



# Nutrition Management Today

Saskatchewan Society of Nutrition Management

Issue 1

## SSNM Anniversary Project

In 2022 SSNM will be celebrating 50 years as a professional association, and we are hoping to produce a 50<sup>th</sup> anniversary cookbook to commemorate this occasion. As some of you may remember a cookbook was printed to celebrate 25 years and it was suggested by a couple of members and past members that we do another for 50 years.

By now you will have received an email asking that you consider volunteering for the committee that will be working on this project with the goal of having it ready for sale June 2022 when we host the CSNM conference in Saskatoon as part of our anniversary celebrations.

Our second request is of course to start thinking about what recipes you want to submit to this project, I think in this past year we have all spent more time than ever in our kitchens, cooking and baking as we stick close to home limiting our contacts. Everyone will have recipes that are tried and true have been using for years, as well as the new recipes we have been testing to add variety to our repertoire as we get through this pandemic.

We also ask that you start talking to any past members that you may be in touch with, to let them know we are looking for recipes from them as well, after all these are the people who have helped SSNM stay active and brought us to our 50<sup>th</sup> year.

Once the committee starts their work, they will be contacting membership for recipes, names of former members, and contact information so we are able to have as many people as possible contribute to this project.

I am looking forward to comparing our 50<sup>th</sup> anniversary book to the one from 25 years ago, I think it will be interesting to see the difference in what we cook now vs what the recipes looked like 25 years ago.

Gwen Koob-Roach, NM

## SSNM 2021 Conference Update

Due to the unknowns of COVID-19, we as your SSMM board are wanting to keep you our members, students, speakers, corporate sponsors and the venue staff as safe as possible.

With this in mind the SSNM Board has decided to postpone our 2021 conference until **October 28th, 2021!** More details to come closer to the date!!

We hope to see you there!!

Stay safe everyone!

Natasha Brandt, NM



### Inside this issue:

CSNM News	2
<i>Are You Sitting in a Front Row Seat?</i>	2
<i>France Gates Scholarship</i>	3
<i>SSNM Membership Renewal</i>	3
<i>Mental Health Awareness</i>	4
<i>Leadership</i>	5
<i>Recipe Corner</i>	6

### Special points of interest:

- 50th Anniversary Cookbook
- Conference Update
- Scholarship Deadline
- 2020 Scholarship Winner
- SSNM Early Bird Draw
- Spicy Lentil & Kale Soup

## Canadian Society of Nutrition Management News

Similar to SSNM, things this past year with the CSNM have been challenging and unlike any other year.

We have struggled to provide value and support to our members during this very challenging time. As the Saskatchewan Representative on the CSNM Board of Directors I have attended monthly meetings and been a member of three different Ad Hoc committees that were formed to work toward an action plan that came out of our last Strategic Planning meeting.

A few of the highlights of the tasks CSNM is working on are; improving our partnerships with our members, employers and corporate sponsors, Recruitment and Retention and our Provincial Structure.

CSNM is taking this opportunity to not only look at the provincial structure across the country but we are also looking at our own CSNM board structure.

As you may or may not know, there is only one other provincial chapter in Canada other than the SSNM. This is the Pacific Society of Nutrition Management. The Ontario Society of Nutrition Management and the Alberta Society of Nutrition Management have both recently dissolved. As SSNM approaches our 50<sup>th</sup> anniversary in 2022, I feel this is something to be very proud of!

CSNM is striving to best represent its members within all provinces and territories even if they do not have provincial chapters.

As my second term as CSNM Sask. Rep. comes to an end I would like to take this opportunity to encourage all SSNM members to consider putting their names forward to take on this role. I have thoroughly enjoyed my four years on the board, learned a lot and formed friendships. If you would like more information on this opportunity please feel free to reach out to me. There will also be several other open board positions for consideration this spring. Please refer to the CSNM mailout and the CSNM Call for Nominations for more information.

Stacey Ginter CNM

President.elect@ssnm.ca

skrep@csnm.ca



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

---

## Are you Sitting in a Front Row Seat?

Like many of you, I joined the CSNM Webinar in January 2021 to hear **Marilyn Sherman** presenting; **Front-Row Leadership**. Marilyn spoke about work, health, friendship, relationships, attitude and how these important areas of life keep us balanced. Marilyn encouraged us to set ambitious goals, as many as 101 specific goals!

Marilyn suggested that when working toward our goals in life, use the SEAT acronym;

S – See the outcome you desire

E – Energy focused toward your vision

A – Attitude adjusted accordingly

T – Tenacity @ full capacity!

One of the thoughts that Marilyn left me with; sometimes the best seat in the house is the Usher with a flashlight to shine a light for other people.

Marilyn's webinar challenged me to strive toward Front Row Leadership and be an Usher for others.

---

The following reminder came across my phone recently that I thought I would share with you;

Wake up each day and set an intention. Determine how you want to feel, get nourished and hydrated, and get your mind focused on what matters most. It's easier to have a great day when you concentrate on it.

-Sylvester McNutt

Have a *great day!*

Charlotte Coote

## France Gates Scholarships

SSNM will be offering two scholarships for the 2020/2021 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, 2021**.

Applications will be reviewed by SSNM's Executive and the scholarship winners will be announced at the 2021 AGM in Saskatoon, Saskatchewan.

Please reach out to your SaskPolytechnic Liaison, Ashley, 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/>



***Congratulations to Ashley  
Koob as the recipient of  
the 2020 France Gates  
Scholarship!***



***Renew your 2021/2022 SSNM  
membership by midnight  
March 16th for a chance to  
win 1 of 2 \$100 Amazon gift  
cards!***

## SSNM Membership Renewal

SSNM membership renewal for 2021/2022 is now active. You will be entered into the Early Bird draw on March 17th if you renew by midnight on March 16th. Membership renewal is active until March 31st.

Active/Subscriber/Corporate

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

Student

<https://form.jotform.com/72821022762248>

The SSNM 2021-2022 Active and Subscriber membership dues have been reduced to \$50. This is due to the pandemic and our limitations as a society in the past 12 months.

CSNM/SSNM dual membership is also active. The SSNM price reduction is included in this amount.

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

## Mental Health Awareness

Mental health is important part of all of our lives, it is an integral and essential component of our health. Many people will face mental health issues during their working years.

In the workplace, *“there can be no health without mental health”*. - *World Health Organization*

Mental illness, just like physical illness, is part of the human condition. People from all occupations, income levels, cultures, age, education, and levels of success can be affected. At some points in our lives we will likely be affected by mental illness. This could be through a family member, a friend, a colleague, or personal experience.

Misunderstanding has caused stigma about mental illness, stigma adds to the suffering caused by mental illness. It also stops many people with mental illness to seek help. One of the best ways to break the stigma against mental illness is to discuss them.

Poor mental health not only hurts individuals, but it can hurt a departments or organizations. By treating mental health equally with the physical environment, a workplace can support workers overall well-being. It is important that all levels of the workplace from the Board of Directors to the staff themselves get involved to incorporate mental health at the workplace. We all have a shared responsibility for health and safety, including mental health. There is no “right way” to create mentally healthy workplaces because every workplace is different. Different factors play a role such as the work being done, people completing the work, leaders of the organization, size of an organization, and external factors that may influence the community.

Workplaces can support mental health by:

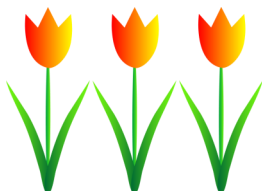
- Encouraging active employee participation and decision making
- Clearly define employees duties and responsibilities
- Promote work-life balance
- Encourage respectful behaviors
- Manage workloads
- Allow continuous learning
- Have conflict resolutions practices in place
- Recognizing employees contributions effectively

Workers can address mental well-being by:

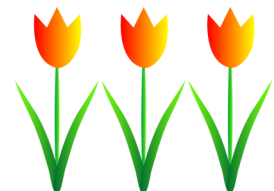
- Seeking help when needed. Talk to your supervisor, human resources, and/or use the Employee Assistance Program.
- Participate in planning with our manager to balance work demands and work load.
- Find a hobby or activity that helps you relax and brings happiness, then do it regularly.
- Share your feeling with someone you trust, or write them down in a journal.
- Acknowledge when things are going well. Celebrate your successes.
- Get to know who you are, what makes you happy, and stress triggers. Learn to acknowledge what you can and cannot change about yourself.
- Develop healthy habits such as regular exercise and sleep, and a balanced diet.

Early intervention is key to mental health.

Cassandra Makulowich  
SSNM President



*Save the Date!! October 28th,  
2021 for the SSNM  
Conference*



# Leadership

A “leader” is not defined by a title, although it can be. A “leader” is primarily defined by the actions of the individual. Are you a “leader?” Do you want to be a “leader?” Are you looking to expand or refine your leadership skills? Leadership Saskatoon offers you that, and so much more! If you are willing to be vulnerable and “trust the process” this program is for you. You will meet participants from various sectors and backgrounds, building connections that last a lifetime.

You will endeavor through a ten-month program where participants typically come together for challenge days once a month. Each challenge day includes a topic important to those who want to lead. You will take a look within yourself, along with looking at the big picture. You will learn about your MBTI Personality Type, complete a 360-degree assessment, and assess your values and mission in life. You will also learn about, and participate in, discussions about feedback, emotional intelligence, conflict, along with diversity, inclusion, and equity. You will also take part in a team project and often reflect on the learnings of the program. This program also includes a mentorship part, where participants are paired with a mentor for the last half of the program. Often these relationships continue well after the program has ended.

As a previous participant of the Leadership Saskatoon program, I encourage you to consider this program. Your opportunities are endless...

## Leadership Saskatoon

Educating Leaders, Strengthening Community

<https://www.leadershipsaskatoon.com/>

To cover the costs of the program you may want to inquire with your employer, foundations, or CSNM to see if there are scholarships or grants available to assist you.

Submitted by: Shanna Hansen



WANT **EXCEPTIONAL** PURCHASING VALUE?

Find out how a membership with Complete Purchasing Services can assist your operations:

William Chan  
Account Manager  
306.292.7228  
chan-william@aramark.ca







Contact us at:

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

**Saskatchewan Society of Nutrition Management**

**P.O. Box 9685**

**Saskatoon, SK**

**S7K 7G5**

**Facebook**

[https://  
www.facebook.com/Saskatchewan  
SocietyofNutritionManagement/](https://www.facebook.com/SaskatchewanSocietyofNutritionManagement/)

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

## 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

### **Spicy Lentil & Kale Soup**

1/4 cup *Kraft Calorie-Wise* Balsamic Vinaigrette Dressing

2 carrots, peeled, chopped

1 large baking potato (1/2 lb./225 g), peeled, chopped

1 onion, chopped

2 cloves garlic, minced

1 bay leaf

2 tsp. paprika

1 L (4 cups) water

3 cups 25%-less-sodium chicken broth

1 can (14 fl oz/398 mL) no-salt-added diced tomatoes, undrained

1 cup dry lentils

4 cups tightly packed kale

1/4 cup *Kraft* 100% Parmesan Light Grated Cheese

Heat dressing in Dutch oven or deep large skillet on medium-high heat. Add carrots, potatoes and onions; cook 5 min. or until crisp-tender, stirring occasionally. Stir in garlic, bay leaf and paprika; cook and stir 2 min.

Add water, broth, tomatoes and lentils; stir. Bring to boil; simmer on medium-low heat 30 to 35 min. or until lentils are softened. Stir in kale; cook 5 min., stirring occasionally. Discard bay leaf.

Serve soup topped with cheese. Makes 10 servings.

<https://www.kraftwhatscooking.ca/recipe/spicy-lentil-kale-soup-129885?categoryid=1000069>

