

Nutrition Management Today

October 2018



President's Report

Hello and Happy Fall all SSNM members!

I am once again excited to be representing all of you as your SSNM President for the 2018-2019 term.

I have been a member of SSNM since 2010 and I have had the pleasure in working with a lot of you over the years. For those of you who do not know me I work out of Saskatoon City Hospital as the Central Ordering Office Supervisor. I live in Saskatoon with my husband and my two “fur babies”.

This is also my second year sitting on the CSNM Board of Directors as the Saskatchewan Provincial Rep. My time on the CSNM Board has been very rewarding to this point and I would highly

recommend all SSNM members to consider a position on the CSNM board. They are a great group of professionals from around the country that have so much knowledge to share.

If you have any questions or concerns that you would like me to bring up at the CSNM level please to not hesitate to contact me.

I would also like to take this chance to encourage members to think about putting your name up to sit on the SSNM board when there are vacant positions. We are always looking for new perspectives and knowledge to improve and strengthen our board.

I am looking forward to

another great year with SSNM and hope you take the opportunities that the SSNM offers to you through the year. We are hoping that we can plan an event to engage the students this year and I hope to see you all at our SSNM conference in May 2019.

Submitted by Stacey Ginter
SSNM President



Save the date!

SSNM Spring Education Day

May 10th, 2019

Saskatoon Inn

Inside this issue:

SSNM Board of Directors	2
Social Media Information	2
CSNM	3
France Gates Scholarship Winner	3
Influenza Information	4
SSNM Education Day	5
Recipe Corner	6

Special points of interest:

- 2019 SSNM Education Day
- Retiring and CSNM
- 2018 Scholarship Winner
- Education Day photo collage
- Peach Cobbler

SSNM Board of Directors 2018-2020



Left to right; Shanna Hansen, Leanne Kolbe, Gwen Koob-Roach, Natasha Brandt, Laurette St. Jacques.

Missing; Charlotte Coote, Umair Kharral

Get Connected!

S.S.N.M. Fall Newsletter Submission from Social Media Chairperson, Leanne Kolbe

Non-profit organizations, such as S.S.N.M. rely on social media as means to communicate association information to their membership. S.S.N.M. utilizes Facebook to share information on upcoming events such as our annual Spring Education Day, to introduce board members and to share content that we feel is relevant to Nutrition Managers and Supervisors provincially and across the industry. Our recently updated website's role is to provide a one-stop location for new and existing members to gather information on membership, scholarships, upcoming events, board members and photo highlights from past events. We recently joined the world of Instagram to engage members with photos! If you have content that you would like to share on any of these platforms, please do not hesitate to reach out to me, your Social Media Chairperson, Leanne Kolbe, CNM, CFT, SFN at social.media@ssnm.ca

Instagram @sk_society_nutrition_mgmt

Facebook <https://www.facebook.com/SaskatchewanSocietyofNutritionManagement/>

Website <https://www.ssnm.ca/>



Farm & Food Care Saskatchewan believes that getting to know farmers and ranchers equals getting to know food. We strive to find new and innovative ways to introduce farmers, ranchers and others involved in food production to their customers and consumers to their food.

<https://farmfoodcaresk.org/>

Retiring??

Did you know that if you are a CSNM member that retires and gives up your CSNM membership you are able to reinstate your membership within two years of retiring. After two years you would have to re-apply and write the entrance exam.

CSNM also has a Retired Paid category. This category allows you to pay a lower fee, and the continuing education program is not mandatory. This category allows rights as an Active Member, you just do not receive a membership card or certificate because you would not require it because you are retired.

Members are starting to do this now as kind of a "holding spot" for their membership while you determine if you really want to retire. If you switch to Retired Paid, and then decide you want to continue working, same rule applies, you would have to switch back to active within two years of becoming Retired Paid.

Even if you are not retiring but just want to resign from CSNM, you can do so once in your lifetime as long as your membership is in good standing. You can then reinstate within two years without penalty.

Same rule applies for lapsed members, after two years you must re-apply and write the entrance exam.

Stacey Ginter NM

SSNM President

CSNM Sask.Rep



www.csnm.ca

France Gates Scholarship Winner



Shanna Hansen presenting Mike McAllan his Scholarship cheque

Congratulations to Michael McAllan, recipient of the France Gates Scholarship for the 2nd year Food & Nutrition Management students. Good luck with your future endeavors Mike!



Protect yourself and others from influenza

Stop the spread of viruses that make you and others sick!



Cover your mouth
and nose with a tissue when you cough or sneeze.



No tissue?
Cough or sneeze into your elbow, not your hands.



Clean your hands
often with soap and warm water, or a gel or alcohol-based hand cleanser.

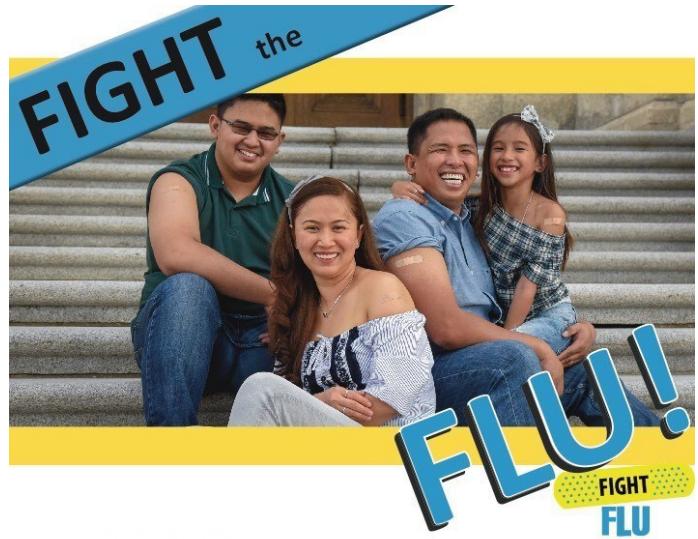


Stay home
if you are sick.

For more information, visit saskatchewan.ca/flu



Adapted from Protect Yourself and others from influenza: Stop the spread of viruses that make you and others sick!™ Province of British Columbia. All rights reserved. Adapted with permission of the Province of British Columbia.



PROTECT YOURSELF and your **LOVED ONES** this flu season

- ▶ The flu vaccine is a safe, effective way to help people stay healthy, prevent illness and save lives.
- ▶ Free vaccine offered through public health clinics across the province, some physician and nurse practitioner offices and in local pharmacies. **New** - pharmacists can vaccinate children 5 years and up.
- ▶ Anyone six months and older can receive the flu vaccine and is encouraged to get vaccinated early in the season.
- ▶ Getting immunized is especially important for pregnant women, young children, seniors and people with underlying health conditions.

Clinics start October 22. A complete listing of flu clinics offered by the Saskatchewan Health Authority can be easily accessed at www.4flu.ca or by calling HealthLine 811.



saskhealthauthority.ca



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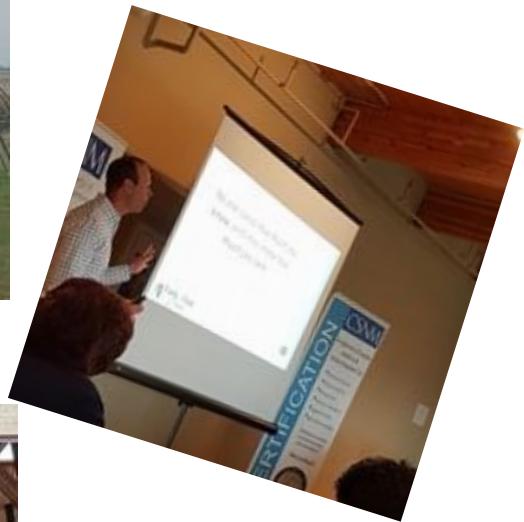


At Complete Purchasing Services, we're much more than a procurement company - we're a company that cares for your organization and the people you serve. We are dedicated to helping your organization take a step forward.

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**Education Day May 2018
Wanuskeewin Heritage Park
Saskatoon**





Contact us at:
info@ssnm.ca

or

Saskatchewan Society of
Nutrition Management
P.O. Box 9685
Saskatoon, SK
S7K 7G5

Like us on Facebook!

[www.ssnm.ca]

Recipe Corner

This summer I have tried to go to the Farmer's Market most weekends, one of the items I have been purchasing is fresh peaches. They have been so good, much better than what you buy in the grocery store. This is a recipe I found in a cookbook, and thought should try these awesome peaches in a dessert.

Peach Cobbler

1 cup all purpose flour
½ cup sugar
2 tsp baking powder
½ tsp salt
½ cup milk
3 cups sliced peeled fresh peaches (could use frozen if fresh not available)

Topping:

2 cups water
½ cup sugar
½ cup packed brown sugar
1 Tbsp. butter
¼ tsp ground nutmeg
¼ tsp ground cinnamon



In a large bowl, combine the flour, sugar, baking powder and salt. Stir in milk just until combined, fold in peach slices. Spread into an 8-inch square baking dish.

In a large sauce pan combine the water, sugars, butter nutmeg and cinnamon. Bring to a boil, stirring until the sugars are dissolved. Pour over top the batter.

Bake at 400 F for 40-50 minutes or until filling is bubbly and a toothpick inserted in the topping comes out clean. Serve warm as is, or with cream or ice cream. Yield: 8 servings

Recipe submitted by:

Gwen Koob-Roach

Saskatchewan Society of Nutrition Management

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.