

# NUTRITION MANAGEMENT TODAY

## SASKATCHEWAN SOCIETY OF NUTRITION MANAGEMENT

### CSNM Conference /SSNM Membership

Once again, SSNM is pleased to be holding a raffle draw for complimentary conference registrations for the upcoming CSNM conference in Saskatoon!

The conference is being held in Saskatoon June 22nd-June 24th, 2022. This will be a great opportunity to reconnect and meet again in person! SSNM is proud to share our beautiful city with all CSNM members from across Canada and most importantly celebrate SSNM's 50th Anniversary as a chapter! This is an accomplishment to be proud of.

As we have done in years past, SSNM will give away two conference registrations to members that renew their SSNM membership by March 16th, 2022. The draws will be made on St Patty's Day, March 17th.

The winners will also receive one night hotel accommodation at the host hotel The Delta Downtown.

The winners will need to register for the conference by the end of March to receive the early bird registration rate.

Please use the link below to renew your SSNM membership which is \$50 for 2022/2023.

<https://form.jotform.com/50304911836249>

If you prefer to use the CSNM dual renewal to renew both your CSNM and SSNM memberships you can also renew that way.

**Stacey Ginter, CNM**  
SSNM President  
[president@ssnm.ca](mailto:president@ssnm.ca)



#### Special points of interest:

- **St. Patrick's Day draw for early membership renewal**
- **SSNM Cookbook request for Charity ideas**
- **Scholarship Info**
- **SSNM vacancies**
- **Spinach Dip**

#### Inside this issue:

Cookbook Project Update	2
France Gates Scholarship	2
CSNM Update	3
CSNM Update continued	4
SSNM Board Vacancies	4
Supply Chain Management and the pandemic	5
Cold Injuries	6
Recipe Corner	7



**"Your role as a leader is to bring out the best in others, even when they know more than you."**

**Dr. Wanda Wallace**

The Inspirational Leader  
Leadership First

## Cookbook Project Update

As we approach the celebration of SSNM's 50<sup>th</sup> Anniversary this June at the CSNM conference in Saskatoon our cookbook project is making great progress.

We are well on our way to having a very nice book that will be a great remembrance for all that have been a part of SSNM at some point during their careers. I think this book will also make a great gift for our friends and families (thinking shower gifts for the wedding season that is approaching).

We are working hard to have the book completed and ready for sale by mid June, and will for sure have it available for sale at the CSNM conference. Selling price will be \$15.00/book.

One of the decisions that was made by the committee is that any money made from this project will be donated to charity. The charity has not yet been determined but as we searched for advertising, we did say it would be health care focused. I think this can have a very broad meaning so there are lots of options out there.

If anyone has a charity that they feel would be appropriate please feel free to bring the name forward to the committee and it will be given consideration.

It has been a pleasure to work on this project as a way to commemorate 50 years of SSNM, an accomplishment we should be very proud of as we are one of the last 2 provincial chapters that still exists.

If you have any questions regarding our project or would like to place a pre-order, please feel free to contact any member of our committee. Committee members are: Charlotte Coote, MaryAnne Elashuk, Ashley Koob, Lacie Hnatuik, Karma Zimmer and Gwen Koob-Roach.

## France Gates Scholarship

SSNM will be offering two scholarships for the 2021/2022 program year.

Each scholarship is worth \$500.00. One will be available to a first year SSNM Student Member/Food & Nutrition Management student, and one will be available to a second year SSNM Member/Food & Nutrition Management student.

The student can be enrolled in either the program offered through SaskPolytechnic or a recognized distance education program.

Applications must be submitted to the society and postmarked by midnight **March 31, 2022.**

Applications will be reviewed by SSNM's Executive and the scholarship winners will be announced at the 2022 AGM in May via Zoom.

Please reach out to the SSNM at [info@ssnm.ca](mailto:info@ssnm.ca) for more information.

Visit the SSNM website for full criteria. <http://ssnm.ca/students/>



***Congratulations to 1st year - Gurleen Kaur and 2nd year - Viviane Demasco Matos Beauregard recipients of the 2021 France Gates Scholarship!***

## CSNM Update

### *Greeting from CSNM to SSNM!*

First of all, I would like to say a huge thank you to all the members of our current SSNM board! Without a board there is no Provincial Chapter. It is extremely important to keep SSNM alive and well. We are a small province but we are mighty! There are only 2 Provincial Chapters remaining in Canada; the BC Provincial Chapter and our SSNM Provincial Chapter. While we are discouraged that many Provincial Chapters have dissolved we are **so proud of our SSNM that is alive and doing great work**. Please seriously consider any of the upcoming board positions. There will be support for you and great opportunities to learn and grow personally and professionally.

The CSNM Board has been working hard on board re-structuring to allow for better representation for all provinces. Currently there is a proposal to increase the CSNM Board by 6 elected positions. These positions would be Provincial/Territorial Representatives in the following province/territory:

Alberta  
Manitoba  
Ontario  
Quebec  
Atlantic Provinces  
Territories

There is a "role description" which includes the expected duties. One of the most significant duties will be to establish and maintain a Networking Group within the province/territory. For more details on this, feel free to reach out to me. ([shel.dob@shaw.ca](mailto:shel.dob@shaw.ca)). The nomination process is going out to CSNM Members on March 4, 2022.



I would like to highlight several upcoming learning opportunities:

### **First and Foremost:**

*CSNM & SSNM Combined Annual Conference, Celebrating SSNM 50<sup>th</sup> Anniversary! Theme: Prairie Gold*

*Don't miss this event!*

Together We Care – April 4-6, Virtual Conference in Ontario; LTC and retirement communities

Alberta Food Matters – Virtual Conference June 2, 2022

Share the Passion – share a story, event, or any work that you are passionate about. Why not Share Your Story with the rest of Canada? See Details on CSNM Web Page.



Interested in joining a CSNM committee? This is a great way to introduce yourself to the workings of CSNM! The following committee member positions are available:

Marketing Committee Member  
Communications Committee Member  
Continuing Education Committee Member  
Certification Committee Member  
Lobbying and Advocacy Member

See the CSNM Web Site for application process!

## CSNM Update continued

### EXCITING NEWS

*CSNM  
Membership  
Exams are  
now online!*

#### Other Exciting News!

CSNM Membership Exams are now online! Congratulations to Shanna Hansen and her team for making this significant progress to CSNM! The advantages are many; highlighting the time savings and efficiency for potential members and for the work of board members!

The CSNM Office Staff are working on refreshing the look of the CSNM Home page.

If you ever need assistance, have questions or are interested in talking about the work of CSNM, feel free to reach out to me at any time. I can also connect you with the right individuals for any specific information you might be looking for! I'm here to assist and represent you.

Thanks!

Shelley Dobrowolsky (shel.dob@shaw.ca).



## SSNM Board Elections

The following SSNM board positions will be vacant this spring. If you are interested in being on the SSNM board or have any questions please contact the SSNM President, Stacey Ginter at [president@ssnm.ca](mailto:president@ssnm.ca). Elections will be held at the SSNM AGM in May.

**President Elect**—Year 1 of a 3 year term; President year 2, and Past President year 3. Focus is on becoming acquainted with the duties of the President and the general activities of the society.

**Secretary Membership**- 2 year term. The secretaries duties include; processing new memberships, recorder at board meetings, preparing minutes for board members, maintaining membership lists, and setting up teleconferences.

**Treasurer** —2 year term. The treasurer's duties include; writing cheques for expenses and reimbursements, receiving, processing, and depositing money received, recording any transactions, reviewing and reconciling monthly bank statements, and processing new membership payments.

**Communications/Social Media** — 2 year term. Communications/Social Media duties include; maintaining and updating the SSNM website, administrating the SSNM Facebook page, promoting SSNM events to membership, sending out communication to SSNM members, administrating the SSNM database, and developing newsletters for the membership.

**SaskPolytech Liaison** — 2 year term. The SaskPolytech Liaison's duties include; maintaining regular correspondence with the Food and Nutrition Management program head, attending FNM student functions, presenting to FNM students of what SSNM and CSNM entail, and member of the FNM Advisory Board at SaskPolytech.

**Conference** — 2 year term. Conference duties include; planning annual SSNM conference, contacting potential speakers, contacting sponsors, booking a conference venue, creating a conference theme, and communicating to SSNM members about the conference.

## Supply Chain Management and the Pandemic

The Covid 19 pandemic has had so many different impacts on the daily lives of people all over the world.

One of the biggest and most relevant to my everyday job is the issues it has presented for supply chain management. I work as the Central Ordering Office Supervisor, responsible for ordering for 4 different Nutrition & Food Services Departments in Saskatoon. My days consist of sourcing food and supplies for patient/resident care as well as retail operations and the Food Production Center.

The shortages and suspension of items have been causing havoc on for close to 2 years now with the worst for us being felt in the last few months. So, what exactly is contributing to the broken Foodservice Supply Chain?

It starts with raw materials. Many raw materials are in short supply due to factors like shifting demand, labour challenges and storms across the country. There are also other countries that are still experiencing shutdowns causing additional disruption to production of materials. There are issues with overseas transport. The cost to ship containers overseas has increased by 500%. Due to labour shortages and social distancing requirements, it now takes longer to offload each ship.

When it comes to suppliers-due to material and production challenges, many manufacturers have either temporarily or permanently reduced their SKUs to allow them to focus on items with the greatest demand. Labour shortages are affecting the supply chain from end to end. Overseas transport, suppliers, distributors and operators all have thousands of vacant positions.

As the Delta and Omicron Covid variants continue to emerge all over the world, concerns are once again affecting supply chain at every level.

Some of the top supply chain challenges in 2021/2022 are:

- Keeping transportation costs down
- Keeping up with industry demands
- On time pick up & delivery performance
- Sourcing consistent, reliable carriers' capacity
- Keeping up with the latest technology solutions and demands.

As we continue to make our way through the ever-changing Covid roller coaster, we are hopeful and optimistic that there is some light at the end of the tunnel.

Some ways that we can prepare for these challenges and keep our facilities running smoothly include:

- Keep track of your stock
- Increase your inventory whenever possible
- Be flexible and look for alternatives.
- Use efficient tools to manage your supply chain
- Be honest with your customers.

Stacey Ginter CNM

SSNM President



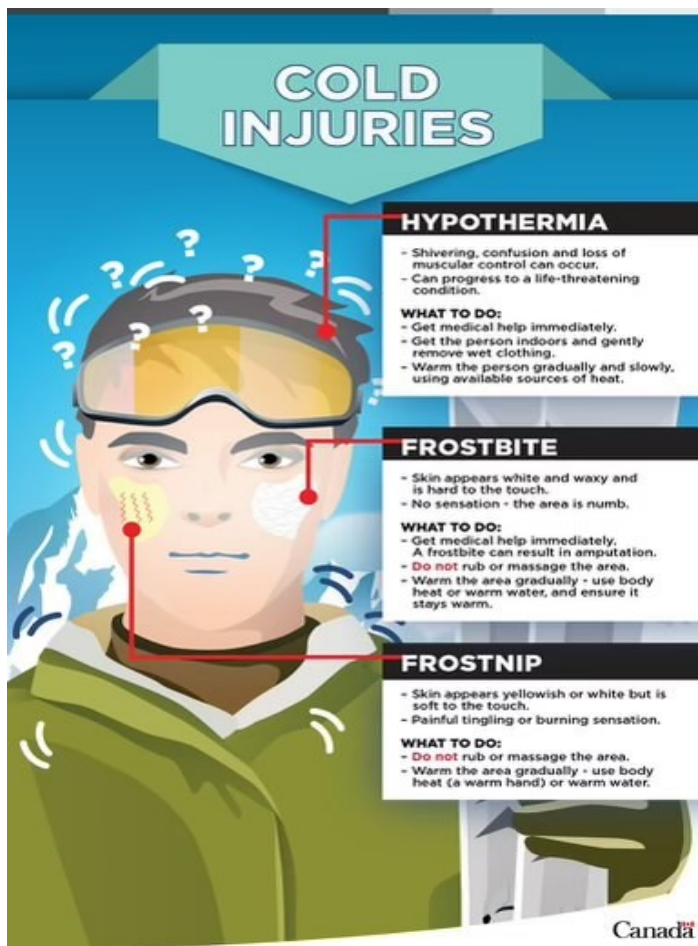
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We still have a few more days of winter ahead of us.

Cold injuries can happen to anyone:

Hypothermia

Frostbite

Frostnip



burl**o**dge



**FARM & FOOD**  
*Care*  
SASKATCHEWAN



## NUTRITION MANAGEMENT TODAY



### Saskatchewan Society of Nutrition Management

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www.ssnm.ca/](https://www.ssnm.ca/)

*The Saskatchewan Foodservice Supervisor's Association was formed in November of 1972 at a meeting held in conjunction with the Saskatchewan Hospital Association in Regina. The primary objective of the new association was to aid in the professional development of its members.*

*The Association became incorporated in 1973 and in September of 1996, changed its name to the Saskatchewan Society of Nutrition Management to better reflect the changing roles of the foodservice supervisor as well as to align the name with the Canadian Society of Nutrition Management.*

## RECIPE CORNER

### Knorr Spinach Dip

Recipe makes 4 cups. Prep time 8 mins.

Ingredients:

- 1 package Knorr® Vegetable Dry Soup Mix
- 2 cups (500 mL) sour cream
- 1 cup (250 mL) Hellmann's® Real Mayonnaise  
Hellmann's® 1/2 the Fat
- 1 package (300 gr) frozen chopped spinach,  
Cooked, cooled and squeezed dry
- 1 can (227 mL) water chestnuts, drained and chopped
- 3 green onions, chopped
- 1 large pumpernickel bread

Step 1

- Combine Knorr® Vegetable Dry Soup Mix and all other ingredients, except pumpernickel, and chill about 2 hours

Step 2

- To make pumpernickel bread "bowl" hollow out centre of pumpernickel loaf. Slice bread from centre into cubes and set aside. Fill with spinach dip and serve with fresh vegetables, pumpernickel bread cubes or potato chips.

<https://www.knorr.com/ca/en/recipe-ideas/classic-spinach-dip.html>

