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The Official Publication of the School Nutrition Association of North Carolina

WINTER 2008 • VOLUME 63



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Editor's Welcome

Denise Lamar

W elcome to 2008. I hope each and everyone has had a wonderful start to this new year. Thank you for all the e-mails telling Dawn Roth and me how much you have enjoyed the new look of the ARROW. It was great to hear from all of you, but next time you e-mail, make sure to drop me a line about the activities your local SNA has going on.

Today, I went to the dentist's office. I am trying hard to keep this new year organized, so I thought I would use the time in the waiting room wisely. (You know how each time you go to a doctor you end up sitting and waiting for at least 15 minutes.) So there I am with pad and pen making the entire list. I started with a really long one of all the errands I need to get done by Friday. Next, I made the grocery list, and then the longest list of all: all the things that had to be done at the office (this is the list my office staff wishes I would forget). As I looked at my wonderful sense of organization, I began to notice that there was one common thread missing. Not on a single one of these lists did I have anything about having fun. The lists didn't even have an item that would have made life more enjoyable for anyone else. Maybe the TP on the market list, but that's not the enjoyment that I want to bring to others' lives. See, my list was full of the necessities that all of us need to live.

Last fall, I wrote about how each of us had a special crop to grow. And the lists that I made this morning will make my crop grow. But, you see I want my crop to be the one that people look at and talk about how the color is just a little brighter. Or, maybe the leaves just look a little stronger. I want to be able to say kind words, sing a song, or maybe just give my crop that extra nutrient that it needs to be the best.

Kathy Buelin has given us all the challenge of Growing Healthy Children. Have you decided what your crop of students will be getting from you? Will it just be the basics or will your crop of students be a little brighter because you decided to bring a little something special to each of them?

When you sit down to make your list, I hope that you remember to add something fun just for you.

Denise Lamar
ARROW Editor

A Message from the President

Kathy Buelin

Wow, what an exciting year I have had as president of our association! In September, I worked three evenings (the 13th, 14th and 16th) at the Mountain State Fair in Fletcher, NC. While I was there, I visited Upward Elementary School and East Henderson High School.

We had our Executive Board Meeting in Greensboro the next week (Sept. 21). Then I headed to Pinetown, NC to the District I meeting held at Northeast Elementary School (Sept. 29). While there, I visited P.S. Jones Middle School and Northside High School. Alice Cole and I walked the river walk in Washington—what a lovely town! I learned that the whole town gives directions around the King Chicken establishment. Abbie Hopkins had a wonderful meeting planned. We had a great time.



Kathy Buelin

The next week, I represented our association at the NC Alliance for Health meeting (Oct. 1), then stayed in town for the State Fair Meeting. I was able to visit my daughter and grandson Max when in the Raleigh area (I call their house the Biesecker B & B -- bed and baby, not breakfast). Then I headed to Wilson on Oct. 8 for the District III meeting held at Hunt High School. Tricia Hart had a great meeting planned and the children from Susan Perry's class sang wonderful songs—about their favorite cafeteria food. How cute! The next morning bright and early I headed to Rocky Mount to teach a Healthy Edge class.

Since one of our main items on our plan of work includes certification, I have made myself available to teach a Healthy Edge class around the district meeting. If you are one of the other six districts that have not yet had your meeting, check with your district Director to get information about that class. I will be teaching the class in one day (7 a.m. to 6 p.m. if you are saying "That woman is crazy", you don't know me real well—you'd know that's a given!). We do really mean to give our members the opportunity to get their classes for certification. At the district meeting I'll be sharing other ways you can get free training. Make sure you attend the meeting.

Next was the State Fair. Thanks to Marilyn Moody and Martha Gomer for covering the first few days of the fair for me. I moved in on Sunday (the 14th) and worked until Saturday afternoon (the 20th). Beth Palien worked the last weekend and helped shut down the fair along with Bob Sitton from NCDA. Thanks to all of you who understand my commitments at church—I just don't like to miss church on Sundays. That helps me keep up my pace. In addition to all that, I have decided I need to start a regular exercise program. I'm walking 12 to 16 miles per week. My blood pressure has dropped and I've already cut my medication in half! I'm also eating SCHOOL LUNCH—that's helped, as well.

I look forward to an exciting "rest of the year." I can't wait to visit your area. Remember to call if you need me. Thanks again for your faith in me and your patience with me. God bless you all, and have an exciting year.

Kathy Buelin

President, SNA-NC

Dates to Remember

District Meetings

District II: April 5, 2008
District IV: January 26, 2008
District V: March 15, 2008
District VI: February 23, 2008
District VII: April 8, 2008
District VIII: March 8, 2008

Award Deadlines

100% Membership entries to Dawn Roth by February 15, 2008
Director of the Year Award to Kathy Buelin by March 1, 2008
Heart of the Program Award to Kathy Buelin by March 1, 2008
Louise Sublette Award to Kathy Buelin by March 1, 2008
NAC Art Contest entries to Judy Wrenn by March 15, 2008
NAC of the Year books to Judy Wrenn by March 15, 2008
Mary Long Beasley Award nominations to Dawn Roth by April 30, 2008
SNA-NC Scholarships to Lorie Reece by April 30, 2008
Chapter of the Year to Lois Hood by May 1, 2008
Lunch Bell Award to Denise Lamar by May 1, 2008
Partner in Education Award to Jill Hively by May 1, 2008

Executive Board Meetings

Winter Meeting: Greensboro - February 8, 2008
Spring Meeting: Greensboro - June 16, 2008

SNA of NC Meetings in Greensboro

Midyear Chapter Leadership - February 9, 2008
Committee Day - May 2, 2008
Chapter Leadership Seminar - June 17, 2008
New Horizons Trade Show - June 18, 2008

SNA Meetings

Child Nutrition Industry Conference
Monterey, CA - January 13 to 5, 2008

Legislative Action Conference
Washington DC - March 2 to 5, 2008

National Leadership Conference
Colorado Springs, CO - April 24 to 26, 2008

SNA Annual Conference
Philadelphia, PA - July 20 to 23, 2008

SNA-NC Executive Board Meeting

September 21, 2007 -- Greensboro, NC

The Executive Board meeting was called to order at 10:04 a.m. by **Kathy Buelin, President**. The Thought for the Day, entitled Dog's Diary, was given by **Beth Palien, President-elect**.

Kathy Buelin, President made the board aware that she and Cindy Marion had received a memo from the Nutrition and Physical Fitness Alliance of America regarding SNA-NC becoming a member. The board agreed to apply to be a member of the Alliance.

Parliamentary procedures were completed: roll call, approval of June 18 and 23 Executive Board minutes and approval of agenda for the day.

Kathy Buelin, President took the opportunity to remind the board of our mission statement.

Our Mission: SNA-NC advocates for student success by leading the school nutrition profession.

Our Vision: The leading authority on the nutritional health and well being of students.

New committee members were approved.

Dawn Roth, Executive Director and Beth Palien, President-elect gave a recap of the June 2007 Trade Show and Golf Tournament and conference. All events were successful and financial results were good.

Cindy Marion, Legislative Chair gave a legislative update. The funding for the implementation of Nutrition Standards made both line items of the budget in the House and Senate. Therefore, that provides a holding place for short session in May. We have formed a great partnership with the Alliance and Blue Cross/Blue Shield. We also had great press converge. We are ready to do what's right for children.

Board reports were given by all members.

Jill Hively, Nutrition Chair has gotten information on NSLW to the Web site and is working to get information on NSBW to the website; Alison Francis, Endowment reported that UNC-G is working on a sanitation and safety module; Dawn Roth, Executive Director reported that the new Arrow will be mailed at the end of September and everyone should receive first couple of weeks in October.

Dawn Roth, Executive Director reminded everyone that membership is down. July 2007 dropped from 3044 to 2965. We all need to push membership! District Directors were encouraged to contact chapters to reaffiliate and increase membership during the membership drive.

Beth Palien, President-elect shared an update on the Mountain State Fair and **Kathy Buelin, President** talked about the NC State Fair. All plans are in place.

Cindy Marion, Legislative Chair talked about lobbyist contracts for Steve Metcalf and Gene Causby. The vote was unanimous to extend both contracts.

Gary Gay discussed the banners on the two NCDA trucks. The board motioned to begin work on developing a new banner.

Deborah Carpenter nominated Brittany Granados to attend the Future Leaders Program.

Concerns were expressed over how long an individual can serve on a committee. This idea is going to be brought to the Bylaws committee and back to the board.

With no other business or announcements the meeting was adjourned at 2:45 p.m.

Minutes respectively submitted by **Jama G. Stallings, SNS, SNA-NC Secretary**

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National School Lunch Week 2007

Schools celebrated National School Lunch Week October 15 to 19, 2007. It is designed to help raise awareness for the important role that school nutrition programs play in the lives of America's children. "Vote for School Lunch" was this year's theme. The candidates for this year's campaign were

Jesse Wrap, Pippa Potato, Patty Mac-n-Cheese, Biff Burger and Yumi Rice Bowl. This year's winner at the national and state level was Biff Burger. Here are some of the photos sent in by members.



Lynn Pearce and her staff at Middlesex ES Cafeteria encouraged students to vote for their favorite school lunch with this bulletin board.



Jo Boyette and the Cafeteria Staff at Red Oak MS celebrated NSLW.



Rep. Marian McLawhorn helped students at Chicod ES "Vote for School Lunch"



JW Parker MS Cafeteria Staff celebrated NSLW. Front: Todd Thorpe, Willia Mae Hunter, Patricia Battle Back: Bessie Davis, Carolyn Bryant, Rebecca Tomlinson, CN Manager, Joyce Arrington



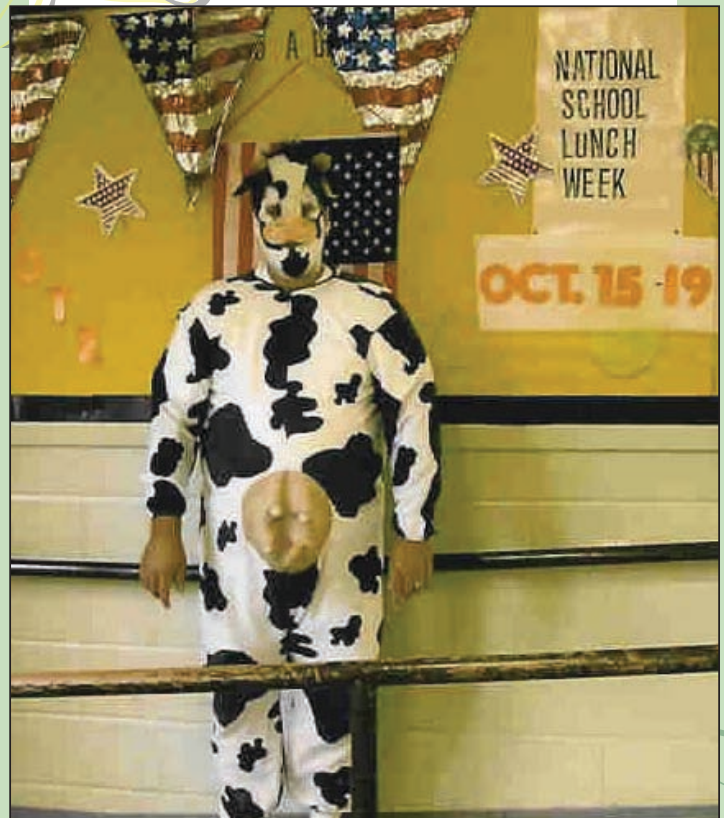
Kim Williams, CN Manager at Willow Springs ES in Wake County and her staff decorated their cafeteria for NSLW.



Rock Springs ES, Lincoln County CN Staff Gaye Blalock, Christa Caldwell, Selena Cobb, Asst. Manager and Carla Svendsen, Manager during NSLW.



Agnes Parker and her CN staff at Rocky Mount HS displayed this bulletin board during NSLW.



The Chicod Cow (Randy Roche) handed out 850 samples of chocolate milk during NSLW at Chicod ES in Pitt County.

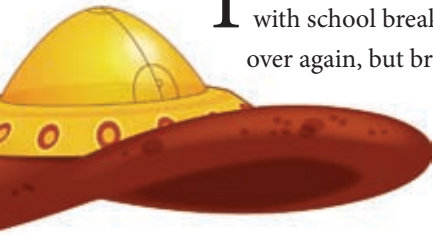


The USDA Power Panther (Angela Oden) helped Chicod ES students celebrate NSLW.

National School Breakfast Week

Fuel Your Imagination

By Jill Hively, RD, LDN, Nutrition Chair

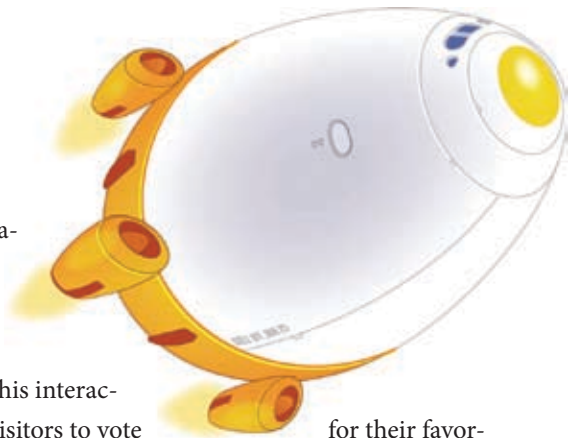


Three...two...one...blast off to student success with school breakfast! We've all heard it over and over again, but breakfast really is the most important meal of the day. Its importance is all the more clear in a school setting. Studies show that beginning the learning day with a nutrient-packed meal helps our students to achieve success both academically and behaviorally. Take advantage of National School Breakfast Week, March 3 to 7, 2008 to spread the word about the nutritious breakfasts being served in North Carolina school cafeterias.

This year's theme is "Fuel Your Imagination" and the School Nutrition Association has tools for making your celebration out of this world! Your students are sure to be excited to explore the benefits of breakfast with this intergalactic theme. Your SNA-NC Nutrition Committee members will be sending out a brochure with creative suggestions for celebrating NSBW 2008 at your school. The brochure will be sent to each unit in February. In the meantime, you can explore the SNA Web site, www.schoolnutrition.org. It offers a downloadable tool kit for members to use for planning NSBW 2008 events. This kit can help to fuel your imagination to come up with creative ways to involve your students, teachers, community members, and media in spreading the word about school breakfast.

To help get your students excited about the celebration, encourage them to visit www.school-breakfast.org. This interactive site allows visitors to vote for their favorite breakfast-themed rockets, enter a creative writing contest and play trivia games all while learning more about the importance of breakfast. The site directs the students to their school cafeteria as a convenient, fun, and healthy way to start their day. Allow your cafeteria to become a fuel station for the school—the place where students and adults alike come to energize and prepare for the academic day. Plan space-themed breakfasts such as Faraway French Toast or Saturn Sausage Biscuits. Encourage students to learn about how space shuttles use fuel to travel to outer space and compare it to how breakfast can do the same for our bodies. Ask children to use their imaginations to illustrate what a school cafeteria on another planet might look like.

There are plenty of ways to celebrate NSBW 2008—the Milky Way is the limit. Begin planning early to come up with as many inventive ideas as possible. And be sure to begin your planning with a healthy school breakfast to Fuel Your Imagination!



SCHOOL BREAKFAST FUEL YOUR IMAGINATION™

Recipes for Membership Success

By Lois Hood, Member Services Chair

Here we are off and running into another great school year. Thanks to all of you who have sent in your chapter re-affiliation forms and beginning your chapters with a great start. By now, all chapter presidents should have received the School Nutrition Association of North Carolina Chapter Leadership Manual. I hope this has proved to be a valuable tool in helping each of you in leading your local chapters to greater heights.

Each of you should have also received a packet concerning the new membership drive. Our campaign this year is "From the Kitchen of SNA, Recipes for Membership Success". I would like to encourage each of you to continue working on membership in your local chapters. Let's strengthen child nutrition by serving up new members by strengthening our association with new members; we in return can strengthen the quality of our school nutrition programs. If each member would work hard just to recruit one new member what a difference it would

make in our association. Be sure to include your name on new member application as the one who introduced them to the association for the Star Club and be entered in a drawing to win some fabulous prizes!

I will be glad to answer any questions you may have regarding membership and the benefits of becoming a member. Feel free to contact me for any information you may need regarding membership or if you have suggestions on how we can increase and retain membership or better serve you the member.

Contact information

Lois Hood

Phone: (910) 576-5611 ext. 234

E-mail: lhood@montgomery.k12.nc.us



100% Membership and Certification Applications due February 15, 2008

Forms for this award are available on the Web site at www.schoolnutrition-nc.org and in the Chapter Leadership Manual, page 53. For schools to qualify, all Child Nutrition Personnel must have a membership number by December 31, 2007. Membership rosters will be mailed to all chapters and school districts at the end of January. Members must be included on these rosters to qualify.

Education/Certification Update

By Lorie Reece, Education/Certification Chair

There are two \$500 scholarships available to SNA-NC members who are child nutrition employees furthering their education. Members must be enrolled in or planning to enroll in a college degreed program that is food-service related. Information about the scholarship and application can be found in the SNA-NC Chapter Leadership Manual or on the SNA-NC Web site, www.schoolnutrition-nc.org. The application, current transcript and three letters of recommendation are due by April 30, 2008. The scholarship winners will be announced at the 2008 SNA-NC Annual Conference in Greensboro, NC.

Thank you for sending in your prior approval requests to me in a timely manner. Please remember to send your requests in at least six weeks in advance and send them to the address listed

on page 28. Also, make sure you are sending all the necessary items for me to make the approval. Complete the School Nutrition Association of North Carolina Approval Form for Continuing Education Units found in the 2007 to 2008 Chapter Leadership Manual and on the SNA-NC Web site. The number of CEUs requested cannot include registration time, breaks, meals, entertainment or business meeting. Along with the completed form you must include a printed agenda or outline with opening and closing times, speaker or presenter's qualifications or current position, and the Program Evaluation Form if that is the evaluation method used. This will help in making sure your attendance roster is sent to you as quickly as possible. Please make a copy of the roster for your records and send the original printed roster to National SNA within five days after your event.

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The background of the page is a close-up, slightly blurred image of the American flag, showing the stars and stripes in shades of blue, white, and red. The stars are prominent in the upper half, and the stripes are visible in the lower half.

Legislative Update

By Cindy Marion, PP&L Chair

The Legislative Committee is currently gearing up for another exciting year in the North Carolina General Assembly. Last year, we were able to lay the foundation to secure much needed funding for the K-5 Nutrition Standards. Our association did an outstanding job delivering its message and building alliances. Now it is time to expand on the groundwork. At the end of the session, the House remained committed to Child Nutrition funding. The Senate however, questioned the distribution of the funds. This resulted in a delay and in a study to review the distribution of funds. DPI is currently gathering data that we will provide in the short session as legislators revisit this issue. As members of SNA-NC, it is critical that we contact our legislators and continue to FOCUS on the message that we must have funding to put the standards into action for children.

The short session begins in May. This session will be a whirlwind, so make contact at home with your legislators. Invite them to your schools. So many of our districts are struggling financially to serve our children, so share our story! Lynn Hoggard has put together a wonderful PowerPoint presentation called the "Perfect Storm." Many of your boards of education have viewed this presentation and it has made an impact on them. The PowerPoint has been made available to child nutrition directors and will be posted on our Web site, www.schoolnutrition-nc.org. Use this wonderful presentation to gain support for our issue. We must have state funding!

Remember, many of our legislators do not realize that we do not get state money. They think that they provide for salaries, benefits, equipment, etc. We must continue to educate them at home. Let them know that a per plate funding from the state would be a great asset to your program.

Currently at the national level, we are working hard to give input on the Farm Bill. The statement on Geographical Preference, that will allow schools to purchase from local farmers when in season, will be in the bill. We are very concerned about the possibility of a National Nutrition Standard that Senator Harkin is proposing. His version is very restrictive. It includes restrictions on sodium and other items that our committee and DPI feel would not be realistic for schools. There is no funding attached to these recommendations. We will continue to monitor this situation.

This will be an exciting and fast-paced legislative year. It is important that everyone be involved in our efforts. Please check the Web site frequently as we get closer to spring and the opening of the short session. Do not be surprised if you get a call to visit, call or e-mail your legislator. Remember, YOU make the difference.

SNA-NC Balance Sheet as of November 30, 2007

By Libby Post, SNA-NC Treasurer

Assets

Currents Assets

Checking/Savings

Business Economy Checking \$ 46,298.61

Savings-BB&T \$ 170,411.00

Wachovia \$ 69,684.57

Wachovia CD \$ 132,409.98

Total Checking/Savings \$ 418,804.16

Total Current Assets \$ 418,804.16

Total Assets \$ 418,804.16

Liability & Equity

Equity

Opening Balance Equity \$ 279,710.55

Retained Earnings \$ 160,511.73

Net Income \$ - 21,418.12

Total Equity \$ 418,804.16

Total Liabilities & Equity \$ 418,804.16

SNA-NC Annual Conference

By Deborah Davis Carpenter, SNA-NC Vice President

Get ready, get ready, get ready for the 2008 School Nutrition Association of North Carolina Annual Conference.

Mark your calendars now to be at the Koury Convention Center June 16 to 20, 2008. The Steering Committee is starting to plan for “School Nutrition Growing Healthy Children,” an event you just can’t miss. Again this year, an exciting conference is being planned – from educational classes to spotlighting our varied talents in cooking, creativity and entertaining. So, dust off that pretty floral hat and plan to attend this year’s conference as we celebrate our 10th Annual New Horizons Trade Show.

One standard again this year will be the pre-conference activities. Classes planned for Monday and Tuesday are New and Potential Manager Training, CRE/SMI Training and Smart Options Train the Trainer Class (nutrition class to replace Healthy Edge). Make sure you register for these classes early. They will accept a limited number of participants. One of the highlights of the conference is always the Culinary Arts/Creative Arts Competition, so pull out those healthy recipes that you use to plan meals to grow our healthy children and start planning on the decorations for your serving lines.

As the year rapidly continues on, start making your plans now to attend the 2008 SNA-NC Annual Conference. Planned activities run the gamut from the golf tournament to the Trade Show to the Culinary Arts to the Creative Arts to Best of Show to education classes to the Silent Auction to the Country Store. And, best of all, there will be nationally known speakers to inspire us to be the best we can be as we celebrate a year of excellence in “School Nutrition Growing Healthy Children.”

2007-2008 SNA-NC Annual Conference Steering Committee Members

It’s time to pull out your great ideas and share them with a member of the Steering Committee

Co-Chairs: Deborah Davis Carpenter and
Brittany Granados

President: Kathy Buelin

Conference Adviser and Trade Show: Dawn
Ferguson Roth

Registration: Sandy Thomas and Kelly Jones

Tellers: Kathy McLawhorn and Murriel Fozard

Decorations: Star Mauldin

Program Design: Cheryl Cunningham

Culinary Arts: Jama Stallings

Creative Arts: Donna Williford

Silent Auction: Alison Francis

President’s Luncheon: Marilyn Moody

House of Delegates: Beth Palien

Hospitality: Debra Brown

Facility: Lauren Rapp

Membership Function: Lois Hood

Banquet: Brenda Canady, Gayle Ellis and Linda
Baldwin

Country Store: Libby Post and Jama Stallings

NAC: Judy Wrenn

DPI-Child Nutrition Services Representative:
Janice Ezzell



Our Land Our Legacy: State Fair Exhibit

By Kathy Buelin, SNA President

What a wonderful time we had at the State Fair! This year's Fair theme was "Seriously twisted fun!" And we certainly had some fun. I've worked at the State Fair in some capacity for the last five years, and each year the public's perception of our School Nutrition program moves forward. Thank you for the opportunity to market our programs in this way. We spoke to thousands of people. Attendance was record breaking. Our theme in our tent was the same as last year, "Our Land Our Legacy." We partnered with NCDA, with a school lunch line (which NCDA graciously picked up from one of Lincoln County Schools' cafeterias). Our line featured fresh (daily) fruits and vegetables that represented those we

use in the Fresh Fruit and Vegetable program. Our two menus consisted of Cheeseburgers and Corn Dogs, with baked sweet potatoes, broccoli, slaw, apples and milk. It was an attractive line, and many people expressed concern that their line doesn't look like that. My response was that nobody's line looks like that every day (and reminded them that 300 children had not been through the line), but that we all offer these same type foods during the year. I emphasized that we do try to use seasonal fruits and vegetables. This gave us the opportunity to tell people about the finances of our program, as well as emphasize the use of DOD and

NCDA in providing us produce using our commodity dollars. Interestingly, this year the news about the doubt in our being able to continue the farm to school program (as expressed in the newspapers) had been heard loud and clear—parents mentioned that! So people are paying attention to what is going on in our program. We are indeed doing a better job of marketing.



Tuesday was Senior Citizen's day—and you “couldn't stir them with a stick” when we announced BINGO!

A special thanks to Wake County and Johnston County for manning the booth every day from 1 to 5 p.m., and to all the members from each district who worked 5 to 9:45 one evening then the next day from 9 a.m. until 1 p.m. Each District Director found two representatives from their district to work. NCDA had a representative every day from 8:45 until 3 p.m. (WHEW! what a long shift) then someone else 3 to 9:45 p.m. It was a huge effort from all involved. Thank you, thank you, thank you.

We were able to talk about the Winner's Circle menus (and the reason we are phasing that out—because our new standards are stricter) and the new Nutrient Standards, which have been postponed a year (giving us yet another opportunity to explain that we need funding to help pay for these additional standards). We also were able to share our Fruit and Vegetable Bingo in the stage show that we hosted every week day (twice daily), and the last Saturday.



NC Mountain State Fair

By Beth Palien, President-elect

We had our engines revved and ready for “Full Throttle Fun” at the NC Mountain State Fair. For the first time since the Mountain State Fair began in 1994, SNA-NC with our partner, NCDA & CS, Food Distribution Division had an information booth at the fair. From Sept. 7 until Sept. 16, we displayed the agricultural items we serve our students in the Farm to School Program. Tomatoes, cabbage, sweet potatoes, cantaloupe, apples and watermelon were displayed in attractive baskets. We had brochures and nutritional information available for our visitors. It was a great way to promote our healthy school meals and North Carolina agriculture. We were able to inform a lot of people! The fair had a record attendance of

187,819 people from all over western North Carolina.

Thank you to the NCDA & CS Food Distribution Division staff for all



their expertise in setting up and manning the booth. Thank you to Christina Dodd, Stephanie Cox, Denise Hasting, Melissa Mathis, Kathy Buelin and Beth Palien, our SNA-NC members who volunteered their time in the evenings and on weekends to man our booth. “Full Throttle Fun” was had by all who attended and worked the fair!



**School Nutrition Association of North Carolina
Candidate Data for Office or Committee**

Please indicate office or committee of interest:

Personal:

Name _____ Membership Number _____

Address _____

City _____ State _____ Zip code _____

Work Phone _____ Home Phone _____

Current Position: _____

School Unit: _____

Professional Requirement Qualifications

- SNA of NC beginning membership date: _____
- SNA Certified/Credentialed: Yes _____ No _____
- Chapter Name: _____
- District: _____
- Vice President Candidates must have served on the Executive Board. Treasurer Candidates must have served on the Executive Board or on a state committee or advisory board. If that is applicable, please indicate years and position:

List any previous SNA of NC committees, other duties or offices, or Executive Board involvement.

Describe the most important contribution you have made toward the success of your local SNA of NC chapter.

If you are interested in running for office or serving on a committee, please complete the form and return to:

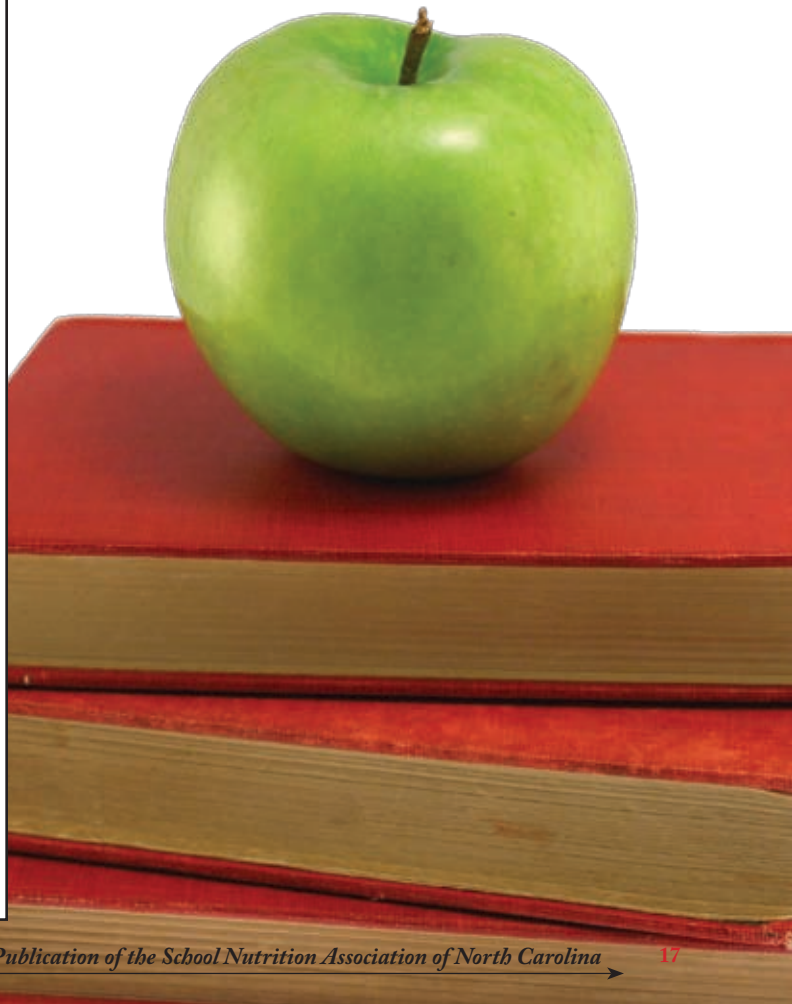
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For more information
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at 312-226-0400 ext. 268





NAC Students and Cafeteria Staff at PS Jones MS in Beaufort County held their annual School Meals Parent Tasting Party. Approximately 150 attendees tasted a sample of products offered in the cafeteria and tested some new products.

NAC Update

By Judy Wrenn, NAC Chair

Greetings from your NAC Committee, we have 54 charters so far this year. That is an increase from last year and we hope it will continue to grow. Our hats are off to our president, Kathy Buelin, for getting in charters for all of the Lincoln County Schools, way to go Lincoln County!!

We are working on the new handbook for next year and we would welcome your input, so if there is anything that you

would like to see in next year's handbook please contact me at wrennj@gcs.k12.nc.us. We are also getting ready for the NAC Art Contest, so get those entries in by March 15, 2008. The theme is "Fuel Your Imagination". We look forward to hearing from you soon.

Friends of Child Nutrition Awards



Dr. Angela Fraser



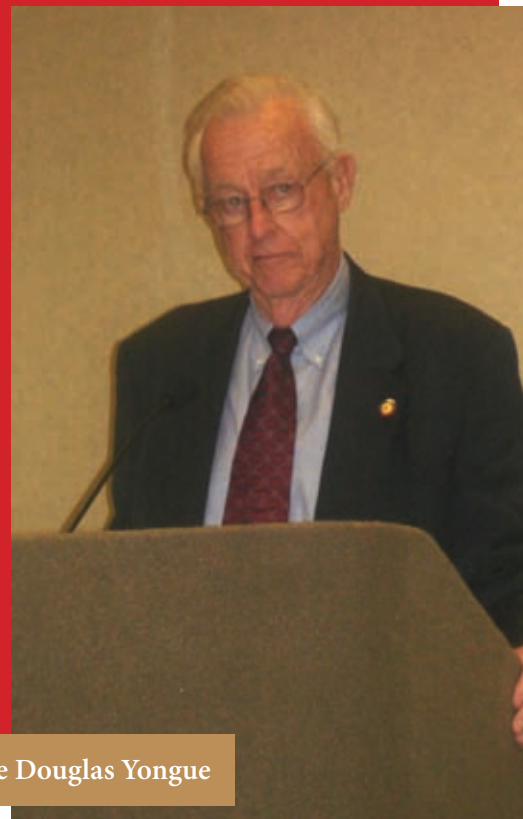
Kirk Farquaharson, USDA

The NC Department of Public Instruction-Child Nutrition Services held its annual conference on October 24 to 26, 2007 at the Sheraton in Research Triangle Park. Approximately 350 Child Nutrition administrators from school systems, residential child care facilities, charter and non-public schools attended. Each year during the conference, individuals or organizations that go the extra mile to support the Child Nutrition Program in our state are recognized. This year the Friend of Child Nutrition Awards were given to three deserving individuals: Kirk Farquaharson, Dr. Angela Fraser and Rep. Douglas Yongue.

Kirk Farquaharson, USDA, assists Child Nutrition Services in so many ways. He is described as reliable, dependable, conscientious, committed to serving others and always pleasant and positive. He truly is a Friend of Child Nutrition.

Dr. Angela Fraser goes the extra mile to support the Child Nutrition Program in our state. Her contributions have enabled our program to develop and implement HACCP Plans. She has also helped the districts individualize the HACCP templates and has provided training to most of the Child Nutrition administrators.

For many years, Rep. Douglas Yongue has been a staunch advocate of our cause of making wholesome nutritious meals available to students. He is clearly energized by serving the needs of students, school personnel, his constituents and our state in general. Our program has no greater champion than Rep. Yongue.



Representative Douglas Yongue

SNA-NC Mid-Year Chapter Leadership Seminar

By Kathy Buelin, President

You won't want to miss this year's special Mid-Year Chapter Leadership training. Our special guest will be Nancy Rice, SNS, from Jonesboro, GA. Nancy is also our current SNA Nutrition Committee Chair at the national level. Nancy will be leading us as we strengthen our leadership skills. This will be a great opportunity to network with colleagues from across the state.

Any materials that have been developed by our various committees during this year to that point will also be shared at this meeting. We will have an action-packed day full of training opportunities and activities that I am sure you will enjoy! We look forward to having you attend. Plan on sending at least one leader from each chapter -- but more may come.

Event Information

Date: Saturday, February 9, 2008

Where: Sheraton Four Seasons, Greensboro, NC

Time: 10:00 a.m. to 3:00 p.m.

Who Should Attend: Chapter Presidents, President-Elects, Vice Presidents and Other Potential Leaders





Toot Your Horn

Looking to educate parents about the work you do each day to provide healthy meals? Or perhaps you're looking to tout your credibility as an expert in child nutrition? SNA and the School Nutrition Foundation (SNF), with funding from the National Dairy Council, are here to help you with your efforts! The "Partners in Nutrition" Backpack Brochure Program is designed to boost your communication with parents by providing you with a concise resource containing positive messages about school feeding, which easily can be slipped into children's backpacks or carried home by hand. In each edition, parents will find credible information on nutrition, physical activity and wellness for their children.

This popular outreach tool now includes two recently released brochures, "Nutrition Reference Guide for Busy Parents: What Should Kids Eat Every Day" (supported by McNeil Nutritionals) and "Partners in Nutrition: Love Your Veggies" (sponsored by Hidden Valley Ranch). These informational sheets provide fun ideas for kids, while giving parents the tools they need to reinforce wellness messages at home and throughout the community.

How to Order

To order the free 100-count packets of the latest brochures, contact the SNA Emporium at (800) 728-0728 or <http://emporium.schoolnutrition.org>.

Quantities are limited and restricted to 10 packets per customer, so order your supply now! You also may want to check out previous editions of the backpack brochures still available for download at <http://www.schoolnutrition.org/Index.aspx?id=1062>.

Announcing TrainSmart: Your On-Demand Training Resource!

If you are like many other foodservice professionals, you need a comprehensive training aide to assist your operation with the on-going training of your kitchen staff. SNA and the School Nutrition Foundation have brought you the solution with TrainSmart, the newest addition to SNA's Child Nutrition U (CNU) online educational resource.

TrainSmart is an interactive Web-based foodservice training program designed to train your foodservice staff quickly and easily over the Internet via short, repetitive training lessons (three to five minutes daily), also known as mini-courses. TrainSmart mini-courses can be viewed on a personal computer or on a touch-screen point of sale terminal – anywhere, anytime. Additionally, the TrainSmart program integrates powerful, built-in reporting that enables you to track employee scores, test dates, certifications and more.

TrainSmart mini-courses are available in both English and Spanish languages, and cover topics such as Safe Food Handling Practices, Principles of HACCP, Procedures for Preventing Foodborne Illness, Cleaning and Sanitizing, Using Material Safety Data Sheets, Personal Safety and more. TrainSmart program has been approved to count toward SNA Continuing Education Units (CEU's) with four mini-courses equaling one CEU.

TrainSmart is available to SNA members and non-members. Registration is easy, with secure, online transactions. Group discounts are offered. To view samples of the TrainSmart mini-courses, visit www.schoolnutrition.org/cnu, or visit <http://www.schoolnutrition.org/cnu/index.asp> to learn more about SNA's Child Nutrition U online educational resource.



District Happenings

District I Meeting – September 29, 2007

By Abbie Hopkins, District I Director

The District I meeting was held at Northeast Elementary School on September 29, 2007. We had a great meeting and had approximately 71 members attend. The Northside High School R.O.T.C. presented the colors and Nicki Foreman sang “God Bless the USA.” The students of Northeast Elementary School made placemats with this year’s logo and theme on them. Our members were greeted by Tony Byrne, NES Principal, John Hastings, Beaufort County Child Nutrition Director and Dr. Jeffrey Moss, Beaufort County Schools Superintendent. Updates were given by Judi Hoggard, NCDA representative and Linda Bowen, NC DPI Consultant. Our SNA-NC President, Kathy Buelin gave our program as well as updates on the state and national level. The District 1 chapter

presidents updated us on happenings in their chapters. We had a fashion show with performances by Messy Belinda, Mismatching Minnie, Sexy Susie and Proper Penelope. We had some great door prizes and had the opportunity for professional development and fun. It’s great to be a part of such a professional organization that makes a difference in the lives of children. I want to say special thanks to Vickie Roby, McIntyreSales, Inc. and Doug Foushee, US Foods for providing a great breakfast and lunch.



District III Meeting – October 8, 2007

By Patricia Hart, District III Director

Hunt High School in Wilson was the host site for this year's District III meeting on October 8, 2007. The 180 plus members that attended were welcomed by a banner that had this year's theme: "School Nutrition: Growing Healthy Children" on it hanging outside. The décor was set to the gardening theme. Hosts were dressed in gardening aprons, straw hats and T-shirts neatly packaged together by gardening tools and gloves.

After registration, the members were escorted to the auditorium. Patricia Hart, SNA District III Director, welcomed all the members and guests. Wyndi Vick, WCS-SNA Chapter President gave members a thought for the evening. Russ Landin, Assistant Superintendent for Wilson County Schools expressed his appreciation for the work that Child Nutrition does for the students. Kathy Buelin, SNA-NC President greeted all the members. Members received several SNA Updates. Bob Sitton gave members an update on USDA. Susan Thompson and Pat Nobles sent out greetings from DPI and updated us on DPI news.

The members then were able to participate in two mini sessions. One was on Fire Extinguisher & Fire Suppression Systems and Equipment Safety by Ty Bisette, owner of ABC Fire Protection and Herman Price, Mechanic Wilson County Child Nutrition. The other session was Workplace Safety by Lt. Mark Sullivan, Wilson County Police Department.

After all the learning was finished members were escorted to the cafeteria, where they enjoyed an Italian meal sponsored by Steve



Upcoming District News

District II Meeting

By Donna Williford, District II Director

The District II meeting will be held on Saturday, April 5, 2008. In conjunction with our district meeting, Kathy Buelin, SNA-NC President, will be teaching Healthy Edge on Friday, April 4, 2008. Additional information will be coming soon.

District IV Meeting

By Kelly Povroznik Jones, District IV Director

The District IV meeting will be on Saturday, January 26, 2008. Healthy Edge will be offered on Friday, January 25, 2008, to District IV SNA members. Additional information will be mailed to District IV Directors and chapter presidents soon.

District V Meeting

By Renee Baldwin, District V Director

The District V meeting will be held on March 15, 2008 at Gravelly Hill Middle School,

4801 West Ten Road, Efland, NC 27243. The time will be 9 a.m. until 2 p.m. with registration from 8 a.m. until 9 a.m. The theme will be "School Nutrition: Growing Healthy Children". We look forward to seeing you there.

District VI Meeting

By Star Mauldin, District VI Director

The District VI meeting will be held on Saturday, February 23, 2008 in Cabarrus County. We have a very exciting day planned. Mark your calendars now and plan to attend. Hope to see you there.

Lovick, Harvest Foods. Blue Sky Farms provided the ingredients for the salad. Bill Godwin, US Foods provided dessert. I would like to send a very special thank you to all these food vendors for a great dinner.

During dinner the members enjoyed Susan Perry, WCS Music teacher, and her students from B.O. Barnes and Lee Woodard Elementary Schools. The children entertained us with The Food Pyramid Song, The Pasta Song, The Lunch Song, and ended with a selection entitled "We Are All In This Together" - how appropriate.

I would like to thank all the members that took the time out of their busy schedules to come and share an evening of learning, food, entertainment and



District VII Meeting

By Brenda Norman, District VII Director

The District VII meeting will be held on Tuesday, April 8, 2008, at William Ellis Middle School in Davie County from 3 p.m. until 6 p.m. Kathy Buelin, SNA-NC President, will be teaching Healthy Edge on Wednesday, April 9, 2008.

District VIII Meeting

By Robin Rogers, District VIII Director

Hope everyone has had a great start to the 2007 to 2008 school year. I have

set the date for the District VIII meeting for March 8 2008. This will be a spring meeting because our theme this year is "School Nutrition: Growing Healthy Children", thanks to our president Kathy Buelin. I would like this meeting to be full of spring cheer, with all the cheerful things spring brings; birds, flowers, butterflies, sunshine, and a great meeting. The meeting will be 8 a.m. until 1 p.m. at Tuscola High School. If anyone has ideas or suggestions for our meeting, please let me know. E-mail me at rrogers@haywood.k12.nc.us or call me at home, 828-456-7829 after 8 p.m.

fun with me and my extended family, the members of Wilson County Schools Child Nutrition. I am so looking forward to next year's District III meeting. Special thank you to all the guests that gave updates, food vendors, entertainers, hosts, helpers and anyone that in any way helped make this night a success.



Welcome New Members!

The following joined our association in July, August and September 2007. We welcome each new member!

District I - 3 New Members

1070 Beaufort Co SNA

Lou Faye Brown

1580 Martin Co SNA

Annetta Taylor

1740 Pitt County SNA

Wanda Ross

District II - 6 New Members

2540 Lenoir Co SNA

Dollye Allen

Jacqueline Branch

Ramona Outlaw

June Rich

Allison Thompson

Marlene Whitfield

District III - 7 New Members

3350 Franklin Co SNA

Sandy Patten

Liesa Seligman

3420 Halifax Co SNA

Beverly Lee

3510 Johnston Co SNA

Misty Bernabe

Cindy Mays

3640 Nash/Rocky Mt SNA

Carolyn Kinsey

3920 Wake Co SNA

Wanda Evans

District IV - 5 New Members

4260 Cumberland Co SNA

Maritza Pugh

Betty Williams

4780 Robeson County SNA

Wanda Hough

Sandra Locklear

4830 Scotland Co SNA

Phyllis Graham

District V - 3 New Members

5760 Randolph Co SNA

Alethia Wilkerson

5850 Stokes Co SNA

Melissa Fulk

Margaret Hayden

District VI - 10 New Members

6130 Cabarrus Co SNA

Lidia Rivera

6550 Lincoln Co SNA

Patricia Crocker

Carla Cullitan

Karen Hoffman

Mary Patterson

Vivian Taylor

Monica Trotsenko

6600 Charlotte Meck SNA

Pati Dyer

6900 Union Co SNA

Rita Keziah

Jeannine Pultorak

District VII - 4 New Members

7180 Catawba, Hickory, Newton-Conover

Tammy Drum

7950 Watauga Co SNA

Alesia Wood

7970 Wilkes County SNA

Janet Miller

Gail Parsons

District VIII - 2 New Members

8450 Henderson Co SNA

Joel Smith

8570 Madison Co SNA

Michael Wallin

Affiliated Chapters and Chapter Presidents for 2007 to 2008

The following is a list of chapters and their Presidents that have re-affiliated since the last ARROW.



Randolph County Chapter 5760 participated in the Bush Hill Festival. Tina Justus, President, and Margaret Stanley helped to raise money for their members to attend the state conference.

Is your chapter missing?

Re-affiliation forms are available at www.schoolnutrition-nc.org

Send your re-affiliation form to:

Dawn Roth
9826 Sandman Lane
Charlotte, NC 28216

District I

Beaufort – Paula Elliott
Bertie – Brenda Bowen
Gates – Patricia Boone
Martin – Joyce Hooper
Pitt – Debbie Roche
Tyrrell – Diana Hassell

Missing: Dare

District II

Brunswick – Becky Norris
Craven – Rosalyn Jones
New Hanover – Betsy Gwynn
Onslow – Janet Davis

Missing: Pamlico, Clinton City

District III

Edgecombe – Debra Peaden
Franklin – Frankie Morgan
Wake – Lori Wooten
Wilson – Wyndi Vick

District IV

Cumberland – Sharon Lynch
Robeson – Evelyn Lewis

Missing: Columbus, Harnett, Hoke, Montgomery.

District V

Orange – Toni Griswold
Stokes – Carolyn Dodson

Missing: Alamance, Davidson-Lexington-Thomasville, Guilford

District VI

Anson – Victoria Powell
Gaston – Robin Sanders
Rowan-Salisbury – Angie Gegorek

Missing: Union

District VII

Alexander – Debbie Brooks
Surry, Elkin, Mt Airy – Teresa Hall

Missing: Catawba-Hickory-Newton-Conover

District VIII

Haywood – Karen Rogers
Henderson – Stephanie Cox
Yancey – Carol Higgins

Missing: Buncombe, Madison, McDowell

2007–2008 SNA of NC Executive Board

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See President-Elect

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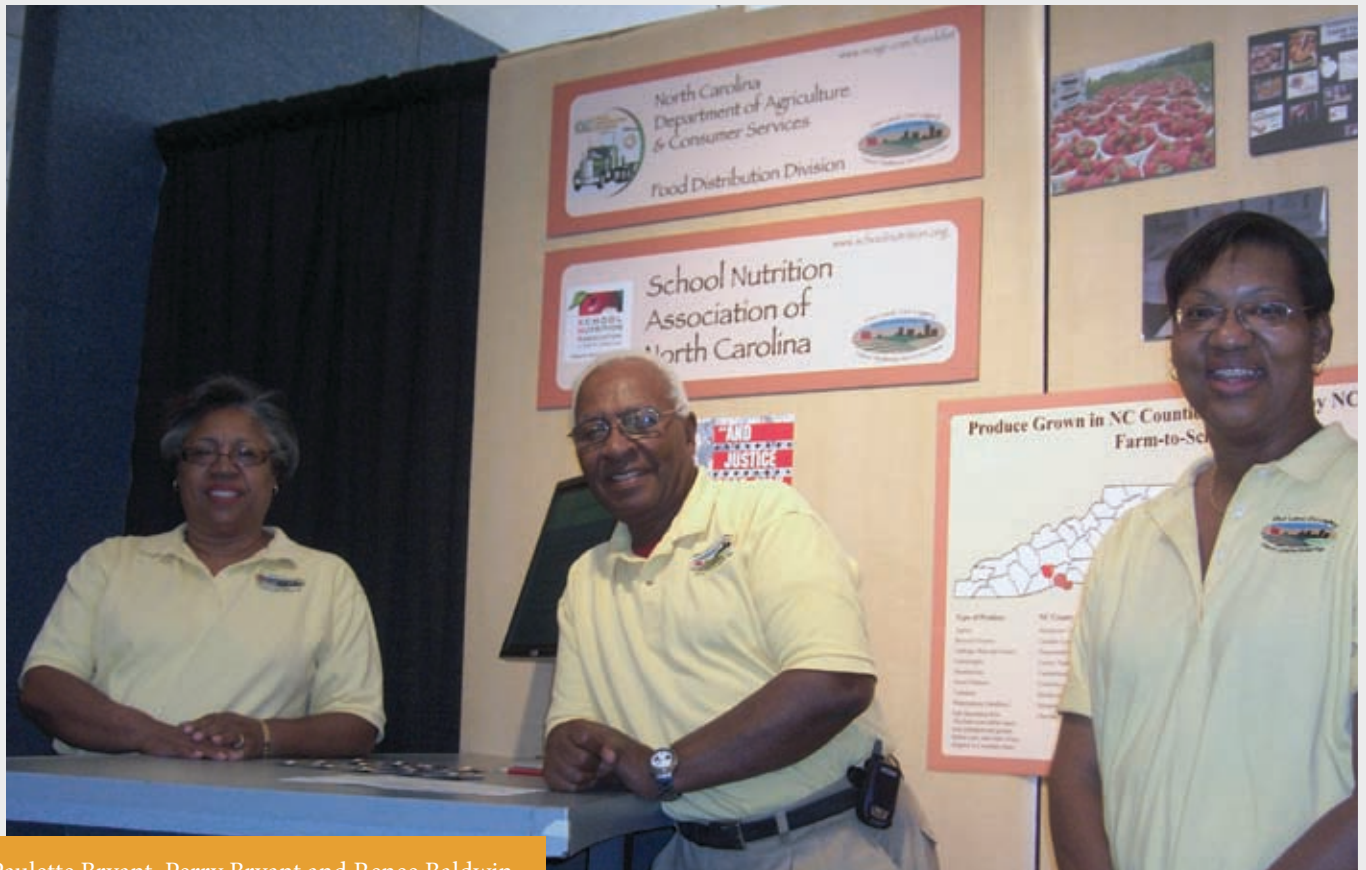
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Gene Causby
Steve Metcalf
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Committee



Paulette Bryant, Perry Bryant and Renee Baldwin enjoy working at the State Fair booth.

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2 First Name M Last Name

3 Job Title

4 School District

5 School Name 6 Chapter No.

7 Who introduced you to SNA? First Name Last Name

8 Home Phone () - Business Phone () - Extension Fax Number () -

9 Preferred Mailing Address Home Work (check only one)
 Address Suite/Apt
 City State Zip -

Secondary Address Home Work (check only one)
 Address Suite/Apt
 City State Zip -

10 Address Suite/Apt
 City State Zip -

National Membership Categories and Dues (Select one only)* (See back for description)

11 School Foodservice Child Care Dues Amt
 Employee Student Retired \$25
 Assistant Manager Manager \$27
 Director/Supervisor/Specialist:
 District Major City State Agency
 Child Care Director
 Other (Principals, Superintendents, Teachers, etc.) \$90
 Nutrition Educator (College/University Level)
 Affiliate Retired Affiliate Part - Time \$10

12 Employed by? Public School Day/Family Home Care
 Private School
 Private Management Company

13 Does your employer pay your dues? Yes No

14 Are you the District Director of foodservice operations? Yes No

15 E-mail

17 Your state dues are: (Record state dues paid in the space provided on right) Choose only one.*

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- \$13.00 SFM/CCM
- \$9.00 STU/FNE/CCE
- \$20.00 SDS/OTH/MCD/EDU/DDS/CCD

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19 I want to support SNA's legislative goals and its Political Action Committee (SNA PAC)
 ___ \$1 ___ \$5 ___ \$10 ___ \$25 ___ \$50 ___ Other \$

16 NATIONAL DUES \$.
 17 STATE DUES \$.
 18 TOTAL DUES \$.
 20 TOTAL PAYMENT \$.

23 Signature _____ Date / /

Return form with your check. See reverse side for important information.
 *DUES SUBJECT TO CHANGE.

SNA National and State Membership Application Guidelines
(formerly American School Food Service Association)

Please print clearly. Complete all appropriate items.

1. Have you ever been an SNA member before? Check yes or no, whichever applies to you.
2. Print legibly your full name as you would like it to appear in the membership record and on your membership card.
3. Print your current job title.
4. Print your current school district.
5. Print your current school name.
6. If you know your local chapter number, please fill in.
7. Full name of sponsor who introduced you to SNA.
8. Enter your home, business, and fax number.
9. Full mailing address (address abbreviations listed below). Check the appropriate box.
10. Full secondary address (address abbreviations listed below). Check the appropriate box.
11. Please review the membership categories listed. Check one that best describes your position and the dues amount.
12. Please check if you are employed by public school, private school, or private management company.
13. Does your employer pay your dues? Check yes or no, whichever applies.
14. Are you a director of foodservice operations? Check yes or no, whichever applies to you.
15. Enter your e-mail address (if you have one).
16. Record your national dues based on membership category checked.
17. **Record your state dues based on the state dues listed on left side of application under your "state dues are."**
18. Please add National and State dues amounts. This is the total dues to be paid.
19. Please make your check payable to the name printed on the left. Do not send cash.
20. Mail your application and payment to address printed on the bottom left side of form under "please make your check payable to."
21. **Add National and State dues and any optional contributions. This is the total payment.**
22. Please sign and date your completed application.

Membership dues cover a full year of membership benefits. Processing of applications takes approximately two to four weeks from date of receipt. Members will receive an SNA membership card within two weeks once application has been processed. If you have any questions regarding this application, please call the SNA Service Center at 800-877-8822.

Standard Address Abbreviations:

Avenue - Ave Circle - Cir Lane - Ln Road - Rd Street - St
 Boulevard - Blvd Drive - Dr Highway - Hwy Route- Rte

| State Dues Category | Description | Used For | National Membership Dues |
|---------------------|--|---|--------------------------|
| FNE | Foodservice/Nutrition Employee | Cooks, bakers, bookkeepers, technicians, assistants, etc. | \$25 |
| CCE | Child Care Employee | Child / Day / Family / Home Care Center Providers. | \$25 |
| STU | Student | Full-time students enrolled in college/university foodservice, nutrition or dietary program. | \$25 |
| RET | Retired | Retired school foodservice workers. | \$25 |
| SFM | Foodservice/Nutrition Manager | Managers, head cooks, assistant managers. | \$27 |
| CCM | Child Care Manager | CACFP Supervisory Staff. | \$27 |
| DDS | Foodservice/Nutrition Directors, Supervisors, Specialists | Working in the foodservice program at the school district level. | \$90 |
| MCD | Foodservice/Nutrition Directors, Supervisors, Specialists (Major City) | Working in a foodservice program where the school district enrollment is 40,000 or more or city population is 200,000 or more. | \$90 |
| SDS | State Agency Directors, Supervisors, Specialists | Working in state office for child nutrition programs, including nutrition education. | \$90 |
| CCD | Child Care Director | CACFP Sponsor. | \$90 |
| EDU | Foodservice/Nutrition Educator | Faculty or foodservice directors working in a college/university setting. | \$90 |
| OTH | Other | Principals, Superintendents, Teachers, etc. | \$90 |
| AFE | Affiliate Part-Time Staff (less than 4 hours daily) | Optional membership category for retired or part-time foodservice staff. Does not include a subscription to <i>SF&N</i> magazine or the right to vote in the annual SNA election. | \$10 |
| AFR | Affiliate Retired | | \$10 |

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 *SF&N* magazine.

School Nutrition Association * 700 South Washington Street Suite 300 * Alexandria, VA 22314
 Phone: 800-877-8822 * Fax: 703-739-3915 * Web site: <http://www.schoolnutrition.org> * E-mail: membership@schoolnutrition.org



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