

Nutrition Management Today



Fun at H

2018 SSNM Spring Education Day

Save the date for our 47th annual SSNM Spring Education Day. This year it will be Friday, May 10th at the Saskatoon Inn. More details to follow.
We look forward to seeing you!



Saskatoon Inn, 2002 Airport Drive, Saskatoon.

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Special points of interest

- SSNM Spring Education Day
- Scholarship Information
- SSNM & CSNM membership renewal



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

SSNM France Gates Scholarships

SSNM will be offering two scholarships for the 2018/2019 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, 2019.

Applications will be reviewed by SSNM's Executive and the scholarship winners will be announced at the 2019 AGM in Saskatoon, Saskatchewan.

Please reach out to your SaskPolytechnic Liaison for more information at SaskPolyTech.liaison@ssnm.ca. Visit the S.S.N.M. website for full criteria. <https://www.ssnm.ca/students>

CSNM Sask. Rep. Report

CSNM has held their monthly board meetings since the conference in June.

Plans are coming together for the 2019 CSNM Conference in Calgary Alberta. The conference is Friday, June 20th – Sunday, June 22nd, 2019. It is being held at Hotel Arts in downtown Calgary. With the conference being within driving distance I am hoping that SSNM can be well represented at the conference.

This year at the conference it will be the last year of the "in person" Chapter Summit. Moving forward the committee will meet quarterly on a ZOOM call. Soon the CSNM call for nominations email will be sent out for nominations for several CSNM board positions including the CSNM Sask. Rep as my two-year term is ending in the spring. SSNM will need to put forward at least two names for the position of CSNM Sask. Rep. I would encourage all board members to consider putting your name forward for the CSNM board. It has been a very rewarding experience for me and has taught me a lot.

There is work beginning on a new CSNM survey that will be sent out to CSNM members in the next couple of months.

Stacey Ginter, NM

CSNM Sask. Rep.

Winter Safety

These 5 tips will help you to stay safe this winter.

1. Get informed and go outdoors.
2. Stay safe indoors.
3. Check your family emergency kit.
4. Keep an emergency kit in your vehicle.
5. Check weather reports.

For details on how to stay safe this winter, check out the link below.

<https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201212-en.aspx>



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burlodge



Ketogenic Diet

A Ketogenic Diet you said?



The Ketogenic diet continues to be one of the most searched diets on the internet. Some people agree with it and some do not. With any other diet plan you may be thinking of attempting you should know the possible benefits and risks involved.

What is the ketogenic diet? The ketogenic diet is a very low carbohydrate, high fat diet. It is similar to the Atkins diet from years past.

Following the ketogenic diet can lower blood sugar and insulin levels. It shifts metabolism away from carbohydrates and towards fat and ketones. Following this diet will turn fat into ketones which are used for energy.

On a ketogenic diet, your body switches its fuel supply to run mostly on fat. When insulin levels become low, there is an increase in fat burning because it is easier to access the fat stores.

Some foods to eat on a ketogenic diet include; natural fats, meat, fish, seafood, cheese, eggs and vegetables that grow above the ground. Some foods to avoid include; bread, rice, fruit, beer,

potatoes, soda, candy, chocolate and juices.

The aim of the ketogenic diet is to keep carbohydrate intake under 50 grams a day, ideally around 20 grams a day. Your diet should be high in fat and moderately high in protein. You should avoid low fat diet products. 5% of your intake should be from carbohydrates, 15-25% from protein and 75% from fat.

Some of the benefits that have been accomplished by following a ketogenic diet can include; weight loss, appetite control, lower blood pressure, blood sugar control, increase in energy and mental performance and physical endurance.

Although the ketogenic diet may not be for you, people have used it to achieve their health and wellness goals.

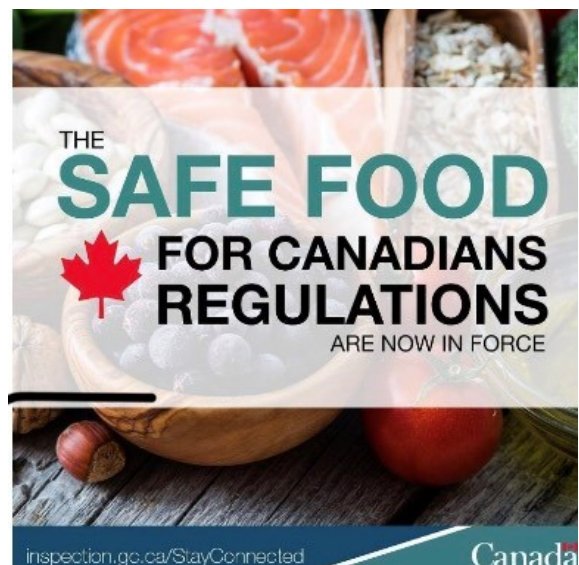
Stacey Ginter
SSNM President



"5% of your intake should be from carbohydrates, 15-25% from protein and 75% from fat."



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



Job Hunting?

4 Resume Writing Tips

1. Layout/design and format are important

Select a traditional font that can easily be read. Use a dark color font against white paper.

2. You have around 20 seconds to shine

Using bullet points, highlight your key accomplishments and most relevant skills at the top half of the resume.

3. List your experience from recent to past

Starting at the top of the page, list your most recent work experience, moving backwards through your career.

4. Customize each resume

Cater your resume for the position you're applying for. There is no limit to the number of resumes you're able to create as long as you're providing accurate information.



Farm & Food Care Saskatchewan believes that getting to know farmers and ranchers equals getting to know food. We strive to find new and innovative ways to introduce farmers, ranchers and others involved in food production to their customers and consumers to their food.

<https://farmfoodcaresk.org/>

SSNM membership renewal is now active for the 2019-2020 membership year. To renew your SSNM membership only, follow the link below.

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

Or, if you are a CSNM member and choose to renew your SSNM and CSNM membership together, follow the link below.

<https://www.csnm.ca/client/subscription/subscriptionEdit.html?productId=5606&clientId=82471>

Contact us at:
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or

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Like us on Facebook!

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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

Slow-Cooker Hearty Beef Chili

1-1/2 lb. (675 g) extra-lean ground beef
2 cans (19 fl oz/540 mL each) mixed beans, rinsed
2 cups salsa
1 can (14 fl oz/398 mL) no-salt-added tomato sauce
1 onion, chopped
1 cup frozen corn
2 Tbsp. chili powder
1 cup *Kraft* Shredded Marble Cheddar Cheese



Brown meat in skillet; drain. Add to slow cooker along with all remaining ingredients except cheese; stir. Cover with lid. Cook on LOW 5 to 6 hours (or on HIGH 3 to 4 hours). Stir just before serving. Ladle into bowls; top with cheese.

<http://www.kraftcanada.com/recipes/slow-cooker-hearty-beef-chili-111422>