement, and

¹ Purchasing Supervisor for Food Service Department Pittsburgh Public Schools

² Project Manager, Pittsburgh Food Policy Council

³ Executive Director, Pittsburgh Food Policy Council

⁴ Garden Coordinator and Educator, Grow Pittsburgh

manage a two-year grant that could be worth hundreds of thousands of dollars. If something like this was going to happen, we knew we were going to need help.

Prior to this meeting the district had a working relationship with Grow Pittsburgh, wherein Grow Pittsburgh built gardens in nineteen of the district's fifty-four schools. In the course of this work Grow Pittsburgh provided material support, and garden education to garden teams (made up of parents, teachers, and staff) at those schools through a two-year train the trainer program.

Since 2016, the Pittsburgh Food Policy Council, whose members include food growers, school garden and nutrition nonprofits, anti-hunger advocates, and many others, had collaborated with the Harvard Food Law & Policy Clinic and Pittsburgh Public Schools to publish "The Pittsburgh School Food Environment: Strengths and Opportunities in the Pittsburgh Public School District"⁵.

This report outlined action steps that school food stakeholders could take together, specifically at PPS. The steps suggested that expanding on existing work with Grow Pittsburgh, collaborating with additional non-profits, and examining our opportunities for local purchasing, freezing, and storage would move PPS towards a best practice school food environment. Based on this report, and substantial feedback from pertinent stakeholders, we developed a collaborative proposal to the USDA Farm to School Grant Program to implement a comprehensive farm to school initiative in our district. In July 2018 Grow Pittsburgh was awarded a one hundred thousand-dollar two-year grant on behalf of Pittsburgh Public Schools to further our districts efforts to increase Farm to School purchasing, training, and education - and that was the easy part. As we have worked to implement the planned pieces of the grant, we've learned some key lessons.

Take your time and work out all the foreseeable kinks first. This grant is highly competitive, requires a lot of paperwork, background knowledge, collaboration, and time. If the deadline for grant submissions is just a few months away - wait for the next one! We would advise that you've worked out the who, what, where, when, and how to the point of being implementation ready before you apply for the grant.

Take a lot of very clear notes. One of the primary complications of the grant has been staff turnover. Various staff transitions meant that grant tasks had to be reassigned and explained. New staff hires required a transition period with a steep learning curve, which shifted the overall timeline. These were not grave issues over the course of the project, but certainly a lesson learned to take meticulous notes during the planning sessions when grant components are initially brainstormed.

Celebrate your wins! As we have implemented various pieces of the grant, we have come to learn that good work is valued more when people know it is happening. We have made a

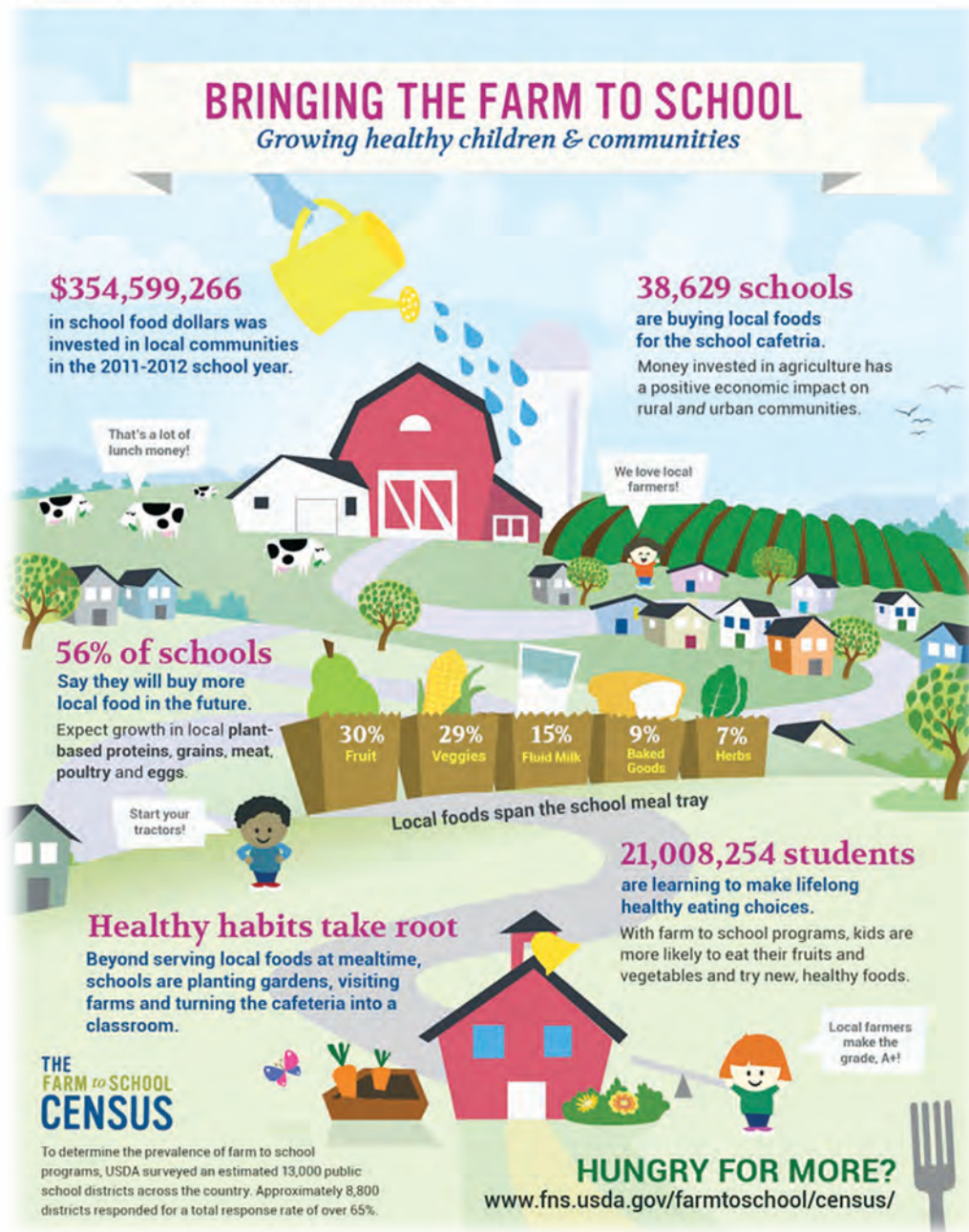
⁵ <https://bit.ly/2mCkFix>

conscious effort throughout this process to celebrate successes and lift up the good work as it happens, but the more you can include this work in your budget and staff time the more momentum you will build across your community.

Overall the experience of working with these two outside partners and advocates has started a Harvest of the Month program in our district, connected us with resources that may have taken us much longer to identify on our own, and opened the door for future collaborations across outside organizations and within the District. All we did was help open doors and give feedback while our community partners did the heavy lifting benefitting our staff, and more importantly, our students.



The United States Department of Agriculture



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ITEM CODE	PRODUCT DESCRIPTION	SIZE	PACK	GRAIN/FRUIT CREDITING
BAVARIAN BAKERY® - MADE WITH 51% WHOLE GRAINS				
9545	Bavarian Soft Pretzel Stick	2 oz.	72	2 grain
9546	Bavarian Soft Pretzel Hot Dog Roll	2.6 oz.	72	2 1/2 grain
9549	Bavarian Soft Pretzel Dinner Roll	2.2 oz.	100	2 grain
9552	Bavarian Soft Pretzel Roll - Bulk Pack	2.2 oz.	90	2 grain
DUTCH WAFFLE - MADE WITH 51% WHOLE GRAINS				
4522	Dutch Waffle Sticks	4"	600	2 grain
READI-BAKE® BENEFIT® COOKIE DOUGH- MADE WITH 51% WHOLE GRAINS				
14409	Gourmet Mayan Hot Chocolate with Caramel Pieces	1.85 oz.	192	1 grain
14410	Gourmet Spiced Key Lime with White Chocolate Chips	1.85 oz.	192	1 grain
14411	Gourmet Sweet Heat Oatmeal Cranberry	1.85 oz.	192	1.25 grain
READI-BAKE® PRE-PACKAGED GRAHAMS & CRACKERS - MADE WITH 51% WHOLE GRAINS				
56080	Belly Bears Cinnamon Graham Crackers	2.0 oz.	100	2 grain
56079	Jungle Crackers	2.0 Oz.	100	2 grain
LUIGI'S® SOURS 100% FROZEN FRUIT JUICE SORBET				
48456	Sour Orange/ Raspberry Swirl	4.4 fl. oz.	96	1/2 cup fruit
TIO PEPE'S® SPICEDICE™ 100% FROZEN JUICE CUPS				
48470	Strawberry Jalapeño	4.4 fl. oz.	96	1/2 cup fruit
48471	Mango Chamoy	4.4 fl. oz.	96	1/2 cup fruit
48472	Horchata	4.4 fl. oz.	96	1/2 cup fruit
48473	Watermelon Chili Limón Verde	4.4 fl. oz.	96	1/2 cup fruit



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**NATIONAL
FARM to SCHOOL
NETWORK**
GROWING STRONGER TOGETHER

Happy National Farm to School Month!

October is National Farm to School Month, a time to lift up the connections happening all over the country between students and local food. Whether you're an educator, farmer, food producer, parent, student, food enthusiast or advocate, everyone can celebrate!

Here are three easy ways you can kick off National Farm to School Month today:

1. **Explore our [national calendar](#) of Farm to School Month events** and see what celebrations are taking place in your community. Hosting an event? [Add it](#) to our calendar.
2. **Download free National Farm to School Month [materials and resources](#)**, including our [Farm to School Month Celebration Toolkit](#), stickers, posters, coloring sheets, bookmarks and more. Share these materials to help spread the word about farm to school.
3. **Shout out about farm to school** and share what you're doing for National Farm to School Month with the hashtags **#F2SMonth** and **#farmtoschool** on social media. We'll be re-sharing our favorite posts from you all month!
4. **National Farm to School Month** is a time to **be inspired, get involved, and take action** to grow farm to school and farm to ECE efforts in your community. No action is too small, and there are 31 days to take advantage of! Be sure to check out [our blog](#) all month long for inspiring stories and to discover new resources. And, keep reading below to find actions you can take this October - like attending a webinar, hosting a site visit, and making sure your local SFA director has submitted the Farm to School Census - to make an impact.

[Explore more ways to celebrate](#)

Thank you to our 2019 National Farm to School Month Sponsors and Supporters: [CoBank](#), [U.S. Highbush Blueberry Council](#), and our [National Farm to School Month Partners](#).

Upcoming Webinars

Bring Farm to School to Life with Highbush Blueberries

This Thursday! October 3 // 1-2pm ET

October is the perfect time to host a farm to school event to celebrate healthy, local food in the cafeteria, classroom and beyond! On this webinar, Nutrition Consultant Dayle Hayes, MS, RD, will lead a panel discussion with three schools that have used the [Highbush Blueberry Farm to School Playbook](#) to put together successful nutrition celebrations with blueberries. This webinar is hosted by the National Farm to School Network and sponsored by the U.S. Highbush Blueberry Council. [Register here.](#)



Kids Win and Farms Win: What Do We Know About the Impacts of Farm to School

November 7 // 1-2pm ET

Advocates claim that 'kids win, farmers win, and communities win' from policies, programming and initiatives that promote farm to school. However, what do we know about the extent to which this is true? Recent research funded by the USDA's National Institute of Food and Agriculture provides interesting insights into the kids win and farms win impacts of farm to school efforts. This webinar, featuring researchers from Colorado State University and University of Illinois, will highlight recent and ongoing research and important areas for future farm to school work.

[Register here.](#)



Happening Now: 2019 Farm to School Census

USDA Food and Nutrition Service (FNS) has officially launched its third Farm to School Census! This important survey is out and in the hands of more than 18,000 School Food Authorities (SFAs) across the country. The Farm to School Census is the only national survey that examines school districts' farm to school activities. It's a valuable measure of the effectiveness, scope, and reach of farm to school activities nationwide, and information gathered through the Census helps improve farm to school efforts at all levels. We want your hard work to be counted!

If you are with an SFA, please make sure that you complete your Farm to School Census survey as soon as possible. If you are working in a school and doing important farm to school related work, make sure that you share that information with your local SFA director. For more resources and information on this fall's Farm to School Census effort, visit USDA FNS's Community Food Systems Farm to School Census Resources page. Learn more here



National Calendar of Farm to School Events

Looking for farm to school trainings, conferences or networking opportunities happening near you throughout the year? Check out our [national calendar of farm to school events](#) to see what's upcoming in your community. Have an event to add? Use the green "submit event" button to send us your event details. New opportunities are added on an ongoing basis, so check back often!

This Week in Farm to School

Looking for more frequent updates about the latest happenings and opportunities in the farm to school movement? Every week, we share a roundup of farm to school funding opportunities, webinars, events, research, resources, policy news, job opportunities and media stories in our *This Week in Farm to School* blogs. Find them posted every Tuesday at farmtoschool.org/thisweek.

[Donate](#)





Invite Your Legislators to See Farm to School in Action *Congress Is In Recess Sept. 30 - Oct. 14*

Congress is currently in recess, which means now through Oct. 14, members of Congress are back in their home states. With October being National Farm to School Month, there's no better time to arrange a site visit with your legislators to show them the impacts of farm to school in action. Here are several great tip sheets about hosting an on-site visit with legislators:

- [Child Nutrition Site Visit Guide](#) (Food Research & Action Center)
- [Cafeteria Site Visits 101](#) (School Nutrition Association)
- [Legislators to the Lunchroom Guide](#) (Upstream Public Health)

Can't quite commit to organizing a site visit for policymakers this month? There are other ways you can support farm to school policy! [Take two minutes to endorse](#) the **Farm to School Act of 2019** (S. 2026, H.R. 3562) and **Kids Eat Local Act** (S.1817, H.R. 3220) to encourage members of Congress to provide the federal dollars needed by community-led initiatives. Click below to learn more about our priorities for the next Child Nutrition Reauthorization and find more ways to get involved in policy advocacy.

[Learn More](#)

National Farm to School Network and the [National Sustainable Agriculture Coalition](#) are partnering to advance farm to school priorities in the next Child Nutrition Reauthorization, with the shared goal of supporting stronger communities, healthier children and resilient farms.



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After returning from military service in World War II, Peter and Enrico decided to start their own bakery with Angelo in Carnegie, another Pittsburgh community. Benvenuti's Bakery opened in 1947. The family began selling Italian bread and rolls door-to-door and for more than 30 years the Benvenuti name was one of the most recognized in the area.

Today, the Benvenuti family tradition continues at KB Pizza, Inc. Our products continue to reflect the same pride and quality Angelo Benvenuti learned in Italy and brought to America almost 100 years ago.





Let Your Imagination Soar with Grab-and-Go Creations

The delay in implementing the next phase of sodium restrictions until the 2024–25 school year gives you more time to adjust menus. Use this opportunity to get creative with your grab-and-go offerings through the use of customization stations, chilled sauces and innovative recipe twists.

Customization stations aren't new, but now is a good time to refresh or expand them to see what seasonings and low-sodium options students are drawn to. "You may find it easier to make flavor adjustments back of the house, or you could opt to have a customization station where students can add their own spice to food," says Susie Berglund, Land O'Lakes senior culinary product specialist, K12 Foodservice. "See what works best for your students and for your line."

Get creative with bento boxes

Bento boxes are a fun trend that provides students with freshness and variety. You can create any number of combinations of meat or a meat alternate, fruit, vegetable and grain. For example, combine [Land O Lakes® Colby Jack Cheese Sticks](#), tuna or hummus, apple slices, baby carrots and whole-grain pita sections for a grab-and-go alternative. Likewise, a [Chilled Pasta Salad With Sweet Sriracha Chile Sauce](#) pairs with red grapes and [Land O Lakes® Reduced Fat Mild Cheddar Cheese Cubes](#) for a beautiful bento box.

And here's where creativity comes in. "We showed one school district a sweet sriracha sauce that traditionally we've served hot on sandwiches or as a dip," says Berglund. "But then we chilled it and made it into a sauce for an Asian-inspired pasta salad. The district staff wondered if they could make a pasta salad using other chilled recipes like Three Ingredient Queso. The answer was yes! It's easy to get creative with our sauces in both hot and cold applications with a variety of flavor profiles."



[Chilled Pasta Salad with Sweet Sriracha Chile Sauce](#) is the main component of this fun bento box.

Use functional, flexible cheese sauces

Land O' Lakes cheese sauces give you the option to have one SKU that can be used in many different ways and in a variety of recipes. You can heat our sauces, create several flavor profiles from them and then chill them to portion into bento boxes.

For example, add dill and onion powder to [Land O Lakes® Ultimate White Cheese Sauce](#), chill and portion it as a dip for fresh vegetables. "High school students are especially interested in these flexitarian options," says Berglund. "They're not vegetarians, but they do want more plant-forward alternatives, such as vegetables, fruits or grains, served with a dip to enhance flavor." Dill with Ultimate White Cheese Sauce is just one example of the many Land O'Lakes K12 sauce recipes that

fit well in a flexitarian, plant-forward menu.

Dill with Ultimate White Cheese Sauce works as a dip for students who prefer a flexitarian option.

Balance out line time

Students have short lunch periods, so if they can grab a bento box, they can get to their seats and eat. “Having bento boxes available as a grab-and-go option gives students the opportunity to avoid longer lines and start eating right away,” Berglund notes. “Balancing lines by giving students the option to pick up a grab-and-go lunch, get something a la carte or opt for a hot lunch increases variety and allows them to get their food in a more timely manner.”

Explore **bento box ideas in our recipes section today** and discover how grab-and-go options can help you offer a speedy, creative and flavorful lunch experience.

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Calendar of Events

APR.
21
2020

Strategic Planning Meeting

Kalahari - Mt. Pocono

APR.
22
2020

Board of Directors Meeting

Kalahari - Mt. Pocono

APR. 30
- MAY 2
2020

National Leadership Conference

Tempe, AZ

MAY
1
2020

School Lunch Hero Day

JULY
12 - 14
2020

2020 ANC

Nashville, TN

AUG.
3-6
2020

2020 SNAPA Annual Conference

Kalahari, Mt. Pocono

AUG.
2
2020

Board of Directors Meeting

Kalahari - Mt. Pocono

Calendar of Events

OCT.
14-18
2019

National School Lunch Week

NOV.
6
2019

Board of Directors Meeting

1:00 pm Homewood Suites - Hershey, PA

DEC.
6-8
2019

NERLC

Mystic, CT

JAN.
12 - 14
2020

School Nutrition Industry Conference

Indian Wells, CA

FEB.
6
2020

Board of Directors Meeting

Conference Call

MAR.
2-6
2020

National School Breakfast Week

MAR.
8-10
2020

National Legislative Action Conference

Washington DC

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