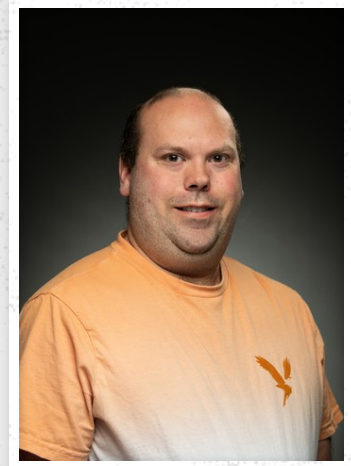


# Let's Connect!!

—NSNA FALL 2023 NEWSLETTER—

## PRESIDENT'S MESSAGE

Welcome back to another eventful and fun school year everybody, I am excited to be your NSNA President for the 23-24 school year. First I will tell you a little about who I am and what started me on this journey. I am Brock Kaupp, the Food Service Director at Keya Paha County Schools. This will be the start of my 12th year in the district and a fun fact is that I graduated from Keya Paha County Schools in 2007. It is a really small district of just 87 kids K-12, but the fun part of that is that you get to know all of the kids on a personal level. I got married in 2010 to my wife Janell, we have 3 children: Trace who is a Freshman this year, Gwynn a 7th grader and Emmett a 1st grader. They all have been greatly supportive of me while I worked as a District chair, Membership chair, and especially supportive the last couple of years as I did the Vice President and President-Elect roles.



NSNA is always looking for people to step up and be a leader either in a district role or in a state role. We are always needing new people and new ideas and I feel that with that thought is how I got my start in the leadership roles in NSNA. They always say the power of the "Ask" will get people thinking I could do that just a small step. I was "Asked" to attend a regional leadership meeting by Mary Finnegan back in 2016 (I believe) in Minneapolis, MN. I remember kind of being surprised that she thought I would be a good choice for this. I thought "I don't know if I am the right choice". I went with her and a couple other people to the meeting and enjoyed what I learned and the connections I made with other people from other states that were bigger than me but having the same problems I was in the school lunch programs. About a year later, I joined the NSNA board as District 3 Chair. They talked me into applying to the SNA Future Leaders program and I was accepted and got to go to Long Beach, California. Once again I met some amazing people and had some great classes that showed me what kind of person and leader I could be. It also showed me that there are all kinds of different leaders and that not everybody leads the same way and that is what makes a great leader. I left that conference with a spark lit inside of me. I told myself that "I can do this" and when I felt the time worked for me and my family I ran for the Vice President role and was elected. So here I am as your 2023-2024 NSNA President.

What I am trying to say is that there is a leader in everybody. Even if you don't see it in yourself right away, someone else has spotted your potential and is going to try and help you find it as

well. NSNA is always looking for people to step up and fill leadership roles in the association. If someone walks up to you and asks if you are interested in running for an office don't just say "no" right away stop and think about why they "Asked" you. Maybe take a leap of faith and step out of your comfort zone and try it.

I look forward to seeing many of you as I travel to different District meetings this fall. I am hoping to get to as many of them as I can. If you have any questions you would like to ask me, come and talk to me. I would be willing to answer any questions you have, and I am excited to meet new people. Just remember I might be ready to "Ask" you to step up and fill a role in the association. I hope everybody has a great year and are happy and excited to be back at feeding the kids school meals.

Brock Kaupp

## INTRODUCING THE NEWLY RE-NAMED NSNA STORE, GOODS AND GIFTS...

Congratulations to *Patty Jones from Gretna Public Schools* for winning the contest to re-name the NSNA Store, formerly "Ways and Means", now "Goods and Gifts". Earning her a 2024 NSNA State Conference registration. Thank you for your creativity, Patty!



## FALL DISTRICT MEETINGS ARE SOON APPROACHING AND WE ARE LOOKING FORWARD TO SEEING YOU THERE!

**District 1** - October 7th - Wilber Claytonia - 8:00am

**District 2** - October 7th - Gretna High School - TBD

**District 3** - September 16th - Spencer - 9am

**District 4** - September 16th - Aurora High School - 8:30am

**District 5** - September 30th - Lawrence - 9am

**District 6 & 8** - September 23rd - ZOOM - 10am

## THANK YOU FOR YOUR CONTINUED SUPPORT!





## LEGISLATIVE UPDATE

If an author never put their story in print or a speaker never spoke their thoughts, the story would never be told.

That is my challenge to you. Tell everyone what you do with your school nutrition program. What is it that energizes your school meals program.

We often quietly feed our students looking out for their needs, but we don't do a really good job letting everyone in our communities know what a GREAT job we do. Maybe we really want to do something but can't because of hurdles we cannot control. Let people know those challenges and the successes.

Contact your local elected officials and invite them in to your cafeterias and talk to them about your programs. Invite your school board to eat with you, show them what a great job you do. Slowly start the conversation about what would make your program better. Show case if you do farm to school, scratch cooking or other reasons that the kids like your program. Let

the students tell your story. Do the NSNA art contest, have local winners, post their art work in your school, social media and local newspaper.

Let your thoughts and story be told by you. They can't read our minds, but they can read our letters and email. Show NEBRASKA how you "Energize Your Day with School Nutrition"

Judy Poehlman



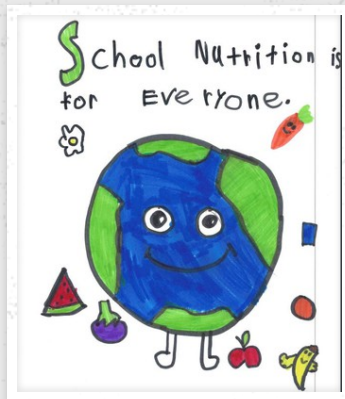
## CONGRATULATIONS TO OUR 2023 ART CONTEST WINNERS!

Maxx Wohlers (K-1) Wayne Elementary School, Wayne NE -  
*Judy Poehlman, Manager*

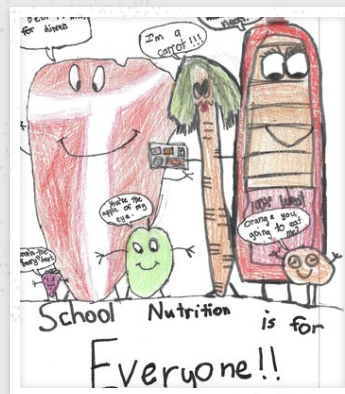
Paisley Siebrandt (2-4) Tri County Schools, Dewitt, NE -  
*Nicky Porter, Manager*

Bryn Tiedtke (5-8) Wayne Public Schools, Wayne, NE -  
*Judy Poehlman, Manager*

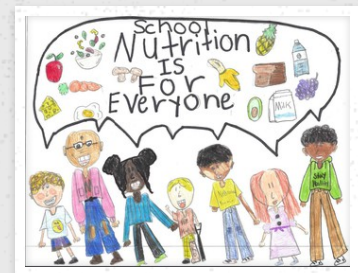
Brooke Morgan (9-12) Tri County Schools, Dewitt, NE -  
*Nicky Porter, Manager*



MAXX WOHLERS



PAISLEY SIEBRANDT



BRYN TIEDTKE

## CALLING ALL ARTISTS!!

***Submit your works of art by December 15th, 2023!***





Do you have students who like to draw or doodle?

Do you have an art teacher looking for a project?

**Check this out!**

**The 2024 Nebraska School Nutrition Association  
Art Contest is HERE!**

There are four grade categories for the contest: K-1, 2-4, 5-8, and 9-12.

Four winners will be chosen and each will receive a \$50 check from the Nebraska School Nutrition Association.

[NSNA Art Contest 2023-24](#)

Contest Rules:

1. All entries must be the student's original artwork on an **8 1/2 x 11 inch** sheet of unlined white paper. Do not use white plain poster board as it is not allowed.
2. The theme **'Energize Your Day With School Nutrition!'** must be printed on the artwork.
3. The student's name, address, grade, and school must appear on the back of the artwork.
4. Each entry must be accompanied by a completed entry form signed by the principal and cafeteria manager.
5. Each school district will be allowed to submit four entries for the competition: one for each grade category.
6. Entries must be postmarked by **December 15, 2023**.
7. If any of the above rules are not followed, the entry will be automatically disqualified.
8. Entries will not be returned unless requested.

Send your school district's entries to:

Nebraska School Nutrition Association  
P.O. Box 45527  
Omaha, NE 68145-0527



**NEBRASKA SCHOOL NUTRITION ASSOCIATION ART CONTEST  
ENTRY FORM*****"Energize Your Day With School Nutrition!"***

Mail this entry form with student's artwork to: Nebraska School Nutrition Association, P.O. Box 45527, Omaha, NE 68145-0527

Contest Deadline: December 15, 2023

*Please type or print the following information:*

Student's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

School: \_\_\_\_\_ School Phone: (\_\_\_\_) \_\_\_\_\_

School Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Principal: \_\_\_\_\_ Cafeteria Manager: \_\_\_\_\_

\_\_\_\_\_  
(Principal's Signature)

\_\_\_\_\_  
(Cafeteria Manager's Signature)

FOR STATE ASSOCIATION USE ONLY – DO NOT WRITE IN THE BOX

Date Received: \_\_\_\_\_  
Initials of Recipient \_\_\_\_\_

Check Entry Category: Grade K-1 (\_\_\_\_) Grade 2-4 (\_\_\_\_) Grade 5-8 (\_\_\_\_) Grade 9-12 (\_\_\_\_)

## MESSAGE FROM PAST PRESIDENT SHELIA SANFORD

I hope everyone is having a good school year so far. It doesn't seem like it can almost be Fall. As your past president I get to work on filling next year's vacant board spots. We will be in need of a Vice President Candidate and are always hoping to get people interested in committee spots. If you have any interest in State Leadership positions please feel free to contact me at [shelia.sanford@mindenwhippets.org](mailto:shelia.sanford@mindenwhippets.org) I would really like to talk to you. If you know anyone who you think I should contact, reach out to me with their name. I don't know everyone and would like some good recommendations.

Having been President and a District Chair I can tell you that while it is quite a bit of work the load is manageable. The personal gain from the connections made and the conferences traveled to is immense. I learned so much about myself and our organization, and met many



wonderful people. It is an experience I would love to encourage each of you to explore. Maybe you don't want to lead the state but there are other ways to be involved.

Reach out and I will be more than happy to talk to you and help you find a way to explore your next step in leadership.

Have a wonderful year!

~Shelia

## NSNA Commodity Food Show

October 19, 2023  
at the Holiday Inn  
110 Second Ave.  
Kearney, NE

Seminar begins at 1:00pm  
This is a great opportunity to answer any  
questions you may have and test new food  
items for the upcoming school year!

Food Show is from  
2-4pm

Please register by October 13, 2023  
by scanning the QR code provided.

If you have any questions, please contact  
Mary Pat Vacek at  
execdirectornсна@gmail.com (402)960-0753



## LET'S GET CREATIVE!!

Greeting's fellow "Lunch Ladies"!

I would like to gather recipes to put together a cookbook for the association. I have recently learned that NSNA has printed two cookbooks in the past, the last one was in 2005. I thought that we could do another one! It has been brought to my attention that it is better to have a cookbook rather than using Pinterest or some other online source. With a cookbook you open to the recipe you want and it stays there. While using your phone, after a while it goes blank and you have to find it again, hope that you get the same recipe. The point being that cookbooks are making a comeback for the younger generation. So, please send your recipes to me to gather and compile. Send as many as you want, include your school and your name. Send both recipes for the school (quantity cooking) and those that you would use at home. We want the cookbook to be a success. I look forward to hearing from you soon. Thanks!!

**Please send recipes to:**

**Johnny Ahlers**

**1406 Dakota St**

**Emerson, NE 68733**

Or email them to me at [jahlers@ehpirates.org](mailto:jahlers@ehpirates.org)



## NEBRASKA SCHOOL NUTRITION ASSOCIATION

📍 PO Box 45527 Omaha, NE 681...

✉ [nebraskasna@gmail.com](mailto:nebraskasna@gmail.com)

🌐 [nebraskasna.org](http://nebraskasna.org)