



North Dakota SNA Newsletter

Fall
2022

President's Message

I am grateful for the opportunity to serve as the NDSNA President for the 2022-2023 school year. I wish I could say school food operations are returning to normal in these post-pandemic times. Unfortunately, many of the pandemic related challenges with supply chain and labor shortages continue to linger. Inflation and rising costs is causing uncertainty with budgets. Lastly, the most impactful change many of us were hoping wouldn't happen did when universal free meals for pandemic relief were not extended into the new school year.



School Nutrition professionals have been making tremendous efforts to think creatively in designing menus and serving models in response to these challenges to ensure our students continue to get the nutrition they need to learn and grow. To those who have been doing this awhile, you deserve appreciation and admiration for staying with it. To those more recent to school nutrition, thank you for joining us and know that our mission far outweighs the challenges we are experiencing. We have learned so much and have the support of our peers, state and federal representatives, the School Nutrition Association and child nutrition advocates. With a positive attitude, initiative and perseverance, we can do this!

It was my pleasure to Chair the planning committee for our state conference held in Fargo this past summer after a 2 year hiatus. There was a buzz of excitement as members attended a variety of educational and inspirational speakers, tasted and learned about new products at the food show, and had the opportunity to connect with peers across the state. Our state association will continue to provide professional development opportunities with the state conference capping off the year being held in Bismarck May 31 – June 2nd, 2023.

In this fall's newsletter, I hope you find helpful information and inspiration for the remaining year and perhaps a spark to be more involved in NDSNA!

Sincerely,

Cindy Hogenson, LRD

Director of Nutrition Services
Fargo Public Schools
NDSNA President, 2022-2023

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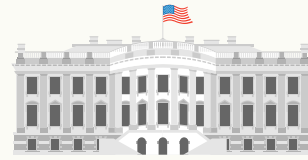
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Legislative Update

Fall 2022



After a whirlwind of a summer with waivers and uncertainty relating to the child nutrition program, I hope everyone is settling into another school year. In July, the federal government passed transitional standards for flavored milk, whole grains, and sodium restrictions. These standards give some flexibility to program operators allowing 1% flavored milk, 80% of grain items being whole grain-rich, and leaving the sodium limit at target one for this year.

USDA recently announced it will be offering 50 million dollars in grants to be used to purchase new food service equipment. ND was allocated \$114,874. The grant money can be used to purchase new equipment to help serve healthier meals, implement scratch cooking, expand school breakfast, store fresh food and improve food safety.

The Healthy Meals, Healthy Kids Act (H.R. 8450) was introduced to the House in late July. This is the closest bill that is out there for child nutrition reauthorization (CNR). It was reviewed by the Committee of Education and Labor but really hasn't made any movement since. For our program to be reauthorized, this bill would need to be passed by the House and Senate. Only time will tell if CNR will come to light.

On September 28, 2022, the White House Conference on Hunger, Nutrition, and Health was held. The last time this conference was held was in 1969! This conference had five pillars of focus: improve food access and affordability, integrate nutrition and health, empower all consumers to make and have access to healthy choices, support physical activity for all, and enhance nutrition and food security research. The first pillar of improving food access and affordability is directly related to school nutrition. If you are interested in learning more about this conference, I encourage you to search White House Conference on Hunger, Nutrition, and Health on YouTube. In the opening session, the presenters specifically talked about the crucial role that school nutrition professionals play in the future of our youth.



Michelle Wagner, RD, SNS

Child Nutrition Program Director
Bismarck Public Schools
NDSNA Legislative Chair

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Food Shortages and Allergies

Food shortages and substitutions have become common language in the school foodservice industry, but the subsequent complications affect much more than just changing the menu. With food allergies on the rise in children, most schools can say they are feeding multiple students with a wide range of allergies. These include the more common allergies of nuts, wheat, milk, fish, eggs, and soy to the rarer allergies like citrus fruit, sunflower seeds, or celery. Whatever the allergy, it is our job to ensure we are feeding students food that will not cause them harm.

For allergy students, it's common practice for schools to try to work off the regular menu as much as possible to avoid ordering expensive extra or specialty items which have been getting shorted. These last two years have made it difficult to do that with substitutions and product shortages almost daily. A couple of examples I can think of that happened to our district were the substitutions with our breaded chicken products. Our normal product does not contain soy but the substitution does. We also switched over our whole grain noodles to a different brand. Our last product didn't contain egg but now this label says it may contain egg. We've had many situations like this happen this year. So, what do you do and how do you keep track of it all? Below are my tips and tricks to managing it all since this is a major role in my current position:



- Train your staff and then train them again. Make sure you and your staff know how to read ingredient labels. There is a plethora of training videos for allergies online. FARE and some of those other large companies are also great resources.
- Work with your distributors and make sure they are notifying you of the substitutions they plan on sending. Tell them you need the ingredient label attached in an email before they send it.
- Find products that are allergen free and try to stock them in your freezers if you have space. Label them "safe for dairy free diet" or something along those lines so you always have them for a backup when substitutions occur.
- Make your own allergen friendly items that can be stable recipes on a cycle menu. Examples are meatballs, chicken breast, seasoned rice, sloppy joes, and taco meat. These are all items that can be cooked ahead of time and then froze in individual containers to be warmed up when needed.
- You may have to limit your menu offerings to assure safety of the students.
- Read the ingredient labels of "safe" products on a regular basis. I had a trusted gluten free chicken strip that suddenly added egg in it. These companies typically do not notify schools, so always read those ingredients and again, train your staff. The more eyes you can have on the ingredient lists, the better.
- Be open and honest with the parents. Tell them about the substitutions and that the allergy menus may change consistently.
- Utilize your software programs and make sure you are updating the allergens. If you don't have a fancy software program that allows you to do this, start an excel spreadsheet, just be sure to always date when you last checked an item as these can become invalid quickly with constant changes in product.
- Never guess. In an effort to save space, many kitchens throw the box out and leave the bag of chicken strips or meatballs in the freezer. When throwing the box out, the ingredient label is often lost. If you are not 100% sure the ingredients, do not feed the child that item.



Kyla Zach, LRD, CDM, CFP

Nutrition Supervisor
Fargo Public Schools
NDSNA Nutrition Standards Chair

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NDSNA State Conference Recap

The NDSNA state conference was in Fargo this past June after a 2-year pandemic related hiatus. The conference was a big success with great speakers, networking and foodshow. Agendas, hand-outs and other conference resources can be accessed by all members on the NDSNA webpage under the Conference tab.

About 180 attendees were excited to start the conference.



Many attendees came early to participate in the pre-conference training sessions.



It was a great time being back together again.



Industry Partners and vendors showcased their products and services.

NDSNA leadership are committed to providing members with resources and educational opportunities for the 2022-23 school year.



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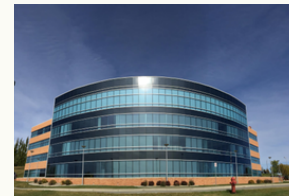


NDSNA ANNUAL CONFERENCE

May 31-June 2, 2023

Bismarck, ND

We hope you will join us
for an engaging
conference & networking
with your peers from
across our great state!
There will be exciting
breakout sessions to
choose from. And you
won't want to miss the
ever anticipated Vendor
Food Show!



Gina Giovannoni

Purchasing Coordinator
Child Nutrition
Bismarck Public Schools
NDSNA President-Elect



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Self-Service in Middle Schools & High Schools

All of the middle and high schools in the West Fargo Public School district recently transitioned to student self-service for all items at breakfast and lunch.

This was started in the spring of 2022, as a result of a staffing shortage across most schools. It was becoming more difficult to staff each serving line in the cafeterias since employees are also needed as cashiers, dishwashing, batch cooking, and refilling during busy lunch service times. By eliminating the need for a server on each line, each building was able to reorganize, adjust staff hours, and get by with fewer staff per day.

Cindy Stai, the cook manager at WFHS, has worked in the school kitchen for 25 years. Her kitchen went from a total of 12 employees to a total of 10. Changing to student self-service was the key in making this happen.



Deb, Cindy, and Betty at West Fargo High School.

"I was skeptical at first about students serving all of their own items at lunch. After we made the change, I can tell it is much easier on staff and they are happier with their jobs. Students like it too, because they can dish up their own items the way they want it on their trays" said Cindy.

Students have always served themselves from salad bars in all West Fargo schools. Portion control on entree items is sometimes a challenge, but each school uses signage, reminders, and appropriate scoop sizes to help keep portions in line.

Fargo schools has also implemented self-service in secondary schools in response to staffing shortages and have had the same results. "Students learn quickly how to use the utensils and comply with portion sizes for the most part. Most students appreciate the opportunity to serve themselves and it has reduced the stress on the serving staff" said Cindy Hogenson, Director of Nutrition Services for FPS.



West Fargo Community High Students in the self-service line.



Student move along the serving line helping themselves at Discovery Middle School in Fargo.



At Davies High School in Fargo, students serve themselves from heated display shelves.

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National School Lunch Week!

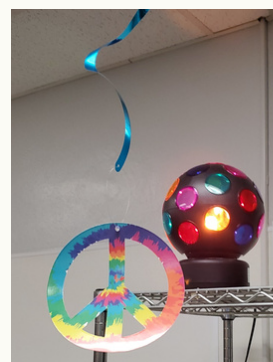
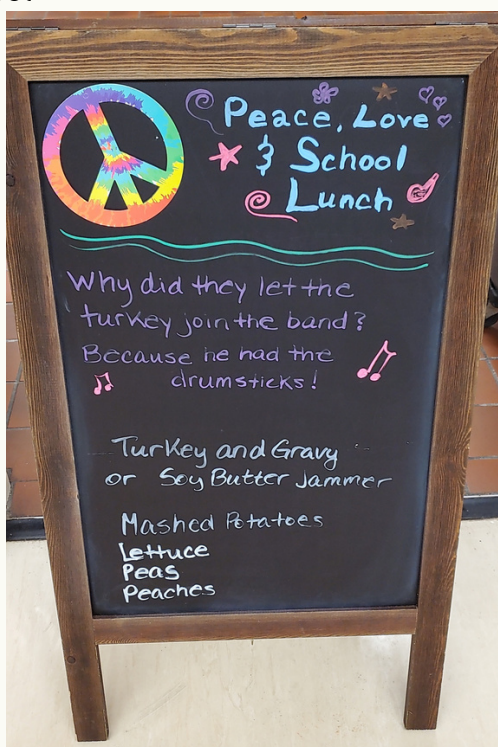
Will-Moore Elementary in Bismarck had fun celebrating National School Lunch week with their students! They had fun decorations around the kitchen, the menu board had a matching logo, and they had the art club students color themed coloring sheets to add to the decorations.

In addition, Will-Moore Elementary had a school lunch fun fact each day on the morning announcements, celebrated the "Farm to School" produce program, and one day they had a guest server—the principal! On the last day, the students and staff wore tie-dye to celebrate the Peace, Love, and School Lunch theme.

We are very fortunate to have the National School Lunch Program so that our students get a nutritious meal each day. Finding a way to include teachers, staff, administration, and the students is key to a great working relationship in your school. It connects everyone in a way that makes it feel like a real team. We all want the best for our students, and we share in the responsibilities throughout the day. This week was a great reminder to all of us how important this stability is for our students.

Allison Grabow

Kitchen Manager
Will-Moore Elementary School
Bismarck Public Schools
NDSNA Secretary



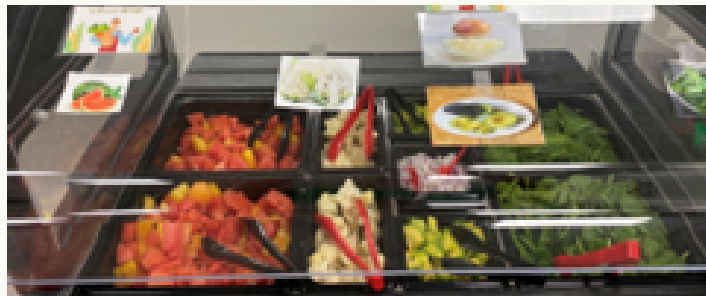
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Bismarck Public Schools has a new logo and truck to help spread the word about produce!

Thanks to our amazing community and staff, BPS has taken in over 8,000-10,000 pounds of local farm to school produce!

What a bumper year!

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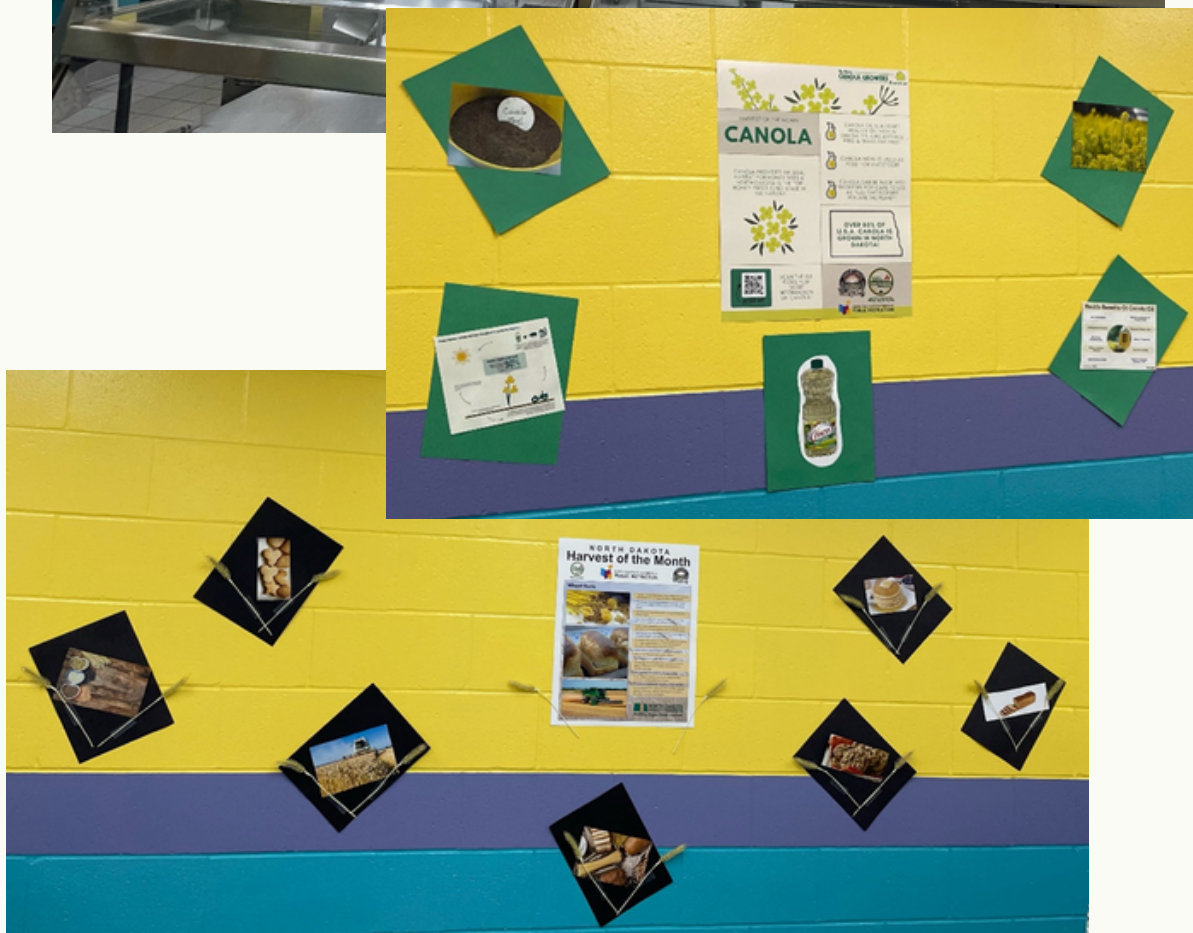


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Harvest of the Month Initiative Going Strong

Deb Egeland, North Dakota's Farm to School contact coordinated 'Harvest of the Month' posters this year from each of the nine major North Dakota commodities for school year 2023. It has been interesting to see how different schools have used them!

Joanne Geinert at Edgeley goes all out with displays.



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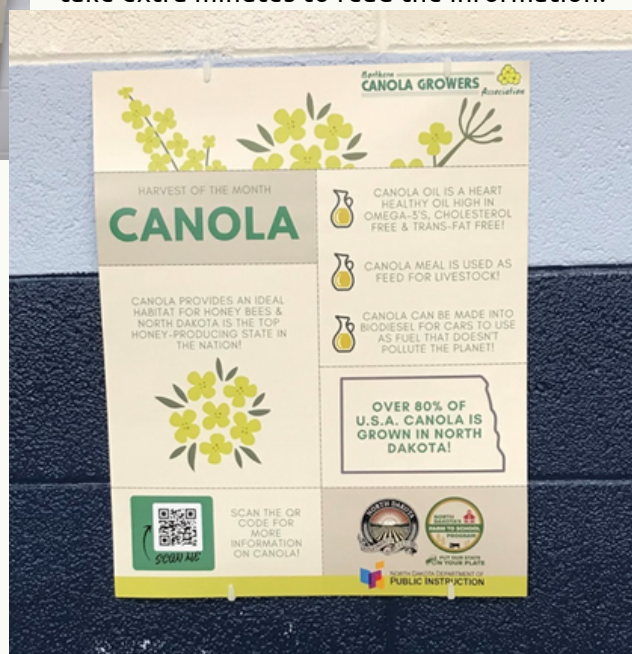
Bryanne Lee, FSD at Garrison has put all of the posters up to add color to the serving line.



Beth Nistler at South Heart added a Pride of Dakota touch to her display.



And there is nothing wrong with hanging the poster, by itself! Napoleon Food Service Director Kristi Moch displays her posters at the condiment line where students set down their tray to add personalized seasonings and can take extra minutes to read the information.



Thank you to all who are using the posters for nutrition education that helps students understand where their food comes from!

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Bucket Filler Winner at Horace Elementary!

WFPS Horace Elementary student, Pyper, who is in 3rd grade, was a bucket filler winner at her school. For her prize she chose to help make school breakfasts with cook manager Carleen Henrichs! Pyper was so excited to help, and she did great!



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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 tracking document that contains all the key areas, key topics, and sub topics.

→ schoolnutrition.org/professionalstandards

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 58 certified members in levels 1 through 4

- Level 1 - 28 members
- Level 2 - 19 members
- Level 3 - 1 member
- Level 4 - 10 members



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

→ www.theicn.org



Any questions, please contact

Robin Gisvold
701-652-5305

Carrington Public School
Robin.Gisvold@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

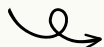
Platinum Star 150

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.

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



<https://schoolnutrition.org/resource/star-club-banner-ads/>

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*

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2022 ND School Nutrition Association Conference Winners



Sheena Lee
Employee of the Year
West Fargo Public Schools



Elisabeth Wiest
Manager of the Year
West Fargo Public Schools



ND Youth Correctional Center
100% Membership Award

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

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Nominate a School Nutrition Professional Today!

Start thinking now about your employees and their contributions they have made to school nutrition despite the many challenges that has made it a bit more difficult to guarantee delicious and nutritious meals for students.

The SNA award categories are:

1. **Employee of the Year Award**- this award recognizes non-managerial school nutrition employees for the contributions 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 and a ribbon.**
- **Regional winners will receive a pin, a certificate and \$50.00.**
- **National winners will receive a plaque and an all-expense 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!

Wendy Mankie

Child Nutrition Director
Grand Forks Public Schools
NDSNA Awards Chair



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Happy Retirement Deb Egeland!

Deb Egeland retired on October 31, 2022 to cheers, tears, and her defining style of “No Fears”. She made a difference during her 25 years in Child Nutrition.

Deb graduated from Williston High School and even then she was serving food to people as a waitress at the local diner. After graduation, she headed to college at NDSU where she met her husband-to-be, Steven. She achieved a bachelor's degree in Food & Nutrition with a Minor in Chemistry and earned her Licensed Nutritionist (LN) credentials in 1987.



After college, she worked as a nutritionist for the federal WIC program, then took on the Production Coordinator at the Jamestown Hospital, and finally dipped her toes in school nutrition as Jamestown Public Schools Food Service Director. A move for her husband meant a move for her to Bismarck which brought her to the State Capitol as the Café Manager. In each of these positions, she developed and presented training to benefit staff and customers.

School nutrition professionals became her ‘customers’ in November 1997. She was most happy to talk with each kitchen to hear their trials and tribulations. She freely gave out her private phone number to food service directors so they could call her anytime about anything.

Her latest project was helping the Independent Beef Association of North Dakota (I-BAND) donate ground beef to schools during the supply chain disruption of 2022.

Here she's pictured with I-BAND board members during the 'Beefing Up the Lunch Tray' class in August 2022. Helping school kitchens solve their problems was her passion.

Continued....



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Legislative Forays and Hoorays:

Deb spent many days in Washington D.C. to make sure that the voice of North Dakota school kitchens was being heard by those that are making the rules for school meals. After the 2010 Healthy Hunger Free Kids Act became law, frustration, fueled by a rigid matrix of minimum and maximum portion sizes in the grain and meat components, was bubbling in the countryside. Deb was able to convince Senator Hoeven to add an amendment to a holiday bill that would give flexibility to the maximums. It passed. This flexibility is not law but neither is it a waiver. We do not see it changing every year like the whole grain rich or low-fat flavored milk issues.

These are two favorite pictures of North Dakota delegations in Washington D.C. The picture on the left is in the famous church that all the Presidents go to and on the right, the delegation had the pleasure of meeting with Senator Heidi Heitkamp.



When asked what she thinks we as School Nutrition Professionals need to be working on now, Deb answered: "Fight for meat and milk. Vegetables and fruit have half the plate. We do not need fake plant meat or milk or a vegetarian meal mandate in school meals."

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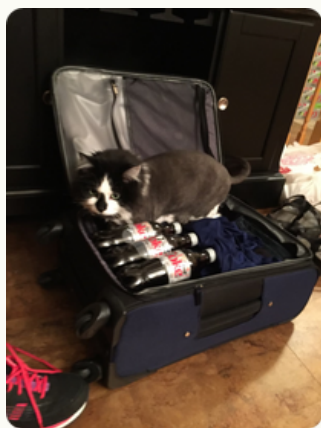
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Next Adventures:

Deb will be putting the miles on in the next couple months as daughter Macie gets married in New York. Daughter and Colorado-resident, Vanessa, will join them. The annual winter Florida mother-daughter trips will rack up the airplane rewards as well.



Her pet cat, Jack, will be waiting for her return with the ever present Diet Coke.



*Deb's knowledge,
patience, expertise,
kindness, support,
commitment to the
students, & fun-loving
spirit will be missed!*

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FARGO PUBLIC SCHOOLS PUMPKIN DECORATING CONTEST!



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West Fargo Public Schools - Cheney Middle School Kitchen Staff
NDSU Bison players visiting the kids at lunch!



West Fargo Public Schools - Cheney Middle School Kitchen Manager Joyce Morton
NDSU Bison players visiting the kids at lunch!



Sam Jonckowski-WFPS and Amy Nelson-ND DPI went to Kansas State University for a Serving Up Science Food safety conference.



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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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Take Your Career to the **NEXT LEVEL** with SNA's Certificate in School Nutrition



- Increase your knowledge and skills in food safety and sanitation
- Understand the basics of good nutrition
- Enhance your professional image
- Demonstrate commitment to your profession
- Advance your career

“There are so many benefits that I have gained by earning my SNA Certificate. I gained the confidence and knowledge to inform anyone about school nutrition. It has enabled me to become a kitchen manager and to be Washington School Nutrition Association President next year.”

Paula Gualtieri
Northshore School District, WA

Earn an SNA Certificate today!

Download the Certificate Program Guide at
www.schoolnutrition.org/certificate



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Apply for a Scholarship!



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kitchen equipment

Attend a national
SNA conference

Pursue your
educational dreams

Learn more and apply online at
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Grants and scholarships are open to active SNA members. Specific eligibility requirements vary.

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Gold Level:

- Schwan's
- Pepsi
- General Mills
- Conagra
- Peterson Farms



Silver Level:

- J&J Snackfoods



Bronze Level:

- Daly and Deroma
- Cavendish Farms
- Cloverdale
- Nardone's

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INDUSTRY REPRESENTATIVE
Ivy Sampson
Pepsi Co.
rickh@bakersalescompany.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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NDSNA is Seeking an Industry Rep to Serve on the 2023-2025 NDSNA Board!

Position: Industry Representatives

- Non-voting members
- Term: Two-year terms; two individuals appointed in alternating years committees
- Conference planning committee duties
- Liaison between exhibitors and Board and make necessary arrangements for the annual state conference exhibitor showcase
- Work with conference planning committee securing space and electricity for exhibits
- Send letters of invitation, confirmation and reminders as well as registration information to potential vendors
- Develop floor plan for booth arrangements
- Help coordinate and plan industry conference and related activities, when needed
- Submit any related material for newsletters
- Maintain current vendor list with contact information
- Inform and seek support from industry and allied groups regarding pending legislation and other association concerns
- Attend Board meetings

Candidates can express interest in this position by completing the online submission form on the NDSNA website under 'Industry Partners'.

INTERESTED IN SERVING AS AN
INDUSTRY REPRESENTATIVE ON THE
NDSNA BOARD?

[Submit your Request](#)



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