



TENNESSEE
SCHOOL
NUTRITION
ASSOCIATION

Making the right food choices, together

An affiliate of
**SCHOOL
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Volunteer Ventures

President Cochran's Message



Thank you so much for the confidence you have placed in me to serve as your Tennessee School Nutrition Association President for the upcoming year. I promise to try to lead in a way that benefit you and hopefully make you proud to be a member of our professional organization.

I have chosen as our theme for this year "Healthy Children ~ Tennessee's Future". For so long we felt like no one cared about what we did in School Nutrition, but now everyone has an opinion and an idea about something that we should implement into our program. School Nutrition has had constant changes for the last several years and I don't see us moving out of the spotlight any time soon. Now that we are in the spotlight we need to continue to care for the children we serve and let everyone know the great things

we are doing in our programs. When I mention "Healthy Children" we automatically think about the food we feed our children, but being healthy is more than the food we serve. We have made many changes in the food we serve over the last several years and will continue these changes. Last year our TSNA President, Lila Beasley, focused on physical activity. For years you have been masters at helping to improve children's mental and emotional health. Each and every day you have the opportunity to encourage the children you serve. Sometimes it is just that kind word or smile that can make a difference in the life of a child and ultimately - Tennessee's Future.

Each of you probably has a story about a child that touched your life or one that you cared for in the cafeteria. I would like for you to share your stories about special children with me this year. You may either e-mail or mail them to me. I look forward to hearing from each of you because you are the experts at nurturing "Healthy Children" and molding them into "Tennessee's Future".

I'm excited about this year, the challenges ahead of us, and the opportunities we have to make a difference in the lives of "Tennessee's Future."



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NEWS FROM THE STATE

DEPT. OF EDUCATION

2008 SNA
State
Conference

Chattanooga
Marriott

Chattanooga

Mark your calendar for
June 10 through June
13, 2008.

Check here soon
www.tnsna.com
for more information!

*We would like to welcome our newest consultant for the First TN region, Lamar Smith. Lamar comes to us with a background in teaching and coaching in middle Tennessee.

*CoverKids materials will be sent to each supervisor to share with the free and reduced price packets of information. The material instructs the parents to send the information back to CoverKids. You will not be responsible for collecting the applications. This is a wonderful opportunity for us to help children in more ways than just feeding them. Thank you so much for these extra efforts you are putting forth to help the children in TN.

*The Minimum Nutritional Act goes into full effect July 1, 2007 for grades pre-k through 12. I have recently met with the State Board committee and two recommendations that will have an impact on you are going to go before the board at the August meeting. The first proposed will be changing the wording to say if a pre-k is with a high school, the high school would not have to follow the more stringent rule. The second is going to include the sale of items that are part of the reimbursable lunch as well as breakfast. The recommended terminology will change the word "lunch" to "meals." I will let you know if these are passed.

*Taking it off in Tennessee – For those of you at the conference, we challenged one another to make one small step in improving the health in Tennessee by taking off at least one pound by next conference (June). You are keeping this information and sending it in to me by school system. If you have 2 schools or 200 participate, just let me know the following at the first of each month: number participating, total weight, and after the first month (total lost). We hope we can meet our goal of losing 3,000 pounds in TN by next June. Please be a part of the team.

I hope you have a wonderful school year. I know you will each work your very hardest to see that our children have the healthiest, best meals in the nation.

Sarah White

Knox County School Breakfast

Several Knox County schools celebrated National School Breakfast Week. Gibbs High School was the host for the kick-off on March 5, 2007. The theme for the celebration was "A World of School Breakfast" and featured flags and costumes from around the world. On hand for the kick-off was Principal, Janice Walker who read a proclamation from the Knox County Mayor Mike Ragsdale's office. Dr. Bettye Burns, consultant with the State Dept of Education was the guest speaker.

Rita Bardill, Cafeteria Manager and assistant Janice Loy dressed in German and Indian costumes. June Bates, Chapter President, wore a Greek costume provided by Ann Halkiades.



Putnam County Getting A Lot of Attention

During the early morning hours of March 17, 2007 while Putnam County Schools were still on Spring Break, Jere Whitson Elementary caught on fire. Since the fire started above ceiling tiles and was electrical in nature, it burned the wires to the alarm. Consequently, the 400 children from Jere Whitson began Camp Jere Whitson on March 19, 2007. The first two weeks were spent at Tennessee Tech University's Hooper Eblen Center (photos attached). During that time a local church, Steven's Street Baptist opened their hearts and their doors to our children. Jere Whitson students are now attending Camp Jere Whitson at another location. Students didn't miss a beat and on April 10, 2007 kindergarten registration (photo attached) was held for incoming campers! And school nutrition didn't miss a beat either.....all meals were served and on time!



Putnam County School Nutrition Employees were awarded USDA Food & Nutrition Services' 2006 Summer Sunshine Award. Putnam County was the only school district in Tennessee to be recognized in 2006. The award was based on increasing "Community and Faith Based" feeding sites. Employees increased literacy program and Bible school sites throughout the county by 45% and increased participation by 53%. Pic-

tured below are (Front L to R):

Ethel Reagan

Middle: Vickie Williams. Mid-

Twila Duling, Donna Sanders,

Not present for the photo:

Thompson, Lynette Ellis



participation by 53%. Pic-

Mary Ray, Karen Dalton,

dle: Vickie Williams, Back:

Kim Walker

Melissa Phillips, Freadia

State Conference Highlights

Tennessee School Nutrition Association held it's annual conference June 18 through June 22, 2007 in Gatlinburg. From all accounts, the conference was a big success.

Over 800 school nutrition personnel from across the state attended the annual conference. There were also over 150 Industry exhibitor booths.

The conference started with four pre-conference classes being offered for Dietary Guidelines for Americans, Nutrition for Life, Healthy Edge and Serving it safe. A full host of guest speakers offered a lot of useful information for all members. One of the biggest hits at this years conference was spirit day. Several systems dressed up and performed during the conference for a chance to win the spirit day contest.

Getting away from of years past, this creations event that when it comes to be-TSNA members are

The Jeopardy game entered by several rowed down to just into the evening to pion.

TSNA's Leadership other 20 up and

association but not before performing skits for conference attendees. Those of you that could not attend the conference, you really missed some creative performances. Look for your chance to enroll in the 2008 Leadership Academy class to begin in September later in this issue.

Several deserving individuals received state awards for their accomplishment during this past year. More to come on these later.

Let's not forget Fall Leadership on September 6, 7, 2007 at the Opryland Hotel in Nashville. Registration is \$60.00 per person .

Then, prepare for the TSNA Industry Conference in Pigeon Forge, October 29—31, 2007



the traditional bake-off year featured a culinary proved once again that ing creative with food, the best.

of school nutrition was systems and then nar-two who played well determine the cham-

Academy graduated an-coming leaders for the

Conference Awards



Cathy Wallace Named Director of the Year



Sumner County Wins Spirit Day Award



Metro/Davidson Co Jeopardy Champion



Bill Steadman Industry Member of the Year



Industry Scholarship Winners

USDA and State Best Practices Awards



Putnam County - State and USDA Regional



Unicoi County - State and USDA Regional



Knox County - State



Clarksville/Montgomery County - State and USDA Regional



Jackson County - State and USDA Regional

Louise Sublette Award

Each year TSNA gives an award to recognize the School Nutrition employee or manager who has taken a special idea, developed it into a goal and used that goal to help the school's nutrition program grow. By sharing these "success stories" good ideas can spread across the country and make school nutrition programs better. This award is named in memory of Louise Sublette, a leader in school foodservice in Tennessee and SNA.

This year this award goes to **Millie Higgenbottom** of Memphis City Schools.



Helen B. Smith Award

Bearchie Taylor Jackson Middle School



Heart of the Program

Wanda Jane Sullivan, Williamson County



Districts of Excellence In Child Nutrition

The list continues to grow for Tennessee's Districts of Excellence. Below is the complete list of districts. Those in bold are newly added districts. Congratulations to all these districts and hopefully next year several more will be added.

School System

Director

Bradley County

Emily Hill

Carter County

Marisa Potter

Montgomery County

Debbie Mobley

Cocke County

Terri Sawyer

Giles County

Ann Chaffin

Hamblen County

Sue Roach

Hardin County

Cheryl Cochran

Hawkins County

Alice Snodgrass

Kingsport City

Linda Holland

Lawrence County

Kindlyn Simpson

McKenzie Special School District

Rita Brandon

McMinn County

Norma Barham

Murfreesboro City

Gary Anderson

Perry County

Vicki Fortner

Stewart County

Cathy Wallace

Sumner County

Linda Becker

Tullahoma City

Janis Moore

Unicoi County

Martha Davenport

Warren County

Jean Wix

Williamson County

James Griffith

The 2007 TSNA Leadership Academy Class



2007 Spirit Challenge



Tennessee Has Another Winner!

The United States Department of Agriculture's Healthier U.S. School Challenge has a new winner. It was announced by Lana Kirk, Regional Director FNS, at the state conference that **Capshaw Elementary School** in Putnam County is the first school in Tennessee to receive the prestigious GOLD award.

This challenge recognizes schools that have taken specific steps to improve their programs and address obesity and to encourage others to follow their lead.

Obesity is a growing concern for school children in the United States. The United States Department of Agriculture (USDA) believes that schools should be taking a leadership role in helping students learn to make healthy eating and active lifestyle choices. Many schools have already made changes to their school nutrition environments, improved the quality of the foods served, and now provide students with more nutritious, healthy choices. USDA's Food and Nutrition Service (FNS) wants to encourage schools to achieve such results, and has established the Healthier U.S. School Challenge to encourage schools to go further and to recognize those who chose to do so. Here's how it works:

Schools must meet a basic set of criteria. To be certified, a school must:

- be an elementary school
- be enrolled as a Team Nutrition School
- offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards
- provide nutrition education to students
- provide students the opportunity for physical activity
- maintain an Average Daily Participation of 70 percent or higher of school enrollment for reimbursable lunches adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program.

Thanks to our

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and all Industry partners for their continued support of the

Tennessee School Nutrition Association

Featured Recipe From State Conference Culinary Creations

Marie Harrison, Jackson County won with this “Best of Show” winner.

Cheese Pie

Ingredients

8 8-Oz. packages Far Free, Cream Cheese softened

2 Eggs

4 teaspoons Vanilla

2 cups Light sour cream

2 1/2 cups Splenda

2 boxes graham crackers - crushed

2 cups margarine

Topping

2 pints sliced strawberries

2 packages sugar free, strawberry glaze

(Mix all together and put on top after cooled)

Directions

In a large bowl, combine cream cheese, eggs, vanilla, 2 cups of Splenda and sour cream. Mix all together with a blender for 4 minutes or until fluffy. Set aside.

You will need 2 - 1/2 baking pans (12 by 20)

In a large bowl, combine crushed graham crackers, margarine, and 1/2 cup Splenda. Mix until you can form a ball with it. Press into 2 - 1/2 baking sheet pans (12 by 20) for your crust. Pour ingredients into 2 baking pans. Bake at 125 for 45 minutes or until golden brown or cracked on top. Cool for 1 hour and then put topping on, serve. (cut into 5 by 10 squares)

Yield 100 (5 x 10) servings per pan.

Per Serving: 157 calories, 4 grams fat, 1 gram protein, .6 grams sugar

2007 / 2008 Executive Board



Awards, Awards and More Awards

Once again, Tennessee has come through with more awards than any other state for the 2006 / 2007 year. At the School Nutrition Association's Annual National Conference, several Tennesseans were honored. Millie Higgenbottom was honored for being the recipient of the Louise Sublette Award of Excellence. Wanda Sullivan was honored for the Heart of the Program Award, and Cathy Wallace was honored for being the Outstanding Director of the Year in Tennessee.

In addition to these, President Lila Beasley was honored with a long list of awards for Tennessee's accomplishments during the year. In addition to the Thelma Flanagan Gold Achievement Award, Lila received awards for the following:

- Membership Growth, 1001 +
- Membership Goal Award
- Increasing Membership Award
- Certification Goal Award
- Credentialing Goal Award
- Certification and Credentialing Goal Award
- Presidential Award of Excellence

And, Tennessee received an award for the most money collected from the "Dollar-Per-Member" challenge that replaced the "Penny-A-Day" challenge for scholarships.

Leadership Academy

The TSNA Leadership Academy is now taking applications for its 2007 / 2008 class of the future leaders of the association.

The Vision of the Leadership Academy is to "Prepare our members to be the leaders of the future." The academy offers a total training time of 21 hours and it will be necessary for applicants to sign a contract that they agree to attend all three, 7 hour training classes in order to graduate from the academy. This must be a priority of the applicant. Expenses other than transportation and time away from your work will be covered by TSNA.

The Academy can only take 20 participants for a class. The first two training sessions will be held in the Nashville area with the final class and graduation will be conducted at the state conference in Chattanooga.

All applications must be received by August 15, 2007 to be considered. These will be sent to:

- Phyllis Hodges
- School Nutrition Program
- 1240 Foster Avenue
- Nashville, TN 37243

All applicants accepted for the academy will be notified by August 25, 2007 of their acceptance. More details and registration forms are available on the association website at www.tnsna.com, or call the TSNA office and one will be mailed to you.

What Does Leadership Academy Mean?

It takes great leaders to keep Tennessee on a winning track. Tennessee's leaders are among the best in the nation and lead the way for the success of TSNA and SNA. All members should give serious thought to the Leadership Academy for what it could mean to them personally and professionally. Here are a few testimonies from last year's class .

When I was approached to apply for the Leadership Academy I really did not want to go it. I am very glad I did. I meet some wonderful people in the association and also within the Leadership Academy. It was very good for me because I have a fear of talking in front of a lot of people. I am feeling better about myself due to the Leadership Academy and Phyllis Hodges. I have learned a lot more about TSNA. I will take what I have learned and share it with my staff and in training.

Thank you Phyllis.

Deborah Blackstone

Leadership Academy proved to be a very valuable experience for me. You've heard the expression, "The Cream Rises to the Top" well it certainly did during this year's Leadership Program. Through the effective leadership of Phyllis Hodges each participant extended themselves in the exercise of developing their leadership qualities. It was a personal pleasure for me to get to know each person and to work with our committee. Each group committee proved that they were capable of excellence. I was proud.

Connie Morris

The Leadership Academy meant a great deal to me. It helped me to come out of my shell to be able to talk before a crowd. Also to make new friends. You find your strengths and weaknesses. Then you are able to work on those weaknesses to help develop them into strengths. You are able to expand on your strengths. It taught me that you can do what you thought you couldn't do. The Leadership Academy is a very beneficial program.

*Judith Fitzgerald
Franklin High Food Service Manager*

Leadership Academy has been an experience that I will keep with me for a life time. I learned so much about how things work in TSNA. I learned how to speak to my peers with confidence. I formed relationships and friendships that I could take with me. The sisterhood of our group is something to cherish. I now know a lot of work goes into running the association. Everyone out there is putting their best foot forward on a volunteer basis so that we can enjoy conference with out the first thought to the effort that's been done. I learned a great deal about chapter workings. The committee's that are formed that function together to get all the things done over the year. The commitment of our leaders to learn and pass that knowledge to us all. I learned that I don't have to just sit there year after year and wonder if I could make a difference or if there is some way that I could be involved. Leadership Academy is a way for us to learn and grow in our profession. I would recommend it to all who have a desire to learn and grow in food service. I would strongly encourage all of us to support this endeavor as it benefits as all to have strong, confident, knowledgeable leaders and to know in our hearts and minds that anyone who works in school food nutrition can become involved in its continued growth and abilities to become recognized by all as a necessary and important part of our children's growth and knowledge for life.

Debra Jo Shinabery

As a result of the great leadership in Tennessee, your very own Phyllis Hodges and Debbie Mobley are running for SNA Vice-President and SNA Southeast Nominating Committee Representative respectively!! Please support and have all SNA members support them during the upcoming SNA election in October/November.

Tennessee School Nutrition Association 2007 Industry Members

FIRST NAME	LAST NAME	COMPANY NAME	PHONE #	EMAIL
Ann	Hartley	Advance Food Company, Inc.	704-658-9114	ahartley@advancefoodcompany.com
George	Sarandos	Alpha Foods Company	713-778-3019	gasarandos@alphafoodsco.com
		American Seafoods International, LLC		
Mark	LeBerte	Atech, Inc.	615-255-2002	aatteecch@aol.com
Jim	Brown	B & G Distributing, Inc.	615-255-5707	jimbrown@bgdistributing.com
Lisa	Cowan	Bake Crafters Food Company	423-227-8726	lisa@sunnyfoodservice.com
		Barrel O'Fun	218-346-7000	
Jimmy	Lawhorn	Blue Bell Creameries, LP	615-776-7993	jimmy.lawhorn@bluebell.com
Tommy	Hale	Blue Ridge Group	423-282-6241	tommyhale@tmareps.com
Craig	Mourning	Bosco's Pizza Company	770-998-2451	cmourning@boscospizza.com
Rachael	Turner	Brakebush Brothers, Inc.	615-837-9650	rturner@brakebush.com
Micky	Simmons	Brookwood Farms		Micky.Simmons@brookwoodfarms.com
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Tom	Averitt	Cadbury Schweppes (Motts/YooHoo)	770-271-3373	-
Thomas	Word	Campbell's Sales Company		
JoAnn	Smith	Cannon Marketing, Inc. (TMA, Inc.)	615-255-2404	joannsmith@tmareps.com
Tom	Cartwright	Cannon Marketing, Inc. (TMA, Inc.)	615-255-2404	tomcartwright@tmareps.com
Dan	Cannon	Cannon Marketing, Inc. (TMA, Inc.)	615-255-2404	dancannon@tmareps.com
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Rick	Shirk	Carman-Girard Associates	615-824-6487	rick6487@bellsouth.net
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Bryan	Snelfer	Chattanooga Bakery, Inc.	800-251-3404	bryans@moonpie.com
Bill	Steadman	Colorpoint/Low Temp Ind.	770-478-8803	bsteadman@lowtempind.com
Gerald	Smith	Comalex		gsmith@comalex.com
Tom	LeBuhn	ConAgra Foods		
Ray	Barger	Cybersoft Technologies	281-895-7717	ray.barger@cybersoft.net
Jordan	McReddy	Cybersoft Technologies	281-895-7717	jordon.mcreddy@cybersoft.net
Jeff	Fillmore	Cybersoft Technologies	281-895-7717	jeff.fillmore@cybersoft.net
Don	Appling	D & F Marketing, INC.	281-895-7717	-
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Charles	Holland	Ecolab, Inc.	615-371-1392	charles.holland@ecolab.com

Luis	Santiago	East Side Entrees	931-368-0194	lsantiago@eastsideentrees.com
Jeff	Flynn	Education Management Systems (Meals Plus)	800-541-8999	jeff@mealsplus.com
Bill	Collier	Equipment Concepts, INC.	615-876-0893	tneqconcep@aol.com
Paul	Schmid	Etcetera	570-656-2147	pjschmid@ptd.net
Julie	James	Farnsworth & Associates, Inc.	901-363-6316	julie@Farnsworthandassoc.com
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Charlie	Lee	Hobart/Traulsen	423-667-3274	charlie.lee@hobartcorp.com
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Pam	Meredith	Hope's Cookies	615-822-4828	pam@hopescookies.com
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Bill	Middleton	Middleton Sales		
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		Perdue Farms, Incorporated		
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Gary	Hoverton	SFS Pac/Portion Pac	312-226-400	ghoverton@portionpaccorp.com
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Brian	Conti	School House Software		
Angela	Obermann	Schreiber Foods, Inc.	800-644-1574	schools@schreiberfoods.com
		Schwan's Food Service		
		Simplot		
Tony	Wynne	Slush Puppie Plus	404-792-0387	johnd@southernconcessions.com
Terry	Murphree	Southern Quality Meats	781-336-9178	murphreem@bellsouth.net
Andrew	Scruggs	Strategic Equipment & Supply	865-637-2525	ascruggs@strategicequipment.com
Lisa	Stahl	Sturm Foods Inc.	407-648-4421	lstahl@sturminc.com
Shannon	Peterson	Sunny Fresh Foods	763-271-5962	shannon_peterson@corgill.com
Wanda	McDowell	Super Bakery, Inc.	864-472-5344	wcmsbi@charter.net
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Gary	Crocker	Thermo-Kool/Mid South Industries	601-649-4600	sales@thermokool.com
John	Walker	Trident Beverage, Inc.	866-638-0888	johnwalker@juicealive.net
Ed	Avery	Tropix	423-421-1217	edavery@comcast.net
Bill	Smith	True Foodservice		
Mike	Buckalew	True Foodservice	866-378-0125	
Chris	Molitar	True Foodservice		
JayDee	Clifton	Turner Dairy	901-475-6139	jdclifton@turnerdairy.com
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Grady	Kittrell	US Beverage, Inc.	800-337-5202	gkittrell@usbeverageinc.com
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Theresa	Brumit	V & B Marketing/Judy Software	800-946-5619	tbrumit@aol.com
Dana	Story	V & B Marketing/Judy Software		
L. Mael	Kersavage	Volunteer Marketing, Inc.		
Rick	Veech	Wells Dairy (Blue Bunny)	800-299-4634	reveech@bluebunny.com
Jeff	Quattlebaum	Whaley Foodservice Repairs	800-877-2662	jeff.quattlebaum@whaleyfoodservice.com
Tim	Whitey	Young Equipment Solutions	615-794-3565	timwhitey@comcast.net
Gary	Cason	Zartic	615-885-5278	gcason@zartic.com