

March 2023

Saskatchewan Society of
Nutrition Management

Nutrition Management Today

Lead Story Headline

This story can fit 175-225 words.

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also create credibility and build your organization’s identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or requesting your service.

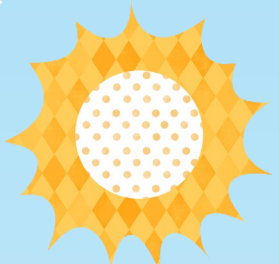
You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

If you explore the Publisher catalog, you will find many publications that match the style of your newsletter.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish the newsletter and its length. It’s recommended that you publish your newsletter at least quarterly so that it’s considered a consistent source of information. Your customers or employees will look forward to its arrival.

CSNM Conference Winner

Big congratulations go out to Laurette St Jacques! She was the winner of the CSNM 2023 Conference prize winner drawn by SSNM on March 17th. She will be attending the CSNM 2023 Conference in Toronto June 21st-June 23rd with her \$ 1500.00 prize towards the conference! Have a great time Laurette!

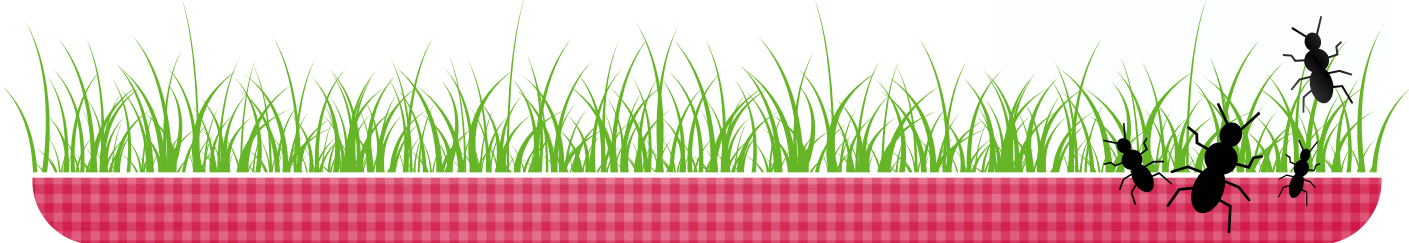


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Important Dates

- 05/31 Grandma & Grandpa Joe’s Anniversary
- 06/26 Picnic at the Lake (Don’t forget your swimsuit!)
- 07/29 Susie’s 35th Birthday



Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Becoming a CSNM Member– The Entrance Exam

Are you interested in becoming a CSNM member but haven't completed the steps? Are you worried about the process or the exam? Don't let this stop you!

There is an online application process for becoming a CSNM member. You will be required to submit documentation and pay applicable fee(s). If it is determined that you will need to write the exam there are four times a year that you can write - May, August, November, and February.

The exam covers all of CSNM's eight competencies. Some of the competencies are tested through multiple choice and true/false questions, while others are tested by essay questions. A study guide including all components of each competency is included on the CSNM website. If you need resources there are also some listed there as well. You can also do research on your own for self studying.

The exam is now online, including a short practice exam. The practice exam will give you an idea of the types of questions you will see for multiple choice and true/false questions. Both the practice and actual exam will have online calculators for any question that you may need them for. You will be given the exam rules far in advance (as well as the day of the exam) and have ample time to get familiar with the online platform. We ensure the integrity of our exam with online proctoring.

If you are curious about the exam please check out CSNM's website or you can also send inquiries to csnm@csnm.ca or examinations@csnm.ca.

It may feel daunting at the start, but think of what you can accomplish! Yes, you can do it!

Shanna Hansen
CSNM Examinations Portfolio Manager

Leadership Opportunity-Leadership Saskatoon Program

The Leadership Saskatoon Program has been called life-changing by many of our graduates. It's a full immersion into your personal development as a leader, and you won't look at yourself or our community in the same way afterwards.

You will:

Engage in over 93 hours of immersive leadership training delivered by a team of highly skilled [facilitators and coaches](#).

Learn with a diverse cohort of leaders from across the community and join an alumni network of over 500 graduates.



Leadership Opportunity– Leadership Saskatoon Program (Continued)

Be matched with a community leader who will serve as [your mentor](#) during the program.

Put your leadership learning into practice by participating on a ["learning team"](#) to explore a community issue you are passionate about.

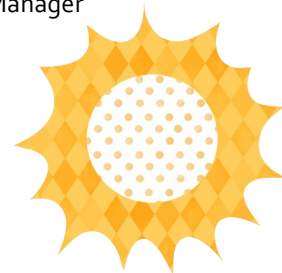
Receive a certificate of participation from Leadership Saskatoon and University of Saskatchewan upon completion on the program.

Leadership can be learned. Our redesigned curriculum focuses on skills you can apply right away. Are you ready for the challenge? Visit

<https://www.leadershipsaskatoon.com/index.html> for more information.

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Shanna Hansen
CSNM Examinations Portfolio Manager



"The Leadership Saskatoon Program has been called life-changing by many of our graduates."

Single Use Plastics

Disposables are a big part of our busy daily lives. They are quick and easy for our packaging needs but the effects that some of them are leaving on our world can be dangerous.

Canada as well as other parts of the world are in the midst of big changes when it comes to single use plastics. And Styrofoam containers.

Single use plastics fall in 6 categories; plastic check out bags, cutlery, foodservice ware made from hard to recycle plastics, ring carriers, stir sticks and plastic straws.

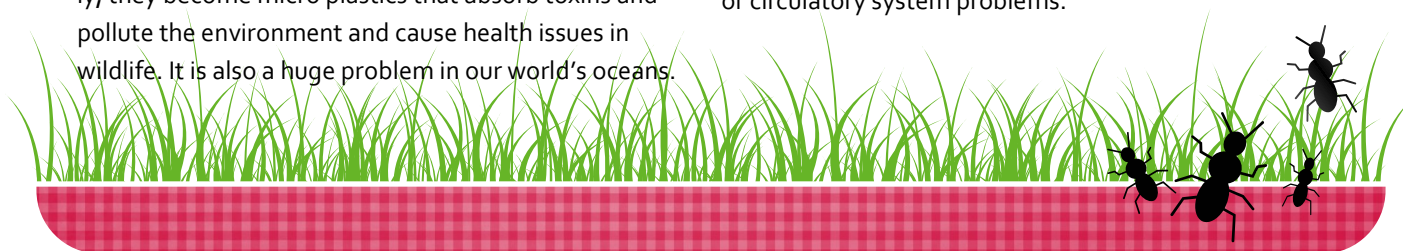
Plastic check out bags were the first to go. I am sure we have all been victim to forgetting to bring our reusable bags into the grocery store and trying to carry out items out in our arms.

It takes 1000 years for a plastic bag to degrade in the landfill and even then it doesn't break down completely, they become micro plastics that absorb toxins and pollute the environment and cause health issues in wildlife. It is also a huge problem in our world's oceans.

Both single use plastics and Styrofoam products are going to be removed from circulation over the next couple of years. It is going to be completed in different stages but when it comes to selling these items in Canada, by June 2024 none of these products will be able to be sold in Canada.

Over the next decade it is estimated that this will eliminate of 1.3 million tons of hard to recycle plastic waste and more than 22,000 tons of plastic pollution.

Styrofoam has always been a cost effective and versatile product that is used in so many different ways. It however is very harmful to our world. Styrofoam contains dangerous ingredients such as Benzene and Polystyrene (many different styrenes). Styrofoam will break down into microscopic styrenes and other harmful chemicals, these chemicals will linger in the soil and water for centuries to come. As styrene leaches from landfills into our drinking water it causes liver, kidney or circulatory system problems.



Single Use Plastics (Continued)

In production, the most common route of exposure to these harmful chemicals is inhalation. The production of Styrofoam is the 5th largest creator of toxic waste. There is also danger of exposure just by touching it since the chemicals can seep into the body through your skin. It is even possible for the chemicals to leech into the food that is put into the Styrofoam container.

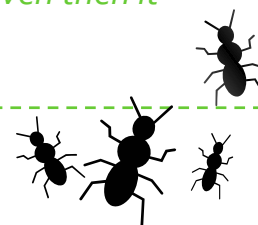
In my role as the Central Ordering Office Supervisor these ongoing changes do require extra time and decision

Stacey Ginter, CNM SSNM President

Banned single-use plastics



"It takes 1000 years for a plastic bag to degrade in the landfill and even then it doesn't break down completely..."



Donation to STARS

On Friday March 17th, Stacey Ginter and myself were able to tour the STARS air ambulance hangar in Saskatoon and present them a cheque for \$1326.00 monies that have been raised through our anniversary cookbook fundraiser.

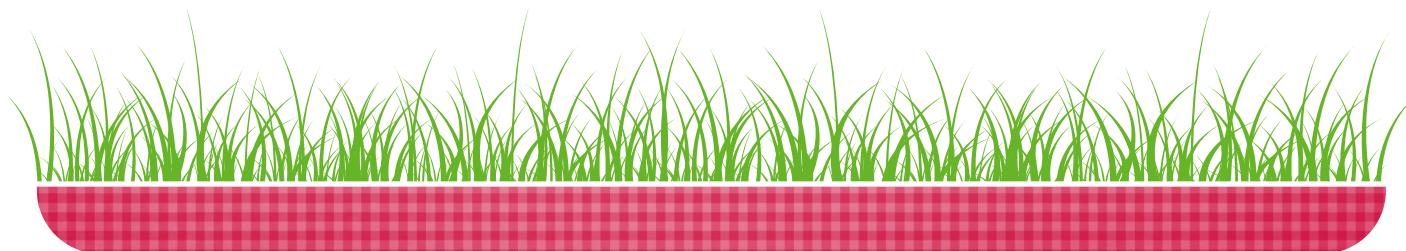
The tour was very interesting, I always thought that when you saw the red helicopter in the sky it was for emergencies only, but learnt today a lot of their work is patient transfers to larger facilities from smaller rural hospitals. STARS services the 3 prairie provinces as well as the south interior of British Columbia.

We were able to meet one of the pilots, an EMT and the person in charge of fundraising, and while talking to all of them you feel how passionate they are about their jobs. We were able to see both the cockpit and

the back of the helicopter and were shown all of the equipment that they have on board in order to treat their patients during transport. It truly is a mini mobile ICU that they have on board, including probably the smallest ultrasound machine you will ever see.

They are funded through 2 sources of revenue, the government provides approximately 50% of funds that are required to operate for the year and the other 50% is raised through fundraisers and donations like ours.

As of today we have approximately 35 cookbooks left to sell, once these are sold we will send the final portion of our donation, so the sooner we sell out of our cookbooks the sooner we can submit our final cheque.



Donation to STARS (Continued)

I would encourage everyone to try and sell these final copies, graduation and wedding shower season is just around the corner, and we may feel nobody uses cookbooks that everyone just goes on line, cookbooks sales are a multi million dollar industry so someone is buying them and using them.

Thanks again to the committee of MaryAnne Elaschuk, Ashley Koob, Karma Zimmer, Charlotte Coote and Lacey Hnatuik. It was great working with all of you on this project, it is amazing what you can accomplish by never actually meeting in person all our meetings, collecting recipes, data entry etc. was all completed using some form of technology, I am guessing it was much easier for us than it had been for the committee who assembled the 25th anniversary cookbook.

Submitted by: Gwen Koob-Roach NM



Donation cheque presented to STARS

Inside Story Headline

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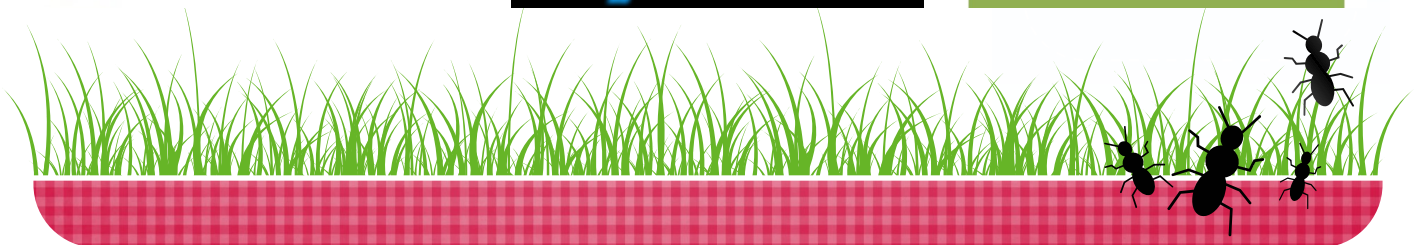


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What Foods Help Support Your Mood

The effects of diet on our mental health start in infancy. New research is showing the impact of poor diet and nutrition in the first 1000 days of life may have a profound effect on your mental health and mood as an adult. Eating whole food diets early and often are key pieces to mood management and are now seen as more important than ever.

Nutrition is a tough subject to study in humans, so the studies used in science are not like drug studies. We need more research and longer-term studies to get granular about which foods and supplements can help improve and support mental health and mood, but here are a few things we know so far:

MEDI DIET PATTERN

There is excellent evidence that the Mediterranean diet can be protective and healing for those suffering from mild to severe depression. This diet has been scientifically ruled as the “best” diet in the world for brain and heart health. It consists of whole vegetables, berries, tomato and tomato products, olive oil, fatty fish, nuts, seeds, legumes, dairy, and whole grains as the foundation. The thought behind the reason this diet is so beneficial for mood is related to increased blood flow in the brain, increased antioxidant and polyphenols, soluble fiber, and healthy fats.

FATTY FISH FOR OMEGA-3 FATTY ACIDS THAT ARE USABLE

Fatty fish such as mackerel, salmon, trout, and sardines are excellent sources of two essential fatty acids: EPA and DHA. Docosahexaenoic acid is the usable form of essential fat (meaning we must get it in our diet because we can't make it in our body), which is crucial for brain health.

There are vegetarian sources of essential fats, such as ALA, however, they are poorly converted by the body to the required usable form. Fish in any form, whether fresh, frozen, or even canned, is an excellent way to get healthy mood-boosting fats in your body. You can eat it cooked, or even raw (like sashimi) and still get the same benefits.

DARK AND LEAFY GREENS

Green vegetables have long been known for benefitting heart health, but they are equally as important for managing mood. This is largely due to the folate and mineral content of cooked and raw greens such as kale, spinach, dandelion greens, turnip greens, broccoli, and artichokes. Folate is a B-vitamin that seems to be in low levels in the blood of people suffering from depression. Without enough folate in the bloodstream from the diet, the neurotransmitters we rely on to boost and stabilize our mood are left without the necessary building blocks to be produced.

THE COLOR PURPLE

Foods that are rich in the pigments that make them blue and red-purple, the anthocyanin pigments, have also been shown to boost mood. Studies have shown improvements in feelings of positivity in adults and children who ate blueberries more often.

PROBIOTIC-RICH FOODS AND SPECIFIC SUPPLEMENTS

The intestinal bacteria we have in our gut called our gut microbiota, form a “highway” of communication to our brain. This is called the Gut-Brain Axis, and it's a key player in how our mental health and moods are managed. These bacteria line our gut by the trillions, and the type, and a mixture of bacteria create different gasses, metabolic by-products that send chemical and electrical signals directly to the brain controlling our mood. This means when you have a healthy working digestive tract, you probably have a leg-up on mood regulation. Serotonin, the chemical that leaves us feeling joyous and happy, is also thought to be made and managed by these bacteria. The number one most effective way to support the correct bacteria here is to eat a diet high in pre-biotic rich fiber that these bacteria and yeasts feed on. Foods like asparagus, wheat bran, artichokes, green bananas, chicory root, gouda cheese, onions, leeks, garlic, and many more, give the bugs the fuel they need to make the happy chemicals and signals.



What Foods Help Support Your Mood (Continued)

Research around gut health and mood is in its infancy. Taking prebiotic and/or probiotic supplements (e.g., those that contain *Lactobacillus acidophilus* and *Saccharomyces boulardii*) could be helpful for some people but there are no clear answers to guide the best types and doses just yet. Fermented foods, such as kimchi, kefir, plain yogurt, tempeh, miso, sauerkraut, and buttermilk are also key foods to include to support mood through gut health.

VITAMIN “D”, LIKE DOG

The “Sunshine” vitamin as it’s known is vitamin D₃. When our skin is exposed to the correct U.V.B. rays of sunlight, we produce this in our skin. This turns the stored form of vitamin D into an active hormone that increases levels of serotonin in the body. Low levels of vitamin D are linked to depression and seasonal affective disorder (SAD). Damage to the ozone layer has made supplements a must to get what you need daily, though there are small amounts in some foods such as fortified orange juices or kinds of milk, fatty fish, egg yolks, dried shiitake mushrooms, canned salmon, and some cheeses.

GET ON THE WHOLE GRAIN TRAIN

Whole intact grains are an excellent source of B vitamins. Thiamine B₁, deficiency is known to cause specific neurological diseases. B₅, also known as pantothenic acid, has an impact on the neurotransmitter acetylcholine, which impacts memory and learning. Intact grains are those that have been as unprocessed as possible; whole rice, steel-cut oats, pot barley, and

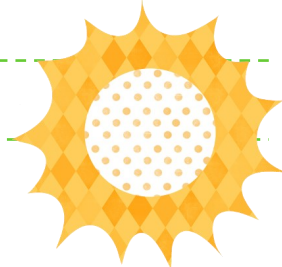
whole rye kernels are all examples. Even foods made with flour of 100% whole grains can contain or be fortified with these mood-boosting B’s.

B₁₂

The entire B vitamin family plays a role in making sure your brain and those neurotransmitters are working properly, but B₁₂ is a key player. Found in animal foods such as dairy products, meat, poultry, fish, and eggs as well as vegetarian nutritional yeast. B₁₂ plays an active role in the creation of serotonin, dopamine, and norepinephrine, all of which are big players in mood regulation. Diets that don’t contain enough vitamin B₁₂ can aggravate mental health symptoms. Those who consume a vegan diet must take a supplement to meet their needs. On the flip side, excess B₁₂ from diet and supplements can result in psychotic symptoms and disordered moods. Eating whole food sources of B₁₂ and supplementing only if necessary is the best plan for mood regulation.

Our mood and mental health are affected by so many factors; genetics, sleep, poverty, medications, adverse childhood events, social supports, and habits all affect mood. Of the factors we can control when it comes to mood, diet can have a profound impact. Eating a minimally processed diet, with mood-boosting foods included as often as possible, can support your mood as one piece of the puzzle.

Nishta Saxena, Registered Dietitian and Nutritionist



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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

Spinach Stuffed Chicken Breasts

4 large chicken breasts
1 tbsp. olive oil
1 tsp. paprika
1/2 tsp. salt, divided
1/4 tsp. garlic powder
1/4 tsp. onion powder
4 oz. cream cheese, softened
1/4 c. parmesan cheese
2 tbsp. mayonnaise
1 1/2 c. fresh spinach, chopped
1 tsp. garlic, minced

Preheat oven to 375F.

Add cream cheese, parmesan cheese, mayonnaise, spinach, garlic, and 1/4 teaspoon salt to a small mixing bowl. Stir well to combine.

Combine olive oil, paprika, 1/4 teaspoon salt, garlic and onion powder. Place the chicken breasts on a cutting board and rub chicken with the spice mixture.

Use a sharp knife to cut a pocket into the side of each chicken breast. Spoon spinach mixture into each chicken breast evenly.

Place stuffed chicken breast in a 9x13 in baking dish. Bake, uncovered, for 25-30 minutes, until chicken is cooked through.

Lauri Breker

Prairie Gold—Celebrating 50 Years

Main Dishes

