Stay Tuned!!
The next Nevada School Nutrition Association Annual State Conference location will be announced on our website in the Fall.

Be Sure to Check Out Our Website:

www.nevadasna.org

For information on:
◊ Membership
◊ State Conference
◊ Certification and Credentialing
◊ Current Fundraisers
◊ Nevada School Nutrition Association Board Meetings
◊ Up coming events
◊ And much more!

Nevada School Nutrition Association 25th Annual State Conference

Reno, Nevada
Silver Legacy Hotel & Casino
407 N. Virginia Street, Reno NV 89501
Pre-Conference, July 7th Conference, July 8th & 9th 2014
Special Thanks!

- Ardella’s
- Black Rock Mud Company
- Bonanza Produce
- Butter Buds
- Dairy Council of Nevada & Utah
- Davidson’s Organic Tea
- Digitex Printing
- Edible Reno
- Eggs and Quackers Farm
- Fred Schafer
- GES
- Integrated Food Service
- Italian Hearts Pasta Sauces
- Kevin Stacey
- Kimmies Candy
- M.C.I. Foods Inc. / Los Cabos Mexican Foods
- Model Dairy
- Murry Ranch
- Nevada Department of Agriculture
- Nevada Fresh Pak
- Peppermill Casino
- S.A. Piazza & Assoc.
- Silver Legacy Hotel & Casino
- Reno Aces Ball Club
- Too Cute Totes
- Tyson

Notes and Inspirations
President’s Message

Welcome to Reno, Nevada, and our 25th Annual School Nutrition Association Conference!

Teamwork is crucial to every aspect of our jobs in Child Nutrition and without it, the dream of serving the kids a nutritious meal in a timely manner that meets all the regulations would be a challenge.

It doesn’t matter what position you hold in Child Nutrition, whether you’re the Cashier checking the students through the service line, the Cook producing the meal to USDA recipe standards or the Director ensuring the program is running successfully, each contributes to the team, which ultimately makes the dream work.

I hope you leave here with tools and ideas on how to take care of yourself so ultimately you can bring the best “you” to the team and realize the importance of being a great team member!

This conference is dedicated to all those people who are part of the team making the dream work every single day! The children of Nevada thank you!

Enjoy!
Anne Sanchez
Nevada School Nutrition Association
President
Opening General Session
Keynote Speaker
Fred Schafer
Tuesday, July 8th

Fred Schafer is President of Fully Alive Performance Systems, which is dedicated to increasing the effectiveness and enhancing the lives of working professionals, organizational leaders and entrepreneurs. What makes Fred unique is his depth of experience and knowledge in high performance leadership, business growth and optimal wellness. He has won national and regional awards for sales and marketing, employee recruiting/retention, and business leadership. This recognition came through his ability to turn low performing unprofitable organizations into innovative and highly profitable “best practice” ones that became frontrunners in their profession and industry.

Furthermore, Fred has been a nationally recognized School Nutrition Director and Consultant for the past 20 years in Shasta County, California. He currently is the Director for Shasta Union High School District and six private and charter school

Fred also has a master’s degree in Wellness Promotion and holds multiple personal trainer certifications. He is the author of the books “How Anyone Can Become a Lean, Fat-Incerating Anti-Aging Wellness Machine”, “Strong Dreams Don’t Die” and “5OFIT”.

Fred is perhaps best known, however, for his dynamic, humorous, inspiring and information overflowing conference presentations that move participants to upgrade professional and personal goals and to have more passionate, productive and prosperous days, every day! Since 2002 he has spoken at hundreds of conferences in 48 states. Be prepared to explode into a stratosphere of exciting results!

General Session
Entering the High Performance Nevada School Nutrition Wellness Zone
After hearing Fred’s high energy, humorous and inspiring “High Performance Zone” System, audience members will be moved and empowered to improve their professional and life performance, strike back at mediocre health and wellness and pursue their career and personal dreams with greater tenacity.

Participants will also discover tools for becoming "world class masters" of their professional life, managing energy, time and stress and improving the quality, sustainability and results of their professional and personal lives while being equipped to move others to do the same!

Breakout Session
This is Your Brain—This is Your Brain On Stress
Today’s Stress forecast? A torrential downpour of deadlines, demands and lack of resources. America is the most emotionally overstressed culture in history. This dilemma leads to a deteriorating of our physical, mental and emotional resources and health, including the health of our all-important brains.

Never fear, because help and hope is here with High Performance Specialist Fred Schafer’s Stress Crushing “Strike Back Solutions” that will equip you to use the forces of stress to propel you into greater productivity, prosperity, peacefulness and passion in your career and life.
Incoming Officers:
Open Position, President
Phyllis Hasner, President Elect
Open Position, Vice President
Open Position, Secretary
Dawn Whitten, Treasurer

Section Chairpersons:
Legislative - Wanda Shepherd
Membership - Chris Cooper
Certification - Sandra Moore
Marketing - Open Position
Website / Communications - Tim Riley
Industry Representative - Greg Peot
Nutrition - Rosie Wolterbeek

Closing General Session
Keynote Speaker
Kevin Stacey
Wednesday, July 9th

Kevin Stacey, MBA, is a productivity expert and author who teaches people how to eliminate self-created problems and distractions that impede success. He combines his military background, management training and experience as a healthcare clinician and successful manager at the nation’s largest managed-care company to bring experience, wisdom, perspective and humor to your organization. His programs provide concrete information and practical solutions for business problems. Kevin’s knowledge, experience, warm demeanor and sense of humor create a human connection with individuals that motivates them to make positive changes.

Kevin has a proven record of helping organizations enhance their environment and productivity. From IBM to The New York Times, Ford Motor Company, JP Morgan Chase, Pharmacia, Bayer, Goody Hair Care, United Technologies, Boeing, and Sara Lee, he has worked with the world’s best and brightest and studied the effects of self-created problems on organizations and individuals along with the most effective antidotes to combat it. His services help these and other clients achieve increased performance, sales, higher employee retention, greater job satisfaction, and improved service quality.

He has an MBA in Healthcare administration, is a contributing author to the ‘Don’t’ Sweat the Small stuff and it’s all Small Stuff book series, and is the author of Mental Toughness: Manage the clutter to achieve success and peace of mind.

General Session
Team Building
In today’s lean and multi-taking workplace, it’s critical that people feel part of a cohesive team that is working together for common goals. Personality clashes, conflict, and being annoyed with others can have a devastating effect on productivity, morale, teamwork and ultimately the mission to serve our customers.

This session gives the essential tools needed to appreciate the differences with others, ways to find common ground, and to not “sweat the small stuff” with other people and let it turn into big stuff and create divisiveness and conflict.

Breakout Session
Control Freak? How to Stop Sweating the Things We Can’t Change
Do you know many control freaks? Are you one yourself? The problem is that it’s exhausting. Life can be tough enough already. There are so many potential things for us to worry about and try to control. The concept of letting things go, or letting things be the way they already are, instead of trying to rearrange things according to our wishes is a difficult to grasp for our modern society. This session teaches the essentials to be able to live with more peace of mind.
Pre-Conference Classes

SERVSAFE® FOOD SAFETY MANAGEMENT TRAINING

The ServSafe® program provides food safety training, exams and educational materials to foodservice managers. Students can earn the ServSafe Food Protection Manager Certification, accredited by the American National Standards Institute (ANSI)-Conference for Food Protection (CFP). The program blends the latest FDA Food Code, food safety research and years of food sanitation training experience. Managers learn to implement essential food safety practices and create a culture of food safety. All content and materials are based on actual job tasks identified by foodservice industry experts. Trust the only food safety program with roots in the foodservice industry to help you protect customer health, improve employee performance and preserve business reputation.

**Nutrition 101 and ServSafe fulfills the requirements for a level one certification with the School Nutrition Association.**

Department of Agriculture

Child Nutrition Program

Updates from the Department of Agriculture-Child Nutrition Program and USDA will be discussed. This class is reserved for Directors only.

Conference Presenters

Tim Riley  “ServSafe Pre-Conference Class”
Certified Food Protection Manger Instructor - Washoe County
ServSafe Instructor over 20 years.
SNA Member – Level I certification.
Currently employed by Aramark Education as Field Supervisor for Washoe County School District. Responsible for Food Safety Program.
Washoe County Juvenile Services – 24 years. Responsible for all aspects of RCCI SFA planning and compliance.
SMR Training Group, Inc. – Food safety training.
Nevada Babe Ruth / Cal Ripken Baseball – 22 years. Snack bar coordinator to State Commissioner.
Married for 33 years. Foster Parent / adoptive parent. 10 kids, 7 grandkids.

Millie Andrews  “ServSafe Pre-Conference Class”
Lyon County Schools Nutrition Supervisor -10 years
Recently approved as Certified ServSafe Instructor and Proctor
NSNA – President 2 years
4 Children, 5 grandchildren

Wednesday, July 9, 2014

7:00am - 8:00am  Marketing Booth / Raffle Tickets

8:00am - 10:00am  Closing General Session
Breakfast
Installation of Officers Rosie Wolterbeek, Child Nutrition Consultant
Aramark-Carson City Nutrition Services
Keynote Speaker Kevin Stacey—Team Building

Breakout Sessions

10:15am - 11:00am  Kevin Stacey — Control Freak? How to Stop Sweating the Things We Can’t Change
Linda Hurzel and Laura Valley —
Teamwork...Working Together For a Happy, Healthy School

11:15am - 12:00pm  Catrina Peters—Smart Snacks
Kevin Stacey — Control Freak? How to Stop Sweating the Things We Can’t Change

12:15pm - 1:00pm  Linda Hurzel and Laura Valley —
Teamwork...Working Together For a Happy, Healthy School
Catrina Peters—Smart Snacks

1:00pm - 3:00pm  Vendor Show

Conference Fun Night!!

Take Me Out to the Ball Game
with NSNA & The Reno Aces

Tuesday, July 8th

Reno Aces Ball Park
located at
250 Evans Ave.
Reno NV 89501

Join us on the Bull Pen Deck at Aces Stadium for dinner, networking and to cheer on the Reno Aces to victory as they take on the Las Vegas 51s.
The event starts at 6:00pm  Game Starts at 7:05pm
Dinner Includes: Hot Dogs, Brats, Chips, Baked Beans, Cookies, Soda and Water and Ice cream donated by Model Dairy.
Tuesday, July 8, 2014

7:00am - 4:00pm  Registration/Marketing Booth/Raffle Tickets

8:00am - 10:00am  ServSafe Pre-conference class

8:00am - 8:45am
Fred Wright—Great Grains
Kari Ernst—Be Healthy, Be Happy

Breakout Sessions

9:00am - 9:45am
Fred Shafer—This is Your Brain On Stress
Verna Lewis—UBIOFIT (You Burn It Off FIT)

10:00am - 10:45am
Fred Shafer—This is Your Brain On Stress
Catrina Peters—Professional Standards

11:00am - 11:45am
Kari Ernst—Be Healthy, Be Happy
Verna Lewis—UBIOFIT (You Burn It Off FIT)

11:45am - 1:00pm  Lunch on your own

1:00pm - 2:30pm  Opening General Session
Presentation of Colors  Reno Cub Scout Pack #512
Welcome  Anne Sanchez, NSNA President
Inspirational Message  Dawn Whitten, Food Service Director, Churchill County School District
Keynote Speaker  Fred Schafer—Entering the High Performance Nevada School Nutrition Wellness Zone

2:45pm - 4:45pm  ServSafe Test

2:45pm - 3:30pm  Fred Wright—Great Grains
Catrina Peters—Professional Standards

6:00pm - ?????  Take Me Out to The Ball Game……..
Reno Aces Vs. Las Vegas 51

Games Starts  Bull Pen Deck at the Reno Aces Ball Park
7:05pm  Dinner and baseball game
Ice Cream provided courtesy of Model Dairy

Conference Presenters

Kari Ernst  Be Healthy, Be Happy
Hi! I’m Kari Ernst, Aesthetician and small business owner! I offer facials, back treatments, microdermabrasion, laser treatments, lash and brow tinting, full body waxing (female only), microcurrent and more! I received my education and certifications in Aesthetics in 2006 and receive continuing education on a quarterly basis. I also retail Eminence Organic Skincare products and have wonderful gifts in my storefront! My little shop is nestled in with His Inspirations, christian books & gifts and Too Cute Totes in downtown Fallon, Nevada! It’s a quaint little place and I love it! My business partner is Wende Hucck Hook, owner of His Inspirations and we have so much fun offering our customers beauty from the inside out!! I have been so very blessed to have been voted by Fallon as ‘Best of Fallon’ through Lahontan Valley News for Aesthetician each year since I began in 2006! This is very cool for me as it should show you how awesome my clients and friends are!

I am not only an Aesthetician, I am also a mom to 3 beautiful children, Dylan 15, Matt 10 and Genna 5! I’m a wife to an amazing man who shares my love for the Lord, Thaine! We are so thankful and blessed with this busy, fun and sometimes crazy life!

Be Healthy, Be Happy:
Your mental health is just as important as your physical health and the two are tied together! Sometimes taking care of you from the inside out can make a profound impact on your quality of life! If you’ve been feeling sluggish, tired, exhausted, cranky and have no energy or simply feel unhappy you need to take this class! I’ll help you to learn more about why you may be feeling this way and provide you with some tips on how to make changes that may have you feeling healthier & happier!!

Laura Valley  “Teamwork…Working together for a happy, healthy school”
BS in Physical Education, Cal Poly State University, San Luis Obispo, CA
MA in Teaching, Grand Canyon University, Phoenix, AZ
Physical Education Specialist at EW Fritsch Elementary School, Carson City, Nevada
Part Time Instructor at University of Nevada Reno, Department of Recreation and Wellness
Wellness Committee Chair at Fritsch, Facilitator for Alliance for a Healthier Generation

Linda Hurzel  “Teamwork…Working together for a happy, healthy school”
AS in Physical Education, Imperial Valley College
BS in Physical Education, Cal Poly State University, Pomona
Physical Education Specialist at Bordewich-Bray Elementary School, Carson city, Nevada
Wellness Committee Chair at Bordewich-Bray, Facilitator for Alliance for a Healthier Generation.

They have been teaching physical education at the elementary level for many years, and see the need to get this age child moving and active for a healthier life. That being said, they also feel there is a great need to motivate and encourage our adults to get moving as well. When we feel better, we are more likely to enjoy our job, participate in more activity and form better relationships at work and home.
**Conference Presenters**

**Fred Wright**

“Great Grains”

Starting as a dishwasher and working his way up to Culinary Educator Chef Fred Wright CEC, MCFE has been in the food service industry for 30 years. Fred has taught Culinary Arts at Truckee Meadows Community College and for Washoe County School District where he now teaches Culinary Arts at the Academy of Arts, Careers and Technology. Fred not only works with students through the Washoe County School District but also works with the students in both the American Culinary Federation High Sierra Chefs Association, in which he is President, and the International Food Service Executives Association, where he was President of the local branch for 5 years. Fred will be inducted into the American Academy of Chefs at the upcoming ACF National Conference.

**Breakout Session description:**

Global grains are a recent and rapidly growing food trend. Learn how grains are the perfect ingredient for healthy, great tasting dishes. As well as being easy to store. In addition learn the history of some of these amazing grains, their applications and of course enjoy the taste.

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**Catrina Peters**

“Professional Standards and Smart Snacks”

**Professional Standards:** Starting July 1, 2014 new requirements for professional development and training will be in effect. Learn how the new professional standards will impact you! We will discuss the upcoming professional development and training requirements for Managers and Cooks as well as provide information on how you get the required training.

**Smart Snacks:** Join Nevada Department of Agriculture and USDA’s Western Region Office staff for all the latest information on the new Federal regulations and the new Nevada School Wellness Policy. We will discuss what is occurring nationwide and also share what new rules will be in effect on July 1, 2014.

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**Verna Lewis**

“UBIOFIT (You Burn It Off FIT)”

I am a certified Group Fitness Instructor and have been conducting group fitness classes for fourteen years. I have been a Certified Personal Trainer for 12 years, specializing in Nutrition and Group Training.

Cancer Exercise Specialist Certification – 2009
Culinary Arts Program – Current – TMCC – 2013 – Reno, NV
Personal Trainer – National Strength & Conditioning Assoc. Cert. – 2005 – Oakland, CA
Aerobics and Fitness Assoc. of America – Fitness Instructor Cert. – 2003 – Reno, NV
American Council on Exercise – Fitness Instructor Cert. – 1999 – San Francisco, CA

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**NEVADA SCHOOL NUTRITION ASSOCIATION**

**CERTIFICATION INFORMATION**

All persons who are already certified with the School Nutrition Association (SNA) will earn 10 CEUs (Continuing Education Units) for attending this Conference 2014. Those who attend ServSafe will earn 10 CEUs or Directors Meeting, 7.5 CEUs.

Individuals must now keep a record and documentation of their own CEUs. Use the Personal Continuing Education Unit (CEU) Record (tracking form), and save documentation such as name tag, program, or agenda. You do not need to send documentation for CEUs unless requested by SNA (you usually just need to send the renewal form and payment).

For certified members, there is now a one year certification period. To keep your certification current you must obtain CEUs and pay the renewal fee for your level, annually (for Level 1, 6 CEUs per year; for Level 2, 12 CEUs per year; for Level 3, 18 CEUs per year).

To become certified at Level 1, you must have a high school diploma or GED and you must take 10 hours of Sanitation & Safety (ServSafe or approved course) AND 10 hours Nutrition Education (Nutrition 101 or other approved course). Certification application can be downloaded at schoolnutrition.org/Content.aspx?id=126. You can also check out NSNA’s website nevadasna.org/membership/certification/

For more information on certification, please contact Sandy Moore, 775/738-1456 (office at Elko Central Kitchen) 775/738-6557 (home). smoore@elko.k12.nv.us.

Personal Continuing Education Unit (CEU) Record (tracking form), Certification Guides, and other information on certification and credentialing will be available at the registration table.

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**Monday, July 7, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00am - 4:00pm</td>
<td>Registration/Marketing Booth / Raffle Tickets</td>
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<tr>
<td>7:30am - 8:00am</td>
<td>Coffee, Tea and Pastries—Sponsored by NSNA</td>
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<tr>
<td>8:00am - 12:00pm</td>
<td>ServSafe— Pre-conference class</td>
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<tr>
<td>8:00am - 12:00pm</td>
<td>Nevada Department of Agriculture—Pre-conference class (Director’s only)</td>
</tr>
<tr>
<td>1:00pm - 5:00pm</td>
<td>Classes resume</td>
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<tr>
<td>5:00pm</td>
<td>Classes dismissed for the day</td>
</tr>
<tr>
<td>Noon - 1:00pm</td>
<td>Lunch on your own</td>
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<tr>
<td>Noon - 1:00pm</td>
<td>Afternoon snack and beverage break Sponsored by NSNA</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Evening on your own</td>
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