



Saskatchewan Society of  
Nutrition Management

# Nutrition Management Today

November 2022

## SSNM 50th Anniversary Cookbook Update

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### Special points of in- terest:

- \* Cookbook Update
- \* 2023 SSNM Conference  
Date
- \* Scholarship Winner Essay  
and Photo
- \* CSNM Lobbying Update
- \* Soft Ginger Cookies
- \* Cabbage Roll Casserole

### Anniversary Cookbook Update

Our 50<sup>th</sup> anniversary cook-  
book has sold very well to  
date, and at this time have  
approximately 40 copies  
left to sell.

As you know it was decid-  
ed during the time of devel-  
opment of the book that  
any profits made would be  
donated to charity. The  
charity that has been cho-  
sen is STARS, this deci-  
sion was made based on  
the fact that it is a service  
that truly serves the entire  
province. Most of us can  
easily think of a couple of  
events over the past sever-  
al years where this service  
has played a crucial part in  
saving lives, and there are  
probably few communities  
throughout the province  
that have not had STARS

provide service since its  
arrival to our province.

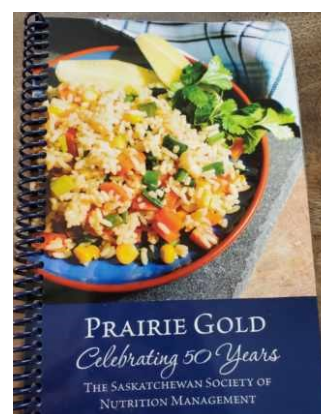
Our goal now is to sell all  
copies we have in invento-  
ry so we can make this  
donation as soon as possi-  
ble.

If anyone is interested or  
has friends or family who  
may be interested in pur-  
chasing a copy, please  
contact anyone of the  
committee members or  
anyone from the SSNM  
board and we will make  
sure to get you a copy.

SSNM board members  
can be reached through  
the email addresses post-  
ed on our website.

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## 2023 SSNM Conference

Save the date for the 2023  
SSNM Conference on **May  
4th** at the REMAI Centre in  
Saskatoon.

We look forward to seeing  
you all there!

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## Cattle Upcycle French Fries and More Into Nutritious Beef

**Would you like fries with that?  
Turns out, even cows will say  
yes to that question.**

Celebrating 25 years in business in August, Kasko Cattle Company is a cattle feeding and farming business in Lethbridge, Alberta, that feeds just over 40,000 head of cattle annually. Generally, that feed is silage and grain, but sometimes the cattle get a special treat, like french fries.

Kasko Cattle Company owner Ryan Kasko says they got into the potato business in 2010 when they purchased a feedlot near Taber that had been utilizing french fries and other potato by-products from a local plant. The inherited arrangement saw the feedlot take the peelings and any french fries or other potato products the processor couldn't use and feed them to their cattle.

While potatoes only make up a small part of the cattle's ration – between 10 and 15 per cent – Ryan estimates they still divert thousands of tonnes of potato waste from the landfill each year, making it a win for the environment as well.

### A diverse diet

Potatoes aren't the only products people eat that Kasko Cattle Company feeds to their cattle. They have had a similar arrangement with the local sugar beet factory when it wasn't able to process all its beets.

"There's various feedlots that were able to use those beets, chop them up and feed them to the cattle," says Ryan, adding that while Kasko Cattle Company has only been doing this for the past 12 years, he believes having the sugar beet factory so near helped grow the local cattle feeding business.

"I would say the cattle feeding business started in part because there was sugar beet factories close by," says Ryan, explaining that back in the old days people would feed sugar beet pulp because of access to a product that would help grow cattle and that was relatively cost effective. "We're not doing anything special; feeding by-products is quite common in the livestock sector." "There's all kinds of people doing this," he says, adding they, as well as other feedlots, are also feeding [distillers grains](#) while others feed apples, carrots and grapes.

Of course, nutrition for the cattle is always a top priority and, no matter what they feed them, the key is to have a nutritionist involved to ensure the cattle receive a balanced ration. "It's a win-win for us and the processing plants because they have product that's not good for humans but the cattle can turn it into high-quality protein," says Ryan. "It's a cost-effective way of feeding our cattle, but it also reduces food waste and saves money because to put it into a landfill would be very expensive."

By; Trudy Kelly Forsythe

*Article adapted from Canadian Food Focus*




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### What is Canadian Food Focus?

Canadian Food Focus is a place to tell our food and farming stories. Explore how food is grown and raised, try recipes, and find useful advice from experts to help people make confident food choices. In short, we celebrate the *great food grown here!*

Our ultimate goal is to improve food literacy of Canadian consumers from farm to plate. We do this by providing information about farming and food through articles, video and social media posts created by food influencers and experts including farmers, ranchers, dietitians, home economists, and chefs.

To learn more:

- Check it our website: <https://canadianfoodfocus.org/> Our website features sections for In Your Kitchen, Recipes, Health, Canadian Food Stories, On the Farm, What's in Season and a new Learn to Cook area.
- Follow us @CDNFoodFocus on Facebook, Instagram, Twitter, Pinterest, YouTube with the hashtags #LoveCDNFood, #LoveCDNrecipes and @LoveCDNFarmers.
- Sign up for one of our monthly Great Food Grown Here newsletter: <https://canadianfoodfocus.org/newsletter/>
- Join our Farm Food Focus community, a professional development hub for food professionals including dietitians, home economists, food writers, chefs, food media, and culinary & dietetic students. We share content regarding professional development or networking opportunities including upcoming courses, webinars and events. As well as new resources and information developed by our Canadian Food Focus Contributors. Join here: <https://canadianfoodfocus.org/farm-food-focus-community/>

Charlotte Coote, NM  
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## France Gates Scholarship Winner 2022

"My previous jobs and what I'm hoping to be in the future"

I am applying for the SSNM France Gates Scholarships. I believe that my academic record, and academic integrity values makes me a good candidate for the scholarship. I graduated with a degree in Bachelor of Science in Hotel, Restaurant and Tourism Management in the Philippines in the year 2010. Subsequently, after I graduated, I got an opportunity to work in Manila, but I was not ready to be away from my family. Instead, I grabbed the opportunity to work as a General Sales Executive in COCA-COLA FEMSA in our province. Even though I was recognized in my chosen career and well compensated, I was not happy with my job. I quit my job and tried to find a job that related to Hospitality Industry, but all the options will mean I have to work away from my family which was my last option. I finally decided to work in Dubai, to be independent and to learn more about my capabilities. Sadly, I ended up pursuing the interview scheduled for me by GARGASH ENTERPRISES and I was hired as assistant sales admin cum receptionist which is not again related to the food service industry. Through this I have learned to multi-task and be patient. I

also learned the value of time, hard work and dedication. I couldn't identify the career path despite the fulfillment and enjoyment that I have in my previous job in Dubai. There was no growth, and I seemed to be lost in my career plan and my future goal for the past 7 years. My future goal is to have a career in a hospitality industry to provide a good quality of food service to the people. The competition in this industry nowadays is high. With my age (31) and my previous work experiences are not related in this industry. I've decided to pursue my international studies because this will be a great help in achieving my goals. This two-year diploma program for Food and Nutrition Management will give a strong base knowledge and develop a fine-tuned skill in food, nutrition, and management. This program will give me exposure that will make me fully equipped with the knowledge and training that I will acquire. I have carefully researched that having a diploma in Food and Nutrition Management will give me a greater opportunity in hospitality industry which is my primary goal is to establish myself in the food service industry. I want to be in the industry that will cater and provide the needs of the people through food ser-

vice, and I want to promote to other people inside and outside work the importance of a good nutrition. Furthermore, it will also be advantageous for me, as a daughter of a post-stroke patient because this program includes training in nutrition like nutritional assessment, menu planning and writing specialized diets as part of the overall health treatment plans which I can use while taking care of my father. Nevertheless, I want to be successful and to be well-known in the Food Service Industry.



Congratulations Honey-Mae Lingat!

## SSNM Board of Directors 2022

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## Saskatchewan Representative to CSNM Report

Winter is here and the holiday season is fast approaching! It seems like we were just together in June at the CSNM conference in Saskatoon.

I hope everyone is settled into the groove of winter and can find some enjoyment in the warmer days and when the snow is freshly falling.

I had the opportunity to attend the CSNM Board Strategic Planning event in beautiful Prince Edward Island on October 20-23. This was a great learning opportunity to understand how our goals and objectives for the coming years are carefully thought out and result in a one page plan. This was a lot of brain power and hard work but we collaboratively worked through the process, keeping members needs at the forefront. I admire the dedication and work ethic of our Board.

In addition to the strategic planning, each Board member shared their goals for the next year. The goals that I will be working on as the Saskatchewan Rep. are as follows:

- Create a formal presentation for promoting SSNM to Sask Polytechnic students; this presentation will go hand in hand with the CSNM video and presentation that we do every year
- Connect with Saskatchewan Government Officials regarding lobbying and advocacy using the tools from Santis Health
- Increase communication to provincial managers sharing info about CSNM, SSNM and educational opportunities.

I look forward to working on these over the next year.

I look forward to seeing you in May of 2023 at our in person SSNM annual conference – that will be an exciting time to be together!

As always, please reach out if there are any questions or suggestions regarding my work for this portfolio.

Thank you,

Shelley Dobrowolsky, SSNM, CSNM and CNM



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

## Recipe Corner

### Soft Ginger Cookies

|                   |                             |
|-------------------|-----------------------------|
| 1 c. margarine    | 2 tsp. baking soda          |
| 1 1/2 c. sugar    | 2 tsp. cinnamon             |
| 1 egg             | 1 tsp. ginger               |
| 1/8 c. corn syrup | 1/4 tsp. cloves             |
| 1/2 c. molasses   | 1/2 tsp. salt               |
| 4 c. flour        | Extra sugar, for sprinkling |



Cream together margarine, sugar, egg, corn syrup and molasses. Sift together the flour, baking soda, cinnamon, ginger, cloves and salt. Add to wet mixture and blend, ensuring ingredients are combined.

Portion cookie dough onto parchment lined baking pans, using a #40 portion scoop. Sprinkle sugar over the top of each cookie (can press cookies down with a fork if you wish).

Bake in a 325F oven for 8 to 10 minutes. You want cookies to look slightly under baked when you remove from the oven.

This recipe makes about 24 cookies.

Bonnie Yakiwchuk

### Prairie Gold—Celebrating 50 Years

*Cookies, Bars and Candy*



## Holding Effective Meetings

“Unproductive meetings have become an increasing chronic complaint in today’s workplace. Studies show that in the last fifty years the number of meetings in the workplace has more than doubled.

With the Covid 19 pandemic meetings moved from the in-person format to the virtual platform. Some companies have started to integrate back to the in-person meetings but still many businesses hold meetings strictly virtually.

Although there are advantages of the virtual meeting, such as financial and time savings with no travel time required for meetings but the face-to-face interaction lost with virtual can also have its drawbacks.

Whether you are holding a meeting in person or virtually it still takes valuable time and disrupts the flow of the workday of all attendees. It is said that it takes the brain almost 25 minutes to refocus on a task after an interruption such as a meeting.

This being said, meetings are still necessary as they are important for collaboration and team building. We all need to be cautious to hold effective meetings, meetings that are engaging, on

task and productive.

When designing your meeting keep in mind the following questions to identify the 4 P’s of a successful meeting.

Person/People-Who is running the meeting and who else needs to be involved?

Purpose-What are the reasons for working on the issues brought up in the meeting?

Product-What is the objective of the meeting?

Process-What team processes will be used?

### Some tips for a successful meeting

1. Show up on time and come prepared.
2. Stay mentally and physically present.
3. Contribute to the meeting agenda.
4. Let everyone participate.
5. Listen with an open mind.
6. Think before speaking.
7. Stay on point and on time.
8. Attack the problem, not the person.
9. Close decisions and identify action items.
10. Record outcomes and follow up.

Stacey Ginter CNM

SSNM President

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## The Canadian Food Service Industry

Have you wondered how much the Canadian Foodservice Industry was impacted by COVID? The pandemic definitely had a negative impact on the industry, along with many other areas.

As we progress throughout the year, and as cases decline, we should see an increase in sales in the industry throughout Canada. Quick-service restaurants were considered the most resilient throughout the pandemic and were the first ones to see an increase in sales. With many restrictions to dining in, full-service restaurants suffered. However, it is projected that in 2023 full-service restaurants should see sales that are higher than before the pandemic. Caterers were thought to be the hardest hit within the industry as many events were cancelled or postponed. By the end of 2022 it is projected that catering revenues will be 8% lower than they were before the pandemic. Next year should demonstrate a continued increase in sales for the industry.

Restaurants Canada states that Saskatchewan returned to pre-pandemic levels in June 2021. In 2020 the Saskatchewan food service industry experienced an 18% decrease in commercial food service sales. This turned around in 2021 with an increase of sales of approximately the same amount. The projection for 2022 shows an additional increase of sales of roughly 3%. Throughout the next four years the industry is forecasted to increase another 20%.

If you are interested in reading more about this, and the other areas of Canada please refer to the resource below.

Resource: Foodservice Industry Forecast 2022-2026 by Restaurants Canada, [restaurantscanada.org](https://restaurantscanada.org)

Shanna Hansen CNM  
SSNM Treasurer  
treasurer@ssnm.ca



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## CSNM Lobbying Committee

Many of our SSNM members may not be aware of the work that CSNM is presently doing in lobbying governments to recognize CSNM members (Nutrition Managers) as a critical member of the health care team. As we all know there are facilities throughout our province and throughout the country that do not have a qualified Nutrition Manager leading the food services team, in particular facilities that are catering to our seniors. It is felt that a Cook or Chef is qualified for this job, which is not the case as they do not have the same training as a Nutrition Manager.

CSNM is working with Santis, a group that has much experience in lobbying government, and at present are starting this work in Alberta and soon to follow in the Prince Edward Island.

Work is in early stages and we are hoping the focus that the Federal government has said would be placed on Senior care since the pandemic has highlighted shortfalls in this sector will work in our favor. Our hope is that it will be recognized that Nutrition & Food Service plays an important part in the care of residents and that Nutrition Managers are vital to ensure that food services are delivered in a safe manner.

The SSNM reps on this committee are:

Shelley Dobrowolsky- Sask Rep for CSNM

Babajide Aladenola- SSNM student member

Gwen Koob-Roach- Sask Poly Liaison SSNM

As the team progresses through this work, we will continue to keep SSNM members updated on our progress. If anyone is interested in being part of this work, please reach out to anyone of us and we can certainly forward your information to the CSNM.

Gwen Koob-Roach  
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## Saskatchewan Society of Nutrition Management

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### Facebook

<https://www.facebook.com/SaskatchewanSocietyofNutritionManagement/>

*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

### Cabbage Roll Casserole

1 large onion, chopped  
4 cloves garlic, minced  
1 tbsp. oil  
1 lb. ground beef, extra lean  
1 c. rice, uncooked  
2 lb. sour (or fresh) cabbage, chopped  
28 oz. can tomato sauce  
14 oz. can diced tomato  
2 c. water or stock (beef, chicken or vegetable)  
1/4 c. vinegar  
1 tsp. oregano  
1 tsp. thyme  
1 tbsp. honey or brown sugar  
3 bay leaves  
Pepper, to taste

Sauté the onion and garlic in 1 table-spoon oil

Add the ground beef and brown.

Stir in the rest of the ingredients, cover with lid, and cook on low for 60 to 70 minutes. Do not open lid.

At the end of the cooking time, check if the rice is cooked.

If not quite done, add 1/2 cup of water or stock and cook for another 10 minutes.

Remove bay leaves and serve.

Charlotte Coote

### Prairie Gold—Celebrating 50 Years

#### *Main Dishes*

