

Summer Issue
August 2017

Nutrition Management Today

CSNM One Voice Summit

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We represented SSNM at the One Voice Summit in beautiful Ottawa on June 14, 2017. Joining us were representatives from the provincial chapters and CSNM. The objective of the summit was to get all provincial chapters on the same page and work towards a clear structure to become one voice. Each provincial chapter was responsible for presenting a ten-minute PowerPoint, with five minutes of questions and discussion at the end. From the presentations, each chapter identified their challenges and successes to the group.

We were divided into smaller groups for the second part of the summit. The groups consisted of representatives from different chapters and CSNM. Each group was given two questions by the facilitator, for a total of eight questions. Even though each question was different, we noticed a lot of the answers were related to each other. This left us feeling that even though the chapters have different legislations and sizes, we are all working towards the same goal.

The SSNM board of directors feel that our current state could be improved to better the future of SSNM and our profession. We envision a stronger future for SSNM by moving forward with combined membership fee. How this would look like is that members of CSNM in Saskatchewan would no longer have the option to opt out of being a SSNM member.

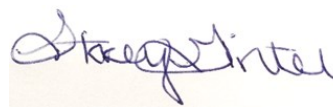
The main takeaway for us at the summit was the realization that lobbying the government to certify our profession is everyone's top priority. We were fortunate to have been asked by CSNM to present you, our members at the summit. It was an opportunity for us to showcase our strengths but also talking about our challenges. The feedback given to SSNM was very positive, taking into account the size of our chapter.

Special points of interest:

- 2018 Conference Date
- Scholarship Winner
- SSNM 2017/2018 Board Photo
- SSNM Honorary Life Member
- Conference Pictures
- Summer Salad



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Honoring Jean Van Nus

The following presentation was given by Lynne Fitzsimmons.

Hello everyone, what a very nice night and good to see all of you! I am here to honor a special guest with us tonight, Jean Van Nus.



Why we are honoring her?

She is a lady who has given so much to the society over the past many years. She is truly one of the many reasons we are still here today and strong. Jean served the Society for more than 20 years. Can you imagine that along with raising her family and a full time job? That should tell you that she is very passionate, committed and enjoyed the profession.

Jean did not know we were going to honor her tonight. She signed up to be here to recognize SSNM's 45th anniversary. That makes it more special to me. When we look back at all she has done here are a few highlights:

- Part of the committees who put together the Chapter of the Year and Newsletter of the Year for SSNM
- She was the founder of the SSNM Mentorship Program that matched Board Members up with Students from SIAST
- She held positions from Nominations, Member at Large South, Education, Secretary, Kelsey Liaison, President Elect, President, Past President and Treasurer for 10 years!

Past Board members describe Jean as a leader and a mentor. She is patient, a good teacher, and always considered what was best for the member. I think that is what we all will remember most about Jean.

On behalf of all SSNM members I would like to present a gift to Jean to let her how much she has meant to all of us and to let you know that at tomorrow's SSNM AGM we will be nominating Jean for a Honorary Life Membership with SSNM. We look forward to your support on that motion.



Jean was successfully nominated with a Honorary Life Membership during our SSNM AGM.

Congratulations Jean!

Jean Van Nus & Lynne Fitzsimmons

Save the date!
46th Annual SSNM
Conference.
Friday, May 11,
2018

SSNM Student Representative

My name is Mike McAllan and I'm the SSNM student representative. In May, I finished my first year at Saskatchewan Polytechnic studying Food and Nutrition Management. My interest in nutrition started when I had to put together a diet for myself to either lose or maintain weight while competing in wrestling back in high school. My friends and family knew I was researching nutrition so they would ask me questions about what they should and shouldn't eat, and more often than not I would have an answer for them. This happened a lot, and it got to a point when I figured I could make a career out of it. After weighing my options, I decided the Food and Nutrition Management course at Saskpolytech was the way to go.

Taking this course is easily one of the best choices I've made. I am taught by some awesome instructors alongside some amazing classmates and future co-workers. When I heard that the SSNM needed a student representative, I jumped on the opportunity. I saw it as a way of getting to learn more about our industry from the board members, and I can honestly say that I have. I will strongly encourage the students of the Food and Nutrition Management course to join the SSNM board when I get back to school, and for years to come when I'm in industry. I look forward to representing the SSNM as their student rep for the next year.

Mike McAllan

SSNM student representative



A person will eat an average of 35 tons of food in his or her lifetime, or 1,500 pounds of food a year

(Fieldhouse, Paul. 1995. *Food and Nutrition: Customs and Culture*. 2nd ed. New York, NY: Chapman & Hall)

Check out our Website!

www.ssnm.ca

Celebrating 45 years of the SSNM



France Gates Scholarship

Every year, the SSNM offers 2—\$500 scholarships for a student enrolled in FNM in first and second year. The students are required to meet a certain criteria. This year, Courtney Cross was the winner of the first year scholarship. Unfortunately, we didn't have any applicants from second year.



The following is Courtney's essay submission:

When I finished high school, I did not know what my career path would be. I took a year off school to work and consider what I really wanted to do. During my time off after high school I continued to work in a restaurant as a hostess, where I worked for 2 and a half years. It really opened my eyes to the commercial food business. When summer came around I was supervising staff at Emerald Lake Regional Park, where I have spent my summers working the last 5 years. There, I was a store supervisor and helped my staff out by training them and solving any problems they had. Both of those jobs were great experience to start me out in the work force and set me on my chosen path.

I always found myself involved with sports by either volunteering or playing them myself. In high school, I volunteered as a football manager, dodgeball referee and basketball score keeper. Most of my life I was a competitive cheerleader and dancer. With my love of cheerleading growing bigger in high school, I assistant coached my team after graduation. One thing I knew for sure was that healthy living was important.

I tossed around the idea of going in to a trade or university but nothing was really appealing. In the summer of 2016 I was on the Saskatchewan Polytechnic website browsing through programs when I stumbled upon Food and Nutrition Management. It made me realize that over the years my life has been focused around food, nutrition and healthy living. I felt like this program had been designed for me. When I found this program, it was late in the summer and I did not know if I would even get in. By luck, I was accepted with 2 weeks until school started. I feel like this was my chosen path and it was meant to be. This program has so many wonderful opportunities and I can truly spread my wings and succeed.

continued on the next page.....



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Saskatchewan Society
of Nutrition
Management

After my first year of this program, I am working hard and hope to make the Dean's list with my marks. I have had the chance to do a work placement and am now currently employed at St. Ann's Senior Citizen Village as a food service worker where I am working for a former graduate of the Food and Nutrition Management program. I love the health care field and I cannot wait to see where this job takes me. Whether I stay in health care, or decide to move into a different area, this program has opened a world of opportunities to me, and I am ready.



Congratulations Courtney!
Good luck in your second year.



Courtney Cross & Gwen Koob-Roach

Celebrating 45 years of the SSNM



2017/2018 SSNM Board



From left to right: Back row; *Umair Kharral, Natasha Brandt, Shanna Hansen, Laurette St. Jacques, Stacey Ginter, Kim Fendelet.*

Front row; *Mike McAllan, Leanne Kolbe, Karen Kwan, Jayci Merkosky.*

President – Karen Kwan

President-Elect – Kim Fendelet

Past President - Stacey Ginter

Treasurer – Shanna Hansen

Secretary/Membership -Jayci Merkosky

Conference Chairperson – Natasha Brandt

Communications Chairperson – Laurette St. Jacques

Social Media – Leanne Kolbe

Food and Nutrition Management Sask Polytechnic Liasion – Umair Kharral

Student Representative – Mike McAllan



Curious about your favorite restaurant? Check out the CFIA inspections on <http://healthinspections.saskatchewan.ca/Restaurants>

If you have any questions about becoming a SSNM Board Member, please send us an email at "info@ssnm.ca"



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William Chan
Account Manager
306.292.7228
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Saskatchewan Society of Nutrition Management

Contact us at:

info@ssnm.ca

or

Saskatchewan Society of Nutrition Management

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<http://www.ssnm.ca/>



<http://www.csnm.ca/>

History

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

Summer Watermelon Salad with Cucumber, Feta and Mint

Ingredients

For the Honey Vinaigrette

- 2 tbsp. honey
- 2 tbsp. lime juice
- 1 tbsp. olive oil
- pinch of salt

For the Watermelon Salad

- 1 5 lb watermelon, peeled, cut into cubes
- 1 English (or Hot House) cucumber, cubed (about 2 cupful's of cubed cucumbers)
- 15 fresh mint leaves, torn
- 15 fresh basil leaves, torn
- 1/2 cup crumbled feta cheese, more to your liking

Instructions

1. In a small bowl, whisk together the honey, lime juice, olive oil and pinch of salt. Set aside for a moment.
2. In a large bowl or serving platter with sides, combine the watermelon, cucumbers, and fresh herbs.
3. Top the watermelon salad with the honey vinaigrette and gently toss to combine. Top with the feta cheese and serve!

- **Author:** The Mediterranean Dish
- **Prep Time:** 10 mins
- **Total Time:** 10 mins
- **Yield:** 4
- **Category:** Salad
- **Cuisine:** Mediterranean

