

School Nutrition Association of Virginia
2023 State Conference Agenda
Schedule of Events and Sessions is SUBJECT TO CHANGE

Friday, March 10th

Breakfast, lunch, and dinner are on your own on Friday, March 10th.

7:30 am - 8:00 am **Registration and Basket of Creativity Raffle for Education Fund**
12:00 pm - 6:00 pm

PRE-CONFERENCE SESSION
(Pre-Registration Required)

- 8:00 am - 5:00 pm** **Nutrition 101: A Taste of Food and Fitness** *(Lunch Included)*
Nutrition 101 provides a basic overview of nutrition. The module incorporates a variety of learning activities to engage participants on a personal level. The learning objectives for each of the ten lessons are achieved through completion of all lesson components. The course meets the nutrition education requirement for Level 1 certification.
Presented by: Amy Casteel, RD /Institute of Child Nutrition (ICN)
Target Audience: All
- 9:00 am - 12:00 pm** **Navigating Difficult Conversations**
Effective dialogue is one of the single most important skills for today's leaders. Whether confronting a team member who is not keeping commitments, critiquing a colleague's work, or simply telling someone "no," critical conversations are often avoided or handled in clumsy ways. The role of communication is to provide the right type of communication at the right time to the right audience. This 3-hour training details the key communications skills, approaches, and tools needed to inform, educate, and drive relevant opinions and behaviors. Participants will learn about the theory underpinning these conversations, diagram their structure, and learn specific strategies to successfully approach difficult conversations.
Presented by: Janice King, LEAD to Succeed
Target Audience: Managers, SN Assistants and Technicians
- 1:00 pm - 5:00 pm** **SNS Credentialing Exam**
The SNS Credential is a mark of excellence and achievement that reflects what it takes to manage school nutrition programs in today's challenging climate. Registration must be completed through SNA National's website prior to the conference.
Proctored by: Leslie Smith, New Kent Schools and Tina Wolf, Poquoson Schools
- 10:45 am - 2:00 pm** **Executive Board Meeting** *(Lunch Included)*
12:00 pm - 2:00 pm **VDOE SNP Advisory Council Meeting**

FRIDAY BREAK-OUT SESSIONS

1:00 pm - 2:00 pm

The Life Cycle of USDA Foods

This session will provide an overview of the ordering life cycle of USDA Foods. Learn the entire process from how schools order their USDA foods in March and how they end up on the plate the next school year. We will also provide a variety of approved USDA menu options for school meals.

Presented and sponsored by: VA Department of Agriculture & Consumer Services Melanie Monroe, Norma Adkins, Lamont White and Regional Commodities Managers.

Target Audience: All

2:15 pm - 3:15 pm

Virginia Foods for Virginia Kids - How Career and Technical Education and the Department of Labor and Industry are Supporting Staff Recruitment and Development in School Nutrition

Local foods used in school nutrition programs can be used in your marketing strategy and an amazing tool to amplify your program in your community. Local School Nutrition Directors will share their marketing strategies and how local food is the star.

Presented by: Dr. Sandy Curwood, Phd., RDN, VDOE-SNP State Director

Target Audience: ALL

2:15 pm - 3:15 pm

How Do You Bring Value to the Workplace?

Establishing who someone is and the value they bring to an organization are key components of communication in the workplace. In this 1-hour training, participants will explore frameworks and tools they can employ to be more effective at communicating who they are and the value they bring to their organization. Participants will take a "deep dive" into the skills they need to assess and understand their audience, and how to develop an effective introduction for a specific audience.

Presented by: Janice King, LEAD To Succeed

Target Audience: ALL

3:30 pm - 4:30 pm

At Home Comfort Food Meets Culturally Inclusive School Menus

Ready to incorporate cultural recipes into your school menu? In this session, you'll hear from representatives at Loudoun County Public Schools (LCPS) on how they've successfully implemented several cultural dishes onto their lunch menus and have recently expanded into adding new cultural recipes during breakfast time as well.

Presented by: Brittany Palaschak, RDN, and Olivia Shah, RDN, Loudoun County Public Schools

Target Audience: All

3:30 pm - 4:30 pm

Wellness Begins with You

Even working in the field of school nutrition, it may be challenging to make our own nutrition and wellness a priority. This session will focus on nutrition practices and the connection with wellness, while associating it to the work of school nutrition professionals.

Presented by: Katelynn Stansfield, MS, RDN, CDCES, VDOE-SNP TNTG Project Specialist

Target Audience: All

3:30 pm - 4:30 pm

Today's Beef: Farm to School (Panel Discussion)

This session will include an engaging panel conversation among local Virginia beef producers and NEBPI Registered Dietitian, Beth Stark. The panelists will shed light on topics related to beef nutrition and its role in the growth, development and performance in school-aged children. Cattle care, daily farm life and hot topics like sustainability will also be addressed. Leave with new and creative ways to incorporate beef onto your school's menu alongside other nutritious ingredients. You don't want to miss it!

Sponsored by: Northeast Beef Promotion Initiative and Virginia Beef Council (NEBPI)

Presented by: Beth Stark, RDN, LDN Northeast Beef Promotion Initiative

Target Audience: All

3:30 pm - 4:30 pm

Teaching the SOLs in a School Garden

A school gardening project is an outdoor classroom that can be used across all grade levels and subject areas, including science, language arts and math. Learn how gardening can connect to the Standards of Learning and how to be supportive when approached about school gardens. We will also discuss how Virginia Cooperative Extension can assist in your gardening program

Presented by: Gaylynn Callahan, Extension Agent, Virginia Cooperative Extension

Target Audience: All

4:45 pm - 5:45 pm

First Timer's Connection Session

Seasoned professionals share tips and tricks on how to get the most from your conference experience.

Presented by: Lori Foltz, SNA-VA Membership Chair

Target Audience: First Time Conference Attendees

4:45 pm - 5:45 pm

Revolutionary Leadership

Unable to see the Broadway hit show Hamilton live on stage, you are invited to learn leadership from one of our founding fathers. Alexander Hamilton and the founding fathers built the first successful democratic government, changed the rules of leadership, and redefined what it means to ignite change in people. As a modern day leader, you may not be establishing a new government – but the principles of radical leadership still apply. Whether you are undertaking a new initiative, rejuvenating an organization, or sparking motivation in your team you will use the genius of this Broadway musical and its creator to start your revolution.

Presented by: Marcellus Snipes, Senior Director of Operations, WJCC Schools

Target Audience: Managers, Supervisors, Directors

4:45 pm - 5:45 pm

Wellness Scavenger Hunt

Get your heart pumping, use your scrabble word building skills, and have fun!

Led by: Debbie Paschall and Teresa Lucas, SNA-VA Conference Co-Chairs

Target Audience: All

FRIDAY EVENING ACTIVITIES

6:30 pm - 10:00 pm

ReNew, ReFresh, ReConnect Celebration (Industry and Members) Ballroom ABC and Foyer

Join us as we ReNew, ReFresh, and ReConnect with members and industry across the state.

Light hors d'oeuvres will be served.

Coordinated by: Cheryl Bowers

Generously Sponsored by: PrimeroEdge + School Cafe, ALTA Foods, National Food Group/ZeeZees, LINQ

Schedule of Celebration Events:

6:30 pm - 10:00 pm

Connection - Ballroom ABC/Foyer Area

Reconnect with industry and members across the state while unwinding with games, great conversation, and music. Visit our "Industry Corner" to chat business with fellow vendors.

6:45 - 7:45 pm

Chopped Challenge - Ballroom ABC

Come watch teams go head-to-head as they create a beef recipe for students right before our eyes. Judging criteria will be based on visual appeal, taste, creativity, and more. Winners will receive bragging rights and a prize!

Moderated by: Beth Starke, NEBPI and Edwina Forrest, SNA-VA President

Generously sponsored by: Northeast Beef Promotion Initiative (NEBPI)

7 pm, 8 pm, 9 pm

Bingo - 2nd Floor, Left Foyer

Bingo is back with a new schedule! Join us every hour on the hour for some lively games. Each session will last four games or 30 minutes, whichever comes first.

Coordinated by: Chesapeake Schools

Generously sponsored by: ES Foods, Schwan's Foodservice, and SFSPac®

Saturday, March 11th

7:30 am - 8:30 am, 101	Registration and Basket of Creativity Raffle for Education Fund	Room
10 am - 12:00 pm	(Registration is closed during First General Session)	
7:30 am - 8:30 am	Breakfast Buffet	Ballroom ABC
8:30 am - 10:00 am	First General Session Keynote Speaker: Craig Weidel - "Be a Coach, Not a Boss"	Ballroom ABC
10:30 am-12:30 pm	Food Show & Exhibits (Decision-Makers Only)	Exhibit Hall A

SATURDAY BREAK-OUT SESSIONS

10:15 am - 11:15 am	Top Ten Signs of Child Nutrition Burnout Are you burned up . . . close to flaming out . . . or glowing bright? Believe it or not, most of us fall into one of the first two categories. In today's fast-paced nonstop world of work and home life you barely get a chance to breathe let alone think about how to keep your employees and family motivated to work at their highest potential and to be more productive. You won't want to miss out on learning what the top ten stressors are so you can avoid them. This program will help you de-stress by utilizing some top secret techniques from the science of NLP (Neural Linguistic Programming), Kinesiology and Psychology. These simple techniques will create immediate permanent changes in your life which in turn will help you to help others. <i>Presented by: Craig Weidel, SNS, MNLP, MHT.</i> Target Audience: Managers and Employees
10:15 am - 11:15 am	Food Fact - Fun Fact - Monikers Come to this interactive session and hone in on your food safety knowledge through this fun game activity. <i>Sponsored by: SFSPac® Food Safety and Sanitation System</i> <i>Moderator: Marcia Rhoden, SFSPac® Division Manager</i> Target Audience: Managers and Employees
11:30 am - 12:30 pm	"ReEngaging" Your Community to Maximize School Meal Participation This session will highlight innovative strategies and promising practices throughout Virginia that meaningfully engage kids, families, and community partners in the design and implementation of school meal programs. <i>Presented by: Amy Biestek, Northern VA Program Manager, No Kid Hungry VA, Thompson Bertschy, Program Manager, No Kid Hungry VA, and Sarah Steely, Director, No Kid Hungry VA, VDOE</i> Target Audience: Managers and Employees
12:30 pm - 2:30 pm	Food Show & Exhibits (Open to All)
	Exhibit Hall A

2:00 pm - 3:00 pm	Silver Circle “ReConnection Reception” Seasoned members will have an opportunity to build connections and share experiences and lessons learned during their time as school nutrition professionals. Target Audience: Silver Circle Members	Conference Room A
3:00 pm - 4:00 pm	How Leaders Can Impact The Next Generation If you are serious about renewing, refreshing, and reconnecting then you do not want to miss the breakout session hosted by Mr. Michael Morgan. Mr. Morgan will passionately discuss the significance of mentor leadership principles. Evidence shows that 91 percent of workers who have a mentor are satisfied with their jobs. That portion drops significantly among those who don’t have a mentor — more than 40 percent of employees without this type of role model have considered quitting in the last three months. Mentored employees also tend to feel more positively about their organizations as a whole. They’re far less likely to quit their jobs. Mr. Morgan understands it takes a village to raise a child, and he believes we can be that village in our community. <i>Presented by: Michael Morgan, President/Founder of A Few Good MENtors inc.</i> Target Audience: All	
3:00 pm - 4:00 pm	Managing Meal Debt as We Move Forward (Panel Discussion) Recognizing that meal debt has increased in the state, this <i>panel of School Nutrition Program Directors</i> will share their strategies for managing unpaid meal debt while maintaining focus on our most important job - serving healthy meals to ALL students. <i>Moderated by: Dr. Sandy Curwood, Phd., RDN, VDOE-SNP State Director</i> Target Audience: All	
3:00 pm - 4:00 pm	Celebrating School Breakfast It’s the last day of National School Breakfast Week, and that deserves a party! Join No Kid Hungry Virginia for a celebration of the Commonwealth’s breakfast progress over the last decade. We’ll talk about data and emerging trends, all while creating space for sharing victories and questions. No Kid Hungry LOVES school breakfast- and we know that you’ll love this session! <i>Presented by: Amy Biestek, Northern VA Program Manager, No Kid Hungry VA, Thompson Bertschy, Program Manager, No Kid Hungry VA, and Sarah Steely, Director, No Kid Hungry VA, VDOE</i> Target Audience: All	
3:00 pm - 4:00 pm	The ABCs of Inclusive Dining in School Meals "We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color." – Maya Angelou Through a child-centered lens, come explore how the principles, policies and practices around Diversity, Equity and Inclusion (DEI) work not only to increase accessibility, belonging, and community in Child Nutrition Programs, but how they can also help boost the bottom-line. <i>Presented by: Amanda Warren, Staunton City Public Schools & Tracy Stuckrath, Thrive Meetings & Events</i> Target Audience: All (This session will be repeated at 4:15)	
4:15 pm - 5:15 pm	Wellness by the Glass Did you know milk contains nutrients that are vital to a healthy immune system? Participants will learn about dairy's role in the dietary guidelines, its contributions to health, and how schools can use The Dairy Alliance equipment grants, including supplemental funding by the Virginia State Dairywomen's Association, to improve the school milk experience for their students. <i>Presented by: Roseann Liberatore, RDN, LDN, Manager of Youth Wellness, The Dairy Alliance</i> Target Audience: All	
4:15 pm - 5:15 pm	KPIs for Cafeteria Managers "Measure It, Manage It" Hear from a former director and the Lead SNP Regional Specialist on how Directors and Cafeteria Managers can make the most of your data to inform operational decisions. Experience hands-on examples with key	

performance indicators (KPI) to identify and focus on the most critical aspects of a nutrition program's performance to achieve success.

Presented by: Crystal Crutchfield, DOE SNP Lead Regional Specialist

Target Audience: All

4:15 pm - 5:15 pm

Food Recovery: Share Tables

Concerned about food waste in your school? Establishing a share table is an easy and effective way of reducing waste and helping your community. In this session, you will learn the tools needed to implement a share table and how to handle the challenges.

Presented by: Irene Stevens, Loudoun County Public Schools

Target Audience: All

4:15 pm - 5:15 pm

The ABCs of Inclusive Dining in School Meals (Repeat Session)

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color." – Maya Angelou

Through a child-centered lens, come explore, with Amanda and Tracy, how the principles, policies and practices around Diversity, Equity and Inclusion (DEI) work, not only to increase accessibility, belonging, and community in Child Nutrition Programs, but can also help to boost the bottom-line.

Presented by: Amanda Warren, Staunton City Public Schools & Tracy Stuckrath, Thrive Meetings & Events

Target Audience: All

SATURDAY EVENING ACTIVITIES

7:00 pm - 8:30 pm

Red Carpet Awards

Ballroom ABC

- Doors open at 6:30 pm for this dinner banquet, awards presentation, and Installation of Officers.
- Chapter Presidents, Regional Directors, and Past Presidents: Meet in the RIGHT hallway of ABC at 6:45 pm.

Sunday, March 12th

7:30 am - 8:30 am

Breakfast

8:30 am - 11:30 am

Second General Session

Ballroom ABC

Keynote Speaker: Larry Weaver - "Customer Service"