



# SCHOOL NUTRITION ASSOCIATION

2024 NSNA FALL NEWSLETTER

# Let's Connect!

## Co-President's Messages Brock Kaupp & John Ahlers

Greetings fellow NSNA members. School will soon be in session and we will all be hard at work feeding great meals to all of our students. It seems like only yesterday that we came together in Kearney at conference. I hope that you were able to enjoy, learn, network, and take home some useful information. Thanks to all who made our conference great from the speakers, the volunteers, the vendors, the hotel staff and least of all Mary Pat. She is the hands on behind the scenes!! We would also like to thank the students that participated in the food show and then speaking and answering questions about their experience. Thanks also goes out to Katie from Kearney schools for finding the students to participate and to Brock for it setting up. This was so well received that we are planning on doing it again next year. Plans are already underway for next years conference in Kearney, June 30 through July 2, 2025. So, mark your calendars now! This year's theme is "BALANCING SCHOOL NUTRITION".

In July Brock, Mary Pat, and myself attended ANC in Boston. We did see several of our Nebraska friends there as well. This was my first experience and it is worth the trip. Lots of educational sessions and the food show – WOW! There were over 900 exhibitors to visit and new products to see. Next year ANC will be held in San Antonio, Texas, July 13-15, 2025. Do plan to attend if at all possible.

This year things will be a little different at the state board level. Brock Kaupp and myself will be Co - Presidents of NSNA due to some unforeseen events. After several options were presented to the board, this was the option that was decided to be the best for NSNA. So, with that being said, let me give you a little background information about me. I am currently the Foodservice Director at Emerson Hubbard Community Schools starting my 11 th year. We serve about 240 students. I have been in food service since 1988, a total of 36 years. Most of my career has been spent in long term care. I have an associate degree in dietetics.

As the new year begins let us make plans to grow in our roles of school nutrition. Weather that is being the best cook you can be to serve our students or taking on a role of leadership at district level or at the state level. Maybe even putting the leadership idea on the back burner until a later date? I believe that there is a leader in all of us, we just need to find our niche. Reach out to your district leaders or the state board members if you would like to pursue a leadership role, or have an idea for conference. Both Brock and myself wish you the best in "Balancing School Nutrition" in the coming year. We are planning to attend as many district meetings as possible. Until our next meeting.....



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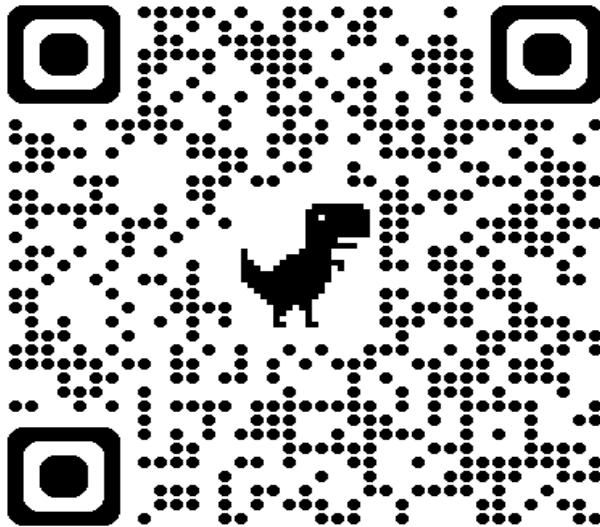
### Pennies a Day

at Conference  
\$400  
was donated to  
Hot Meals USA  
out of Kearney, NE

Happy back to school year everyone,

We are all wondering where our summer has gone and how we got to the 24/25 school year already. I know I wish I had a few more days left in my summer break because it just gets busier and crazier for me with kids doing sports during the school year. If you are in the same boat as me, you have my sympathies for this school year as well.

Today I am reaching out to all of you to get some ideas for what you would like to see at the 2025 NSNA State Conference. I know it seems like a long time away but the NSNA Conference Committee is going to start meeting here as soon as we feel we can. This form would help give them some ideas and where to start with what kinds of breakout sessions you want at next year's state conference. This also could be a session that you loved in the past and want to see again. I have put together a Google form that has some blanks for you to fill in, you don't have to fill them all out. Also, there is a section for Goods and Gifts if you would like to see something in the store. Below I have added a QR code that you can scan and it will take you to the form. This is 100% anonymous and will only give us the ideas and no names.



Looking Forward to seeing everyone at the district meetings this Fall.

Brock Kaupp

# Conference Recap - July 2024

*Thank you to the 210 conference attendances, our speakers & guests, and to our 73 vendors!*



**Save the Date for 2025 NSNA Conference in Kearney, NE  
June 30th - July 2nd**

# FREE 2025 Conference Registration Winners ~ Congratulations!

- Lynsey Graham - Johnson County Central Public School District #1
- Ann Dukat - Gretna Public Schools District #2
- Irene Warner - Walthill Public Schools District #3



Thank you 2024 Conference  
**Platinum Sponsors**



**ADVENTURES WITH NUTRITION™**



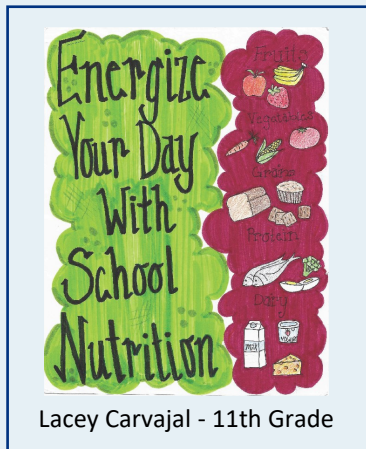
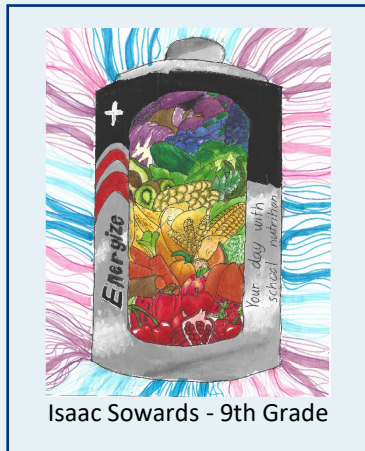
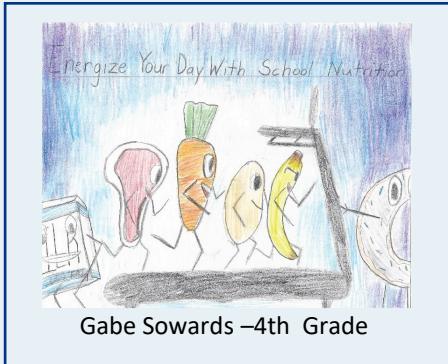
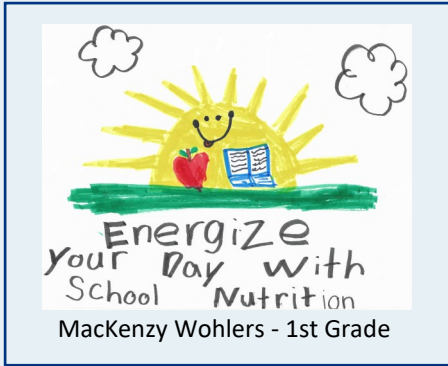
Thank you 2024 Conference  
**Gold Sponsors**



**ADVENTURES WITH NUTRITION™**

# 2024 Art Contest Winners

# Energize Your School Nutrition



Do you have students who like to draw or doodle?

Do you have a teacher looking for a project?

**Check this out!**

**The 2025 Nebraska School Nutrition Association Art Contest is HERE!**

There are four grade categories for the contest: K-1, 2-4, 5-8, and 9-12.

Four winners will be chosen and each will receive a \$50 check from the Nebraska School Nutrition Association.

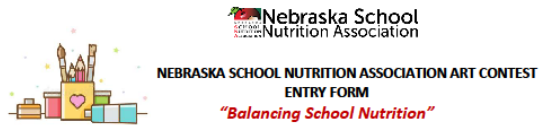
[NSNA Art Contest 2024-25](#)

Contest Rules:

1. All entries must be the student's original artwork on an 8 1/2 x 11 inch sheet of unlined white paper. Do not use white plain poster board or a larger paper size as it is not allowed.
2. The theme '**Balancing School Nutrition**' must be printed on the artwork.
3. The student's name, address, grade, and school must appear on the back of the artwork.
4. Each entry must be accompanied by a completed entry form signed by the principal and cafeteria manager.
5. Each school district will be allowed to submit four entries for the competition: one for each grade category.
6. Entries must be postmarked by December 13, 2024.
7. If any of the above rules are not followed, the entry will be automatically disqualified.
8. Entries will not be returned unless requested.

Send your school district's entries to:

Nebraska School Nutrition Association  
P.O. Box 45527  
Omaha, NE 68145-0527



Mail this entry form with student's artwork to: Nebraska School Nutrition Association, P.O. Box 45527, Omaha, NE 68145-0527

Contest Deadline: December 13, 2024

Please type or print the following information:

Student's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

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

Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

School: \_\_\_\_\_ School Phone: (\_\_\_\_) \_\_\_\_\_

School Address: \_\_\_\_\_

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

Principal: \_\_\_\_\_ Cafeteria Manager: \_\_\_\_\_

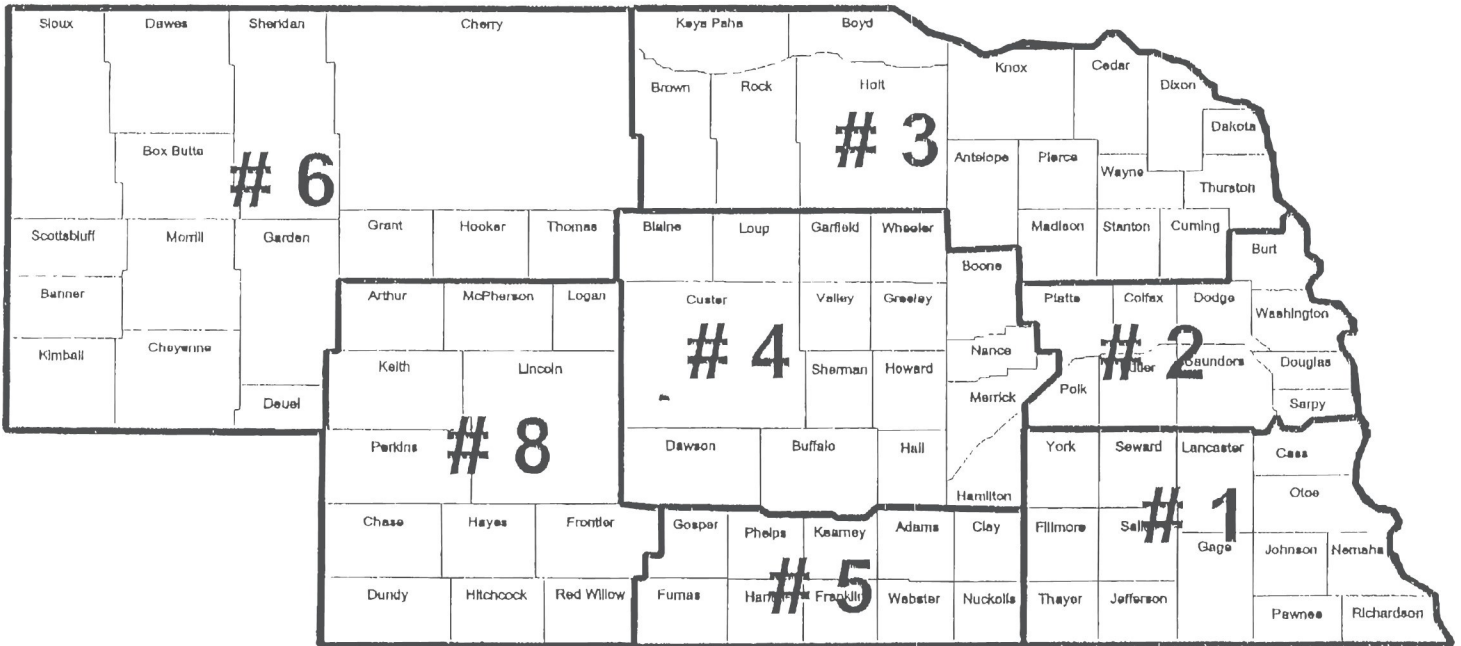
\_\_\_\_\_  
(Principal's Signature) (Cafeteria Manager's Signature)

FOR STATE ASSOCIATION USE ONLY – DO NOT WRITE IN THE BOX

Date Received: \_\_\_\_\_ Initials of Recipient: \_\_\_\_\_

Check Entry Category: Grade K-1 (\_\_\_\_) Grade 2-4 (\_\_\_\_) Grade 5-8 (\_\_\_\_) Grade 9-12 (\_\_\_\_)

# Upcoming Fall District Meetings



**District 1** - Saturday, October 12th in Fairbury Junior/Senior High School  
Breakfast starting @ 8am

**District 2** - Saturday, November 9th @ St Vincent de Paul Elementary

**District 3** - Saturday, October 12th at Wayne Junior/Senior High School  
Registration starting at 8am

**District 4** - Saturday, October 12th at Kearney High School  
Registration starting at 7:30am

**District 5** - Saturday, October 12th @ Nelson School

**District 6/8** - Saturday, October 5th at Wallace School  
Registration starting at 10:30am

Be on a look out for your invitation to your District Meeting. If you haven't received your invite please reach out to your district president (contact info on page 13).

## BENEFACTOR PROGRAM

Have you ever wanted to attend the Nebraska School Nutrition Association State Conference or perhaps a continuing education class but affordability is a problem? You will be glad to know there are scholarship funds available for you through our benefactor program. For several years, the NSNA benefactor program has been raising funds to provide scholarships to SNSA members for conference registration/or national conference and other educational funding. Contact Tara Brooking or any board member if you are interested in receiving a scholarship application. All applications must be approved by the Executive Board before money can be awarded.

Donations range from \$10.00 - \$50.00+. You can contact Tara Brooking at: [tbrook-ing@gpsne.org](mailto:tbrook-ing@gpsne.org) for more information or, a table is set up at state conference for your questions, to pick up a scholarship form, or to show your generosity. Donations can be made at any time throughout the year. Donations from members such as you and I help our members achieve their educational dreams.

Tara Brooking – Vice President & Benefactor Chair

### Member Benefits Include . . . .

- Enhance and further your career through SNA Certification and Credentialing
- Network with industry peers, share information and discover best practices to apply in your programs at SNA conferences and through the Online Communities
- Increase your wealth of knowledge with professional development materials and up-to-date industry news
- Access to member only information at state and national level
- Receive a subscription to SNA's award-winning publication School Nutrition magazine
- Take advantage of scholarship and grant opportunities
- Enjoy a variety of members-only discounts on products and programs, including Emporium purchases, conference registrations, latest research findings, SNA Certification and insurance plans
- Access members-only information on the [SNA website](#) including additional news and talking points, Online Communities, archives of *School Foodservice & Nutrition*, *Tuesday Morning* and several "Tools You Can Use" such as the Promotional Calendar

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*"The meaning of Life is find your Gift. The Purpose of Life is to Give it away."*  
- Pablo Picasso

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# NATIONAL AND STATE NEW MEMBER APPLICATION

Member ID \_\_\_\_\_

- ① Have you ever been a SNA member?  Yes  No
- ② First Name \_\_\_\_\_ Last Name \_\_\_\_\_
- ③ Email \_\_\_\_\_ Job Title \_\_\_\_\_
- ④ School District \_\_\_\_\_ ⑤ School Name \_\_\_\_\_ ⑥ Chapter No. \_\_\_\_\_
- ⑦ Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_
- ⑧ Work Mailing Address (Please indicate preferred mailing address  Work  Home)  
 Address \_\_\_\_\_ Suite \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_
- ⑨ Home Mailing Address  
 Address \_\_\_\_\_ Suite/Apt \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_
- ⑩ Who referred you to SNA? First Name \_\_\_\_\_ Last Name \_\_\_\_\_ (Optional) Member ID: \_\_\_\_\_
- ⑪ Membership Category (Check either individual membership or school district/state agency membership (SDM). See back for description)

### National Dues

Member Categories	Individual Membership	School District/ State Agency Membership
SN Employee	\$40 <input type="checkbox"/>	\$40 <input type="checkbox"/>
Student	\$40 <input type="checkbox"/>	N/A
Retired	\$40 <input type="checkbox"/>	N/A
SN Manager	\$42 <input type="checkbox"/>	\$42 <input type="checkbox"/>
District Director/Supv/Spec	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Major City Director/Supv/Spec	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
State Agency Director and Staff	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Nutrition Educator	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Other	\$143 <input type="checkbox"/>	\$143 <input type="checkbox"/>
Affiliate Employee	\$20 <input type="checkbox"/>	N/A
Affiliate Retired	\$20 <input type="checkbox"/>	N/A

- ⑫ Employed by?  Public School  Private Management Company  
 Private School  CACFP
- ⑬ Does your employer pay your dues?  Yes  No
- ⑭ Are you responsible for school nutrition operations in your school district?  Yes  No

National, State Dues and Processing Fee are required.

⑮ NATIONAL DUES \$ \_\_\_\_\_ . \_\_\_\_\_

⑯ STATE DUES\* \$ \_\_\_\_\_ . \_\_\_\_\_

⑰ PROCESSING FEE \$ \_\_\_\_\_ 3 . 00

⑱ TOTAL DUES \$ \_\_\_\_\_ . \_\_\_\_\_

⑲ Tax-deductible contribution to SN Foundation  
 \_\_\_\$10 \_\_\_\$25 \_\_\_\$50 \_\_\_Other \_\_\_\_\_

⑳ TOTAL PAYMENT \$ \_\_\_\_\_ . \_\_\_\_\_

⑩ Your STATE DUES are: (Record state dues in the space provided on right) \* Select one.

⑲ Tax-deductible contribution to SN Foundation

㉑ For credit card payment, please visit [www.schoolnutrition.org](http://www.schoolnutrition.org)

㉒ Individual Membership Signature \_\_\_\_\_ Date \_\_\_\_\_

For SDM multiple applicants, you may use a spreadsheet found at [www.schoolnutrition.org/sdm](http://www.schoolnutrition.org/sdm).

See reverse side for important information.

Dues: subject to change.

㉒ FOR SCHOOL DISTRICT MEMBERSHIP (SDM) ONLY

SDM Main Contact Name \_\_\_\_\_

(Optional) SDM Main Contact Member ID \_\_\_\_\_

Email \_\_\_\_\_

Business Phone Number \_\_\_\_\_

Return this form with your check or money order made payable to SNA.  
 Mail application to SNA Depository PO Box 719297, Philadelphia, PA 19171-9297

## SNA National and State Membership Application Guidelines

### Membership Application for Individual and School District Memberships.

Instructions for completing the front of this application:

1. Please indicate if you have ever been a SNA member.
2. Print your full name as you would like it to appear in your membership record and on your membership card.
3. Print your email address and job title. **All SNA members automatically receive e-mailed information related to the organization.**
4. Print your current school district.
5. Print your current school name.
6. If you know your local chapter number, please fill in.
7. Print your work and home phone number.
8. Print your work mailing address.
9. Print your home mailing address.
10. Print full name of member referrer who introduced you to SNA (only needed for new members). This will give the person credits for Star Club and annual membership campaign drives. Optional: Include referrer's SNA member ID.
11. Please review the membership categories listed. Check one that best describes your position. **School District/State Agency Membership (SDM) is a membership managed or coordinated by the school district/state agency and can be transferred to another individual in the same membership category. Please check with your district to see if you are eligible for SDM.**
12. Please check if you are employed by public school, private school, or private management company.
13. Please indicate if your employer pays your dues.
14. Please indicate if you are responsible for school nutrition operations in your school district.
15. Record your national dues based on membership category checked.
16. Record your state dues based on the dues listed on left side of application under "Your state dues are:"
17. All applications must include the processing fee.
18. Please add national, state dues and processing fee amounts. This is the total dues amount to be paid. Applications with incorrect total amount will be returned resulting in a delay of member benefits.
19. Record your optional contribution to the School Nutrition Foundation. The School Nutrition Foundation is a 501(c)(3) organization and donations are tax deductible. Your contribution of \$10 or more will be acknowledged by the School Nutrition Foundation.
20. Add national dues, state dues, processing fee and any optional contributions. This is the total payment.
21. If paying by credit card, please visit [www.schoolnutrition.org](http://www.schoolnutrition.org).
22. This box must be completed for SDM applicants.
23. Please sign and date your completed application. Required for individual membership only. Mail your application and payment to SNA, SNA Depository PO Box 719297, Philadelphia, PA 19171-9297

Membership dues cover a full year of member benefits. Processing of application takes approximately two to four weeks from receipt of payment.

Once application is processed, new members will be able to access and print their membership card by logging in at [www.schoolnutrition.org](http://www.schoolnutrition.org).

Dues			Individual	School District/ State Agency
Category	Membership Category	Description	Membership	Membership
SNE	School Nutrition Employee	Cooks, chefs, bakers, bookkeepers, technicians, assistants, etc.	\$40	\$40
STU	Student	Full-time students enrolled in post-secondary nutrition, health or other food related program. Does not include right to vote.	\$40	N/A
RET	Retired	Retired Members.	\$40	N/A
SNM	School Nutrition Manager	Managers, head cooks, head chefs, assistant managers.	\$42	\$42
DDS	School Nutrition Director, Supervisors, Specialist, Executive Chefs	Working in a school nutrition program at the school district level.	\$143	\$143
MCD	School Nutrition Director, Supervisor, Specialist (Major City)	Working in a school nutrition program where the school district enrollment is 40,000 or more or city population is 200,000 or more.	\$143	\$143
SDS	State Agency Director, Supervisor, Specialist	Working in state office for child nutrition programs, including nutrition education.	\$143	\$143
EDU	School Nutrition Educator	Faculty working in a college/university setting.	\$143	\$143
OTH	Other	Principals, Superintendents, Teachers, etc. Does not include right to vote.	\$143	\$143
AFE	Affiliate Part-Time Staff (less than 4 hours daily)	Optional membership category for retired or part-time school nutrition staff. Does not include a subscription to <i>SN</i> magazine or the right to vote in the annual SNA election.	\$20	N/A
AFR	Affiliate Retired		\$20	N/A

Note: Contributions or gifts to SNA are not deductible as charitable contributions for federal income tax purposes. Contributions to the Foundation are deductible for IRS purposes. \$2.00 of your national dues is used for your subscription to the *SN* magazine.

School Nutrition Association \* 2900 S Quincy Street, Suite 700 \* Arlington, VA 22206

Phone: 800-877-8822 \* Web site: [www.schoolnutrition.org](http://www.schoolnutrition.org) \* E-mail: [membership@schoolnutrition.org](mailto:membership@schoolnutrition.org)

## "Tidbits from Tara" Vice President ~ Tara Brooking

When I joined the school nutrition field in 2017, I did so because it allowed me to work while still being able to be home and available for my active children. Little did I know, at the time, that I would absolutely fall in love with the profession and want to expand and further my career in school nutrition.

Having been a Certified Therapeutic Recreation Specialist (CTRS) after graduating from college, I recognized the benefits of belonging to a professional organization as well as holding a professional credential in the workplace. It was because of this that I joined the School Nutrition Association/SNA (as well as becoming active in our Nebraska chapter/NSNA).

Through my participation and membership at both the state and national levels, I have made so many lasting networking connections that I can reach out to whenever I have questions or need new ideas for our district's program. Very soon into my school nutrition journey, I made the long term goal to also earn the School Nutrition Specialist (SNS) Credential.

Before I could sit for the SNS exam, I had to earn the four different levels of certification in School Nutrition. You can visit the following link for more information: <https://schoolnutrition.org/careers-training/certificate-credentialing/certificate-program>. Each Certificate level requires a certain number of CEUs spread across four areas of knowledge in school nutrition. CEUs can be earned in person or through online training opportunities (the Institute of Child Nutrition - ICN, is a wonderful resource for many of the CEUs you would need as well as our very own State Conference). Doing this allowed me to gain more knowledge that had helped me tremendously in my day to day work life. Studying for the SNS is a daunting process, no doubt about that. However, I do not regret it one bit.

Every district is different, however, earning the four levels of certification and then the SNS Credential has allowed me to better advocate for myself and negotiate with our HR department by proving my hard work and dedication to the profession.

If you have any questions regarding the process to School Nutrition Specialist (SNS), please visit the following website: <https://schoolnutrition.org/careers-training/certificate-credentialing/certificate-program> or feel free to contact me directly at [tbrooking@gpsne.org](mailto:tbrooking@gpsne.org). I am happy to answer any questions you may have.

### HACCP Training

Upcoming Food Safety Based on Hazard Analysis Critical Control Points (HACCP) Zoom Trainings are scheduled for Sept. 5th, 19th, and 26th. This is a series of 3 different, seventy-five-minute trainings designed for new and experienced Food Service Directors/Managers to develop/update the SFA's HACCP Plan. As a reminder, each School Food Authority (SFA) operating the School Meals Programs is **required** to have a current/updated HACCP Food Safety Plan. Pre-registration is not required. If interested in participating in this training series, please plan to attend **EACH** of the 3 sessions which will be held on the following dates/times:

- **Session 1 of 3:** Thursday, September 5, 2024 from 2:00-3:15 p.m. CST  
[Zoom Link – Session 1](#)
- **Session 2 of 3:** Thursday, September 19, 2024 from 2:00-3:15 p.m. CST  
[Zoom Link – Session 2](#)
- **Session 3 of 3:** Thursday, September 26, 2024 from 2:00-3:15 p.m. CST  
[Zoom Link – Session 3](#)

Contact Beth Haas at [beth.haas@nebraska.gov](mailto:beth.haas@nebraska.gov) or at 402-417-3324 if you have questions.

# Nebraska School Nutrition Association 2024-2025 State Plan of Action

## Strategic Goal 1: Professional Development

School nutrition professionals will continually improve their knowledge and skills to administer, manage, deliver and sustain successful school meal programs.

Objective- Increase the number of, accessibility to and utilization by members of professional development tools, resources and opportunities to enable member success, including the further utilization of online tools

Strategies:

1. Promote and encourage members to participate in SNA's online basic courses for school nutrition professionals. [www.schoolnutrition.org](http://www.schoolnutrition.org)
2. Continue to utilize the NSNA website to promote the membership that is needed for the webinars and other professional development sites needed to obtain CEU's.
3. Continue using webinars, zoom and online platforms to conduct meetings or training at the district and state level.
4. Work with the State of Nebraska Nutrition Services to create a mentorship program to further contact and interaction with new directors and managers.

## Goal 2: Advocacy and Public Image

Policy makers, school officials, parents and school nutrition professionals will rely on SNA as the leading advocate for school nutrition programs.

Objective-Increase efforts to educate policy makers and other decision-makers on the value, scope and complexity of school nutrition programs.

Strategies:

1. Monitor and support USDA's and Congress's effort to simplify overly burdensome child nutrition mandates to improve efficiencies and reduce costs. This is more important than ever in light of the new proposed USDA guidelines.
2. Continue to reach out to our Congress members and communicate with them about how child nutrition programs in Nebraska need assistance with funding by encouraging the adoption of State Legislation that supports our programs.
3. Promote and encourage members to use SNA's Action Network at [www.schoolnutrition.org](http://www.schoolnutrition.org) take action.

## Strategic Goal 3: Membership and Community

School nutrition programs nationwide will be strengthened through the engagement, leadership and collaboration among SNA's members, state associations, the School Nutrition Foundation, allied partners and other stakeholders.

Objective-Increase membership and member retention among all stakeholders.

Strategies:

1. Continue to grow ways to advertise and market the benefits of our association and to increase membership. We will work with individual districts to find and promote a meeting type (style) that works to maximize attendance and participation within that district.

**Mission:** To advance good nutrition for all children.

**Vision:** Healthful meals and nutrition education are available to all children.

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## *Legislative News - Judy Poehlman*

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Our theme this year is “Balancing School Nutrition”, a task that we manage every day.

We balance the nutritional needs of our students with USDA regulations, the cost of food, labor, and supplies. Balancing delivery schedules with our storerooms and refrigerators and freezers. We balance our time cooking and doing necessary reports and documentation. What is on the other side to tip our scale in the positive direction? OUR STUDENTS!

It doesn't matter what part of the state or the size of our school, every child we feed is important. When the side of the scale gets heavy with the amount of work to feed that child, think of how those students are so very important to our communities. We feed the future of our state. That is why we do the best that we can. The work of HACCP documentation tips the scale down, the trust of the families whose students we serve safe meals to make the scale spring up. Our families trust us to do the best we can do for their children.

NSNA is an important voice for School meals. Together we have a stronger voice in legislation. IF you get an email from SNA asking you to contact your elected officials about legislation PLEASE fill out the form and email it. IT is important to speak up and let them know what works or isn't working. Every job we do in the school meal day is important. The dishwasher, meat cook, delivery driver, chef, manager maybe you do most of it or only a part, every voice in Nebraska school meals is important. A small school maybe run the biggest restaurant in the town. That has a huge economic impact on a community. Think of these on the balancing scale in your town.

Be sure and let your local, state and elected officials know what you do every day to feed the students in your school. Thank you for all your hard work. Remember your voice is important in “Balancing School Nutrition.”

**Need Your HELP . . . .**

**Missing a few issues for our records. Please contact John Ahlers  
@ jahlers@ehpirates.org.**

**Let's Connect Issues - Spring & Fall of 2022, Fall of 2017 and anything that is older than 2005**

**Conference Books - 2020 but I think that was covid year so no book; 2000, 1999, 1998 and anything that is older than 1997**

### STANDARDIZED RECIPE

Recipe Name: Oatmeal Muffins

Recipe No: \_\_\_\_\_

Submitted by John Ahlers

Ingredients	For 36	Servings	For 137	Servings	Directions
	Weight	Measure	Weight	Measure	
Quick Oatmeal		4 cups		14 cups	Heat milk to scald, and pour over oatmeal. Let stand until cooled. Cream sugar and oil, add eggs. Add to oatmeal mixture. Add remaining ingredients. Using #16 dipper, dip into greased muffin tins. Bake at 400 for 20 minutes Bake at 350 for 10 minutes in convection oven
Milk		4 cups		14 cups	
Eggs		4		14	
Brown Sugar		2 cups		7 cups	
Flour		4 cups		4 cups	
Salt		2 tsp		7 tsp	
Baking Powder		4 tsp		14 tsp	
Baking Soda		2 tsp		7 tsp	
Oil		2 cups		7 cups	
Raisins		1 ½ cups		5 cups	

Serving Size for Grades: K-12 is: 1 muffin (unit: cup, fl oz, each) Serving Utensil: \_\_\_\_\_

Serving Size for Grades: \_\_\_\_\_ is: \_\_\_\_\_ (unit: cup, fl oz, each) Serving Utensil: \_\_\_\_\_

Total Yield for \_\_\_\_\_ (# servings recipe makes) is: \_\_\_\_\_ (number) \_\_\_\_\_ (unit: lbs, gal, OR # pans and # servings/pan)

	Grades	Meat/Meat Alternate	Grains/Breads	Fruit/Vegetable
Meal Pattern Contribution:	K-12	oz	2.5 oz = 1 ¼ g/b serving(s)	Cup
	_____	oz	_____ oz = _____ g/b serving(s)	_____ Cup

Hello all you awesome cooks out there in Nebraska!!! I would love to make a cookbook of the great recipes that the Nebraska school cooks have. I have been asking for recipes for a little while and they are slowly trickling in.

These can be recipes that you use at home or something that your students just love at school. There is no limit to how many recipes that you submit, you can even tell others at your school to submit recipes. All that I ask that your recipes have your name and school on them so that when we do have enough recipes to print you get credit. I think that this would be a great way to raise some money for our association and a way to get some wonderful new ideas for our students. I know that I am always on the lookout for a new recipe that might make the students come in and eat in the cafeteria. You can send your recipes to me at 1406 Dakota St, Emerson Ne, 68733 or email them to [jahlers@ehpirates.org](mailto:jahlers@ehpirates.org).

Thanks in advance – Johnny Ahlers

# NSNA Commodity Food Show

October 3rd 2024  
Holiday Inn  
110 Second Ave.  
Kearney NE

**Seminar will start at 1 pm**  
**Bring your laptop** so you can have the ability to access the commodity site. US Foods will be going over it. If you can't bring your laptop, you can write down any questions you may have. If you don't have access, they will take your name and get the information to you. If you have questions on setting up an online account, you can contact Eric at [Eric.Sweeney@usfoods.com](mailto:Eric.Sweeney@usfoods.com)

**Food Show from 2 pm-5 pm**

Please RSVP by September 25th by scanning the QR code provided.



NEBRASKA  
SCHOOL  
NUTRITION  
ASSOCIATION



The Crunch Off is a multi-state competition to celebrate Farm to School Month in October.

Register your school @ <https://www.education.ne.gov/>



Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.

October 14-18, 2024



The Nebraska Farm to School program enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools.



# NEBRASKA SCHOOL NUTRITION ASSOCIATION 2024-2025 EXECUTIVE BOARD

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## WEBMASTER OPEN

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# *News Letter*

# LELHAM

2024 NEBRASKA SCHOOL NUTRITION ASSOCIATION

I fed a hungry child today,  
His face was none too clean  
But two bright eyes smiled up at me  
His teeth had, gaps between.  
He took his cup and marched along  
Without a second look.  
He said, "I like the lunch today,  
Cause you're the goodest cook."  
Later as I did my work  
Of cleaning pots and dishes,  
I recalled how a multitude was fed  
With two loaves and two fishes.  
My work took on a new meaning  
One I, never had before.  
While little minds need filling  
Sometimes bodies need it more.  
Oh my work is mediocre  
My failures fill a book  
But it really lifts my spirits to know  
That "I'm the GOODEST COOK."

