



North Dakota SNA Newsletter

Fall
2023

President's Message

Hello my fellow NDSNA members. With the first freeze behind us and winter closing in, I hope everyone enjoyed a fun filled sunny summer. And now the beautiful colors and crispness of fall. It truly is a magical time of year when our beloved prairie turns from green to red, yellow, and orange.

It is also a very busy time in school nutrition. With the madness of startup, shortage of staff, and supply chain disruptions, the challenges you face are abundant. This summer at our annual NDSNA conference we came together as one. We walked through some of these challenges. We made connections and we had an understanding ear in our fellow colleagues. Often you may feel alone, but I want to assure you, you are not!

Your board met in person this week to work on our State Action Plan. The number one priority that came from this meeting were ways to engage with our members and bring our association together. Where are the opportunities for us to prioritize your needs and for us to collaborate as a group?

I am excited to tell you we have already begun working on some of these initiatives. We have refreshed our Facebook page to better serve as a sounding board and spread the message of the incredible work you are doing. We ask you to share this link with your team, for all to contribute content and create excitement!

This site will give a voice to School Nutrition Professionals from across the state. A place where you can showcase your kitchens and share your pride with others who may feel like they are alone. To continue making connections and invite those who have not become a member of NDSNA, to become a member.

We want to encourage you to attend our Annual Conference. It is a time to be among your peers, experiencing firsthand the inspirational speakers and team building. To be on the forefront of new regulations imperative to running a successful program. To learn and grow in your profession. Ivy is diligently planning an incredible conference and we look forward to seeing old friends and new faces in Fargo, June 4-6.

I am proud beyond belief of our state and every single one of you tirelessly feeding our future leaders. You will be remembered on their journey. I can promise you that!

I am humbled to be your President. I thank you for entrusting me to take the helm and lead us into what I believe will be a very bright future.

To Our Continued Success,

Sincerely,

Gina Giovannoni
Purchasing Coordinator
Bismarck Public Schools
NDSNA President, 2023-2024



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Legislative Update - Fall 2023



Welcome back for another school year! Not much new happening with legislation so here's a recap:

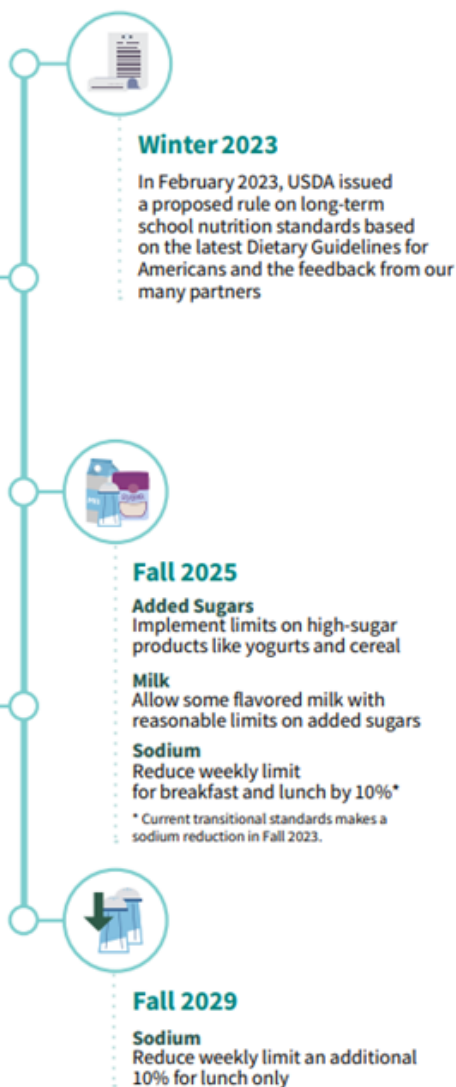
1. ND legislators passed HB 1494 which bans lunch shaming. Schools are not allowed to deny a student a reimbursable meal or offer an alternative meal no matter what their lunch balance is. Other items in the bill do not allow schools to exclude students from activities because of lunch balances. Refer to HB 1494 for full details. Meal charging policies will need to be reviewed and possibly revised this school year.

2. ND legislators included six million dollars in appropriations to SB 2284. This money will be used to help cover the expense of meals for reduced students and students whose family income falls between the 185-200% of the federal poverty line. The next steps are to make this permanent in Century Code.

3. USDA final comment period ended May 10, 2023, with over 137,000 comments regarding the proposed school meal standards. Some of these standards include reduction in sugar, flavored milk, more whole grains and reduced sodium levels. USDA is proposing a gradual implementation of these nutrition standards between 2024-2029. Be on the lookout early next year for more details on upcoming meal pattern changes.



Michelle Wagner, RD, SNS
Child Nutrition Program Director
Bismarck Public Schools
NDSNA Legislative Chair



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Allergen Friendly Recipes in Schools

It is no secret that food allergies in our schools continue to rise. I am positive even the smallest schools have felt this over the past decade. Unfortunately, more research is needed to find cures and causes to this rising issue. In the meantime, we need to find creative ways to feed all students safely. Manufacturers have done a great job of coming up with products that can accommodate most allergies, but they often do not meet some of the nutritional requirements and can come with a very hefty price tag. Fargo Public Schools has worked hard at making nutritionally equivalent, kid approved, great tasting, allergen friendly food items. Below are three different muffin recipes that we have implemented this school year and have been a big hit! They are also a little more budget friendly than ordering from a gluten free bakery or off your truck. Depending on your location, you may not always be able to find some of the items at your local grocery store but ordering online has become easy and convenient that you should be able to obtain all the ingredients easily. We often make these in large batches and then freeze them and pull them individually to be served when needed. These recipes are free of the nine major allergens (milk, eggs, peanuts, tree nuts, fish, shellfish, wheat, soy and sesame) as it is becoming more common for students to have multiple of these allergies.



*In the recipes on the next page, gluten free is sometimes abbreviated as GF. I prefer to use Bob's Red Mill 1-1 gluten free flour and gluten free oat flour as these seem to yield a quality product that has a pleasant texture. We use purple muffin liners so these never get confused with our regular muffins.

Kyra Zach, LRD, CDM, CFP
Nutrition Supervisor
Fargo Public Schools
NDSNA Nutrition Standards Chair

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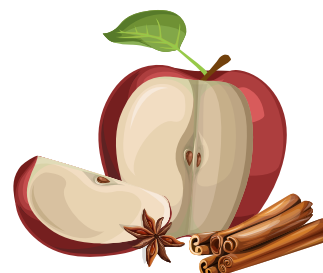
Allergen Friendly Recipes in Schools

Allergen Friendly Apple Cinnamon Muffin

INGREDIENTS	INSTRUCTIONS
1 x Cup 4 x Tablespoons of Flour 1 to 1 GF Baking	1. Take your flaxseed and warm water and combine them together to let them sit while preparing the rest of the recipe.
1 x Cup 12 x Tablespoons of Flour Oat Gluten Free	2. In a bowl, mix 1-1 gluten free flour, oat flour, sugar, salt, cinnamon, and baking powder.
1/2 x Cup of Sugar Granulated White Cane Extra Fine	3. In another bowl, mix vanilla, applesauce and oil together.
1 x Teaspoon of Salt Food Grade Iodize	4. Combine the flax/water combination with the dry and wet ingredients. Mix until well blended.
1 x Teaspoon of Spice Cinnamon Ground 18 oz	5. Fill purple muffin liners with a #16 scoop. Place in oven at 325 degrees for 15-18 minutes or until an inserted toothpick comes out clean.
1 x Cup of Sugar Brown Light	
1 x teaspoon of Baking Powder Double Acting	
1/2 x Cup of Oil Salad Canola Bulk	
1/2 x Cup of Applesauce Unsweetened #10 Can Commodity	
1 x Teaspoon of Extract Vanilla Imitation	
1 x Cup of Tap Water	
3 x Tablespoons of Flaxseed Ground Meal	
3/4 x Teaspoon of Baking Soda	

Yield: 16 servings

Meal Contributions: 1.5 oz whole grains



Allergen Friendly Banana Muffin

INGREDIENTS	INSTRUCTIONS
1/2 x Cup of Sugar Granulated White Cane Extra Fine	1. Add all dry ingredients together in a bowl and mix well.
1 x Cup of Sugar Brown Light	
1 x Cup 4 x Tablespoons of Flour 1 to 1 GF Baking	
1 x Cup 12 x Tablespoons of Flour Oat Gluten Free	
3/4 x Teaspoon of Baking Soda	
1 x Teaspoon of Salt Food Grade Iodize	
1 x teaspoon of Baking Powder Double Acting	
1/2 x Cup of Oil Salad Canola Bulk	2. Add oil, water and vanilla in a separate bowl and mix well.
1/2 x Cup of Tap Water	
1 x Teaspoon of Extract Vanilla Imitation	
	3. Combine both wet and dry ingredients together and mix well.
1 x Cup 8 x Tablespoons of Banana Overripe Fresh #2 150 CT (50)	4. Make sure bananas are well mashed. Add to mixture and stir until well mixed.
	5. Use purple muffin liners and a #16 scoop. Bake muffins at 325 for 18-19 minutes or until an inserted toothpick comes out clean.

Yield: 14 servings

Meal Contributions: 1.5 oz whole grains



Allergen Friendly Chocolate Muffin

INGREDIENTS	INSTRUCTIONS
1 pound of Sugar Granulated White Cane Extra Fine	1. Mix Sugar, Oat free flour, 1-1 baking flour, cooa, salt and soda together in a bowl.
10 5/8 ounces of Flour 1 to 1 GF Baking	2. Mix oil, vinegar and water together in another bowl.
7 ounces 20 1/4 grams of Flour Oat Gluten Free	3. Combine all ingredients together and mix until well blended.
2 ounces 11 3/8 grams of Cocoa Powder Baking 10-12% Low Fat	4. Poor batter in purple (allergen friendly) muffin liners using a #16 scoop.
17 1/4 grams of Baking Soda	Bake in oven at 325 for 18-19 minutes or until a toothpick inserted comes out clean.
9 3/4 grams of Salt Food Grade Iodize	
5 1/2 ounces of Oil Salad Canola Bulk	
1 3/8 ounces of Vinegar White Distilled 5%	
1 pound 13 grams of Tap Water	

Yield: 24 servings

Meal Contributions: 1.5 oz whole grains



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Meet the Presidents!

Gina Giovannoni

NDSNA President 2023-2024

Role at School/Job Title/Location: *Purchasing Coordinator, Bismarck Public Schools*

Hometown: *Bismarck, ND*

Family: *Gabriel 17, Alia 15*

Pets: *Clover 4*

What do you do when you're not at school? *Camp, Kayak, Garden*

What is your favorite place to vacation or

adventure? *A private sandbar on the Missouri*

What activities did you participate in, in high school? *I went to high school in California, my first job at 14 was serving lunches to the whitewater rafters on the American River, destiny brought me back to my beginnings!*

What was your favorite childhood TV show? *Facts of Life*

What is your favorite store to shop at? *Menards*

What is your favorite restaurant? *Cafe 409 (that's our address and what the kids and I call our kitchen, especially on Saturday morning when I take orders!)*

What is your favorite sports team? *I enjoy watching football, but haven't had a team since the 1980's Raiders :)*

If you could only eat one school lunch the rest of your life, what would it be? *Pasta & Meat Sauce*

What is the funniest/kindest thing a student has ever said to you? *That my cinnamon toast is the best in the world!*



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Meet the Presidents!

Allison Grabow

NDSNA Vice President 2023-2024

Role at School/Job Title/Location: Kitchen Manager, Will-Moore Elementary School, Bismarck Public Schools

Hometown: New London, WI

Family: Married with two boys (sophomore/senior in high school)

Pets: A vizsla named Rocket!

What do you do when you're not at school? Curling - primarily taking my kids to their competitive events as they seek a berth to Nationals and Worlds. I also play locally on leagues.

What is your favorite place to vacation or adventure? Anywhere that allows me to relax comfortably outside with few people around. A secluded cabin in the summer is PERFECT!

What activities did you participate in, in high school? I played Volleyball and was a part of the Forensics Team and Band.

What was your favorite childhood TV show? Full House, Wonder Years, Golden Girls

What is your favorite store to shop at? Costco

What is your favorite restaurant? Most Thai places are on the top of my list!

What is your favorite sports team? Milwaukee Brewers

If you could only eat one school lunch the rest of your life, what would it be? Sweet and Sour Chicken with Rice and Edamame

What is the funniest/kindest thing a student has ever said to you? I love the hugs they give me and that they come find me to share pieces of their day with all of their stories.



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ND SNA - Leadership Journey

At our board meeting, we discussed sharing a bit of our story. We hope this will open a door to those that may have considered joining the board but feel they aren't in the 'right position'. Or if some out there just need a guiding hand and a gentle push.

So here it goes!

I started with BPS at my kids' elementary school, my daughter was 5 and my son was 7. They are now 15 and 17, time really does fly! I was the sole cook in a school serving 120 students. Having worked in restaurants, retail, and most recently as a stay at home mom, this was my first job in child nutrition. And I couldn't have loved it more. It was a dream come true.

A year into my journey as Mrs. B, or Gabe and Alia's mom, we were shook to the core when my husband decided to take a job in Montana. Now a single mom I was even more grateful for the position I had and having the same schedule as my kids.

It was during this time I attended my first NDSNA State Conference in Bismarck. It was there I realized I was not just a lone cook in a small school. This was so much bigger, I was floored. I honestly had no idea the scope of our profession. And that lit the fire.

Unfortunately, the fire was put on low while I figured out how to provide for my family. Since there was no need for full time where I was, I had to consider the long term. Do I stay or do I go as they say. Fortunately, a full-time position opened at a middle school and talk about another eye-opening experience. Having come from serving 100 to now serving 1000+!

Superheroes! Every! Last! One Of You!!!!

Soon after a position opened at our central warehouse, and this is where I am today. Over the last 5 years we have morphed and molded it into my current role of Purchasing Coordinator. I manage distribution to our 18 elementary schools. Including produce/farm to school/and the daily ins and outs of what it takes to feed over 5000 kids.

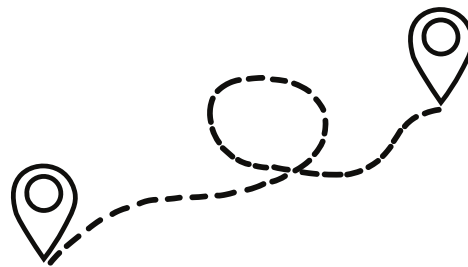
With my career on solid ground, and my kids learning and growing, now it was my turn. Five years ago, I sat in on my first board meeting. I'm pretty sure everyone could see the smoke coming out of my ears and the glazed look in my eyes! But I had a wonderful mentor along the way. Without my director Michelle's support and encouragement, I can honestly say I would not be where I am today. She kept me on my path and gently provided that push into the future.

I have now experienced our profession on a National Level. Attending conferences where instead of hundreds, there are thousands of School Nutrition Professionals all working towards the same goal. Sharing struggles and successes from one state to the next. Ideas to carry into the future and to remind each other that you are not alone, and you are valued. That you are making an impact every day!

It is my sincere wish that you have someone guiding you or you are the someone guiding others along their journey. Each of us has something to offer and all it takes is that first step and a friend's voice letting us know we got this.

From one friend to another, You Got This!

Gina Giovannoni
Purchasing Coordinator
Bismarck Public Schools
NDSNA President, 2023-2024



Let your voice be heard. If you are interested in joining the Board, please head to the NDSNA website and use the Contact Us form under the Board of Directors link.

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NDSNA State Conference Recap

The NDSNA state conference was held in Bismarck this past June at the beautiful Bismarck State College. The conference was a success with many wonderful speakers, networking, and a great food show. Much fun was had!



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NDSNA State Conference Recap



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2023 ND School Nutrition Association Conference Winners

CONGRATULATIONS to all of you for your hard work and service!



Kristin Jameson
Carl Ben Eielson Middle School
Fargo Public Schools
Manager of the Year



ND youth correctional center
(Charlie Benson pictured accepting the award)
100% Membership Award



*Richardton-Taylor
Public Schools*
(Heather Joppa pictured accepting the award)
100% Certification Award

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Nominate a School Nutrition Professional Today!

It's time to recognize outstanding employees in the office and in the kitchen. Start thinking now about your employees and their contributions that they have made to school nutrition. Are they motivating? Have they accomplished something for you or the district? What challenge have they helped you to overcome? Do you have someone who is great with new employees? Do you have someone who came up with a new idea and/or system to improve workplace efficiency? Do you have a top performer who continues to hustle for you, and you need them to take a bow? Do you have someone who always shows up, is always willing to learn and catches on quickly? Do you have someone who bends over backwards for their colleagues and students? If any of these examples brings someone to mind, then get on that nomination today!

The SNA award categories are:

1. **Employee of the Year Award** - this award recognizes non-managerial school nutrition employees for the contribution they have made throughout their school nutrition career.
2. **Manager of the Year Award** - this is in honor of Louise Sublette and recognizes school nutrition managers for the contributions they have made throughout their school nutrition career.
3. **Director of the Year Award** - recognizes school nutrition directors for the contributions they have made throughout their school nutrition career.
4. **National Industry Member of the Year Award** - recognizes the outstanding contributions of industry members who demonstrate exemplary support to SNA, SNA members, and their professional communities nationwide.

Individuals for these awards may be nominated by their peers, staff, colleagues, or supervisors. All nominees must be SNA members who hold an SNA Certificate in School Nutrition or the SNS credential throughout the entire awards nomination and judging process.

Award winners will receive the following:

- **State winners will receive a certificate.**
- **Regional winners will receive a pin, a certificate and \$50.00.**
- **National winners will receive a plaque and an all-expenses paid trip to ANC, worth up to \$1,000.**

So, start thinking about those employees who have demonstrated commitment to the school nutrition profession and get those nominations in. Go to schoolnutrition.org. Then hover over 'Resources' and click 'Awards & Scholarships' – click on the award you need – on the right side of the page, you will see 'Link to Apply' – click on this and begin the nomination.

Nominations are due by March 1, 2024.



Wendy Mankie

Child Nutrition Director
Grand Forks Public Schools
NDSNA Awards Chair



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Fargo Public Schools Receives New Equipment

Fargo Public Schools replaced several older convection ovens with Rational iCombi Pro ovens in several kitchens. Bayne Harvey, Sale Associate with Hollander Company, provided on-site training with several FPS managers and cooks attending. Several staff are excited to try the cloud-based services and features available on the ovens.



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NDSNA
Annual Conference
June 4-6
Fargo, ND

Please 'like' our new Facebook page! You can find it at:

<https://www.facebook.com/NorthDakotaSNA/>

You can share this info with your staff within your Child Nutrition program and also encourage them to share it with teachers and staff within their schools.



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Professional Standards



Anyone who is ready to demonstrate their commitment to the school nutrition profession, here you go! Getting certified through the School Nutrition Association (SNA) is possible. Just log onto schoolnutrition.org and begin your training today! It's easy to track the CEU's you have completed. Just download a PDF document of your certificates!



<https://schoolnutrition.org/careers-training/professional-development/>
<https://www.pathlms.com/sna>



There are many ways to earn your CEU's:

- Nutrition
- Operations
- Administration
- Communication and Marketing

All the courses must fall under one of the 4 key areas:

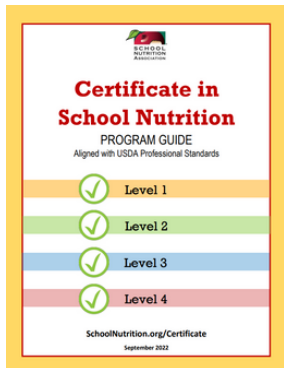
- Webinars
- Workshops
- Conferences
- On-line Courses
- Professional Development Articles

All the courses must fall under one of the 4 key areas:

- Nutrition
- Operations
- Administration
- Communication and Marketing

We currently have 49 certified members in levels 1 through 4

- Level 1 - **20** members
- Level 2 - **18** members
- Level 3 - **2** members
- Level 4 - **9** members



There are also many options available for CEU's through the Institute of Child Nutrition!

www.theicn.org



Any questions, please contact:

Cindy Wall

Jamestown School District
NDSNA Professional Development Chair
Cindy.Wall@k12.nd.us

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Become a ND Star Member

The School Nutrition Association (SNA) is the strong organization it is today because of members like you who recognize the value of SNA membership and the benefits it provides to your career, your school nutrition programs and the children you serve. You can help build the future of SNA by recruiting new members and retaining existing members. In recognition of your recruiting and retention efforts you will become part of SNA's exclusive Star Club!

How Does SNA's Star Club Work?

The Star Club is SNA's way of recognizing and thanking members who recruit and retain SNA members. Each time a new member writes your name in the referral section of the membership application form you receive one credit, plus you get an additional credit every year they renew. Credits don't expire, so once you have three credits you become a Star Club Member for as long as you are an active SNA national member.

How Star Club Credits Grow

You accumulate credits when you recruit new members and get them to renew each year. For example if you recruit 3 members this year, get all 3 to renew next year and recruit 4 more new members, you will have 10 credits in two years and become a Bronze Star.

Star Club Levels

Level Star Club Credits

Star Club Member 3
Bronze Star 10
Silver Star 50
Gold Star 100
Platinum Star 150
Diamond Star 250

Star Club Recognition

As a member of SNA's Star Club, you will be recognized for your hard work and recruiting efforts throughout the year and at SNA meetings, including special recognition at the Annual National Conference. In addition, you will also receive a gift of appreciation each time you reach the next Star Club level.

Current ND Star Members!



Joann Carik
Janet Danks
Deb Egeland
Joanne Geinert
Gina Harder
Maureen Harmon
Becky Heinert
Cindy Hogenson
Lynelle Johnson
Martha Kapaun
Mary Nistler
Dana Rieth
Linda Schloer
Lois Scott
Jana Ternes
Barb Uhrich
Michelle Wagner

Follow the link below for more info on how to recruit SNA members and become a Star Member!

<https://schoolnutrition.org/about-us/sna-membership/membership-recruitment/>
<https://schoolnutrition.org/about-us/sna-membership/membership-recruitment/star-club/>

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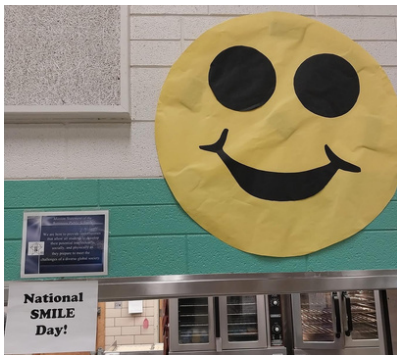
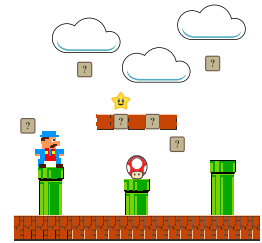
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Bottineau Public School celebrated 'National School Lunch Week'! The kitchen dressed up for the 'Level Up' theme as Pac Man and Mario Brothers and decorated the cafeteria with Pac Man. The football and volleyball teams helped serve lunch to students. It was 'National Smile Day' as well! 😊

Kelly Olson, Food Service Director



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West Fargo Public Schools-Horace HS



West Fargo Public Schools-South ES

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INDUSTRY REPRESENTATIVE
Ivy Sampson
Pepsi Co.
ivy.samson@pepsico.com

Interested in Serving On the Board?

NDSNA is always on the lookout for those who would like to serve on the board, help on committees, or just help at our annual conference!
If you are interested, please contact any board member.

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Top 6 Reasons to Join SNA

1

Free Training

Free live and on-demand webinars at your fingertips on The Training Zone

2

Meetings & Events

Unparalleled in-person & virtual networking & professional development opportunities

3

Advocacy in Action

Unyielding efforts to provide a voice for school nutrition at the state and national levels

4

Career Advancement

The ability to grow professionally with Certificate & Credentialing programs

5

School Nutrition Magazine

A subscription to SNA's award-winning publication and other timely news you need

6

Marketing & PR Resources

An array of tools to promote and grow your school meals program

Membership starts with



#ISupportSNA

SNA membership is a smart investment for you and your program.

Become a member today at www.schoolnutrition.org/join

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- › Leadership Growth Series
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FREE

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Current Industry Members



Gold Level:

- Baker Boy
- Conagra
- J & J Snack Foods
- McCain
- National Food Group
- Pepsi
- Peterson Farms
- Schwan's



Silver Level:

- General Mills
- Great Northern Baking Co
- PrimeroEdge



Bronze Level:

- Cashwa Distributing
- Daly and Deroma
- Nardone's
- Tyson
- Vander & Landgraf, Inc

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ND SNA Board '23-'24



Not pictured: Katie Sieverding, Sam Jonckowski, Heather Joppa, Sarah Herland



North Dakota School Nutrition Assn
Service Assn
2002 Lancaster Pl
Pierre, SD 57501-4901

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