

**Saskatchewan Society
of Nutrition
Management**

Nutrition Management Today

December 2023

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Special points of interest:

- * 2024 SSNM Conference Date & Keynote Speaker
- * Scholarship Winner Essay and Photo
- * SSNM Bylaw Changes
- * Board Opportunities

Thanks to the Industry Banquet

On May 5, 2023 the annual Program Advisory Committee (PAC) meeting was held at Sask Polytech, and that evening the Thanks to the Industry banquet was held in the Dining Room on campus.

This dinner is the programs way of thanking industry partners for the time they spend mentoring students during placements, offering tours etc.

As the FNM program no longer has a catering class the evening was catered by the Hotel & Restaurant students, and was once again a very nice evening with amazing food.

Leanne McFarland (program head) gave a presentation on a 3 day trip the students made in partnership with the College of Veterinary to LaRonge. The FNM students were there to provide food services to the Vet Med students who go to this area to provide care to animals in and around the LaRonge area.

Along with working to provide meals for the Vet Med workers, FNM students also had an opportunity to learn about the First Nations history and traditions in the LaRonge area. Students enjoyed this experience a great deal and this will continue on in future years. This is such a great way for students to gain hands on experience in so many aspects of not only food service but the history and traditions of the area.

The dinner was a 3- course meal Italian themed meal. Upon arrival everyone was greeted with a Mojito to drink, as we moved to our tables and got ready for the meal.

Our starters were Arancini (Italian meatballs in a marinara sauce), main course was a stuffed chicken breast, on a bed of Polenta and served with vegetables. Finally, dessert (if you actually had room for it) was a Cannoli and a chocolate glazed cake, on a raspberry puree.

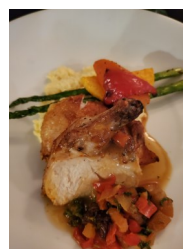
As always, the dinner was amazing and something I think many of NFS Managers and FSS look forward to every year.

Our next PAC meeting has been set for May 16, 2024 and the Thanks to the Industry dinner the same evening.

Submitted by:

Gwen Koob-Roach NM

SaskPolytech Liaison



Donation to STARS

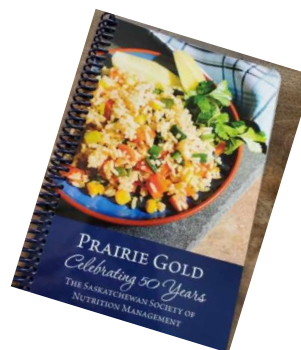
When the idea of printing a cookbook for our associations 50th anniversary was first conceived, it was decided that any monies we made would be donated to a charity. At the time we did not know what that charity would be. The committee chose STARS, as that organization.

It has taken awhile but we finally have a total. SSNM has been able to donate \$1446.00 to STARS from our cookbook sales.

Thank you to all those who contributed recipes and purchased the book, to help make this donation possible.

The final step of this project is to send thank you letters to our advertising sponsors letting them know what organization they have helped to sponsor.

SSNM Cookbook Committee



France Gates Scholarship Winner 2023

My name is Maica Lomat. I am an international student taking up Food and Nutrition Management at Saskatchewan Polytechnic in Saskatoon campus. I was born and raised in the Philippines and is married to a wonderful and loving partner, Rene. I am already in my Year 2 and will be graduating this May 2023. I am writing to apply for the SSNM France Gates Scholarship. I strongly believe that all my academic achievements in the present and in the past semesters make me qualified for this scholarship. This scholarship will be very helpful for an international student like me.

My primary motivation to study food and nutrition was something personal. As I was growing up, both of my parents suffered from chronic diseases: Diabetes Mellitus and Cerebrovascular Accident, which led to their early deaths. I was only 15 years old at that time (I am 32 years old now). Both were caused by unhealthy lifestyles, mainly where it concerned food. This situation awakened me to the importance of food and nutrition and how it helps to manage diseases. With this reason, I decided to pursue Bachelor of Science in Nutrition in the most prestigious university in my country, University of the Philippines and graduated last 2013. During the same year, I took and passed the licensure exam for Nutritionist-Dietitians securing my license. I can still remember during my practicum in the hospital, I can't help but notice that most of the patients say that foods in the hospital are not that tasty. This comment has stayed on my mind even after I graduated. So, after two years practicing my profession, I decided to pursue more education. I took up a diploma in Culinary Arts at the American Hospitality Academy in the Philippines, which ran for a year, and this awarded me a diploma last 2016. My culinary education has helped me to gain knowledge on how to prepare meals

that are not only healthy but also enticing, appetizing, and tasty.

Looking back on my past work experiences, my first job was a Registered Nutritionist in a fitness center named Slimmers World International for almost 2 years. After that, I worked as a Registered Nutritionist in Amway Philippines for a year, which is a well-known company that sells healthcare products. In both jobs, I was mainly in charge of nutrition counseling for clients, personalizing their meal plans, and conducting wellness talks. I both enjoyed my roles working as a Nutritionist as it helped me to learn more about food and nutrition and to identify my clients' needs. In 2016, I got very interested in working in another area of my profession which is in food service. I was hired as a Store Supervisor of a salad bar in the Philippines named SaladStop. My work is mainly supervising, training the employees, and working on the store's daily reports. I really enjoyed this job as I was able to learn different skills from receiving stocks, to doing monthly inventories, to preparations of ingredients, to making the salads, and to being the cashier. During that time, I noticed that I still lack skills when it comes to managing and handling people. I thought of studying again management course but my budget at that time was limited so I decided to try another path and work as a full-time self-employed professional last 2017 as there are recent reviews that working as a freelancer is a very good way to earn good amount of money. I worked on different projects online with clients all over the world using an online platform called Upwork. My projects are mostly nutrition counseling, nutrition assessment, meal plan creation, recipe creation, recipe development, recipe testing, nutritional analysis, recipe video creation, and food photography.

Being able to work with different people around the world, I learned a lot about their culture, innovations, and advanced technologies when it

comes to food and nutrition. Working for years as a freelance Nutritionist, I realized how important food and nutrition is and how this can help improve people's lives and from this experience. And from this, I know already what I wanted to build in my professional life. As I get older, I have learned that one of the things that people should not stop doing is learning. Having experience working with different clients all over the world has become my inspiration to pursue another study and this time I chose to study outside my country. After 3 years of hard work and perseverance, I saved a very good amount of money to be able to pursue another study. This time, I decided to do an international study. I always have great admiration for Canada as according to my research, it is a multicultural country with top-ranked education. Canadian education provided extensive learning through different activities, workshops, and projects and has a well-structured model for international students. As I look for schools, my research reveals that Saskatchewan Polytechnic has a very good reputation when it comes to learning as it offers a kind of education that involves learning by experience and hands-on practice. Food and Nutrition Management offers many new courses that I haven't studied yet with my bachelor's degree in the Philippines, which is more on the management side, which I believe are the skills that I need to learn and improve.

With all the help of my program and elite instructors in the past years, I was able to get a casual job as Food Service Worker in Saskatchewan Health Authority, both in City Hospital last October 2022. SHA has been treating me very well, they trained me in different roles and conducted orientations which are all beneficial as I continue to

France Gates Scholarship Winner 2023 - cont.

work in the Food and Nutrition department. After just a month, I applied and was invited to do a permanent role as a Food Service Worker in Luther Special Care Homes. I am very grateful for all the learnings I gained in studying Food and Nutrition Management as I was able to apply them on my current job in SHA now. I am very thrilled to finish my study and apply all the knowledge, skills, and training I have learned in studying my program. My dream role is to be a Food Service Supervisor or Manager of a facility. Honestly, I cannot wait for what's in store for me in the future as I always love anything that involves food, nutrition, and health and these areas continue to be the cornerstones upon which I want to build my professional and personal life, going into the future.



Gwen Koob presenting Maica Lomat with her \$500 France Gates Scholarship at the SSNM Conference. Congratulations Maica!

Recipe Corner

Perfect Perogy Casserole

16 to 20 perogies (frozen)	1 tbsp. margarine
1 onion, chopped	10 oz. can condensed mushroom soup
1 green pepper, chopped	1/2 c. cooked ham, diced
1/4 c. milk	1/4 c. Cheddar cheese, shredded

In a skillet, melt the margarine and sauté onion and green pepper for about 5 minutes.

In a medium size casserole dish, combine frozen perogies, onion and green pepper mixture and ham. Combine the milk and the condensed mushroom soup and pour over casserole. Top with shredded Cheddar cheese. Bake in 350F oven for approximately 35 minutes or until cooked.

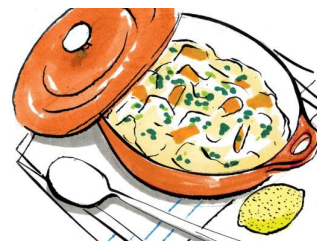
Serve.

You can add more ham to this recipe and bake for about 50 minutes.

Dione Lovelace

Prairie Gold—Celebrating 50 Years

Main Dishes



SSNM Bylaw Changes — AGM May 2023

During our SSNM AGM in May of this year, SSNM members voted on the following changes to the SSNM Bylaws:

Bylaw Change #1

- 2.01 a) There shall be the following classes or categories of membership in the Society:
- i) **Active** - Members of CSNM.
 - ii) **Student** - any student enrolled in a CSNM accredited program.
 - iii) **Corporate** - corporation or company which is interested in the activities of the SSNM.
 - iv) **Honorary/Life** - chosen by the Board of Directors and ratified by the membership to be a lifetime honorary member as a result of significant contribution to the Society or it's objectives.

We would like to make a motion that going forward this would read;

- 2.01 a) There shall be the following classes or categories of membership in the Society:
- i) **Active** -All non- student, corporate or honorary/life members.****Former Subscriber members would become active SSNM members and would have the same rights as original active members****
 - ii) **Student** - any student enrolled in a CSNM accredited program.
 - iii) **Corporate** - corporation or company which is interested in the activities of the SSNM.
 - iv) **Honorary/Life** - chosen by the Board of Directors and ratified by the membership to be a lifetime honorary member as a result of significant contribution to the Society or its objectives.

Bylaw Change #2

- 2.03 a) Any member in good standing of the Society may resign by written notice to the Board of Directors.
 b) a former member of the Society to which Article 3.03 a) applies may be reinstated as a member of the Society at any time upon payment of the membership fees of the current fiscal year **and provision of proof of current CSNM membership.**
 c) any former member who has forfeited her/his membership may be reinstated to membership upon payment of a reinstatement fee which shall be one year's membership's fee **and provision of proof of CSNM membership.**
 We would like to make a motion to remove the last portion of subsections b & c that are **highlighted in blue.**

This bylaw change is also in reference to removing the CSNM membership requirement from the SSNM membership criteria.

Bylaw Change #3

Article 5 Board of Directors

5.01-To hold office on the Board of Directors a member must be a member of good standing of both SSNM and CSNM.

We would like to make a motion to revise the bylaw to read:

5.01-To hold office on the Board of Directors a member must be a member of good standing of SSNM.

Bylaw Change #4

SSNM has started using Electronic Funds transfer for payments and the bylaw that references signatures should be revised to reflect this change.

The current bylaw that speaks to signatures is;

8.02-All cheques shall be signed by any two of the following, the President, President Elect, or any other member of the Board of Directors so designated by the Board of Directors from time to time.

We would like to make a motion to revise this bylaw to read:

8.02-All cheques shall be signed by any two of the following, the President, President Elect, Treasurer or any other member of the Board of Directors so designated by the Board of Directors from time to time. All electronic funds transfers will be created by the Treasurer and seconded by the President or any other member of the Board of Directors so designated by the Board of Directors from time to time.



Change Your Brain Every Day

I added a book to my mental health toolkit this year and would like to share it with you:

Simple Daily Practices to Strengthen Your Mind, Memory, Moods, Focus, Energy, Habits, and Relationships

Author; [Daniel G. Amen, MD](#)

This book offers theory and 366 daily practices that you can put into action, for example here is a portion of the daily practice from page 223:

Day 219

Start Every Day with [“Today is Going to Be a Great Day!”](#)

Habits matter. They ultimately control your life. Develop the habit of starting each morning by saying, [“Today is going to be a great day”](#).

Where you bring your attention determines how you feel. If you want to feel

happier, start the day by directing your attention to what you are excited about, what you like, what you want, what you hope for, and what makes you happy, rather than the negative.

By saying “Today is going to be a great day”, you will be directing your mind to see what is right, not just what is wrong, which is so easy

to find.

Today’s Practice: Start every day for the next year with “Today is Going to Be a Great Day!”

Adapted from the following publication,

Change Your Brain Every Day

Author; Daniel G. Amen, MD

Charlotte Coote NM



www.csnm.ca



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The Importance of Teamwork

As I sit down to write my submission for this edition of the SSNM newsletter I have just returned from a productive 4 day CSNM (Canadian Society of Nutrition Management) Board of Director's Fall Retreat in Victoria, British Columbia.

This topic came to me naturally while I was working with the other board members of CSNM. Our retreat was such a great experience that focused on the different aspects of team building.

Team building is essential for our success as a CSNM board as well as for our success as the board of SSNM. No matter the size of your group, the people who are leading the group need to work cohesively to keep the best interest of the group as the number one priority.

Our work lives are also full of different teams that benefit from having different viewpoints, backgrounds and various skill sets. Through the differences it is important that they are all working towards the same goals that represent the team.

Team building is an ongoing process that helps a group evolve and grow into a successful unit.

To have a successful team, the team members need to not only share expectations for accomplishing group tasks, but they need to trust and support one another while also respecting one another's differences.

Some key elements to building a great team include; the right people, commitment from all team members, good communication and team members that are complementary in strengths, and have shared values.

Motivating a team to work well together to achieve the vision of your group is not always easy. Some tips to help motivate your team include; setting clear goals, encouraging open communication, recognition and reward for your team and always being open to receive from and give feedback to your team members.

Whether your team is large or small, the success of it can really be effected by your preparation and approach to your interactions with your team. As we all know, people all have their own way of looking at things and even dealing with stresses.

I am sure everyone has heard the phrase "Teamwork makes the dream work". This phrase essentially means that dividing tasks and responsibilities among a team can lead to better outcomes than a single person doing the same task. If there is a problem that comes up, a single individual might have one solution, but a team will have as many solutions as there are in the team.

Stacey Ginter CNM

SSNM Past President

Past.president@ssnm.ca

SSNM Board of Directors 2023-2024

<u>Past-President</u>	Stacey Ginter	past.president@ssnm.ca
<u>President</u>	Karen Kwan	president@ssnm.ca
<u>President-Elect</u>	VACANT	president.elect@ssnm.ca
<u>Secretary</u>	Charlotte Coote	secretary.membership@ssnm.ca
<u>Treasurer</u>	Shanna Hansen	treasurer@ssnm.ca
<u>SaskPolytech Liaison</u>	Gwen Koob-Roach	SaskPolyTech.liaison@ssnm.ca
<u>Conference</u>	Natasha Brandt	conference@ssnm.ca
<u>Communications</u>	Laurette St. Jacques	info@ssnm.ca

SSNM Opportunities

Are you interested in volunteering? We have many board positions coming vacant in the spring, with varying amounts of commitment required. Volunteering on the SSNM board only requires you to be a member of SSNM. You will benefit from networking, learning about the board and SSNM, learning about board meeting procedures, increasing your leadership skills, having a valuable experience to include on your resume, and the ability to attend the annual conference, to name a few. If you are interested in hearing more please reach out to anyone on the board. We would be happy to tell you more about the roles and would be excited to have you on the board!

7 HABITS OF HIGHLY EFFECTIVE PEOPLE

BY STEPHEN R. COVEY | ILLUSTRATION BY NATHALIE TU

1 BE PROACTIVE

FOCUS ON YOUR **CIRCLE OF INFLUENCE**.
TAKE RESPONSIBILITY FOR YOUR REACTIONS TO YOUR EXPERIENCES.



2 BEGIN WITH THE END IN MIND.



HOW DO I WANT TO BE REMEMBERED? WHO DO I WANT TO BE? WHAT ARE MY VALUES? WHAT DO I WANT TO ACHIEVE? ...

↳ WRITE A MISSION STATEMENT

3 FIRST THINGS FIRST

- ① URGENT & IMPORTANT → DO!
- ② NOT URGENT & IMPORTANT → PLAN!
- ③ URGENT & NOT IMPORTANT → DELEGATE
- ④ NOT URGENT & NOT IMPORTANT → ELIMINATE!



4 THINK WIN-WIN



CREATE **MUTUALLY BENEFICIAL** SOLUTIONS IN YOUR RELATIONSHIPS.

5 SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD.



USE **EMPATHIC LISTENING** TO UNDERSTAND A PERSON GENUINELY

THIS WILL CREATE A CARING & PROBLEM-SOLVING ATMOSPHERE

6 SYNERGIZE



COMBINE YOUR STRENGTHS TO ACHIEVE GOALS THAT WOULD OTHERWISE BE IMPOSSIBLE FOR INDIVIDUALS TO ACHIEVE.

$$1 + 1 > 2$$

7 SHARPEN THE SAW

CONTINUOUS SELF-RENEWAL & SELF-IMPROVEMENT



MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL

4 MAIN AREAS

HOW TO MANAGE YOUR MENTAL HEALTH AS A LEADER



MINDSET



Adopt a proactive mindset towards looking after your mental health and prepare to be ready to deal with upcoming challenges

MONITOR



Regularly monitor and check in with your mental health so you understand what things you can keep doing to stay fit for purpose

TEAM SUPPORT



Resilience and mental health is not a solo pursuit. Use the support and help of others to stay mentally fit

ENVIRONMENT



Be clear of the demands of your environment. Understand what you have coming up for you and the impact it has on stress levels

STRESSORS



Be aware of your stressors and triggers. Write down what things you can do reduce or minimise these

BALANCE



Make sure you have a healthy balance between work and home life. Know when to switch off

TALKING



It is okay to have an off day and not feel okay. Don't be afraid to ask for help or share with others how you are feeling and what you are thinking

THRIVING



Understand the regular habits and behaviours you need to engage in physically and mentally to help you thrive. Schedule these into your daily routine

@BELIEVEPHQ



Sask Poly Tech Update

On August 31st, myself and Monica Wihak (Sask Rep to CSNM) met with the Food & Nutrition Management 1st and 2nd year students to give them an overview of both SSNM and CSNM. Our job is to explain what these associations are and what as student members they can gain from accessing the resources offered by both organizations

Students registered for CSNM & SSNM while we were doing our presentations. At the time of our presentation there were approximately 22 students registered in first year (numbers still not confirmed at that time) and 21 students registered for second year. These are encouraging numbers for the program and help to ensure the program will carry on past its 60 years.

Our hope is that sometime in the new calendar year we will be able to have some kind of an event that members and students can attend together. Students can ask members any questions they may have about job opportunities now and in the future, potentially search our field placements, speakers for classes etc.

Gwen Koob-Roach NM
Sask Polytech Liaison.



60 Years of Food and Nutrition Management

The Food and Nutrition Management Program began in 1963 in response to an identified need for trained supervisory personnel in both the health care and commercial sector of the food service industry. The initial program began as a two-year diploma program with an initial enrollment of 7 students. The program steadily expanded to a high of 48 students in 1974. At this time the Hotel and Restaurant Administration Program was implemented, and the Food and Nutrition Management Program dropped to a capacity of 24. These two programs took several courses together initially, but over the years began to diverge and finally split from one another in 1985.

There have been a number of course title changes over the years. The present course name was chosen to reflect the change in the professional organization of the graduates from the Canadian Food Service Supervisor's Association to the Society of Nutrition Management. Many of the food service departments in the health care industry have changed to departments of Food and Nutrition.

Program Titles	Years
Food Service Technology	1963 - 1979
Dietary Services Administration	1979 - 1983
Food Services Administration	1983 - 1997
Food and Nutrition Management	1997 - present



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

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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

Gingerbread Cookies

1 1/2 c. oil	4 tsp. baking soda
5 c. flour	1/4 tsp. salt
3 eggs	2 tsp. cinnamon
2 c. sugar	1 tsp. cloves
1/2 c. molasses	2 tbsp. ginger



Mix all ingredients together ensuring well mixed. Set dough in fridge for 3 hours or overnight to chill.

On a lightly floured surface, roll dough to 1/4 inch thickness. Cut into desired shapes. Place on ungreased baking sheets. Bake in 350F oven for 8 to 10 minutes or until edges begin to brown.

Cool on wire rack. Once cookies are cooled, they are ready to be iced and decorated.

Bonnie Yakiwchuk

Prairie Gold—Celebrating 50 Years

Cookies, Bars & Candy
