

Spring 2024

Saskatchewan Society of Nutrition
Management

Nutrition Management Today

SSNM Conference

Registration is open and we are less than one month from the SSNM Annual Spring Conference Day. Don't delay on registering!

<https://form.jotform.com/60598314931258>

Our Annual Conference is being held at the beautiful Avenue Room in Downtown Saskatoon on Thursday May 9th, 2024 from 8:00 a.m.— 4:30 pm. Our agenda for the day includes topics such as, "Success-Energy Equation", "Newcomers and Food Challenges", as well as "Farm to Table".

At this year's Conference, CSNM members have the opportunity to gain 4 Continuing Education Points for attending the conference!

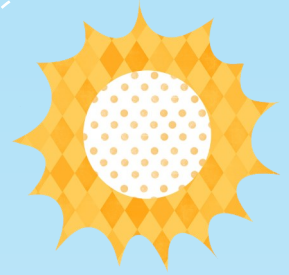
Visit the SSNM website to register for this event filled with educational speakers and great networking opportunities. Not mention, for students a chance to meet possible future employers. If you are a student or just new to the SSNM, the conference is a great way to learn more about your association by attending the SSNM Annual General meeting.

There will be Raffle Prizes, 50/50 tickets and SSNM keychains as well as books from our keynote speaker. These can be purchased at the Conference so be sure to bring cash!

We are pleased with the conference that we have planned for all of you and all we need now is YOU, to make it a success!

Looking forward to seeing you all in a few short weeks!

Natasha Brandt

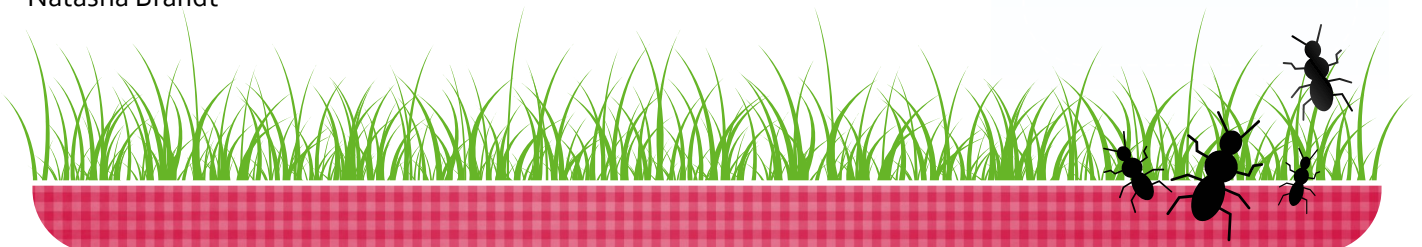


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Important Dates

SSNM Annual Conference Date



President's Message

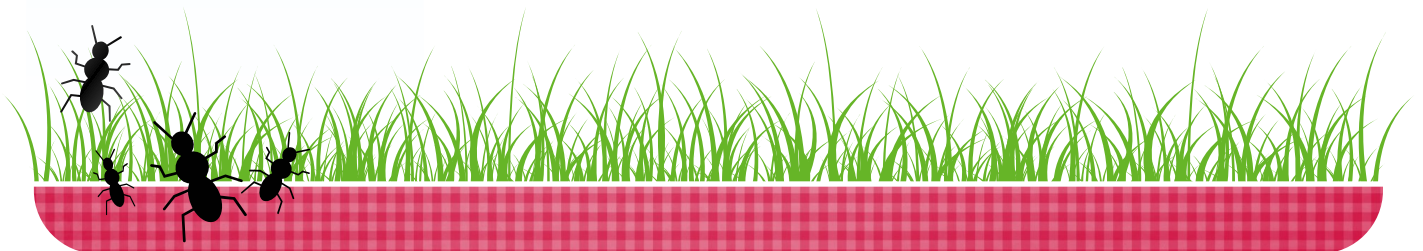


This month marks the National Volunteer Week from April 14th to 20th, recognizing the contributions of volunteers from coast to coast. Every Moment Matters is this year's theme, celebrating Canada's 24 million volunteers, including those who have contributed their time, empathy, compassion, creativity, and expertise to strengthen the diversity, inclusion, and wellbeing of our provincial chapter.

SSNM is a volunteer-led organization and I want to take this opportunity to thank our past and current volunteers for making a collaborative difference to our society and profession. Our SSNM Conference and Annual General Meeting is quickly approaching, taking place on May 9th at the beautiful venue in downtown Saskatoon - The Avenue Room. Several board positions will be up for elections, and I challenge you to consider volunteering. Every Moment Matters! For further information, please [click here](#) or email info@ssnm.ca. I hope to see you at the conference!

Karen Kwan, NM

SSNM President



CSNM Lobbying & Advocacy Committee

CSNM has formed a Lobby & Advocacy Committee, consisting of representatives from across Canada with the goal of encouraging all provincial governments to require a Nutrition Manager to be part of the care team in long term care facilities. The hope is that our elected officials will understand the necessity of having a trained profession lead their Nutrition and Food Services departments (often this person is responsible for all Support Services) in facilities. Presently the only 2 provinces that this is a requirement of employment is Ontario and British Columbia.

Small steps are what we are focusing on, sending congratulatory letters when governments are elected to letting them know who we are. Working with DC to ensure both of our groups are part of any discussions concerning healthcare and impact on patient care and experiences. Ensuring we are listed in the NOC (National Occupation Coalition) as a profession and outlining what a Nutrition Managers qualifications and areas of expertise include. Keeping up with all of the government announcements both at the provincial and federal level to ensure we are included in all conversations that may affect care as they occur.

Consultations around the e-coli outbreak in Alberta daycares, and scheduled discussions with Manitoba's government is some of the work that

has occurred or will be occurring in the near future.

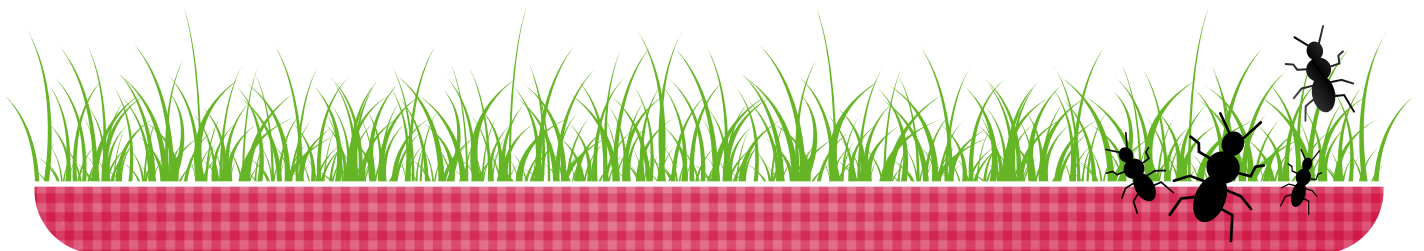
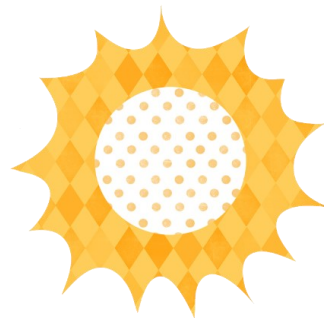
The Federal government just announced this week that they are working to have a national feeding program in schools starting in the 2024/2025 school year.

This is certainly an area where Nutrition Managers can play a big role in ensuring the meals being provided to students under this program will be flavorful, healthy and produced in a food safe environment.

A toolkit is in the final stages of development that is to be used at the provincial level to lobby our government to recognize our professional worthy of professional designation and required by those who work in our province to hold membership to their professional organizations.

Gwen Koob-Roach NM

Committee Member



Is Certification in Your Future?

Have you ever wondered if there was a way to potentially increase your chance for career growth? If you have and you are currently an active Canadian Society of Nutrition Management (CSNM) member, you might want to consider working towards your CSNM Certified Nutrition Manager (CNM) designation.

Certification shows that you have the work experience and training to meet a professional level within your field. It can provide increased opportunities for jobs and career advancement.

CSNM members that have obtained their CNM designation hold the highest level of certification in the field of Nutrition Management. Certification can help you stand out in a pool of applicants and can go a long way on your resume in showing expertise in your field.

I currently sit on the CSNM Board of Directors as the Certification Manager. Presently there are only 5 % of all CSNM members that are CNMs. My Certification committee and I are working hard to improve the CNM program to increase these numbers every year.

When people ask me, why I maintain my CNM designation, the first thing I tell them is about the

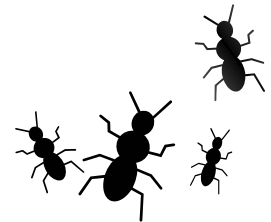
education. Professional development is an important aspect of continuing your career growth and striving to reach your goals. A CSNM member is required to obtain eight CE points each year to maintain their membership but a CNM must obtain sixteen CE annually.

I see the value in lifelong learning and CSNM and the CNM program is a great way to ensure I continue to learn and grow within the Nutrition Management field.

The CSNM website has information on the steps required to apply for your CNM designation. If you have any specific questions that the website did not answer, please feel free to reach out to me.

We would love to welcome you as a Certified Nutrition Manager!

Stacey Ginter CNM
past.president@ssnm.ca
certification@csnm.ca



Recipe Corner

Rice Krispies Caramel Crisps

14 oz. Pkg. caramels 5 tsp. butter or margarine

1/4 c. milk 5 c. Rice Krispies cereal

Melt caramels, milk and butter together over low heat. Mix well. Remove from heat and stir in cereal until well coated.

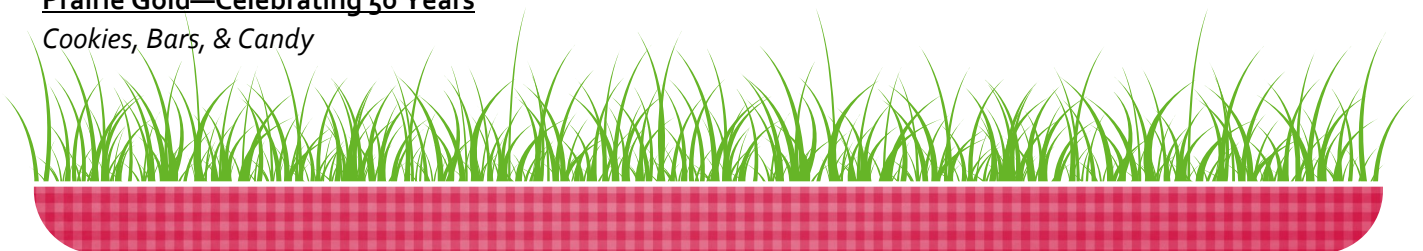
Press into a greased 9 inch square pan. Let set and cut into squares for service.



Alex Colbon

Prairie Gold—Celebrating 50 Years

Cookies, Bars, & Candy



MASTERING TIME MANAGEMENT: THE ULTIMATE CHEAT SHEET FOR EVERYONE



Eat That Frog

Do the most important & difficult tasks first thing in the morning.

Works well for people who struggle with procrastination.



Pomodoro

25 minutes of work, 5-minute break, and then a longer break.

Works well for people who struggle with distractions.

2-Minute Rule

If a task can be completed in 2 min or less, do it right away.

Works for boosting productivity and reducing procrastination.



1 Big Task - 3 Medium Tasks - 5 Small Tasks

1-3-5 Method

By focusing on a limited number of tasks at different levels of complexity, you can stay organized throughout the day.

Works well for those who struggle with overwhelm.

Eisenhower Matrix

Organize work in four quadrants and decide on urgent vs important & not-urgent vs not important factors.

Works well for people who have to deal with a lot of decision-making.

	IMPORTANT	NOT IMPORTANT
URGENT	Do	Delegate
NOT URGENT	Decide	Delete

Getting Things Done (GTD)



Add all tasks to a list. If the task is around 2 minutes of work, do it instantly, else - schedule it.

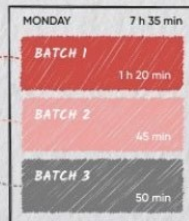
Works well for people who like to-do lists and long-term planning.



Pickle Jar Theory

Add a finite amount of tasks in a day. Identify what is useful and what is not useful.

Works well for people who love creative thinking.



Task Batching Technique

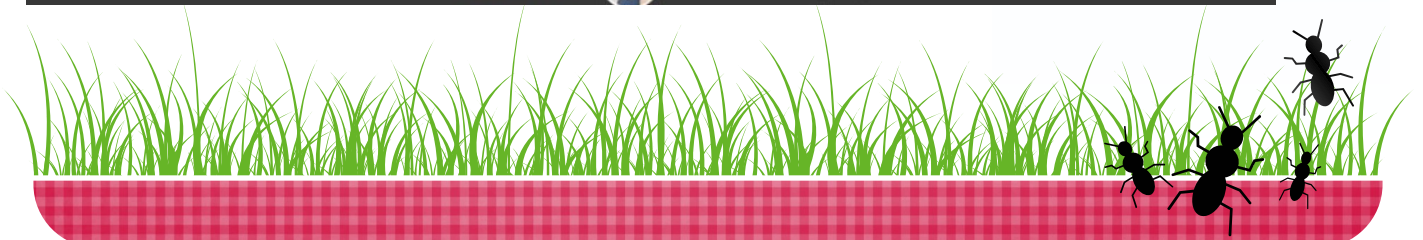
Assign time blocks for the tasks in your day. Most effective with task batching.

Works well for people who manage multiple responsibilities or projects.

For more valuable content, [follow me](#)



Victoria Repa | CEO & Founder BetterMe



Saskatchewan Representative to CSNM Report

Updates from CSNM:

The 2024 CSNM Conference & AGM will be held in beautiful Halifax, Nova Scotia this year from June 12th to 14th themed "Let's Make Waves!"

Join colleagues and leading experts from across Canada to share ideas and learn about how this industry is continuously evolving. Hear about the latest standards, innovations, trends and technology and adapt them to your own needs.

Sessions will include:

A conversation with Santis Health: CSNM's Government Relations Partner

Livin' Life Large – Simple Actions that Create Success

Addiction as a Disease: Stigma and treatment

Charting the Path Forward: Robotics Role in Revolutionizing Healthcare Foodservice

Create Inclusive Culture

Vendor Showcase

Many breakout sessions, plus lots more!

All this plus the President's Opening Reception, 2 offsite activities, choice of tours, and the Treasure Island Swashbuckling Pirate Themed Gala!

There is a variety of registration options to choose from! Everyone can register on the CSNM website!

Join colleagues and leading experts from across Canada to share ideas and

learn about how this industry is continuously evolving. Hear about the latest

standards, innovations, trends and technology and adapt them to your own

needs. We're excited about the 2024 CSNM Conference agenda, which will cover

topics with the information you will need to make the best decisions in your

career and everyday life. Let's make waves

on June 12-14, 2024, in Halifax, Nova Scotia!

SSNM Conference Corporate Sponsors

CSNM

Complete Purchasing—Platinum

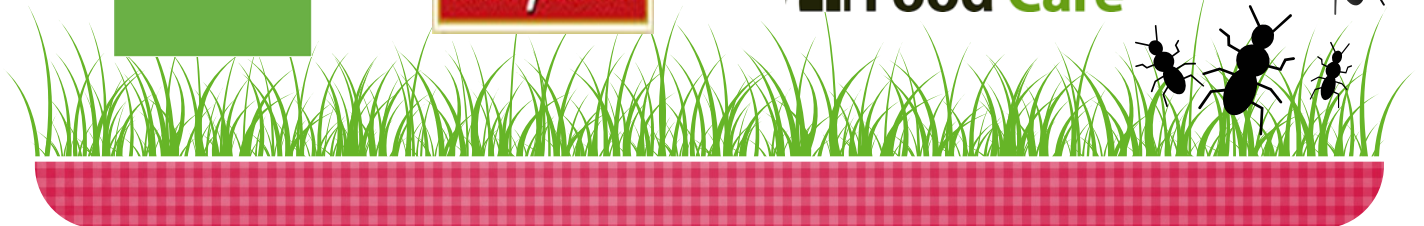
Olymel—Gold

Farm & Food Care—Gold

Burlodge—Silver

Bunzl Canada—Silver

Campbells—Bronze





SSNM Board of Directors Open Board Positions

There are several available board positions available this year. All positions are a 2-year term except for the President-Elect portfolio which is a 3 year term. The workload and responsibilities within each portfolio depend on projects and goals set forth by the business of the society.

Below are the open positions for the 2024—2026 years.

President-Elect

1st year term of a three-year commitment. You will focus on becoming familiar with the role of President and SSNM business.

President

2nd year term of a three-year commitment. You will continue to mentor and lead the board in fulfilling their commitment to the SSNM and its members.

Treasurer

You are responsible for the financial activities of the SSNM.

Membership / Secretary

You are responsible for the membership activities and administrative duties of the SSNM.

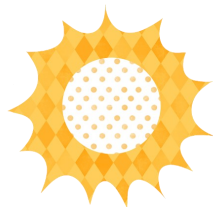
Communications

You are responsible for all communication related duties for the SSNM: Facebook, website, SSNM drive, emails, and newsletters.

Conference

You are responsible for planning, organizing, and executing the annual SSNM conference.

If you would like any more information on any of these board positions please contact any of the current board members or email us at info@ssnm.ca.



www.csnm.ca



Saskatchewan Society of Nutrition Management



Contact us at:

info@ssnm.ca

Saskatchewan Society of
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Facebook

[https:// www.facebook.com/
SaskatchewanSocietyofNutri-
tionManagement/](https://www.facebook.com/SaskatchewanSocietyofNutritionManagement/)

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

Chili Lime Salmon

Marinade:

2 tbsp. fresh lime juice	1 tsp. salt
1 tbsp. olive oil	3/4 tsp. Tajin seasoning
1 tsp. sugar	2 cloves garlic, minced

Combine all of the marinade ingredients and pour into a heavy Ziploc sealed bag.

Salmon:

2 lb. salmon fillet

Add the salmon to the bag with the marinade, seal and let stand for 30 minutes.

To cook: Remove the salmon from the bag and discard the marinade. Place the salmon, skin side down, on a piece of heavy duty tinfoil. Ensure the foil is slightly larger than the piece of salmon.

Place salmon on the grill of a gas barbeque that has been preheated to medium. Cook with lid down for 10 to 12 minutes per inch of thickness or until the fish flakes easily with a fork.

Remove from heat and serve.

Gwen Koob-Roach. NM

Prairie Gold—Celebrating 50 Years

Main Dishes

