# 



**FALL 2025** 



## TABLE OF CONTENTS

| Meet the 2024-25 Board of Directors               | 2     |
|---|-------|
| President's Message                               | 3     |
| Editor's Notebook                                 | 4     |
| Executive Director's Message                      | 4     |
| Avondale School's Farmers Market                  | 5-8   |
| 2025 SNAM Industry Conference                     | 9     |
| MI School Nutrition Leaders Advocate for Students | 10-11 |
| SNA Legislative Action Conference                 | 12-13 |
| Welcoming a New Chapter of Leadership             | 14    |
| Lessons from the Lunch Line                       | 15-16 |
| Changes to CACFP                                  | 19-20 |
| Industry Profile                                  | 21    |
| Member Profile                                    | 21    |
| Register Today! 2025 MDE-SNAM Annual Conference   | 22    |



# MEET THE BOARD



JUNEALTOM PRESIDENT



**JOHN GALACZ**PRESIDENT ELECT



MANDY SOSNOWSKI VICE PRESIDENT



**HEATHER HOLLAND** SECRETARY/TREASURER



NANCY LAFAVE INDUSTRY CHAIR



**DAN GORMAN** LEGISLATION CHAIR



**DAWN PULLY** LEGISLATION VICE-CHAIR



CAROLYNTHOMAS
PROFESSIONAL
DEVELOPMENT CHAIR



LORI ADKINS
PROFESSIONAL
DEVELOPMENT VICE-CHAIR



MELISSA ELLIOTT COMMUNICATIONS CHAIR



MELANIE BRUMMELER MDELIAISON



MIKEMCKAY INDUSTRY REPRESENTATIVE



**GEORGE SIEDIS**REGOIN REPCHAIR



CAROLINE DYLEWSKI AT-LARGE BOARD MEMBER



**EVAN ROBERTSON**AT-LARGE BOARD
MEMBER



CHERIE MYERS-TRENT AT-LARGE BOARD MEMBER



**BRANDON MONK, CAE** EXECUTIVE DIRECTOR

### PRESIDENT'S MESSAGE

Hello, my friends,

Welcome to the 2025-2026 School Year!!

Your SNAM Board, Brandon Monk, our Executive Director, and the NYB Team have been working on updating our many systems to keep you, our members, informed and up to date. We thank you for your patience as we navigated through the complex programming for our SNAM Website.

This year has brought about many exciting changes and opportunities for SNAM to share our collective voice for Michigan's children.

The Board was honored to represent SNAM at the Legislative Action Conference in Washington, DC, meeting with Legislators and sharing the innovative ways that our state is supporting Michigan's children. With potential proposals that could create devastating changes for the children we serve in our programs, it is more important than ever for you to be sure that your voice is heard in support of maintaining the programs that are vital to our students. If you are not sure of how to reach out to your state and federal legislators, please reach out to Dan Gorman, SNAM Legislative Chair, Dawn Pulley, SNAM Legislative Vice Chair or any of our SNAM Team.

The SNAM Industry Conference at Eagle Eye in Lansing in March showcased our Vendors and Brokers, allowing time for Directors to network and discover new products. A huge Thank You to all of our Industry Partners who made our event successful!

April brought the MSBO Annual Conference, with SNAM being represented by members at various sessions and a booth at the MSBO Exhibit Hall, encouraging new members and educating business officials on our programs.

Partnering with the Michigan Heart Association, MDE, and several Board members were able to represent SNAM during May and June in Lansing, visiting state Legislators in support of Michigan School Meals and the benefit it has on the health of Michigan students. Our advocacy efforts continue as we promote the importance of free meals for all of Michigan's Children! If you have not reached out to your legislator about this important issue, I encourage you to do so in support of the children you serve. Our Voices – Their Future!

July brought ANC in fabulous San Antonio! Michigan was well represented with many SNAM members along with our Industry Partners learning together at the many breakout sessions and fantastic exhibit show. We had many new members attend this year. If you have never attended, I highly recommend this conference. Next year is in sunny Charlotte, North Carolina. Stay tuned for registration information from SNA in the spring of 2026.

I also want to encourage you to remember the many training opportunities with SNAM Professional Development. Instructors are available to assist you with a class in your area. The PD Committee may also be able to provide personalized training programs for your staff. Reach out to Carolyn Thomas, PD Chair, Lori Adkins, PD Vice Chair, or any of the instructors. You will find upcoming classes and instructor contacts on the SNAM Website.

Along with our Past-Presidents, if you are not currently, I encourage you to consider joining SNAM. There is room for everyone, regardless of who you are employed by; we all have a passion for feeding children healthy meals, maintaining the integrity of our programs, and stopping childhood hunger for Michigan's children.

Have a Healthy Day! June 2024-25 SNAM President

### **EXECUTIVE BOARD**

President - JUNE ALTOM President Elect - JOHN GALACZ Vice President - MANDY SOSNOWSKI Secretary/Treasurer - HEATHER HOLLAND Industry Chair - NANCY LAFAVE Legislation Chair - DAN GORMAN Legislation Vice-Chair - DAWN PULLY Professional Development Chair - CAROLYN THOMAS Professional Development Vice-Chair - LORI ADKINS Communications Chair - MELISSA ELLIOTT **MDE Liaison - MELANIE BRUMMELER** Industry Representative - MIKE MCKAY Region Rep Chair - GEORGE SIEDIS At-Large Board Member - CAROLINE DYLEWSKI At-Large Board Member - CHERIE MYERS-TRENT At-Large Board Member - EVAN ROBERTSON **Executive Director - BRANDON MONK** 

### REPRESENTATIVES

Area 1 - John Horvath

Area 2 - Michael Williams

Area 3 - Mary Kurkowski

Area 4 - Marci Faber

Area 5 - Dawn Pully

Area 6 - Heather Rigby

Area 7 - Laura Kimbell

Area 8 - Layna Lorencz

Area 9 - Valerie Larange

Area 10 - Lisa Archey

Area 11 - Tricia Connell

Area 12 - Sonny Skeans

Area 13 - Nancy LaFave

### **STAFF**

Executive Director - Brandon Monk
Association Manager - Joey Baker
Association Coordinator - Christina Sanders
Operations Manager - Melanie Albright



### **EDITOR'S NOTEBOOK**

Hello Everyone,

We are back to school, Fall is upon us, another summer in the books, SFSP done, and thank you for those of you who had summer feeding, now the school halls are filled with laughter, chaos, the kids are back, we now we get to feed them, continue the nutrition passion, our mission. I hope everyone enjoyed the summer, got in some relaxation, as now you will need that energy for the challenges of back to school. In this issue, don't miss the recap of the LAC conference, Dawn Pully, SNAM legislative Vice Chair, and those who attended, made connections, and ensured School Nutrition was on the table, not forgotten about, these connections are essential to the future of child Nutrition funding in Michigan. Advocating for school nutrition at the federal level is essential and part of SNAM's mission as an organization. We all must continue to rally support from all sectors—government, schools, families, and the community.



to rally support from all sectors—government, schools, families, and the community. Have a legislature to lunch, make those connections, we all can make a difference, no matter the size of your district.

Naming Your Brand, our executive leadership, thank you. Brandon, your leadership, experience, and knowledge has been well received, and a benefit to SNAM and its members. Thank you for your leadership and partnership. See you all at the Annual Conference, Get registered, Battle Creek November 6-9, 2025.

Go Lions, Missy Elliott SNAM Communication Chair

# EXECUTIVE DIRECTOR'S MESSAGE



Hello SNAM Members,

First and foremost, thank you for the vital work you do every day. Your dedication ensures that our children receive the nutrition they need to thrive in and out of the classroom. I also want to extend my heartfelt thanks to everyone who has supported our team during this transition.

Our dedicated team and Board of Directors are actively working to expand resources and enhance member benefits, ensuring SNAM continues to support and empower school nutrition professionals across the state.

We look forward to working alongside you to continue to build on SNAM's strong foundation. Here's to continued progress, collaboration, and impact.

With appreciation, Brandon Monk Executive Director, SNAM

# A Day at the Avondale Farmer's Market

By: Lori Adkins
MS SNS Child Nutrition Consultant
Oakland Schools

On a sunny Friday in late September, the Avondale food service department, led by Chartwells Food Service Director Megan Haase, hosted a special farmers market event for the district's 297 fifth-grade students. The event took place at the Avondale Schools Administration Building and was attended by students, parents, teachers, and administrators, all eager to learn about and celebrate fresh, local Michigan produce.

The students arrived by school bus for this very special field trip and once they got off the bus they received a boxed lunch, a shopping bag and "veggie bucks" coupons for students to "purchase" a variety of fresh produce during the event. Haase explained that her inspiration for the project stemmed from her own passion for farmers markets and nutrition education. "The Farmers Market offers a fantastic opportunity to teach students about vegetables—their growth, flavor, and origins—while providing a joyful, healthy activity outside the café and traditional classroom setting," she said.

Collaboration with key partners was crucial to the event's success. "At Avondale and Chartwells, we are fortunate to partner with an outstanding vendor, Tom Maceri & Sons," Haase noted.

"When we shared our vision for the Avondale Farmers Market, they were all in and eager to help us achieve our goals." Maceri contributed by providing a beautiful display of fresh apples and a plethora of fresh vegetables.



Herb planting station

"When we shared our vision for the Avondale Farmers Market, they were all in and eager to help us achieve our goals." Maceri contributed by providing a beautiful display of fresh apples and a plethora of fresh vegetables.

Additionally, the United Dairy Industry of Michigan (UDIM) was on hand to assist with taste-testing fruit and vegetable smoothie recipes that were made with a Smoothie Bike. They also helped students celebrate National Chocolate Milk Day, which coincidentally fell on the same day as the Farmers Market.

The Avondale School District supported the event by arranging transportation for all fifth graders to and from the Avondale Administration Building, ensuring equitable access for all students to participate. Additionally, Chartwells brought in Chef's and a cadre of volunteers to ensure the Farmers Market was a success.



**Farmers Market tent** 

"A unique aspect of this event is the collaboration between our food service department and Chartwells associates from across the state, supporting a district initiative that unites all fifth graders for a memorable occasion," Haase added. "As this is their final year in elementary school before moving on to middle school, the Farmers Market serves as the first opportunity for all fifth graders to meet as future classmates in the Class of 2031."



Farmers Market in action



Megan Hasse, Avondale FS Director & Karen Haase, Chartwells

Although the Farmer's Market itself was the star of the event, several other activities were provided to students to enhance their Farmer's Market experience. Here's what the students got to experience:

### Live Cooking Demonstration

Chartwells' Regional Executive Chef, Aaron, showcased his culinary skills with a live cooking demonstration featuring our Cauliflower Fried Rice recipe, made with fresh produce from the market. All participants had the opportunity to watch Chef Aaron prepare this delicious dish and sample it right after—the kids loved it!

### Carving Demonstration

The Director at Gibraltar and Trenton Schools, Chef Brian Bahr, performed live pumpkin carving demonstration. The Pumpkin Patch also included a planting station, pumpkin seed tasting, and a fun contest to guess the weight of our giant pumpkin. This was one of the most popular stations during the event!

### **Apple Tasting Station**

At this station, students explored a variety of Michigan apples with descriptions, displays, and taste-testing opportunities for all the different varieties. Students were asked to "score" their favorite apple from a variety of samples.

### **Tomato Tasting Station**

Here, a range of tomatoes, including grape, compare, and heirloom varieties were featured & taste tested by students. One student remarked at how fresh the tomatoes tasted!

### **Pickle Tasting Station**

At this station, students learned how pickles are made from pickling cucumbers while sampling three different kinds—dill, bread & butter, and sweet was a big hit with the students! They even had a "Guess How Many Pickles are in This Jar" contest!

### **Popcorn Tasting Station**

At this station students learned how popcorn comes from corn on the cob, with displays of corn stalks still attached. Students sampled various lightly flavored popcorn options.

### Fresh Herb Cart

At this station, students learned how herbs can enhance the flavor and quality of food. Students used their "Veggie Bucks" to purchase fresh herbs from the Fresh herbs display.



Farmers Market vegetable display

The event was a huge success and fun was had by all. Students went home with shopping bags teeming with fresh produce to enjoy with their family. The best part of the event was the impact on students, When talking to 5th grader Aarin, I asked him what he liked the most about the Farmers Market he exclaimed "Everything is awesome! Everything looks so good! I bought 2 corn, 2 bell peppers, 3 apples and a red onion. I'm so excited to take this home for my Mom!" Another 5th grade student, Marissa, remarked that "this was the best field trip we ever had!"



Smoothie bike in action



Apple tasting station



Apple tasting score card



Farmers Market pumpkin carving station



**Student T-shirt** 

### 2025 SNAM Industry Conference

A Day of Innovation and Collaboration: Recapping Adventures at Eagle Eye

By: Missy Elliott Armada Area Schools, Food Service Director SNAM Communications Chair

SNAM and its industry partners held the annual Spring Industry Conference on March 20, 2025, at the Eagle Eye Golf and Banquet Center in Bath, Michigan. This event featured 52 vendor booths representing 63 of our industry partners. A total of 172 SNAM members attended the conference, participating in various speaker sessions and visiting display booths across three different breakout sessions.

This sold-out conference provided our school nutrition members with a valuable opportunity to network with industry professionals. In addition to the vendor displays, the conference included speaker sessions that updated our membership on the Legislative Action Conference and highlighted the progress and connections that the SNAM Board has made in Washington, D.C.





Moreover, we received information on Farm to School programs and the involvement of industry partners in these initiatives. Panel members, including school nutrition directors, shared insights on best practices they use in their programs, exchanging ideas and success stories.

We extend our gratitude to our industry partners for their generous donations of prizes, and congratulations to all the winners—a fantastic way to wrap up the event

### Michigan School Nutrition Leaders Advocate for Students

In the face of rising costs and fading federal support, Michigan school nutrition professionals fight to keep universal free meals on students' trays.

Michigan's school nutrition professionals are once again on the front lines—not just in lunchrooms, but in legislative hearings, news interviews, and policy discussions—as they push back against federal cuts that threaten the progress made in expanding access to healthy meals for students.

One of our own, Dawn Pully, a respected board member of the School Nutrition Association of Michigan and Food Service Director for Thornapple Kellogg Schools, recently testified before the Michigan State Board of Education.

Her message was clear and urgent: without continued funding, universal free meals for students are at risk, and school nutrition professionals are being forced into an impossible position.



We went from being the heroes during the pandemic to now feeling like the bad guys.

Pully told the board, referencing the difficult task of enforcing meal charges and turning students away when they can't pay—something no one in school nutrition wants to do.

Federal pandemic-era waivers had temporarily allowed all students to receive free meals, a policy widely praised for reducing stigma and improving student health and academic performance. However, as reported by MIRS News, those waivers expired, and the burden has now shifted back to local districts, many of which are struggling to make ends meet amid rising food and labor costs.

Despite this, there has been a bright spot: Michigan's state-funded free meal program—passed last year with bipartisan support—has allowed schools to continue offering free breakfast and lunch to all students. According to the <u>Michigan Department of Education</u>, participation in school meals increased by over 9% this year, with 80% of students now eating lunch at school—a clear sign that when meals are free, kids eat and thrive.

Yet, the program faces an uncertain future. As reported by the Detroit Free Press, some lawmakers are questioning the ongoing cost of the universal meals program—despite its success. Critics have raised concerns over budget sustainability, while supporters stress the program's long-term benefits in health, equity, and academic performance.

As school nutrition professionals, we know the truth: hungry children can't learn. We see the faces of the students every day—the relief on a parent's face, the energy in a child who starts the day with a good breakfast, the security in knowing no child will be singled out or left behind because they can't afford to eat.

We are proud of the advocacy efforts led by leaders like Dawn Pully, and we urge all SNAM members to continue raising their voices. Share your stories. Contact your legislators. Remind them that school meals are not extras—they are essential.

Let's continue working together to protect and expand access to nutritious meals for all Michigan students. Our children are counting on us.



Dawn Pully Director of Food Service Bendle Public Schools



# SNA WANTS YOU... TO BE A STAR!

Recruit and retain members to become part of SNA's exclusive Star Club!

www.schoolnutrition.org/starclub

The SNA Star Club is brought to you by:

**Dedicated Members—Building the Future of SNA!** 







### **Advocating for Our Students**

My Experience at the 2025 Legislative Action Conference in Washington, D.C.

By: Dawn Pully Bendle Public Schools, Food Service Director SNAM Legislation Vice Chair SNAM Area 5 Representative

Earlier this spring, I had the incredible opportunity to attend the Legislative Action Conference (LAC) in Washington, D.C. as part of the School Nutrition Association of Michigan (SNAM). This powerful event brought together school nutrition professionals from across the country, all united by one common mission: ensuring every student has access to healthy, nutritious meals at school.

Our days in D.C. were filled with informative sessions, inspiring speakers, and crucial conversations that reinforced just how essential our work is. The highlight of the conference, however, was our visit to Capitol Hill. Alongside other SNAM members, I met with Michigan State Legislators and Senate staffers to share our stories and advocate for policies that support and strengthen school nutrition programs.

Speaking directly with policymakers was both empowering and eye-opening. We discussed the critical role that school meals play in the

lives of our students—especially those who rely on them as their primary source of nutrition. I was able to share real-life examples from my own district: stories of students who perform better in the classroom because they start the day with a healthy breakfast, or who depend on the consistency of school lunches to get through the week.

We also emphasized the need for continued federal support for meal reimbursement rates, universal free meals, and current CEP requirements—especially as schools continue to face rising food costs and staffing challenges. These aren't just policy issues; they're deeply human ones, affecting the well-being, growth, and academic success of children across the country.

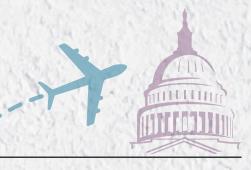
Being part of the LAC was a powerful reminder that school nutrition professionals are not just food service workers—we are advocates, educators, and essential pillars of our school communities. I left Washington feeling inspired and more committed than ever to raising our voices and making sure decision-makers understand the vital importance of nourishing our nation's students.



I'm grateful to SNAM for giving me this platform and proud to be part of a network of professionals who are passionate, knowledgeable, and unwavering in their dedication to child nutrition. Together, we're making a difference—one meal, one student, and one conversation at a time.







# Welcoming a New Chapter of Leadership!

### Thank you, Scott Little for your service to SNAM!

As we continue to grow and evolve, we are excited to officially introduce your new leadership team. Over the past several months, this dedicated team has been working diligently behind the scenes to support the mission of our association and help lead us into a new chapter of excellence and service.

One of the most visible milestones of this transition is the launch of our newly redesigned website. We hope you've had an opportunity to explore its fresh look, streamlined navigation, and improved access to key resources. This new platform is designed with you in mind—whether you're searching for professional development opportunities, staying updated on advocacy efforts, or simply looking to connect with fellow members.

SCHOOL NUTRITION
ASSOCIATION OF MICHIGAN

We are the state affiliate of the School Nutrition Association (SNA), a non-profit professional association representing 60,000 members involved in the school food service industry. SNAM represents over 1,600 food service personnel in Michigan.

Industry Join Todayl

School Members Join Todayl

EVENTS

The SNAM team is committed to ensuring a smooth transition and continuing the important work of supporting school nutrition professionals in Michigan. While change can bring uncertainty, our goal has been to strengthen the foundation of our association while honoring its core values—integrity, collaboration, and a commitment to nourishing the minds and bodies of America's students.

Aligned with the School Nutrition Association's overarching vision, we remain focused on advancing the quality of school meal programs through education, advocacy, and professional development. Together, we strive to empower our members, promote equitable access to healthy meals for all children, and support those who work tirelessly to make a difference in school communities every day.

We are grateful for your continued support and engagement. This is just the beginning, and we look forward to building a strong future—together.

### Contact us:

Phone: (517) 908-0600

Email: admin@michigansna.org

**Address:** PO Box 2080 Winchester, VA 22604

### **Lessons from the Lunch Line**

### What I Learned Serving Children with Special Needs

By Georgia Bernwanger Dietetic intern at Michigan Department of Education Master's student at Michigan State University

During my school nutrition rotation, I had the opportunity to work at a school for children with special needs and assist with their breakfast and lunch operations. I experienced first-hand the dedication and kindness of the school food service staff, and deepened my understanding of how school nutrition programs can support students with disabilities.

One key takeaway from working at various schools was the importance of understanding how to accommodate children. According to USDA guidelines, disabilities that require meal accommodations include both physical and mental impairments. This includes conditions that impact neurological, immune, digestive, and bowel functions. For example, food allergies or intolerances that impact a child's health and bodily functions qualify as disabilities. In contrast, personal or parental dietary preferences- such as choosing a glutenfree diet for non-medical reasons- do not require special accommodations. For more information, refer to USDA's memorandum on Accommodating Disabilities in School Meal Programs.

Concerning children with neurological conditions, such as autism and cerebral palsy,

it's also essential to be aware of feeding issues. Some students may have difficulty chewing or swallowing, which requires modifications like blended foods. Making blended foods does not have to increase your workload significantly, you can blend the current day's menu to allow for easier preparation. For example, I observed the food service staff preparing a blended version of shepherd's pie for lunch and offering blended fruits and vegetables such as applesauce, pureed peaches, pureed green beans, and tomato soup. These adaptations help ensure that every child can safely enjoy a nutritious meal. In some cases, students may need adaptive equipment to help them eat independently. This might include utensils with easy-to-grip handles, cups with straws, or non-slip tray mats. For students with autism, routine and structure are especially important. Serving meals at consistent times each day is a way to provide a comforting sense of predictability.

Additionally, many children with special needs may prefer to eat a diet with limited variety. Keeping familiar and well-accepted options on hand, such as peanut butter and jelly sandwiches, grilled cheese, and chicken nuggets, can be helpful on days when the scheduled menu is not appealing to them.

### **MDE FEATURE**

Offering familiar foods can make a big difference in a child's ability to eat comfortably and safely. One moment that stood out to me during my time at the school for children with special needs was something a food service staff member said: "You don't know what these kids get for food at home, so we try our best to give them food that is nutritious and homecooked here." That simple statement touched my heart and reminded me that school meals are so much more than just food- they can provide a source of comfort and care for children who may not always have that at home.

Ongoing staff training is crucial to effectively serve students with disabilities. Training should cover how to communicate with students who have communication challenges or who are nonverbal, and how to handle special dietary needs such as texture modifications and allergen management. MDE's Special Dietary Needs Part 1 and the International Dysphagia Diet Standardization Initiative are two training resources.

Ultimately, school nutrition professionals play a critical role in supporting students with special needs. By appropriately providing accommodations, such as offering texture-appropriate meals and maintaining a structured, inclusive environment, we can help ensure that students have access to nutritious meals that support their well-being and growth.

# About The Author

Georgia Bernwanger
is a dietetic intern and master's
student at Michigan State University.
After graduation, she hopes to
become a registered dietitian and
work in a community setting where
she can make a meaningful impact
on health outcomes. In her free
time, she loves spending time
outdoors- whether it's camping,
hiking, or relaxing in a hammock!





### SNA is excited announce the all-new monthly membership campaign, Membership Starts with Me #ISupportSNA.

From August through May, this revamped approach to the Annual Membership Campaign will have randomly selected winners and prizes each month. This is a great opportunity to get involved and show your support for SNA and school nutrition – you can also win great prizes!

Monthly campaign prizes include:

- · Free SNA membership
- . Free Training Zone class
- · SNA Shop gift card

To be eligible for a monthly prize, you just need to recruit at least ONE new SNA member. Be sure that the member you recruit lists you as the referrer when they join SNA (online or using print application). Winners will be selected through a random prize drawing each month.\* In addition to winning a great prize, monthly campaign winners will be showcased on SNA social media platforms. We encourage you to recruit a new member today!



# Top 6 Reasons to Join SNA



### Free Training

Free live and on-demand webinars at your fingertips on The Training Zone



### Meetings & Events

Unparalleled in-person & virtual networking & professional development opportunities



### Advocacy in Action

Unyielding efforts to provide a voice for school nutrition at the state and national levels



### Career Advancement

The ability to grow professionally with Certificate & Credentialing programs



### School Nutrition Magazine

A subscription to SNA's award-winning publication and other timely news you need



### Marketing & PR Resources

An array of tools to promote and grow your school meals program

Membership starts with



#ISupportSNA

SNA membership is a **smart investment** for you and your program.

Become a member today at www.schoolnutrition.org/join

### Changes to the Child and Adult Care Food Program (CACFP) Meal Pattern

### Added Sugars

By : Kristy Hegner, MPH, RD Interim School District Consultant, Child and Adult Care Food Program, Michigan Department of Education

It may be news to you, but reducing added sugars has been the buzz for quite a while now. As a part of the USDA's final rule, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans, new regulations around added sugars in breakfast cereals and yogurt will be required. For CACFP, these changes need to be in place by October 1, 2025. However, you are welcome to begin making these changes now.

### What are the changes?

The specific regulation is changing from limits of **total sugars** to limits of **added sugars**.

- Breakfast cereals cannot have more than 6 grams of added sugars per dry ounce.
- Yogurt cannot have more than 12 grams of added sugars per 6 ounces (2 grams per ounce).

For help in determining whether a specific cereal or yogurt meets these new regulations, see the following resources:

- Choose Breakfast Cereals Lower in Added Sugars handout (https://www.fns.usda.gov/tn/cacfp/breakf ast-cereals-lower-sugar)
- Choose Yogurts That are Lower in Added Sugars handout (https://www.fns.usda.gov/tn/cacfp/choos e-yogurts-lower-sugar)

There are two types of sugar: naturally occurring sugars and added sugars. Naturally occurring sugars are those found in fruit or milk, whereas added sugars are added to a food or beverage during food preparation or processing. Added sugars provide calories, but little to no vitamins or minerals. Consuming too much added sugar can lead to health issues or conditions such as unhealthy weight gain, heart disease, liver problems, diabetes, and bone problems later in life. It can also lead to bacteria growth in your mouth that destroys tooth enamel and leads to cavities.

Thankfully, USDA has worked with Women, Infants & Children (WIC) to have all WIC-approved cereals and yogurt also meet these updated sugar limits. So CACFP operators may continue to use any state's updated WIC list to help identify allowable foods.

### Timelines for Beginning to Reduce Added Sugars in Child Nutrition Programs

National School Lunch and School Breakfast Programs: July 1, 2025 Child and Adult Care Food Program: October 1, 2025 Summer Food Service Program: October 1, 2025

Additional Resource
Updates to School Nutrition Standards: <a href="https://www.fns.usda.gov/cn/school-">https://www.fns.usda.gov/cn/school-</a>

nutrition-standards-updates



### IMPLEMENTATION TIMELINE FOR UPDATING THE SCHOOL MEAL STANDARDS FINAL RULE

School meals will continue to include fruits and vegetables, emphasize whole grains, and give kids the right balance of nutrients for healthy, tasty meals. For the first time, schools will focus on products with less added sugar, especially in school breakfast.

#### Fall 2024

Flavored Milk

No changes to flavored milk standards.

Additional Menu Options Make it easier for schools to offer local, vegetarian, and culturally appropriate menu items.



### Fall 2027

Added Sugars

No more than 10% of the weekly calories.

Sodium 10% reduction for breakfast. 15% reduction for lunch.

### Spring 2024

USDA issues final rule on long-term school nutrition standards after listening to public feedback and following recommendations from the most recent Dietary Guidelines for Americans.



### Fall 2025

Added Sugars Limit on added sugars in cereals, yogurt, and milk.

Flavored Milk Allow flavored milk with limits on added sugars.

### Fall 2026

No required changes; schools can voluntarily continue to gradually reduce amount of added sugars and sodium.



### **INDUSTRY PROFILE**

Number of years of service to Child Nutrition Programs and in what capacity? 15 years

**Describe one of your greatest successes while working with Child Nutrition Programs**Putting a QR code on our packaging that leads to a higher level of learning – Providing free enrichment for schools.

What is your favorite School Lunch Meal?

Pizza and applesauce

What is your favorite part of the work day?

Power Hour! Every day from 4:00 to 5:00 we brainstorm new ideas so we end the day with positive energy.

What is your favorite thing to do away from the work place? Watch football



Dick Held
Owner/President
Dick & Jane Baking Company

### **MEMBER PROFILE**

Number of years of service in Child Nutrition Programs: 8

Are you involved with SNAM in any position?

I offer many training opportunities to staff with SNAM and am a proud SNA/SNAM member.

**Favorite School Lunch Meal:** Chicken Tenders & Fries – a classic! With Apple Slices and Cucumbers. I love the smell of Chicken nuggets/tenders cooking in school kitchens– it's how I knew I had the right career.

How were you introduced to working in Child Nutrition Programs: My mom! She worked in School Foods when I was a kid. I was exposed to child nutrition during my dietetic internship at East Lansing Public Schools and loved it.

Describe the different positions you have had in Child Nutrition Programs: I started at Michigan School for the Deaf in Flint, MI, where I learned Sign Language and had a blast expanding the nutrition program offered to the students. After 5 years, I started working with families and individuals with Food Insecurity in Flint at Hurley Hospital as a Food FARMacy Coordinator. I worked with local gardens, Children's Miracle Network, and other organizations to expand nutritious options to Families in Flint, MI. Ultimately, I missed working with students and joined Chippewa Valley Schools in January 2024.

What is your favorite part of the workday: Working with the students & staff. Getting involved to see what people's favorites are and how to better serve the kids always is my favorite part of my day.

What is your favorite thing to do away from the workday: I walk local trails with my dog Milo, and I do yoga. We all need some relaxation!



Brittany Damerow, RDN, SNS
Director Food & Nutrition
Chippewa Valley School
District

# 2025 MDE-SNAM Annual Conference

Save the Date: November 6-9, 2025

Please mark your calendars for the 2025 MDE-SNAM Annual Conference and Exhibit Show, scheduled for **November 6-9, 2025, in Battle Creek, Michigan.** 

This event brings together school nutrition professionals and industry partners to share knowledge, network, and explore the latest innovations in school nutrition. Further details, including registration information and a detailed agenda, will be provided in the coming months.

To ensure you don't miss any updates, please visit the School Nutrition Association of Michigan's official website at www.michigansna.org.

We look forward to your participation in this enriching event. See you all in Battle Creek!





**2025 MDE-SNAM ANNUAL CONFERENCE** 

November 6-9, 2025

Battle Creek, MI



MICHIGANSNA.ORG