



Nutrition Management Today

CSNM Conference Winner



SSNM Past-President Stacey Ginter and SSNM Member Shelley Dobrowolsky.

Congratulations Shelley on winning a trip to the CSNM Conference in Moncton, NB this coming June!

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Special Points of Interest:

- **CSNM Conference Winner**
- **New SSNM website**
- **Butter Tart Cheesecake**

Board Vacancies 2018-2020

There are several SSNM Board vacancies for the 2018-2020 term.

**BECOME
A
BOARD
MEMBER**

President Elect
President
Secretary
Treasurer
Conference
Communications
Social Media

If you are interested in any of these positions, contact us at info@ssnm.ca for more information.

This is a great opportunity to network with other SSNM members from around the province and to be a part of society that has been around for over 45 years.

SSNM Education Day Agenda is now posted on our Facebook page and website <http://www.ssnm.ca/>



Conference Report

Well only, a little over a month and the 2018 SSNM Education Day and AGM will be here! Hard to believe the time has gone so fast! I hope that everyone has given registration to this fun day serious consideration. The Board and I feel it will be a great day and a wonderful chance to revitalize your Body, Mind and Spirit!

We have two informative speakers lined up to educate and inform you on issues that will benefit your work and home life. You will also be able to Receive 6 CSNM CE points for all members who attend the whole day.

There will be raffle draws and door prizes as well. The AGM will also be held at the Education Day. If you have never been present for an AGM, it is a great opportunity to see how the business side of our association works.

There are just 25 days left to register for the conference. Don't miss out!

Natasha Brandt, NM
SSNM Conference Chair

It's hard to believe that I have almost been in my role as CSNM Sask Rep. for almost a year.

As members of CSNM you would have recently had the chance to participate in a survey regarding the possibility of a mandatory dual membership between your provincial and national associations. We had good response from our survey with almost 40% of CSNM members responding to the survey. The results came in indicating that the membership was not in favour of making it mandatory for a CSNM member to also be a member of their provincial chapter. CSNM is excited to be busy planning their conference "Rise against the Tide" in Moncton NB, June 13th-15th. There are many great keynote speakers and breakout sessions planned for the event. Peter Lam will present his keynote "Leaning to Surf the IDDSI Tsunami". The session will allow participants to have "hands on" testing of texture modified food and beverages.



www.csnm.ca



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The conference is being held in the heart of Moncton at the Delta Hotels by Marriot Beausejour.

There will also be an optional off site event on the Friday night to Hopewell Rocks which includes lobster dinner! The CSNM AGM will also be held at the conference in Moncton. At the AGM there will be elections held for several CSNM board positions. You should have received the call for nominations email from CSNM couple of weeks ago. If you are interested in a rewarding and fulfilling volunteer position definitely give the vacant positions some thought. The CSNM board is a supportive and fun group of professionals from around the country! If you want more information or to register for the CSNM conference please check out the conference website at www.csnmconference.com

Stacey Ginter
SSNM Past President /CSNM
Sask.Rep.



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SSNM Member Expectations



Saskatchewan Society of Nutrition Management Code of Conduct

I shall demonstrate a high standard of performance in my work and fulfill all of the expectations required with my employers.

I will strive to improve my professional knowledge and competence through continuing education, sharing of knowledge and engaging in professional activities.

I will work cooperatively with colleagues, other professionals and clients.

I will fulfill all my duties with integrity and impartiality.

I will maintain the confidentiality of my peers, subordinates and clients, patients/employers.

I will engage in activities that promote a vital and progressive profession, including supporting the Society's goals and objectives.

SSNM Book of Directives



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/>

Honorary Lifetime Membership

I was humbled and extremely surprised that Lynne called my name when she said that she was honoring a special guest on the night of the SSNM 45th anniversary. I for one was speechless (which is not a trait of mine!!).

SSNM has always had a special part of my heart over the years as I was given many opportunities to grow professionally and personally. Yes it is true that I was on the board in many positions for many years but if I hadn't wanted to, I wouldn't have. SSNM gave me the confidence to let my name stand for CSNM Accreditation Chair and later CSNM President. The friendships that I have been honored with over the years are priceless and timeless.

It is true that sometimes your time is divided between family, your job and being a board member but you learn to prioritize and wish that there were more than 24 hours in a day! My 33 year old son still reminds me that I missed his first ever hockey goal because I was at a Board meeting in Saskatoon, but I did see his 2nd and 3rd and so on. I see SSNM continuing to grow as a strong and vibrant Society that will become a driving force in the food service management industry.

Thank you so much for presenting me with an Honorary Life membership in SSNM. I am truly blessed.

Jean Van Nus



Jean Van Nus & Lynne Fitzsimmons

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<http://www.burlodgeca.com/>

What is Mindfulness All About?

Mindfulness: a term you may have come across in recent months. While the first things that come to mind for some people when they think of mindfulness might be Buddhist monks, candle-lit rooms and sitting in a cross-legged position with eyes closed, that's not always the case.

In fact, mindfulness is now being used more and more in daily life and corporate settings to help decrease stress, improve performance and increase happiness. "We're seeing organizations in healthcare, government, education, business and military bringing mindfulness to their workplaces," says Dr. Geoff Soloway, co-founder and Chief Training Officer of MindWell-U. [According to UBC Sauder School of Business](#), mindfulness significantly increases mental health, resilience and engagement, to name a few.

The practice of mindfulness is centred around keeping your mind in the present moment, instead of letting it drift to the past or future. Whether that be thinking of something that happened earlier in the day or worrying about an upcoming task you need to get done, mindfulness allows you to notice these thoughts and bring your mind back to the present. This can be done in a variety of different ways with MBSR (Mindfulness Based Stress Reduction), workshops, retreats or online programs like the [30 Day Mindfulness Challenge](#).

"When we're not in the present moment, we tend to be less productive, more reactive and disconnected from other people. This affects our overall health and wellbeing," explains Dr. Soloway. "Mindfulness works as a way of mental exercise by tuning the brain."

Dr. Soloway explains how to use 'Take 5', a mindfulness-in-action technique that can be done in the middle of anything.

- Step 1: Notice the Take 5 cue
- Step 2: Notice something new
- Step 3: Notice the body
- Step 4: Notice the breath
- Step 5: Notice the now



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Like us on Facebook!

Website: www.ssnm.ca

Check out our new web-
site: same name, new site!



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.

Recipe Corner

Butter Tart Cheesecake!

Prep Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Total Time: 1 hour 50 minutes
+ chill time

Makes: 10 slices

Crust:

1-1/2 cups graham cracker crumbs

5 Tbsp. unsalted butter, melted

3 Tbsp. granulated sugar

1/4 tsp salt

Cheesecake:

1 (250g) pig cream cheese

3/4 cup brown sugar

2 eggs

3 Tbsp. maple syrup

1/2 cup 35% whipping cream

2 Tbsp. unsalted butter, melted

1/4 tsp salt

Maple Pecan Sauce:

1/2 cup brown sugar

2 Tbsp. maple syrup

2 Tbsp. 35% cream

1/8 tsp salt

1/2 cup chopped pecans



Directions:

1. Preheat oven to 375°F. Butter an 8-inch round spring form pan.
2. In a large bowl combine graham cracker crumbs, melted butter, sugar and salt. Firmly press graham cracker crumb mixture into bottom of greased pan and push 1 inch up the side. Bake until golden brown, about 10 to 12 minutes. Reduce oven temperature to 325°F.
3. In a large bowl combine cream cheese and brown sugar. Using an electric mixer beat until well combined and fluffy, scraping down sides of bowl as needed. Beat in eggs one at a time. Beat in maple syrup, cream, butter and salt.
4. Wrap bottom of pan in aluminum foil. Pour in filling and place in a roasting pan. Pour boiling water into roasting pan about 1 inch up the side. Bake until edges are set and middle still has a jello-like wobble, about 1 hour to 1 hour 10 minutes. Remove pan from water and let cool, about 1 hour. Remove from tin, cover and refrigerate for at least four hours or overnight to chill completely before serving.
5. When ready to serve, make sauce. In a small saucepan combine brown sugar, maple syrup, cream, salt and pecans. Bring to a boil and let bubble for 2 minutes, until slightly thickened. Serve drizzled over cheesecake.

<http://www.foodnetwork.ca/shows/great-canadian-cookbook/blog/the-best-butter-tart-cheesecake/>