

TASN ews

Fall 2023, Vol. 20, No. 1

A Publication of the Texas Association for School Nutrition



HAPPY FALL!

**2024
ANNUAL
CONFERENCE**
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2023–2024 TASN BOARD OF DIRECTORS



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Klein ISD

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AREA REPRESENTATIVES

Chair of Area Representatives

Adam Whitten
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Area 3 Representative

Nancy Macias
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Area 4 Representative

Tanya Davis
Henderson ISD

Area 5 Representative

Suellen Atteberry
Garland ISD

Area 6 Representative

Norma Riojas
Eagle Mountain-Saginaw ISD

Area 7 Representative

Joy Peters
Pecos-Barstow-Toyah ISD

Area 10 Representative

Veronica Villarreal
East Central ISD

Area 12 Representative

Tina Brooks
Stratford ISD

Increase Your District's ADP ASAP

Sneak a peek at a couple of our free recipes to increase your district's ADP:

- Curry Chicken Salad
- PB&J Overnight Oats



Scan for more recipes

IMPORTANT DATES

2023-2024 TASN Membership Drive	September 1, 2023 - May 31, 2024	
Thanksgiving Break – TASN Headquarters Closed	November 22-24, 2023	
TASN News Magazine Winter Issue Deadline	December 1, 2023	Send submissions to communications@tasn.net
Winter Break – TASN Headquarters Closed	December 21, 2023 - January 1, 2024	
2024 TASN Partnership Collaboration Summit (PCS)	January 29–31, 2024	Horseshoe Bay, Texas
TASN Awards & Scholarships Application Deadline	February 15, 2024	see TASN website for details
Third TASN Board of Directors/Committee Meetings	February 22–23, 2024	Corpus Christi, Texas
SNA Legislative Action Conference (LAC)	March 3–5, 2024	Washington, D.C.
2024 TASN Annual Conference	June 29 – July 2, 2024	San Antonio, Texas
2024 SNA Annual National Conference (ANC)	July 14-16, 2024	Boston, Massachusetts



TASN 2024-2025 ELECTION SLATE OF CANDIDATES

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SAVE THE DATE!

2024 Annual Conference
June 29 – July 2, 2024
San Antonio



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How to Eat Right When Money is Tight



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Food and Nutrition, Texas Department of Agriculture

A Publication of the Texas Association for School Nutrition
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PRESIDENT'S MESSAGE

FALL 2023



Greetings TASN Members!

BACK TO SCHOOL...What an exciting time of year it is. Welcoming our students back and getting to see their smiling faces is always a great reminder of the important work each of you does everyday. I sincerely hope everyone has enjoyed a successful school opening and things are settling down for you and your students.

Your TASN board and headquarters staff are working hard to improve your experience with the association. We have some very exciting things planned for this year that move us forward toward our strategic priorities. The Conference Planning Committee and our industry partners are already meeting to plan next year's Annual Conference in San Antonio (see [page 13](#)) as well as how to best support our members.

Our October and February board meetings, along with the Administrative Academy, will be held in Corpus Christi, Texas. We are committed to holding events around our state to meet our members where they are. We will host a welcome reception for everyone at the Omni Corpus Christi during the February board and committee meetings. Please attend these events and get the latest updates from your TASN Executive Committee.

Please let me know how I can help. I am here for you.

Doug Massey
Klein ISD
TASN 2023-24 President
dmassey@kleinisd.net





HEADQUARTERS HIGHLIGHTS

by Karen J. Andrasi,
TASN Executive Director

Time is going by so fast. Thank you for all that you do. I hope each of you had a great summer.

As we begin this school year, I want to encourage you to apply for TASN **awards** and **scholarships**. The deadline for these is February 15, 2024. This information can be found on the **TASN website**. Please contact **Eric Vicharelli** with any questions.

This year's **Partnership Collaboration Summit (PCS)** is being planned by Vice President, Susan D'Amico, and her committee. The theme is **Unleashing Potential: Growing Together**. The 2024 PCS will take place at the Horseshoe Bay Resort, in Horseshoe Bay, Texas, January 29 - 31, 2024.

A few highlights of the event are:

- General Session speaker Joe Pettit
- Closing General Session speaker Lena Wilson with TDA
- Three breakout sessions
- Mardi Gras-themed evening event

So pack your dancing shoes and get ready to show off your best Zydeco moves. Click **here** for more details and registration.

TASN has much to celebrate! This year will be our 70th Annual Conference. For our longtime members, thank you for your continued support and thank you for creating 70 years of memories. If you are new to TASN, welcome. We look forward to creating more memories with you. President-Elect Lacy Willey and her committee are hard at work planning an event to remember. The dates for the 2024 Annual Conference are June 29 – July 2, 2024, in San Antonio, Texas. Registration will open in early January with an April 30 deadline for early

bird discounted registration. Please make sure your TASN membership is current prior to registering for the conference. If renewing or joining and paying your membership through SNA, please allow at least five weeks for SNA processing. Information about the 2024 Annual Conference can be found on pages **13-16**.

Education is key to your success. We are looking for interested parties to teach classes at the 2024 TASN Annual Conference. If you are interested, please contact Education/Training Specialist **Eric Vicharelli**.

I would like to thank our long-time industry supporters and the 12 new exhibitors we had at the 2023 Conference. Thank you for all your hard work and support.

Exhibit sales for the 2024 Annual Conference opened in July and to date, 78% of the booths have been sold. If you are interested in purchasing a booth, please contact me at **Karena@tasn.net**.

This will be the last publication before the new year. I hope each of you has a safe, wonderful, and relaxing holiday season.

The TASN headquarters office will be closed:

- November 22-24, 2023, for Thanksgiving.
- December 21, 2023 – January 1, 2024, for the winter holiday break.

Greetings from TASN President-Elect Lacy Willey



Hello, all you far out, groovy people!

You can't miss the out-of-sight Annual Conference planned for June 2024. Put it on your calendars NOW. We are celebrating 70 years of good vibes and great nutrition in 70's style.

TASN has been leading the school nutrition profession since being chartered in 1954. Our leadership started with President Wayne Banowsky and continues today with our current President Doug Massey. So go ahead and dust off your bell bottoms and platform shoes for a 'slammin' good time of learning and laughter.

Catch you on the flip side,
Lacy



**Check out pages 13 - 16 for
all the groovy details**

SECRETARY / TREASURER CORNER

by Christie Lammers, Texarkana ISD TASN Secretary/Treasurer

Hello TASN friends!

This school year has started off amazing and you guys are hitting home runs all over Texas!



During the TASN Board of Directors Meeting at the 2023 Annual Conference in Houston, the TASN Board approved the 2023-2024 budget. The Finance Committee approved a budget that is aligned with the TASN Strategic Plan of Action.

Increasing membership and promoting the development of new leaders is very important to TASN. If your district is interested in becoming more involved, please reach out for assistance to your Area Representative (*see next page*) or to the chair assigned to the area in which you would like to grow. We would love for all of Texas to explode with more school nutrition professionals benefiting from TASN membership, chapter scholarships, and training opportunities!



KNOW YOUR AREA REPRESENTATIVE

Do you know who your TASN Area Representative is? TASN Area Representatives are there to help you grow your chapter, connect you with resources, and answer any questions you may have about the association. They are your go-to people for all things TASN, so don't hesitate to reach out to them anytime!

TASN 2023-2024 AREA REPRESENTATIVES



Area 12 Representative
Tina Brooks
Stratford ISD
tina.brooks@stratfordisd.net



Area 6 Representative
Norma Rioja
Eagle Mtn-Saginaw ISD
ariojas@ems-isd.net



Area 5 Representative
Suellen Atteberry
Garland ISD
sattebe@garlandisd.net



Area 4 Representative
Tanya Davis
Henderson ISD
tsdavis@hendersonisd.org



Area 3 Representative
Nancy Macias
PASadena ISD
jlmacias15@att.net



Area 2 Representative
Vicky Clark
Santa Fe ISD
tvjones0324@gmail.com



Area 10 Representative
Veronica Villarreal
East Central ISD
veronica.villarreal@ecisd.net



Area 7 Representative
Joy Peters
Pecos-Barstow-Toyah ISD
jpeters@pbtisd.esc18.net



Chair of Area Representatives
Adam Whitten
White Settlement ISD
adam.whitten@wsisd.net





TASN 2024-2025 ELECTION SLATE OF CANDIDATES

Below you will find the slate of candidates for the 2024-2025 TASN Board of Directors election. Please take a moment to familiarize yourself with the members who will lead your organization for the next one or two years.

Voting will begin on March 1. You must be an active member as of January 31, 2024, to be eligible to vote. More details and voting instructions will be released in the coming months.

Thank you to all the individuals below who have offered to serve and help lead TASN into the future.

VICE PRESIDENT ONE YEAR TERM



JOHN CEBALLOS

Coordinator of marketing, equipment, technology and catering
Klein ISD

TASN Member: 6 years
SNA Member: 1 year

TASN Positions Held:
Membership Chair (2 terms)

TASN Presentations Given:
Work Hard Play Hard; Marketing Your Child Nutrition Program (x2); Maximizing TASN Benefits

Education/Certifications:
Bachelor of Arts in Communications

- Goals for Office:**
- Continue to seek benefits for TASN members.
 - Make TASN a national recognized association.
 - Grow engagement within the association and members.
 - Support districts and vendors as needed.
 - Work with current board to set additional goals based off associations vision and mission.



JOY PETERS

Director of Child Nutrition
Pecos-Barstow-Toyah ISD

TASN Member: 8 years
SNA Member: 8 years

TASN Positions Held:
Area 7 Representative

TASN Presentations Given:
None yet - working on some for this summer

Education/Certifications:
Bachelor of Arts in Nutrition

- Goals for Office:**
- I would really like to bring West Texas back into TASN.
 - I'd like to set up a Managers Academy out this way.
 - Increase membership in the panhandle and West Texas.

EDUCATION CHAIR TWO YEAR TERM



KASANDRA DAVIS

*Child Nutrition Director
Brenham ISD*

TASN Member: 13 years
SNA Member: 13 years

TASN Positions Held:
Education Chair;
Conference Planning
Committee

TASN Presentations Given:

*2022 Annual Conference - Pre-Session NSLP; 2022
Administrative Academy - NSLP and Other Operational
Issue of CN Program; 2023 Annual Conference -
Maximizing TASN Benefits; 2023 Administrative Academy
- NSLP and Other Operational Issue of CN Program*

Education/Certifications:

Master of Science in Human Resource
Development, Emphasis in Adult Learning: Texas
A&M University
Bachelor of Science in Food, Nutrition and
Dietetics: Stephen F. Austin State University
Registered and Licensed Dietitian
ServSafe Manager Certification

Other Information You Would Like to Include:

I have enjoyed serving as the Education Chair this term and participating in TASN education sessions, academies, scholarships and awards. I have learned invaluable information about how TASN operates, what it needs to improve, and what members are looking for.

Goals for Office:

- Continue my work in re-branding TASN education opportunities so that members will recognize our classes as a value-added benefit that helps them succeed in current and future positions.
- The stronger our educational opportunities and membership are, the more impact our state association can make.

NO OPPOSING CANDIDATE

MEMBERSHIP CHAIR TWO YEAR TERM



BRENDA RODRIGUEZ

*Child Nutrition Director
Fort Sam Houston ISD*

TASN Member: 12 years
SNA Member: 6 years

TASN Positions Held:
Area 10 Representative

TASN Presentations Given:

TASN - Chapter Introduction

Education/Certifications:

TASSO Emerging Leader
True Colors
Orange Frog
TASN Directors Academy
Diamond Leadership
Heart Saver - CPR, AED

Goals for Office:

- To increase membership by one member per current member.
- Educate the school food service professionals on member benefits and self investment.

NO OPPOSING CANDIDATE

CHAIR OF AREA REPRESENTATIVES TWO YEAR TERM



KIMBERLY BLANKENSHIP

*Director of Child Nutrition
Pleasant Grove ISD*

TASN Member: 4 years
SNA Member: 1 year

TASN Positions Held:
Chapter President, Texarkana
Association for School
Nutrition

Education/Certifications:

Bachelor of Applied Arts and Science
Associates Degree in Culinary Arts

Other Information you Would Like to Include:

I have been married for 20 years and have 2 children, ages 18 and 13. I think it is important in today's world that we teach students the importance of nutrition. I feel child nutrition staff is in a unique situation for teaching students how to fuel their bodies in the right way.

Goals for Office:

- Increase participation and leadership opportunities through out Texas.
- To be a voice for all areas in efforts to help to bring change and offer support in our efforts to provide students healthy and delicious meals.

NO OPPOSING CANDIDATE

AREA 4 REPRESENTATIVE TWO YEAR TERM



TANYA DAVIS

*Director of Child Nutrition
Henderson ISD*

TASN Member: 15 years
SNA Member: 5 year

TASN Positions Held:
Area 4 Representative

Education/Certifications:

TASN Directors Academy
Train the Trainer
Numerous continuing education credits based in
child nutrition

Goals for Office:

- Increase membership and remind directors what our purpose is for Child Nutrition.
- Renew our passion for the great opportunity we are provided to serve hungry students and avoid getting bogged down in regulations.

NO OPPOSING CANDIDATE

AREA 6 REPRESENTATIVE TWO YEAR TERM



NORMA RIOJAS

Supervisor
Eagle Mountain-Saginaw
ISD

TASN Member: 4 years
SNA Member: N/A

TASN Positions Held:
Area 6 Representative

TASN Presentations Given:

None yet but willing to help where needed.

Education/Certifications:

TASN Level 2
38 college credits

Other Information you Would Like to Include:

I am bilingual. My passion is training CNS staff and to motivate CNS staff to grow into management positions.

Goals for Office:

- Be available to help districts in Area 6 if they want help creating a chapter.

NO OPPOSING CANDIDATE

AREA 10 REPRESENTATIVE TWO YEAR TERM



RAMONA LOVE

*Child Nutrition Coordinator
of Operations*
East Central ISD

TASN Member: 15+ years
SNA Member: First year

TASN Positions Held:
5 Years as local chapter
president
4 years as local chapter

secretary

1 year as local chapter historian

Education/Certifications:

Associates degree in History
Level 5 TASN certification
Food Manager certified
ServSafe Certified Instructor and Proctor

Other Information you Would Like to Include:

I served three terms on the Texas20 Advisory Board.

I am currently the CTSFSDA (Central Texas School Food Service Directors Association) Secretary.

Goals for Office:

- To increase TASN membership and number of local chapters.
- To inspire others to seek out knowledge in order to develop themselves, their teams, and their programs.
- To assist in providing additional training opportunities for members.

NO OPPOSING CANDIDATE

AREA 12 REPRESENTATIVE TWO YEAR TERM



TINA BROOKS

School Child Nutrition Director
Stratford ISD

TASN Member: 12 years

SNA Member: 12 years

TASN Positions Held:

Current Area 12 Representative

TASN Presentations Given:

Not at this time, but ready to do so if necessary

Education/Certifications:

Early Childhood Special Education Associates of Science degree

Currently working on Bachelors in Science, Special Education IEC-12 at WTAMU Canyon (4 classes - 12 hours)

Santa Fe College - Nutrition (2 classes - 6 hours)

University of Mississippi - Culinary Art Training (60 credit hours)

Other Information you Would Like to Include:

I'm a hard worker, and ready for a new challenge. My number one reason I do what I do is for the kids, to feed our kids. There are too many out there that need extra help. I'm a farm girl, love the country, riding my Harley, being outdoors, and socializing with friends.

Goals for Office:

- Get more schools in my area involved, to reach out to as many schools and to let them know what TASN can do for them (trainings, scholarships, and networking)
- Explain all the benefits this great organization has to offer not just them but the community.
- Because my passion is the children, I want to ensure all are well fed and let them know that I'm here for them.
- Speak out about how important our program is and to fight for all children everywhere.

NO OPPOSING CANDIDATE

Greetings from Area 5 Representative

Suellen Atteberry, Garland ISD



There are great things happening in Area 5! Here's what's happening in just two of our Area's districts:

Garland ISD Student Nutrition Services 2023-2024 theme is *SNS Shines*, and was the focus of their back to school

training events. Jeff Joiner give an inspiring talk to managers and Tami West spoke to their entire department about "Sunshine for the Mind."

Allen ISD Student Nutrition is collaborating with Allen High School Culinary Arts Program. Anna Reynolds, Allen ISD District Chef, is helping to create a welcoming and informative environment for students to learn.

Way to go, Allen and Garland ISD! See [pages 18-19](#) for photos and details.

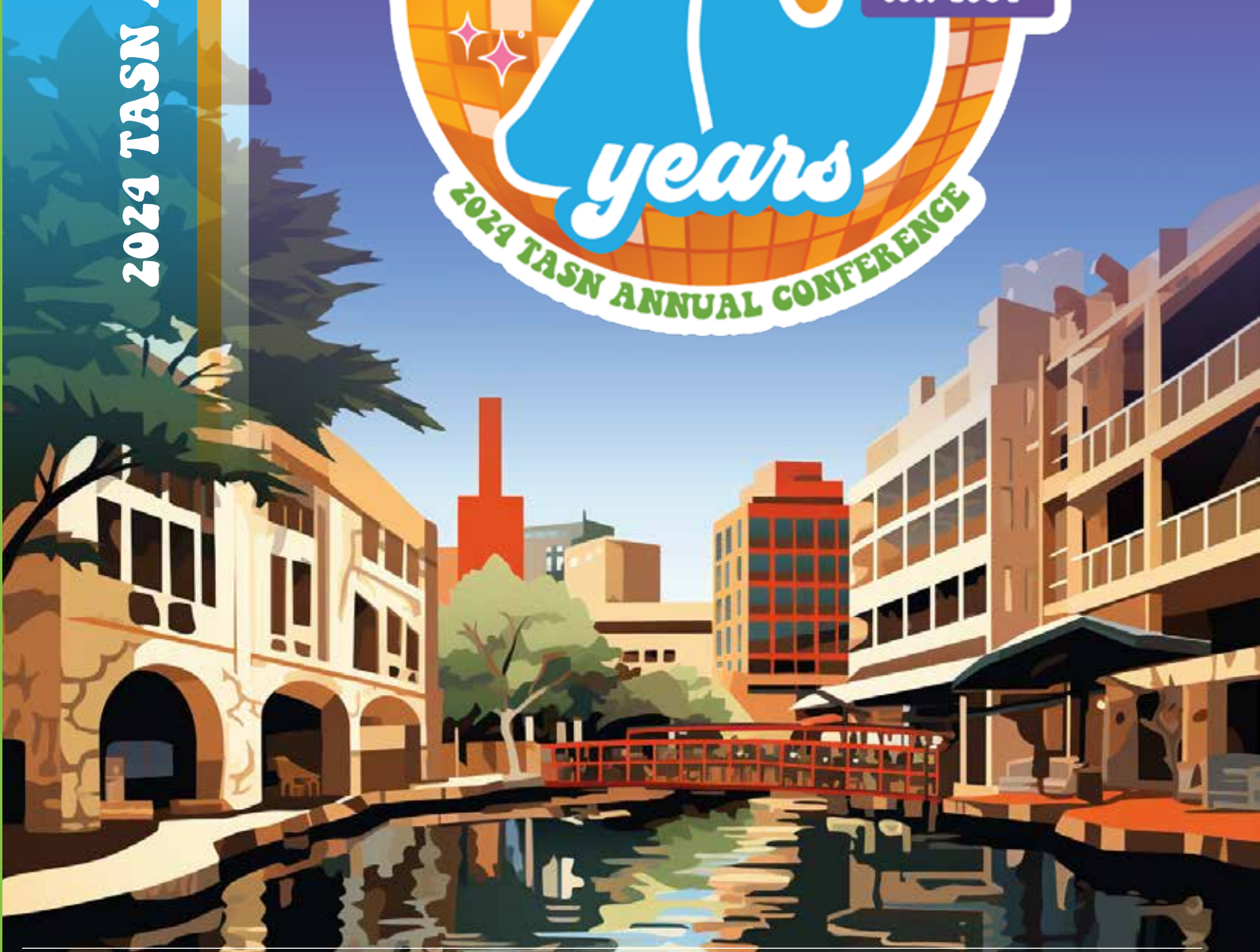
This is the perfect time to get involved with TASN. Do you have a chapter that needs to be created or reinstated? There is a great deal of information that TASN has that can assist us in being prepared. Let us assist you in acquiring information to be e best prepared and up to date food service professionals!

Stay Connected!

Click below to stay connected with TASN on Facebook, Instagram, LinkedIn, and Twitter. We post event info, opportunities for member engagement, pictures, & more - don't miss an update!



2024 TASN ANNUAL CONFERENCE





SEE YOU IN SAN ANTONIO

Join TASN, ISD food service professionals, and industry partners as we come together to shape, build, and support K-12 child nutrition programs in Texas.

2024 TASN Annual Conference sessions and exhibits will be located in the Henry B. Gonzalez Convention Center, next door to the Grand Hyatt San Antonio River Walk host hotel.

WHO SHOULD ATTEND?

The TASN Annual Conference is a valuable educational and networking opportunity for all ISD K-12 food service employees, specialist, managers, directors, supervisors, superintendents, stakeholders, and industry partners. Registration will open in early January. We hope to see you there!

WHY SHOULD YOU ATTEND?

During this year's groovy four-day event, you will experience inspirational keynote speakers and attend sessions designed to generate ideas you can implement in your district. You will also have the opportunity to meet our exhibitors and explore the exhibit hall, network with like-minded professionals, and take some time to chill out and have fun.

Join us in celebrating 70 years!
Conference registration opens in January

Grand Hyatt San Antonio River Walk



The Grand Hyatt San Antonio River Walk celebrates the history and charm of the Alamo City with a welcoming spirit and elegant sophistication, offering luxury rooms just steps from the historic River Walk and close to other attractions and sites such as the Alamo. The hotel features several restaurants and bars, a rooftop pool, and even an indoor golf experience. TASN Annual Conference hotel reservations will open in December. Visit the [TASN website](#) for updates.

Henry B. Gonzalez Convention Center

The 2024 TASN Annual Conference will be located in the Henry B. Gonzalez Convention Center, located next to the Grand Hyatt in the heart of historic downtown San Antonio. Last year's exhibit hall hosted 276 vendor booths, offering conference attendees a huge opportunity to meet with exhibitors and learn about new products.



Keynote Speakers

Alex Weber

Alex Weber is an American Ninja Warrior, Award-Winning Leader & Entertainer positively inspiring millions to achieve breakthrough success! Alex's greatest passion is championing your highest potential by helping you find your Edge, because success is about more than just knowing what to do, it's knowing how to do it. Alex shows top professionals and leaders how to bring their very best everyday, and to the most high-stakes situations that can make or break your success. With his contagious energy and passion, Alex shares his game-changing secrets to record-breaking success!



Lena Wilson

Lena Wilson is the Assistant Commissioner for the Food and Nutrition Division at the Texas Department of Agriculture (TDA). She oversees all activities related to compliance with regulations for the 12 federal nutrition programs administered by the agency. Lena, a registered dietitian, has more than 20 years of experience with federal nutrition programs. She is one of the few people who has worked at the state and local level with every U.S. Department of Agriculture nutrition assistance program including the Women, Infants, and Children (WIC) Program and the Supplemental Nutrition Assistance Program (SNAP). This experience complements a background that includes 13 years as a director of school meal programs and allows a practical look at operations from differing perspectives to apply a common-sense approach for program oversight.



Bring Farm Fresh Meals to Your District



School nutrition departments are working with Texas farmers, ranchers, and food producers to add Farm Fresh products to their menus.

Join us in cultivating
Homegrown and Healthy students.



Sign up today for the
Farm Fresh Challenge

[SQUAREMEALS.ORG/FARMFRESHCHALLENGE](https://squaremeals.org/farmfreshchallenge)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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 8/2023
www.SquareMeals.org

Chapter News

Area 3

Aldine SNA

The Aldine School Nutrition Association had a large turnout for the TASN 2023 Annual Conference! We had a great time networking, attending the educational sessions, eating samples, and the live entertainment at industry night. Most of all, we enjoyed spending time with each other outside of the school cafeterias. We "Created Magic."



In September, we kicked off our fundraisers with the annual World's Finest Chocolate sale. Our staff



loved buying the \$1 chocolates for their grandchildren or a quick snack during the day.

In October, we sold Deanan Gourmet Popcorn, and continued the tradition of selling pies. Aldine will be hosting certification classes on November 4 and 11. Thank you to all of our members for participating in the fall fundraisers to get us to San Antonio.



Area 5

Allen ISD

Allen ISD Student Nutrition - Allen HS Culinary Arts Student Collab

Allen ISD Student Nutrition is working to expand on a partnership with its high school Culinary Arts Program. The program started in 2021 with



just a few classes, then expanded to a full rotation schedule for all Intro to Culinary Arts classes that even place students in the role of student manager. They created opportunities for student recipe development and taste-testing, to engage students in the process of building menus and

marketing and support the goals of the food service operation.

This year they hope to work with students to not only develop more new recipes that will be used across all grade levels, but also get students involved in nutrition presentations at lower level campuses to support promotions like National School Lunch Week, TDA Farm Fresh Challenge, and National School Breakfast Week.



Garland ISD

The Garland ISD Student Nutrition Services 2023-2024 theme of “SNS Shines” was the focus of our back-to-school manager and staff training events. We had speaker Jeff Joiner give an inspiring talk our managers and Tami West spoke to our entire department about “Sunshine for the Mind.”



Training new SNS employees and serving delicious, healthy meals to students has kept us busy this month! Garland ISD began school on August 8th. Part of our new hire orientation includes culinary training led by Chef Kevin Jenkins. He works with new SNS employees to teach them how to understand and prepare school



recipes. This will give our new hires a base to build on when they start at their home schools.

We look forward to a wonderful school year. We have many new programs and promotions

planned for 2023-2024 and are excited to share in future *TASNews* issues.



WE WANT TO HEAR ABOUT IT!



Have news to share about your chapter? Members in the news? New fundraising ideas or recipes to share? Send updates and photos (optional) to communications@tasn.net by December 15 to be included in the winter issue.

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 2024 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, 2024.



TASN Membership Application Form

Please check one of the following: **New member** _____ or **Member Renewal** _____

If you pay your TASN dues through SNA, Please do not also send a payment to TASN.

Personal Information:

Member #: _____

(Please print and complete the 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 specialists.	Employee	\$23.00
Managers, head cooks, assistant managers, accounting dept., equipment/maintenance.	Manager	\$28.00
Please circle or check one: Working in the food service program at the school district level, Equipment/Maintenance.	Director or Supervisor Circle one	\$43.00
Working in the state office for child nutrition programs, including nutrition education.	TDA, ESC, TDH	\$43.00
Retired school food service workers.	Retired	\$18.00
Full-time students enrolled in college or university in the food service, nutrition, or dietary program.	Students	\$13.00
Persons involved in non-foodservice administrative duties of a school district, college/ university in Texas, or an allied non-profit organization.	Affiliate	\$18.00

If recruiting during TASN's Yearlong Membership Drive period, please fill out the following. September 1st - May 31st

Membership Drive Requirements: *Recruitment must be postmarked within membership drive dates.*

- 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 1 entry.
- Prizes: \$100.00 Gift Card, Free TASN Membership for recruiter, and Recognition at the TASN Annual Conference.

Recruiter's Information:

Recruiter's Name: _____ Member #: _____ Recruiter's ISD: _____

Recruiter's Phone: _____ Recruiter's Email: _____

Payment Information: Check #: _____ Credit Card type: _____ Credit Card #: _____

Name on Card: _____ Billing Address: _____

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:** _____

EDUCATION UPDATE

by **Kasandra Davis**
TASN Education Chair



October is here

and it's almost time to fall back and gain that extra (well deserved) hour! I hope everyone has settled into their new school year routine and that things are going well for you and your district.

Since meeting in June at the Annual Conference, the Education Committee has been busy with a few other projects. One of those included reviewing member feedback from the 2023 Annual Conference learning sessions. Thank you to those who took the time to fill out the evaluation. We, along with the conference planning committee, review these notes and make changes to enhance your experience moving forward.

In July, TASN held two successful Managers Academies in Klein and Texarkana. Between the two groups, we are happy to announce that we are graduating the largest class in five years! We will be announcing and recognizing 50 graduates at the 2024 Annual Conference next June. In addition to the knowledge gained, these individuals will be eligible to **apply for Level 4 TASN certification**.

I had the privilege of attending the session in Texarkana and enjoyed watching attendees work together to grow their understanding of child nutrition and enhance managing skills. The classes



were full of information and interactive to keep attendees engaged. If this is something you are interested in attending in the future, TASN offers scholarships for members to apply.

In early October we held our first session of the Administrative Academy in Corpus Christi! This academy is held over four days in two parts throughout the year and geared for those interested in learning about the business of child nutrition and how to run a successful program. Instructors are selected based on their experience and expertise to give attendees the best education possible. I'm looking forward to continuing this journey with the 2023-2024 class and seeing all of the great things they will accomplish.



If you're interested in attending the **Administrative Academy, Managers Academy**, applying for a **scholarship**, or nominating someone for an **award**, it's never too early to visit the **TASN website** to learn more. Deadlines to apply will be in February. Take advantage of TASN opportunities to further your education!

I'm passionate about learning and my goal is to rebrand TASN education. I want to ensure that TASN is meeting our members' needs and they



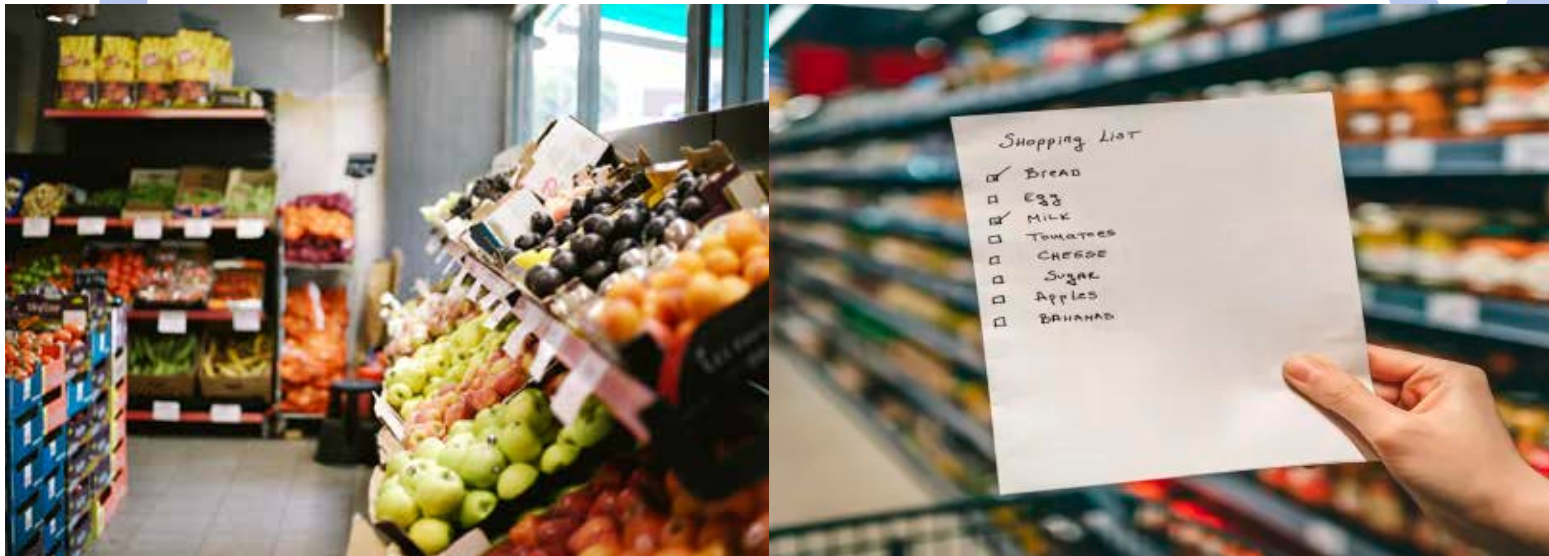
see value in what we offer. If you have suggestions for learning sessions at conferences, academies or

otherwise, please feel free to **share those with me**.

Here's to an amazing fall semester and all of the hard work you do.

How to Eat Right When Money's Tight

Courtney Smith, SHSU Masters of Science & Dietetic Internship Student for Cleveland ISD



Before Shopping

Before going grocery shopping it is important to plan the meals and snacks that you are going to purchase. Preparing in advance can help you know what you need, avoid impulse buying and use leftovers. To plan ahead you can plan what meals you are going to prepare and determine what you already have at home that you don't need to buy. It is also important to know how much money you have to spend on groceries. Making a shopping list can help keep you on track while in the store and know what foods you need. Another good way to save money is to check what coupons or sales are going on. It is important to remember that certain foods are not good for a very long time, so it is good to think about buying food that is frozen, canned, or shelf stable because these types of food last longer.

During Shopping

It is beneficial to eat a snack before going to the store, doing this will make it easier to follow the list you made and not be tempted to buy other items that are not needed. While at the grocery store, try buying store brands. Store brands are usually the same quality as the name brand but cost less money. You can also compare products while in the store to try to find the best deal. To compare products you can use the unit pricing method or the Nutrition Facts label. While shopping it is also helpful to look at the "sell by" or "use by" dates. If you are planning on cooking the food item soon then it might be cheaper to buy a food item that has a "sell by" or "use by" date that is soon.

After Shopping

After you are done grocery shopping it is important to store the food right away in the refrigerator or freezer to keep it fresh and safe. If you are buying large amounts of fresh food including meat, poultry, or fish it can be helpful to divide them into smaller portions, label them and then freeze them to use at a different time. When deciding on what foods to use to cook a meal, it is important to look at the expiration dates and use the one that will expire soonest.

Comparing Products

Unit Price

Tells you the price per unit of product.
For example if you are planning on buying a box of brown rice and it is \$1.99 and 14 oz, then the unit price is about \$0.14 per oz ($\$1.99/14=0.14$).

Nutrition Facts Label

Can help you make sure that you are comparing products that contain the same ingredients.
When comparing 2 products, look at the ingredients and the nutritional values to see which is a better choice.

Fruit and Vegetable Seasons



Some vegetables are available for multiple seasons or year round. For example, avocado is in season in spring, summer and winter, but not fall, and apples are in season all year.



Spring

- Broccoli
- Garlic
- Mushrooms
- Lettuce
- Pineapple
- Strawberries

In Season Year Round

- Apples
- Banana
- Carrot
- Celery
- Herbs
- Lemon



Summer

- Bell pepper
- Blackberries
- Blueberries
- Cherries
- Corn
- Mangos
- Tomatoes



Winter

- Brussel sprouts
- Grapefruit
- Kale
- Leeks
- Limes
- Oranges
- Winter squash

Fall

- Cranberry
- Grapes
- Mangos
- Pears
- Potatoes
- Pumpkin
- Sweet potato & Yams

TIPS FOR BEST COST AND NUTRITION

Beans and Grains

Choose whole grain breads, look for day-old breads; buy brown rice, oats and old fashioned oats instead of instant types.

Vegetables

Buy large frozen bags, when buying canned look for "low sodium" or "no salt added."

Fruits

While buying fresh in season is best, frozen or canned is good too. When buying canned look for the fruit canned in its own juice instead of in syrup or with added sugar.

Low-fat or Fat-free Milk Products

Buy low fat or fat free milk, yogurt, and cheese in the largest size that can be used before the expiration date, bigger containers usually cost less per serving than smaller ones.

Meats and Beans

Dried beans and peas are good sources of fiber and protein. They can last over a year without going bad. Another choice for inexpensive protein is canned tuna packed in water.

Stuffed Pepper Recipe



Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 oz)
- 4 bell peppers
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- Salt (to taste, optional)

Price Breakdown

- Brown rice \$0.88
- Black beans \$0.78
- 4 bell peppers $\$0.66 \times 4 = \2.64
- Cheddar cheese, shredded \$2.22
- 1 tomato \$0.91
- 1 cup salsa \$2.36
- **Total Cost: \$9.79**
- **Cost per serving: \$2.45**

Directions

1. Preheat oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the pepper under running water.
4. Cut the top off of the pepper and spoon out the seeds.
5. Drain and rinse black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
8. Put a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but DO NOT top with cheese.
10. Bake pepper for 30 minutes, top each pepper with 2 tablespoons of cheese, then bake for another 15 minutes.

NUTRITION INFORMATION

Serving size: 1/4 of recipe

Total calories	357
Total Fat	4g
• Saturated Fat	2g
Cholesterol	6g
Sodium	599mg
Carbohydrates	63g
• Dietary Fiber	13g
• Total Sugar	6g
• Added Sugar	0g
Protein	19g
Vitamin D	0mcg
Calcium	191mg
Iron	3mg
Potassium	788mg

Source: USDA MyPlate: Simple Stuffed Peppers

REGISTER NOW FOR THE 2024 PARTNERSHIP COLLABORATION SUMMIT



UNLEASHING POTENTIAL
GROWING TOGETHER
2024 TASN PCS

Join us for the 2024 PCS January 29-31, 2024, at the beautiful **Horseshoe Bay Resort**.

The **TASN Partnership Collaboration Summit (PCS)** is a two-day, collaborative event connecting K-12 child nutrition decision maker with industry partners. This is a unique opportunity for in-depth discussions, training, and future planning. You will experience inspirational keynote speakers, breakout sessions, and activities designed to generate ideas you can implement in your district, and fun networking opportunities. Unleash your potential and grow together with TASN at this valuable, fun-filled, Mardi Gras themed event!!

REGISTER NOW

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- Eight-foot backdrops & three-foot side drapes
- Company ID sign
- Six-foot skirted table
- Two chairs
- Waste basket

LEARN MORE & RESERVE

TDA WORKING TO SUPPORT YOU WITH INFORMATION, NEW RECIPES, AND MUCH MORE

By Lena Wilson

Assistant Commissioner for Food and Nutrition
Texas Department of Agriculture



I frequently use my TASNews article to remind you about the many U.S. Department of Agriculture (USDA) resources available for school nutrition. Now, I am also updating you on some important USDA news including the long-awaited Program Integrity Final Rule.

USDA Final Integrity Rule

The new Child Nutrition Program Integrity Final Rule was published in August. It promises to streamline the administrative review process for contracting entities (CEs) and the Texas Department of Agriculture (TDA). The final rule allows TDA to implement a five-year review cycle and omit some areas of the administrative reviews if determined redundant. However, the final rule requires TDA to identify high-risk CEs for targeted follow-up reviews. Look for more information about the final rule on [SquareMeals.org](https://www.squaremeals.org).

USDA Team Nutrition Grants

I am especially excited about two USDA Team Nutrition grants TDA received. One enabled TDA nutrition specialists to work with the Culinary Institute of America (CIA) to develop three original recipes featuring Texas products – beef, brown rice, mushrooms, and hydroponic lettuce. TDA staff and a CIA chef made the recipes with foodservice staff at two Texas schools and conducted taste testing for middle school and high school students. USDA will

publish the finalized recipes online in its library of recipes. Instructional videos professionally produced at the CIA campus in San Antonio will be available to school nutrition teams across Texas.

Texas also was awarded \$1 million from Team Nutrition to develop **Texas MyPlate Food Ambassadors Changing Environments and Systems (FACES)**. This will be a partnership with Texas A&M AgriLife to train up to 150 student MyPlate Ambassadors to lead projects in Texas that incorporate MyPlate messaging and curricula for students. Also, the grant will fund recipe development focusing on cultural preferences and a partnership with **Action for Healthy Kids** to train schools and provide technical assistance for updating Local Wellness Policies.

Supply Chain and Equipment Grants

But that's not all. TDA is receiving a fourth round of Supply Chain Assistance funds of approximately \$137 million. As before, schools can use these funds to purchase unprocessed or minimally processed domestic food products. If you have not explored how this money can benefit your programs, you can get started at [SquareMeals.org/SCA](https://www.squaremeals.org/SCA). Note that once the funds are allocated, there is no deadline for spending them and popular products like milk and yogurt fit grant parameters.

If you need new equipment, consider applying for the 2023 National School Lunch Program Equipment Assistance Grants. More than \$3.7 million is available this school year. TDA will award the funds for equipment purchases of at least \$1,000. For information, please visit [SquareMeals.org/EquipmentGrants](https://www.squaremeals.org/EquipmentGrants).

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I will wrap up my focus on funding by congratulating the 18 small and/or rural Texas school districts or charters receiving USDA grants of up to \$150,000 from USDA's Healthy Meals Incentives. USDA and Action for Healthy Kids awarded the funds to help schools improve the nutritional quality of meals and modernize operations. A related Healthy Meals Incentives recognition program is available for all Texas schools participating in the National School Lunch or School Breakfast Programs. TDA and the Education Service Centers (ESCs) are ready to support your application for the national recognition program. Information about the recognition is available at [SquareMeals.org/HMI](https://www.squaremeals.org/HMI).

Using all these resources takes time and effort. Please don't let a hectic schedule and the considerable demands of your job get in the way of familiarizing yourself with everything TDA and USDA can provide.

More than ever, your ESC is prepared to assist you in navigating the opportunities and the final rule. ESC specialists can help you develop the strategy that works best for you, your staff, and your students.

You have made such great strides in the face of great challenges in the last two years. Please continue taking the steps necessary to make your programs stronger, your meals healthier, and your students happier. Guidance, grants, and recognition initiatives help us build momentum for growth and add to the impact your programs have on your communities. All the available resources and innovative attitudes are making a difference. Thank you for all you do and let us know how TDA and the ESCs can help you.



TDA RESOURCES

SUPPLY CHAIN GRANTS:
[SQUAREMEALS.ORG/SCA](https://www.squaremeals.org/SCA)

EQUIPMENT GRANTS:
[SQUAREMEALS.ORG/EQUIPMENTGRANTS](https://www.squaremeals.org/EQUIPMENTGRANTS)

USDA HEALTHY MEAL INCENTIVES PROGRAM:
[SQUAREMEALS.ORG/HMI](https://www.squaremeals.org/HMI)

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**CELEBRATE NATIONAL
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