

# TASN **ews**

Summer 2022, Vol. 18, No. 4

A Publication of the Texas Association for School Nutrition



**2022-2023:**  
*Creating Magic*



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**Area 6 Representative**  
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**Area 10 Representative**  
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East Central ISD

**Area 12 Representative**  
Tina Brooks  
Stratford ISD

2023-2024

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# PRESIDENT'S MESSAGE

## SUMMER 2022



**Hello everyone!** As I write this message, I am just getting back from an exciting, fun-filled conference in Fort Worth. I want to express my thanks to the conference planning committee members, our industry committee members, and our headquarters staff for making this year's Annual Conference one to truly remember! It was a pleasure to get together in person with my friends and colleagues from across the state to learn, connect, and have a good time. Thank you to everyone who attended. Please spread the word about your experience. We are hoping to have a record crowd in Houston next year.

At this year's conference I had the honor of assuming the role of president for our association. It is an exciting journey, and I am grateful for the support and encouragement that I have received from so many members. I appreciate all of you, and I am especially grateful for the [board members](#) that I have gotten to know as I make my way through this leadership journey. I encourage all of you to explore a leadership role in our association. It is rewarding work, and I guarantee that you will make some great friends along the way.

This fall when we return to school, the child nutrition landscape will have changed drastically from the previous couple of years. While we did get some relief from Congress, we still have not gotten all of the tools that we need to make sure that no child goes hungry. Please join us in Washington, D.C. next March for the School Nutrition Association's [Legislative Action Conference](#). This conference is your opportunity to tell your story and help our federal legislators understand the importance of the work that we do. TASN will also be hosting a Legislative Action Day next spring in Austin to do some advocacy with our state legislators. Please consider attending one or both of these events. Real people telling real stories is how we make progress with lawmakers. The more people we have, the greater impact of our stories.

Thank you for trusting me to lead this organization for the next year. I hope to make you proud, and I look forward to seeing you at our future events. **Have a great year!**

**Darin Crawford**  
*Cypress-Fairbanks ISD*  
*TASN 2022–2023 President*



## HEADQUARTERS HIGHLIGHTS

by Karen J. Andrasi,  
TASN Executive Director

We are excited to welcome Eric Vicharelli, TASN Education/Training Specialist and Latoria Fort, temp-to-hire TASN Administrative Assistant, to the team. They both started in the spring and have done a great job stepping into their positions and preparing for the Annual Conference. I would also like to share that due to circumstances beyond her control, Jaclyn Willard, TASN Membership/Event Registration Specialist, had to resign. In addition, Kennitra Freeman, TASN Meeting/Event Coordinator, took a position with Marriott effective July 31 and is no longer with TASN. We wish them both the best.

### Welcome to the New TASN Board

The TASN board election was held in March, and we welcomed the [new](#) and returning board members in June at the TASN Annual Conference. We will be holding board training to review each person's responsibilities, both individually and with regard to the whole board. I look forward to working with each of the board members for the 2022-2023 year.

### Thanks for a Great Conference

The Annual Conference was a huge success, with 1003 attendees and 267 booths. It was great seeing everyone face to face, and we thank you for your support of TASN. We are already working on the 2023 conference, which will be held in Houston at the George R. Brown Convention Center and Marriott Marquis Hotel.

To date, there have been 193 booths sold. If you are a current industry member, please visit the [TASN website](#) to secure your booth. If you are not a member of TASN we welcome you to join, or pay the non-member rate starting August 25, 2022.

### Looking Ahead

We are currently working with the Austin Marriott South to secure a contract for the October and February board meetings. This will be a legislative year and we will be holding a Legislative Action Day in conjunction with the February board meeting. We are also working with various locations for the TASN Partnership Collaboration Summit (PCS) – dates to be determined.

### Please Join us and Make a Difference in TASN!

The [Call for Nominations form](#) is included in this issue of the TASNews. Please take a moment to review the openings and the commitment requirements. The deadline for nominations is October 3, 2022, and the interview process will be held either by phone or in person at the October TASN board/committee meeting. If you are interested in a position and would like to learn more, please get in touch with me at [karena@tasn.net](mailto:karena@tasn.net). The nomination information will also be on the TASN website.

Thank you to all of our great TASN leaders!

### TASN CALENDAR

2022 TASN Partnership Collaboration Summit	October 2022 (TBD)	Austin, Texas
Second TASN Board of Directors/Committee Meetings	October 2022 (TBD)	Austin, Texas
<a href="#">SNA Legislative Action Conference</a>	March 5-7, 2023	Washington, D.C.
2023 TASN Annual Conference	June 10-13, 2023	Houston, Texas

# SECRETARY/TREASURER CORNER

by Susan D'Amico, Aldine ISD  
TASN 2021–2023 Secretary/Treasurer



**Welcome back to school!** I hope that many of you got some well-deserved rest. You will be a bright smile each day for so many Texas students and staff.

Here are the financial updates from TASN:

The TASN board adopted the 2022-23 budget this summer. Total revenue is estimated at \$1,257,125.00 from all sources, including the annual conference, registration fees, membership dues, and all other planned trainings or seminars.

Total expense is also estimated at \$1,257,125.00 and includes TASN*News* design, the TASN website upkeep, the Annual Conference, various training meetings, headquarters rent, TASN staff salaries, TASN staff benefits, legal fees, and accounting fees.

Have a wonderful fall semester. Thank you for being a positive part of Texas kids' education, health, and well-being!

## Summary of Fourth Board of Directors Meeting June 8, 2022

The fourth Board of Directors meeting of the Texas Association for School Nutrition (TASN) came to order via Zoom at 2:01p.m. on June 8, 2022.

### Approve Summary of Electronic Votes

Three motions were approved by electronic votes:

- Norma Riojas to fill Area 6 Representative vacancy for the 2022-2024 term
- Tina Brooks to fill Area 12 Representative vacancy for the 2022-2024 term
- John Ceballos to fill Membership Chair position for the 2022-2024 term

### Standing Rules

The Standing Rules were approved unanimously at the first Board meeting in June 2021 and are enforced for all meetings this year.

### Approve Meeting Agenda

The proposed meeting agenda was adopted with the addition of discussing the Strategic Plan under New Business.

### Treasurer's Report

The financial statement was given by Secretary/Treasurer, Susan D'Amico.

### Report of Officers

All officers have filed their reports. President Sharon Glosson thanked everyone for their support.

*Continued*

*Continued from previous page*

President-Elect Darin Crawford also thanked everyone and stated how happy he is to see TASN turning around and meeting attendance going back up.

Vice President Doug Massey shared that it has been a tough last two years. He also welcomed new members.

Secretary/Treasurer Susan D'Amico said it had been a great year getting to know the members of the board.

Immediate Past President Michael Francis thanked everyone and stated he is looking forward to what is coming next for TASN.

### Executive Committee Report

Susan D'Amico presented the report and shared the following items:

- Seven board members and 44 TASN members attended LAC in March 2022
- Two executive board members attended SNA national leadership training
- Many preparations have been made for the June conference

### Executive Director's Report

Executive Director Karen Andrasi reported that 256 booths have been sold and 1,000 are registered for June conference.

The following employees have been hired for the TASN office: Eric Vicharelli, Education and Training Specialist, and Latoria Fort, Administrative Assistant.

Karen has entered 1,077 renewal or new memberships since the last board meeting. The TASN team is also working on locations for future meetings.

### Chair of Area Representatives Report

Chair of Area Representatives Michelle Skiles stated that she enjoyed being on the board and will miss everyone.

### Reports of Standing Committees

Chair of Education Committee Lacy Willey encouraged everyone on the board to read the new certification guidelines and to attend the learning session at the June conference.

### Reports of Other Committees

Industry Committee Chair Mary Ellen Cote was absent.

Chair of Membership Committee John Ceballos thanked everyone for focusing on members and stated he is looking forward to the conference.

Chair of Organizational Affairs Committee Melissa Bryan thanked everyone on the board and stated that she is going off the board but looks forward to seeing the directions that TASN goes.

Chair of Public Policy and Legislation Committee Maggie Mae Kennedy stated that she will miss the members leaving the board and shared thanks.

### Unfinished Business

There was no unfinished business.

### New Business

#### TASN Strategic Plan

Sharon Glosson encouraged board members to be familiar with the Strategic Plan and reminded us it will be presented at the June conference. Karen stated that she will send out the Strategic Plan to members before the June conference.

### Announcements

- Virtual By-Law Amendment meeting on June 15, 2022
- TASN Annual Conference, June 26-29, 2022, Fort Worth, Texas
- SNA ANC July 9-12, 2022 in Orlando, Florida

The meeting was adjourned at 2:35 p.m.

Respectfully submitted,

Susan D'Amico  
TASN Secretary/Treasurer 2021-2022

# 2023-2024 TASN ELECTION



## NOTE: THIS WILL BE CONSIDERED AN ODD YEAR ELECTION

Continuous progress and advancement of TASN depends upon good leadership. The TASN Nominating Committee needs the memberships help in identifying potential committee chairs, Area Representatives, and candidates for elected office.

Please review the following leadership positions and indicate whether you are interested in volunteering to serve in any of the positions listed, or if you can recommend a member whom you consider to be well qualified for the leadership position. We also welcome anyone who has an interest in serving on any committee. Leadership positions as per our current bylaws include:

### Elected Officers:

- **Vice President** – One-year term
- **Secretary/Treasurer** – elected in odd years and serves a two-year term

### **Qualifications for Vice President:**

- Have served in a board position, standing committee and/or special committee
- Have attended at least two TASN Annual Conferences
- Be a voting member of TASN and SNA

### **Qualifications for Secretary/Treasurer:**

- Have served on a committee or sub-committee of TASN
- Have attended at least two TASN Annual Conferences
- Be a voting member of TASN and SNA.
- Must have financial and budget experience

### **Elected Committee Standing Chair:**

Education Chair – elected in even years and serves a two-year term

Membership Chair – elected in even years and serves a two-year term

Public Policy & Legislative Chair – elected in odd years and serves a two-year term

Chair of Area Representative – elected in even years and serves a two-year term

### **Qualifications for Standing Chairs:**

- Have held membership in TASN for at least one year
- Have attended at least one TASN Annual Conference
- Be a voting member of TASN and SNA

### **Area Representatives:**

Area 1, 3, 5, 7, 9, and 11 – are elected in odd years and serve a two-year term.

Area 2, 4, 6, 8, 10, and 12 – are elected in even years and serve a two-year term.

### **Qualifications for Area Representatives:**

- Have held active membership in TASN for at least two years.
- Have attended at least one TASN Annual Conference.
- Must be a voting member of TASN.

The nominating committee is elected by the board and issues this call for nominations in the TASN News, eblasts, and on the TASN website to encourage members to run for office. The committee may also solicit candidates for office.

Qualifications will be verified through TASN headquarters. Consenting nominees are to submit a professional biography, resume, and photo to TASN Headquarters for qualification verification and forwarded to the Nominating Committee for the interview process. Candidates will be selected on their professional competency, achievement in association work, and goals for the position.

Consideration will be given to present a balanced ballot, representative of the state. The nominating committee shall report the slate of candidates to the Board of the Directors at the February board meeting. There shall be no nominations from the floor.

# NOMINATION FORM

**PLEASE RETURN THE COMPLETED FORM TO:**

TASN  
 5910 Courtyard Drive #230  
 Austin, Texas 78731  
 Fax: 512-371-0125

## NOMINEE INFORMATION

Name: \_\_\_\_\_

ISD/School District: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Nominated for: \_\_\_\_\_

## PERSON SUBMITTING INFORMATION:

Name: \_\_\_\_\_

ISD/School District: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

### Days out of your District

#### Vice President, Secretary/ Treasurer

TASN Annual Conference (June)	4 days
TASN Board of Director Meeting (Oct & Feb)	2 X 2 = 4 days
TASN Partnership Collaboration Summit (Jan or Feb)	3 days
TASN Board Training (May)	2 days
SNA Annual Conference (July)	5 days
SNA Legislative Action Conference (Feb or March)	3-4 days
Minimum of	21 days
SNA Leadership Conference (Only Vice President) (April)	3-4 days
	25 -26 days

#### Committee chairs and Area Representatives:

TASN Annual Conference (June)	4 days
TASN Board of Director Meetings (Oct. & Feb)	2 X 2 = 4 days
TASN Board Training (May)	2 days
TASN Leadership Camp (Sept or Oct. or Nov.)	1 day
Minimum of	11 days

When submitting nomination form, please include: this form, a letter from your immediate supervisor approving that you run for the position, a photo (headshot for the TASNews).

## Greetings from the Chair of Area Representatives

Adam Whitten, White Settlement ISD



Hello and greetings from Fort Worth! I hope everyone enjoyed the 2022 TASN Annual Conference. If you were not able to join us, we look forward to seeing you in Houston in June 2023.

During the conference, I had the opportunity to drive a few TASN members around the stockyards and showcase some of the great history of Fort Worth. Not far from the convention center is the Fort Worth Cultural District, which houses the Amon G. Carter Museum of American Art.

Amon Carter was born into a very poor family in 1879. He dropped out of school and moved out on his own at the age of 12. He did what he could to survive, which included selling newspapers for the Fort Worth Star (a newspaper he would later own and merge with the Telegram to create the Fort Worth Star-Telegram). He later started WBAP radio and WBAP-TV, the first television station in Texas.

Amon Carter loved Fort Worth and the West Texas area and spent his life promoting their growth and

development. He was the driving force behind bringing the airline industry to the Dallas/Fort Worth area by creating American Airlines and the first airport in Fort Worth that would later become DFW International Airport. He did not stop there; he was influential in moving Lockheed Martin to the Lake Worth area, General Motors assembly plant to Arlington, and Bell Helicopter to Hurst. He also donated 72 acres for the establishment of the Lena Pope Home (an orphanage in Fort Worth), and was the force behind the establishment of both Texas Tech University and Big Bend National Park. During his life, Mr. Carter made a fortune in oil that he used to establish the Amon G. Carter foundation (1947) which gives over \$20 million dollars a year in scholarships and grants to local organizations.

Mr. Carter's mission was to tell the world about the greatness of Fort Worth and its people, and that there was every reason for everyone to be there. He did that and much more, because of Amon G. Carter, Fort Worth and the surrounding mid-cities areas are on the map!

As we prepare for the 2022-2023 school year, what is your mission? Do you have a goal to tell everyone about the greatness of your kitchen/district? Is your goal to reach and feed every student at your campus/district? Maybe your goal is to improve your knowledge to further your career.

My goal is to never stop learning, to serve the students in my district, support my staff, and always work to promote a safe and healthy environment for students to enjoy their meals.

Just imagine if you had a mission for child nutrition like Mr. Carter's: telling the world about the greatness of child nutrition, the importance of healthy nutritious meals, and that there is a reason for every student to eat your food! What would that look like for your campus/district?

Whatever your goal is, I hope you reach it. Remember that TASN, your Area Representatives, and I am here for you. Together we can achieve our goals. Never stop reaching for greatness!

Adam Whitten,

*Director of Child Nutrition, White Settlement ISD  
TASN Chair of Area Representatives*



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# TASN 2022 ANNUAL CONFERENCE

Thanks to all who attended, sponsored, spoke at, and exhibited at this year's conference in Fort Worth. See you next June in Houston!





# TASN WINS BIG AT SNA AWARDS



Sharon Glosson, TASN Immediate Past President, was honored with the School Nutrition Association President's Award of Excellence.

The President's Award of Excellence recognizes the state associations in each of the SNA's three membership divisions that have excelled in advancing the school nutrition profession and their association over the past year. The award criteria are based on SNA's Strategic Plan and four areas of focus and are shared with state associations at the beginning of the new leadership year. A state association's year-end report along with membership, certificate, credentialing, and other data are used in determining the winning state association and president each year.

TASN was also awarded \$650 for the following:

## **Membership Champion Division Award (\$500)**

This is given to two states in each division that has increased membership over the past year by the largest number of members and the largest percentage of members

## **Certificate Program Gold Award (\$50)**

This award was given to TASN for an increase of 1% in the SNA Certificate program participants

## **Credentialing Division Champions (\$100)**

TASN received this award for increasing the number of SNS credentialed individuals in the state by the largest number in the past year.

# Chapter News

## Area 3

### Klein ASN

#### Greetings from the Klein Association of School Nutrition!

We ended the school year with our annual awards banquet. It was a 1920s Harlem Nights themed party. Ladies dressed up in flapper outfits and men wore top hats and bow ties. A few of our award categories were team of the year, manager of the year, specialist of the year, and lead specialist of the year.

We had successful spring certification classes, which were attended by 117 students. We all really enjoyed attending the TASN Annual Conference in Fort Worth. Several of our child nutrition administrators taught sessions, and we sent 25 members.





**WHAT'S  
NEW?**

## Hey TASN Chapters! What's happening?

Let us know what exciting things you have going on this fall in your district!

- Department/chapter events?
- New recipes?
- A challenge you're facing?
- A new program you're developing?
- A success story you'd like to share?

No matter what it is, we'd love to hear about it and share it with other TASN members. We all benefit from hearing what's going on in child nutrition across the state!

**Send your chapter news  
to [Karen Andradi](#)  
by September 1!**



# TASN MEMBERSHIP DRIVE

September 1 - May 31

## How it works:

- For every three (3) people you recruit to be members, your name will be entered into a drawing that will take place on TASN Facebook Live.

## Prizes:

- \$100.00 cash prize, free membership for the next year, and recognition at the 2023 TASN Annual Conference.

## Rules:

- Must be a new member or a person that has had inactive member status with TASN for two (2) or more years.
- Must include email address to be eligible.
- Must use membership drive form, located in this issue and on the TASN website.
- Recruiter must be a Specialist, Manager, or Supervisor.
- Recruit at least three (3) members to be eligible.
- Membership application form must be completed and postmarked by May 31, 2023.

**INCOMPLETE FORMS WILL NOT BE PROCESSED.**

## TASN Membership Application Form

Please check one of the following: **New Member** \_\_\_\_\_ or **Member Renewal** \_\_\_\_\_

**Personal Information:**

**Member #:** \_\_\_\_\_

(Please print and complete information on this form. TASN will use this address for all correspondence.) Only completed forms will be processed.

**Name**

Last: \_\_\_\_\_ First: \_\_\_\_\_ M.I.: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt/Ste. #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

ISD: \_\_\_\_\_ Area: \_\_\_\_\_ Chapter: \_\_\_\_\_ County: \_\_\_\_\_

Position:	Category:	Individual:
Cooks, bakers, bookkeepers, technicians, assistants, equipment/ maintenance specialist.	<b>Employee</b>	<b>\$23.00</b>
Managers, head cooks, assistant managers, accounting dept., equipment/maintenance.	<b>Manager</b>	<b>\$28.00</b>
<b>Please circle or check one:</b>		
Working in the foodservice program at the school district level, equipment/maintenance.	<b>Director or Supervisor</b>	<b>\$43.00</b>
Working in the state office for child nutrition programs, including nutrition education.	<b>TDA, ESC, TDH</b>	<b>\$43.00</b>
Retired school foodservice workers.	<b>Retired</b>	<b>\$18.00</b>
Full-time students enrolled in college or university in the foodservice, nutrition, or dietary program.	<b>Students</b>	<b>\$13.00</b>
Persons involved in non-foodservice administrative duties of a school district, college/ university in Texas, or an allied non-profit organization.	<b>Affiliate</b>	<b>\$18.00</b>

If recruiting during TASN's year-long membership drive period, please fill out the following. **September 1st - May 31st**

**Membership Drive Requirements:**

- Must be a new member or a person with an inactive member status with TASN for two (2) or more years.
- Must include email address.
- Must use this membership drive form.
- Recruiter must be a Specialist, Manager, or Supervisor.
- Recruit at least three (3) members for one (1) entry.

Prizes: **\$100.00 gift card, Free TASN membership for recruiter, and recognition at the TASN Annual Conference.**

Recruitment must be postmarked within membership drive dates.

**Recruiter's Information:**

Recruiter's Name: \_\_\_\_\_ Recruiter Member #: \_\_\_\_\_

Recruiter's Phone: \_\_\_\_\_ Recruiter's ISD: \_\_\_\_\_

Recruiter's Email: \_\_\_\_\_

**Payment Information:**

Credit Card type: \_\_\_\_\_ Check #: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Billing Address: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_ **Total Amount:** \$ \_\_\_\_\_

**Please return payment and application form to:** TASN, 5910 Courtyard Drive, Suite #230, Austin, Texas 78731  
or by Fax: (512) 371-0125

**Do you make purchasing decisions for your district?**  Yes  No    **Is your salary paid by a management company?**  Yes  No

**Member (ISD, TDA, ESC, TDH) Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# TASN **2023** ANNUAL CONFERENCE

MARK YOUR CALENDAR!  
**JUNE 10–13, 2023**

# Creating Magic

BOOTH REGISTRATION IS OPEN FOR  
CURRENT TASN MEMBERS AND WILL OPEN  
AUGUST 25<sup>TH</sup> FOR NON-MEMBERS.

[CLICK FOR DETAILS](#)

## HOUSTON

George R Brown  
Convention Center &  
Marriott Marquis Hotel

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Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711  
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division  
Farm Fresh Initiative

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 7/1/2022  
[www.SquareMeals.org](https://www.SquareMeals.org)

# SUMMER PREPARATION PAVES THE WAY TO A PROMISING START FOR NEW SCHOOL YEAR



If preparation can smooth potential bumps in the road, you are on a superhighway headed into the 2022-2023 school year. Texas school nutrition teams have spent the last three months learning

about the twists, turns, and roadblocks that may lie ahead. Whether you attended [MegaCon](#), the [Texas Association for School Nutrition Conference](#), or an Education Service Center (ESC) Summer Workshop, and especially if you did all three, you made significant advances in the effort to ensure success in 2022-2023. Knowledge is power and it will keep you rolling along in the new school year.

Even if you did not attend an official educational event, the information you need is available from [your ESC](#) and the Texas Department of Agriculture (TDA) website, [SquareMeals.org](#). The pandemic taught us the value of communication, and our interactive relationships have been strengthened

By Lena Wilson

*Assistant Commissioner, Food and Nutrition  
Texas Department of Agriculture*

considerably. I know that the significance of the upcoming year has you reaching out to get the information you need from TDA, ESCs, and peers ... everyone is ready to assist.

The biggest change for school nutrition remains the transition to standard federal regulations. Even with the new school year upon us, details continue to come into focus. It was only a few months ago that Congress declined to extend the waivers that offered much needed flexibility to navigate pandemic related challenges. As I write this, we are learning how the [Keep Kids Fed Act](#) will impact your operations. It promises to provide some relief as you contend with supply chain challenges and increasing costs. By the time this article is published, guidance may have changed providing even more assistance with the transitions. In the meantime, we all hope that parents get the message and submit their applications for free and reduced-price meals. Please use TDA resources to assist with the necessary widespread communication.

*continued*

You have many other concerns as well. Returning to normal brings the return to unpaid meal debt after two years of free meals. The new normal probably includes staffing challenges and ongoing supply chain issues. Please continue to communicate these challenges to the ESCs and TDA so that we can advocate on your behalf. TDA will continue to disseminate new information issued by the United States Department of Agriculture promptly.

TDA is excited to support your efforts to keep the fun in school nutrition for students. Please consider taking the [Farm Fresh Challenge](#) and using TDA's materials in October during [Farm to School Month](#). When it is time to celebrate National School Lunch Week and School Breakfast Week, I hope you will consider TDA's themes and use our posters and web ads. Everything you need is on [SquareMeals.org](#).

When the new school year starts, you can look back at the work you have done during the summer and envision the impact you will have for Texas families. Your efforts in the new normal may take on added significance for families struggling with rising prices. They will need your support as they work to ensure that their children have the nutrition they need for a healthy start in life.

Thank you for joining me on this path we chose with our hearts, knowing the mental energy that would be required to keep forging ahead in the right direction. I understand what back to school means for school nutrition, but never could have imagined what you have endured in recent years. Like never before, the challenges are big, but the rewards are bigger. You are my inspiration and I look forward to seeing all the great things you will accomplish in the 2022-2023 school year.



## August is National Eye Exam Month

Healthy vision is key to a great start to school!

It's also part of a overall health. Deteriorating vision can be an early indicator of other health issues. Getting vision exams on a regular schedule helps doctors to identify issues in their early stages.

This month-long observation is dedicated to sharing the importance of eye health and safety, as well as stressing the importance of yearly eye exams.

### *Vitamins A, C, & E are Good For Your Eyes*

Certain foods rich in vitamin A, C, or E all have shown to impact your eyes positively. Vitamin A could help produce a protein called rhodopsin which aids the retina when absorbing light. Vitamin C has proven essential in preventing cataracts, and vitamin E can prevent free radicals which damage healthy tissue.