

# The Blender

December 2011



## School Nutrition Association of New Hampshire

### President's Message from Jeanne Pierce

#### Happy Holidays from your School Nutrition Board.

We started our year off with Irene, the tropical storm, which, caused the first day of school to be cancelled for some! Who knew that Irene was the nice one and on Halloween, the trick was on so many of us! I hope we will have a more peaceful winter for storms.

Now, for the meat and potatoes, oh yes, I did say potatoes. Thanks to Congress, many of the proposed new regulations could change. As Washington makes decisions, SNANH will post all updates to the SNANH.org website to help you through the changes.

In my August message, I asked each of you to consider yourself asked! Being part of something bigger than just your school district is truly a rewarding experience. I am honored to be part of such a wonderful group of people who care about you, the members. Your SNA needs you to help us plan classes, conferences and other events. Call a committee chair or regional director and volunteer a couple of hours to help plan or carry out an event. Consider joining the board for first-hand knowledge of the changes going on nationally, for special professional development training not open to the general membership and to network with members from New Hampshire and other states to brainstorm, solve problems and

share success stories. Come join us for what could be a career building event. Be part of something more, be part of your SNA.

I would like to encourage each of your schools to try for the Healthier US School Challenge. From personal experience, I have received positive community response since getting the award. For my staff, it is a sense of pride that lets parents and the community know that they serve healthy meals. It lets the School know that they are working hard for total student wellness. The reward is worth all the work. Many of you already have everything done; you just need to put it on the Healthier US School Challenge application.

Have a wonderful New Year!

Jeanne

**USDA News** Mary Jo McLarney, from the USDA office in Boston, will be holding 2 hour monthly workshops, Dec-March in New Hampshire to help you apply for the HealthierUS School Challenge award. For further information, please email Mary Jo at: [MaryJo.Mclarney@fns.USDA.GOV](mailto:MaryJo.Mclarney@fns.USDA.GOV)

#### HealthierUS School Challenge Awards in New Hampshire

- Exeter Bronze award to two schools
- Nashua Silver award one school

## Committee Activity Reports & News

### **Professional Growth Jeanette Kimbell**

Sanitation classes are at the heart of professional growth for food service staff. Several classes have been provided so far this year through SNANH. The 10-credit "Serving It Safe" and "ServSafe" classes offered in Exeter and Nashua were attended by 69 members. Another Serving It Safe class was scheduled for a 3-date class series beginning November 29<sup>th</sup> in Hampton. The second most important class which is needed to achieve certification is the Healthy Edge Class. On November 8<sup>th</sup> Nashua hosted this class and we are looking for a location to hold this class again in the spring. Please call if you can offer a space for the class.

Regional meetings are being planned and the Spring Conference is scheduled March 31. With all of the new Federal regulations being discussed and approved, it is imperative that SNA members

attend the upcoming conference and learn how to implement the new guidelines into their school meals.

**Region 2 Tim Harrington** The September 29 fall meeting had 32 members attending to learn about Food Allergy: Myths, Truths and Consequences. The speaker was Elizabeth Bugden. She addressed many allergy related topics including, the differences between allergies and intolerances and the school cafeteria responsibilities in relation to those students with reported allergies. Allergy related information can be found at [www.foodallergy.org](http://www.foodallergy.org).

### **Region 1 Kathy Kunzler**

The October 6 Fall meeting Focused on marketing with Danielle Collins presenting "Jazz It Up With Marketing." General Mills demonstrated products. Dairy Council provided information on Fuel Up to

Play 60 funds available for cafeteria restyles with paint, new signage and equipment .

### **Membership Paule Ralph**

There are 435 members, an increase over last year. We encourage new members to join and for others to renew their membership. There are benefits on becoming a member, for example keeping up with all the changes that are associated with our jobs.

### **Secretary-Treasurer Donna Roy**

The secretary/treasurer position is combined. The Executive Committee is reviewing past and current expenses for the budget. Our goal is to serve our members through professional workshops with qualified instructors and to offer scholarships to members.

I am Gina Nault and I am writing to introduce myself. I am an SNA member and have been working in school food service for almost six years at Cawley Middle School, Hooksett and Pembroke Academy.

I have been asked to chair the new Employee/Manager committee and serve on the SNANH Board of Directors to represent you. My responsibilities are to be your contact for questions, comments and suggestions. I want to hear your thoughts, comments and questions and will bring them to the board so we can get answers for you. I have some questions and suggestions that I want to bring to the board such as a class on vegetarianism so I can offer these students more variety on the menu. I would like to gather more vegetarian recipes from other schools that we can all share. The answers and information we find are helpful to other members so no question is unimportant.

I am anxious to hear from you so suggest and comment away!

Cheri White has been named as the new DOE administrator of the Bureau of Nutrition Programs and Services effective January 23, 2012. She is currently the Food Service Director at the Kearsarge Regional School District and previously worked at DOE in several capacities.

# Hot Topics



## Top 5 Flavored Milk Myths- Debunked!

If you've been watching the news lately, you've heard a lot of discussion about taking flavored milk out of schools. Well, it's time to set the facts straight about flavored milk using sound science rather than fear or emotion.

Let's shed some light on the subject...

### **Myth #1: Flavored milk isn't as nutritious as white milk.**

Milk, both white and flavored, plays a vital role in helping children meet their needs for nine important nutrients, including three "nutrients of concern" kids are not getting enough of – vitamin D, calcium and potassium!

### **Myth #2: Flavored milk, like soft drinks, contains a lot of added sugar.**

Flavored milk contributes just 3% of added sugars to kids' diets as opposed to sodas and fruit drinks which contribute close to *half* and provide little to no nutritive value (2). A portion of the total sugar actually comes from naturally-occurring lactose and is not added sugar. Dairy companies have reduced the amount of added sugar in flavored milk by 38% in the last five years!

### **Myth #3: When flavored milk is removed from schools, kids will drink white milk. If consumption dips, it will eventually rebound.**

A recent study showed that eliminating flavored milk from schools resulted in a dramatic 35% drop in overall milk consumption. During the second year of that same study, students did not move toward white milk, and overall milk consumption did not rebound (3). Without milk at lunch, it's almost impossible for kids to meet their nutrient needs.

### **Myth #4: Flavored milk is contributing to the obesity crisis among America's children.**

Actually, the opposite is true! Flavored milk provides children with good nutrition, and leading health organizations agree that flavored milk is a positive trade-off for soft drinks, which are the primary source of added sugar in children's diets. Studies show that children who drink flavored milk do not have a higher body mass index (BMI) than those who don't.

### **Myth #5: Most parents want schools to ban flavored milk.**

A recent study of 1,000 moms found that over half would be opposed to a school's decision to stop offering flavored milk. In fact, 80% of moms do not support the removal of chocolate milk from school cafeterias. Most moms agree that kids need healthy choices at school, including chocolate milk.

## **There you have it! The bottom line is that the best milk for kids is the one they'll drink, because the essential nutrients found in milk are much too important to miss!**

Visit [www.newenglanddairyCouncil.org](http://www.newenglanddairyCouncil.org) and check out all the great resources on flavored milk offered there.

### **References:**

1. National Academy of Sciences, Institute of Medicine, Committee on Nutrition Standards for Foods in Schools. V.A. Stallings and A.L. Yaktine (Eds) *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth*. Washington, D.C.: National Academies Press, 2007.
2. NHANES. *National Health and Nutrition Examination Survey*. 2003-2006
3. MilkPEP School Channel Survey conducted by Prime Consulting Group. *Projected School Milk Product Profile*. 2011-2012
4. Murphy MM, Douglass JS, Johnson RK, Spence LA. *Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents*. J Am Diet Assoc 2008;108:631-639.

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### Changes in NH Regulations for ala Carte Foods Sold at School

Dave Dziki, PPL Chair

In accordance with Ed 303.01, local school boards are now charged to adopt and implement written policies and procedures relative to the availability and distribution of healthy foods and beverages that create a healthy environment in all schools in **all** school buildings during the school day.

The policy must include:

- Standards for nutrient dense foods and beverages for elementary, middle and high school as identified and defined by **7CFR Part 210.10**.
- **Portion** size for nutrient dense foods and beverages in schools
- Nutrition targets for foods and beverages made available outside the federally regulated school meals program. Targets shall follow those developed by a nationally recognized research-based organization, such as, USDA or another program approved by the department. The bureau shall evaluate the alternative standards and shall grant the waiver if the alternative standards are determined to be equivalent.

We are on the web  
[www.snanh.org](http://www.snanh.org)

### Gold & Silver Industry Members

We have revised our partnership options to a Silver or Gold level and increased the benefits and recognition to our industry members. Financial support from our industry members provides funds for our educational programs. Diane R. Vieira, Industry Chair

### Gold Members

Advance/Pierre Barilla Food Service

General Mills JTM Provisions

Hadley Farms Pepsi Co (Frito Lay)

ES Foods

### Silver Members

Apple & Eve Bosco

Brakebush Campbell Soups

Coca Cola of Northern New England

Favorite Foods Fusion Sales Group

HP HoodKellogg's

Maid-Rite Steak Company

PFG Northcenter

Pilgrim's Pride-Goldkist Chicken

Pinnacle Foods Venture Sales