

# Nutrition Management Today

WINTER

MARCH 2020

## President's Message

Spring is around the corner! So is the SSNM conference and annual general meeting! This event will be hosted at the Remai Modern in Saskatoon on May 14th, 2020. If you are a member of both CSNM & SSNM, you will have an opportunity at the annual general meeting to let your name stand for a position on the SSNM Board. I encourage you to consider this unique opportunity to work with the board of directors in shaping the future of SSNM. My experience in working with this dedicated group of leaders has been very rewarding. See you at the Spring conference!

Charlotte Coote  
SSNM President

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## SSNM Membership Renewal

SSNM membership renewal is now open for the 2020 - 2021 membership year.

For SSNM renewal only click and follow the link below:

<https://form.jotform.com/50304911836249>

Or, from the SSNM website, <https://www.ssnm.ca/>

If you choose to renew both CSNM and SSNM memberships together, log in to your account at <https://www.csnm.ca/login.html>

### Special points of interest:

- SSNM Membership Renewal
- Scholarship Notice
- Duties of upcoming board vacancies
- How to win a trip to this year's CSNM Conference in Toronto.
- Proudly Canadian Beet and Barley Salad



## France Gates Scholarship

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](mailto:SaskPolyTech.liaison@ssnm.ca).

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

**SSNM Conference  
and Annual General  
Meeting**

**May 14, 2020**

**Remai Modern Arts  
Centre**



## SSNM Board Vacancies

The following SSNM board positions will be vacant this spring. If you are interested in being on the SSNM board or have any questions please contact the SSNM President, Charlotte Coote at [president@ssnm.ca](mailto:president@ssnm.ca). Elections will be held at the AGM at this years SSNM conference.

**President Elect**—Year 1 of a 3 year term; President year 2, and Past President year 3

Focus is on becoming acquainted with the duties of the President and the general activities of the society.

**Secretary Membership**- 2 year term. The secretaries duties include; processing new memberships, recorder at board meetings, preparing minutes for board members, maintaining membership lists, and setting up teleconferences.

**Treasurer** —2 year term. The treasurer's duties include; writing cheques for expenses and reimbursements, receiving, processing, and depositing money received, recording any transactions, reviewing and reconciling monthly bank statements, and processing new membership payments.

**Communications/Social Media**— 2 year term. Communications/Social Media duties include; maintaining and updating the SSNM website, administrating the SSNM Facebook page, promoting SSNM events to membership, sending out communication to SSNM members, administrating the SSNM database, and developing newsletters for the membership.

**SaskPolytech Liaison** — 2 year term. The SaskPolytech Liaison's duties include; maintaining regular correspondence with the Food and Nutrition Management program head, attending FNM student functions, presenting to FNM students of what SSNM and CSNM entail, and member of the FNM Advisory Board at SaskPolytech.

**Conference** — 2 year term. Conference duties include; planning annual SSNM conference, contacting potential speakers, contacting sponsors, booking a conference venue, creating a conference theme, and communicating to SSNM members about the conference.

# Canadian Society of Nutrition Management 2020 Conference

The 2020 CSNM Conference is fast approaching. This year the event will be held in Toronto on June 17-19, 2020. The three day conference is being held at the Pan Pacific Toronto Hotel and promises to be an exceptional event.

Register early with early bird registration which is open until March 31<sup>st</sup>. Deadline for booking hotel rooms at the discounted rate is May 1<sup>st</sup>.

The conference once again will host great speakers on topics such as Serving Local foods in Long Term Care, Nutrition in Palliative Care, IDDSI and Finding a Beacon of Hope in a Swirl of Chaos.

The conference always provides high level networking, valuable ideas that can be brought back to your organization and great off site events. Not to mention the valuable CE points earned throughout the three day event.

If you have not attended a CSNM conference I would highly recommend it.

Reminder, that if you are a CSNM and SSNM member who renews both of your memberships by March 15<sup>th</sup> at midnight, you will be entered in our draw to win your way to the conference on us! (up to \$1500.00 reimbursed).

Second reminder to check your "Call for Nominations" email from CSNM and consider putting your name up for one of the vacant CSNM Board positions. I can honestly say, from experience that being a part of the CSNM is a very rewarding experience.

Stacey Ginter CNM  
SSNM Past President  
CSNM Saskatchewan Representative



[www.csnm.ca](http://www.csnm.ca)



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Account Manager  
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chan-william@aramark.ca





## Saskatchewan Society of Nutrition Management

Contact us at:

[info@ssnm.ca](mailto:info@ssnm.ca)

or

**Saskatchewan Society of  
Nutrition Management**

**P.O. Box 9685**

**Saskatoon, SK**

**S7K 7G5**

**Instagram**

[@sk\\_society\\_nutrition\\_mgmt](https://www.instagram.com/sk_society_nutrition_mgmt)

**Facebook**

<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

#### Proudly Canadian Beet and Barley Salad

##### Ingredients:

Pot or pearl barley 1/4 cup (60 mL)

Water 1 cup (250 mL)

Sliced red beets, drained and chopped 3 cans (14 oz/398 mL each)

Aged balsamic vinegar 3 tbsp (45 mL)

Chopped fresh mint 2 tbsp (30 mL)

Salt 1 tsp (5 mL)

Pepper 1/2 tsp (2 mL)

Diced cucumber 1 cup (250 mL)

Carrots, chopped 1/2 cup (125 mL)

Green onions, chopped 1/2 cup (125 mL)

Crumbled goat cheese 1 cup (250 mL)

##### Directions:

1. Combine barley and water in a small saucepan and bring to a boil. Reduce heat; cover and simmer for about 30 minutes or until barley is tender. Drain and rinse with cold water; drain well.
2. Meanwhile, in a large bowl, combine beets with vinegar, mint, salt and pepper. Stir in cucumber, carrots, green onions and cooked barley. Add goat cheese to serve



Recipe Provided By: [www.unlockfood.ca](http://www.unlockfood.ca)

Recipe Source: [www.nutritionmonth2020.ca](http://www.nutritionmonth2020.ca)