

SPECIAL
POINTS OF
INTEREST:

- 2020 SSNM
Education Day
Date
- Canada Food
Guide
- Spiced Hot
Fruit Bake



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Nutrition Management Today

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CSNM Sask Rep. Report

On October 23rd-25th, 2019 the CSNM Board of Directors spent three days in Yellowknife holding Strategic Planning. Strategic Planning is held every two/three years. It was a busy and productive three days spent looking at future direction, goals and structure changes for CSNM.

This was my second opportunity to participate in Strategic Planning. With the assistance of our session facilitator we tackled some big ideas and initiatives.

As you may have seen in your email, CSNM held eight focus groups prior to Strategic Planning. These calls were open to all CSNM members, giving them the opportunity to share their thoughts and perspectives on these topics. We were happy with the participation of the CSNM members from across Canada. Without the input from our members the board would not be able to effectively represent the entire CSNM board.

Some of the key topics that the CSNM Board of Directors looked at during Strategic Planning were Legislative Advocacy, Certification Strategy, Chapter Strategy, Member Engagement, College Accreditations Governance and Increasing Member Value.

The CSNM Board is made up of passionate members who genuinely want the best for the CSNM members all across the country. Some of our discussions lead to differences in opinions but in the end we made some valuable headway in decisions that will hopefully strengthen CSNM.

Stay connected to your email for future eblasts and town hall meetings for updates on the work that was started during Strategic Planning and what the next steps are for the entire CSNM membership.

Stacey Ginter

SSNM Past President



France Gates Scholarship Recipient



Congratulations to France Gates Scholarship recipient Ashley Malcolm. SaskPolyTech Liaison Umair Kharral is presenting Ashley with her Scholarship.



SSNM Scholarships

SSNM will be offering two scholarships for the 2019/2020 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, 2020.

Applications will be reviewed by SSNM's Executive and the scholarship winners will be announced at the 2020 AGM in Saskatoon, Saskatchewan.

Please reach out to your SaskPolytechnic Liaison, Umair, for more information at SaskPolyTech.liaison@ssnm.ca.

Visit the S.S.N.M. website for full criteria. <http://ssnm.ca/students/>



Did you know?

Canada's Good Guide

Have plenty
vegetables
and fruit



Eat protein foods

Make water
your drink of
choice

Choose
whole grain
foods

Health Canada launched a new food guide this year. It is less prescriptive, by no longer having portion sizes and required servings per day, it is less descriptive, by no longer having foods broken into specific food groups and it is meant to be more user-friendly and simplistic in our approach to our diet. It includes sections

The healthy food choices focus on:

- including more vegetables and fruits, ideally, half of your plate
- eating protein foods, specifically, trying to include more plant based proteins such as beans, lentils, nuts and seeds
- improving our hydration by increasing our water intake throughout the day
- choosing whole grain foods most often as they have more fiber, vitamins and minerals

The new food guide also discusses healthy eating habits that include:

- being mindful of our eating habits, understanding our hunger cues, why we eat, when we eat, what we eat and how much we eat
- cooking more often and relying less on processed foods as well as sharpening our cooking skills
- enjoying our food, not only the taste but all that goes into it, including the preparation
- eating meals with others, enjoying the social aspect, the traditions and the celebrations

There is a second part that will be released later this year for health care professionals that will be focused on types and amounts of foods to help guide menu development for various institutions such as daycares and health care environments.

Check out more information on the new food guide including fact sheets, the evidence behind and posters at: <https://food-guide.canada.ca/en/healthy-food-choices/>

Continuing Care—Saskatoon and Area May 2019

Used with permission for Nutrition Management Today by Seshni Naidoo



Don't Stop Believing
Education Day May 2019



**Save the date for the 2020
 SSNM Education Day, May 14th,
2020. We look forward to spend-
 ing the day with you!**





Saskatchewan Society of Nutrition Management

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nagement/](https://www.facebook.com/SaskatchewanSocietyofNutritionManagement/)

Website <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



Spiced Hot Fruit Bake

- 2 cups sliced apples
- 2 cups pear slices
- 1 1/2 cup fresh cranberries
- 1 cup pineapple chunks (save the juice)
- 1 tbsp. lemon juice
- 1/3 cup coconut palm sugar (unrefined) or brown sugar
- 1 tbsp. maple syrup, agave, or honey
- 1 tsp cinnamon (extra for topping)
- 1/4 tsp. nutmeg
- 1/2 stick melted butter
- 1/3 cup chopped raw walnuts or pecans
- Extra cinnamon for nuts or serving.



Preheat oven to 300F. In a large bowl, toss the fruit and add in 1-2 tsp lemon juice. Set aside. In another bowl, combine your melted butter, spices, and honey or maple syrup. Mix in a few tablespoons of the leftover pineapple juice as well. Add this sugar/butter mixture to the fruit and coat evenly.

Pour the fruit evenly in a 9 x 12 baking dish. Pour the leftover sugar/butter/oil mixture on top. Bake for 1 hour.

Derived from <https://www.cottercrunch.com/gluten-free-spiced-hot-fruit-bake/>

This would be delicious served with vanilla ice cream!