



Saskatchewan  
Society of Nutrition  
Management

# Nutrition Management Today

Winter

December 2017

## 2018 SSNM Spring Education Day

Mark your calendar for the upcoming S.S.N.M. Education Day on **May 11, 2018** to be held to Wanuskewin Heritage Park.

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*Wanuskewin Heritage Park is a National Historic Site located 5km from the City of Saskatoon.*

This Northern Plains Indian Interpretive site is home to over 6000 years of history, and a truly unique Cultural experience for the whole family.

We look forward to spending the day with you!

### Special points of interest:

- \* 2018 Spring Education Day
- \* CSNM Continuing Education 2017 deadline
- \* New SSNM website information
- \* Spinach and Artichoke Dip



## Why Certification?

“The purpose of certification for the Nutrition Manager is to recognize those who have acquired an advanced level of training, skills, work experience, and effectiveness as a Nutrition Manager”. This certification goes beyond the minimum core competencies set out by the Canadian Society of Nutrition Management for their members.

### CORE COMPETENCIES

- Professionalism
- Quality Management
- Nutrition and Healthy Living
- Clinical Nutrition
- Food Services Systems Management
- Human Resources Management
- Financial/Business Management
- Marketing and Promotion

“The focus is to provide an avenue for CSNM members who have studied, worked, and developed skills in the nutrition management field to receive professional recognition; to provide the public and their employers with confidence that professional managers have attained an advanced level of competency, and to provide Certified Managers with encouragement and opportunity for continual education

and professional development.”

In order to obtain certification, the Nutrition Manager must have at least 4000 hours of experience in nutrition management, be able to supply professional references, as well as a letter from the current supervisor confirming title and qualifications.

### WHY DID I BECOME A CNM?

My early working career started as a casual food service supervisor in a variety of roles with Saskatoon Health Region. Over time I obtained part-time and then full-time employment as a supervisor, and maintained my membership with both SSNM and CSNM. After 11 years with SHR I left to pursue other career opportunities with a food service software company, Computrition, Inc., as an Account Relationship Manager, where I continue to work for the last 9 years. My role includes working with senior food service managers in hospitals and long-term care facilities as well as in corrections and education. I can relate to these managers because of my working experience, however because I no longer work directly in the field wanted to ensure that I

stayed on top of the latest education and trends in the industry which led me to working toward my CNM. I obtained my certification in March 2012 and was the first CNM in Saskatchewan.

Since 2012 I have also obtained my Certified Fitness Trainer and Certified Sports Nutrition Specialist designations which rounded out my skills in both fitness and nutrition and in combination with my knowledge and skills as a Certified Nutrition Manager, allowed me to open my own online fitness training company in 2015.

I would encourage other CSNM members to look to certification to further demonstrate to the industry that Nutrition Managers are professionals and multi-skilled, technically competent managers in their field.

*By Leanne Kolbe, CNM, CFT, SFN*



**Just a reminder to  
complete your 2017  
CSNM Continuing  
Education Points**

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



## Ronald McDonald House

I have recently had the pleasure of becoming a Family Services Volunteer at Ronald McDonald House here in Saskatoon.

For over 31 years Ronald McDonald House Charities SK has supported families across Saskatchewan by providing a home-like environment for families of critically ill or injured children. Ronald McDonald House believes that every child deserves and needs to have their family close by during a time of illness or medical intervention.

The house is open 365 days a year, has 34 welcoming guest rooms as well as many amenities which include a community pantry, common living spaces, media-teen room, yard and deck outside play area. The house also has several family programs to enhance families stay at

RMH. These include Home for Dinner Program, Breakfast Program, Pet Therapy, Mother's Room, Children's activities and Kid Care.

You will also ALWAYS be sure to find fresh baked goods and coffee anytime of the day!

Although I have only been volunteering at RMH for a couple of months I already know this is going to be a rewarding experience and time well spent. The house is the most welcoming place-the staff are so giving and just want to go the extra distance to help families that are dealing with the worst time of their lives. Nothing can compare to having a sick child, and RMH definitely helps with this stressful time.

The house has a minimal staff and relies on a volunteer group of 230 people of all ages. The volunteers are the backbone of RHM as the house gets no government funding, it is run strictly on donations and volunteers. Volunteers support the families by helping keep the house comfortable and clean and being a listening ear, providing support and kindness to them during their stay.

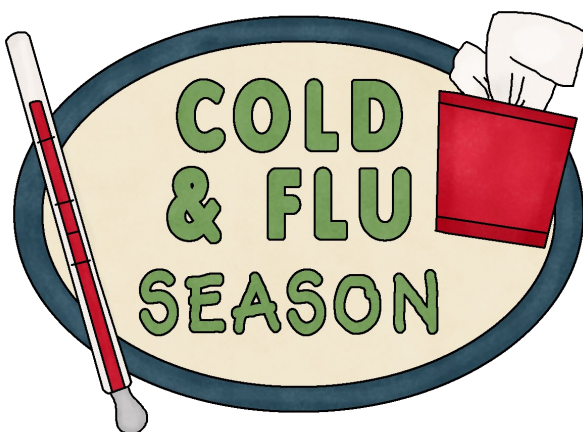
They are there to make their transition to and from RMH as comfortable as possible. All the little touches and all the simplest tasks are the attempt to help care for these families.

*By Stacey Ginter, NM*

## Is it a cold or the flu?

Cold and flu season is upon us. Click on the following link to help differentiate between the two.

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/is-it-cold-or-flu.html>



## SSNM Scholarships

SSNM will be offering two scholarships for the 2017/2018 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, 2018.

Applications will be reviewed by SSNM's Executive and the scholarship winners will be announced at the 2018 AGM in Saskatoon, Saskatchewan.

Please reach out to your SaskPolytechnic Liaison for more information at [SaskPolyTech.liaison@ssnm.ca](mailto:SaskPolyTech.liaison@ssnm.ca).

Visit the S.S.N.M. website for full criteria. <http://ssnm.ca/students/>

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## Food Safety

Food poisoning can affect anyone. There are some simple ways to protect your self and your family this holiday season.

Check out the following food safety information on the Health Canada website:

<https://www.canada.ca/en/health-canada/topics/food-safety.html>



## SSNM Board Vacancy

The SSNM President-Elect portfolio is currently vacant. If you are interested, please contact Stacey - [past.president@ssnm.ca](mailto:past.president@ssnm.ca).

### PRESIDENT ELECT (Year 1 of a 3-year term)

- Will become acquainted with the duties of the President and the general activities of the Society.
- Will be an ex-officio member of all committees.
- In the absence of the President, will act as chairperson of meetings and assume the duties of the President.
- Much of the term is spent becoming familiar with the role of the President.
- Has signing authority as required.
- Time commitment averages 20 – 30 hours a month, depending on whether or not meeting or conferences are scheduled. Timely response to emails, telephone calls correspondence and any other inquires from members and other agencies is vital.
- Becoming familiar with the Book of Directives is key to having a good knowledge base of the Society.
- Submitting of reports in a timely manner is essential.
- Monitor the Mailbox on the SSNM website and respond to any inquires sent to them or give input or feedback.
- Assisting the President and all other Board Members and their Committees with anything required that might come up.
- Benefits personally and professionally are many. Getting to know the SSNM members on a one to one basis is crucial. Visit with as many as you can at conferences to get feedback so for your term you can plan accordingly.
- Prepares you to take on the duties of President.
- At the end of the term as President-Elect, you take over as President for the second year of the 3-year term.



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Check out the Saskatchewan  
Society of Nutrition Manage-  
ment Facebook page and  
watch for our new and im-  
proved website!



## 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.*

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## Recipe Corner

### Slow Cooker Spinach and Artichoke Dip

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Yield:** 3 cups

#### Ingredients

1 cup shredded mozzarella cheese

6 ounces Neufchatel cheese (cubed)

1/4 cup freshly grated Parmesan cheese

1 clove garlic (minced)

14 ounce can artichoke hearts (drained, rinsed and finely chopped)

8 ounces trimmed fresh spinach leaves (about 8 cups)

1/4 teaspoon freshly ground black pepper



#### Instructions

In slow cooker stoneware, combine mozzarella, Neufchatel cheese, Parmesan, garlic, artichokes, spinach, and black pepper. Cover and cook on high for 2 hours, until hot and bubbly. Stir well and serve with homemade tortilla chips.

Serves approx. 12 people

*Source: The Healthy Slow Cooker by Judith Finlayson*

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