

Fall 2017

PROFESSIONAL DEVELOPMENT

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The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

healthy meals

healthy management

healthy minds



Professional Development from JSI

The John C. Stalker Institute (JSI) of Food and Nutrition at Framingham State University has supported Massachusetts school nutrition staff for over 25 years as the premier provider of professional development for school nutrition programs across the Commonwealth. Take advantage of the vast array of professional development opportunities offered by JSI to meet professional development requirements for the 2017-2018 school year.

Prepare yourself and your school nutrition staff for the 2017-2018 school year with professional development from JSI designed to advance knowledge and build the skills needed for a successful program.

Schedule a Workshop to Go and JSI will bring the training right to your school. Encourage staff and managers to attend the two educational sessions offered by JSI at your local SNA of MA Chapter Meeting.

Register for an online course or workshop for 24/7 access to high quality professional development.

Save the Dates!
May 30 & 31, 2018

Healthy Kids, Healthy Programs Summit

Four Points by
Sheraton in Norwood

**Please join us
on October 12 at
Framingham State University**

**ADHD: Promise of a Healthy Diet
5:30 p.m. in the McCarthy Center Forum at FSU**

What to eat and what not to eat...that is the question for children with ADHD. The evidence for a healthy diet is growing and may help children with ADHD, particularly with focus and attention, behavior, and overall nutritional status. Nutritionist and dietitian Jill Castle explores the current evidence for nutrient adequacy, food sensitivity and behavior, and optimizing nutritional status and growth through feeding strategies.

Visit www.johnstalkerinstitute.org
to register.

The John C. Stalker Institute of Food and Nutrition is a partnership of the Massachusetts Department of Elementary and Secondary Education and Framingham State University. This institution is an equal opportunity provider.

Culinary Workshops to Go

Request your
Workshop to Go
online at
www.johnstalkerinstitute.org

Bring a culinary workshop right to your school! The Back to Basics Workshops to Go are a series of 3-hour culinary workshops developed for school nutrition staff to expand culinary skills and promote healthier, made from scratch, menu options to meet the meal pattern requirements. Each 3-hour workshop is economically priced at \$399 for a minimum of 15 participants/maximum of 20 participants.

SLC: 2130

Back to Basics: Fresh Vegetables and Fruits

Learn healthy new ways to use produce from local farms and give your canned, frozen and fresh vegetables a flavor boost. Sharpen cutting and peeling skills. Discover best practices to purchase, prepare, store, and freeze produce in this hands-on culinary workshop.

Back to Basics: Meat Alternates

Need some ideas on how to serve more beans, legumes, yogurt, eggs, and other meat alternates that look good and taste great? This hands-on culinary workshop will demonstrate easy cooking techniques for meat alternates that you will be proud to serve.

Back to Basics: Meats, Poultry and Fish

Learn healthy cooking techniques for various types of meat, poultry, and fish in this hands-on culinary workshop. Prepare, present and taste new recipes that your students will enjoy.

Two NEW! Culinary Workshops

Back to Basics: Mediterranean Flavors

Liven up your menu by incorporating Mediterranean flavors into each of your meal components. In this hands-on culinary workshop you will advance your culinary skills while making popular recipes your students will love, such as shawarma pita wraps, hummus, tzatziki sauce, and more!

Live-Setting Culinary Training

Be one of five schools in the 2017-2018 school year to participate in this innovative culinary training. "Live-Setting" is an approach, created by Chef Kent Getzin, where school foodservice teams build their culinary skills during their regular production hours. In this training, the JSI Chef will work alongside school nutrition staff to prepare and serve a popular Mediterranean entrée. Completion of the *Back to Basics: Mediterranean Flavors* workshop is required.

SNA of Mass Chapter Meetings

Contact your chapter delegate for locations and dates.

NEWLY UPDATED! Professional Communications

Enhance your communication skills in the workplace by recognizing barriers, evaluating your communication style, and discovering the skills and strategies to strengthen communication within your school.

SLC: 4140

NEW! Bean-a-licious Culinary Demo

Explore and taste two bean recipes and a variety of flavor blends in this one-hour culinary demo that will excite your students' taste buds!

SLC: 2130

Workshops to Go

Bring school nutrition training right to your school!

Each 2-hour workshop is economically priced at \$299 (minimum of 15 staff required).

Visit www.johnstalkerinstitute.org to schedule your Workshop to Go.

Essentials of Food Safety

Explore food safety basics and discuss how to create a culture of food safety in your school. Discover effective strategies to avoid cross contamination. Practice proper hand washing. Learn how to check and record food temperatures and avoid the danger zone.

SLC: 2600, 2620, 2640

NEW! Exceptional Customer Service

Recognize the importance of exceptional customer service and enhance your skills using concepts from *The Guest: Everything you already knew about great customer service* training. Create an action plan to deliver great customer service in your cafeteria.

SLC: 4130

Food Allergies

Learn the difference between food allergies and food intolerances, foods that commonly cause allergies, how to read labels for potential allergic ingredients, and other strategies to manage food allergies in your school. This workshop is recognized by ESE and MDPH as acceptable training required in the Allergen Awareness Act, M.G.L.c.140, § 6B

SLC: 1160

Gluten-Free at School

Learn about gluten, food sources, how to identify gluten using the food label and strategies to meet the special dietary needs of students on a gluten-free diet.

SLC: 1160

Infusing Flavor and Flair into School Meals

Explore K-12 culinary trends, food presentation techniques and flavor profiles with student appeal to enhance school meals and encourage increased participation.

SLC: 2130, 2230

Knife Skills: Be a Cut Above the Rest!

Maximum of 20 Participants

Sharpen your knife skills in this hands-on workshop that focuses on cutting and garnishing techniques for visual appeal as well as safe knife use and care practices.

SLC: 2130

NEWLY UPDATED! Professional Communications

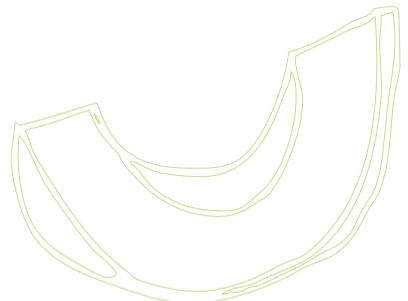
Enhance your communication skills in the workplace by recognizing barriers, evaluating your communication style, and discovering the skills and strategies to strengthen communication within your school.

SLC: 4140

Substitution Solutions

Learn how to make proper menu substitutions while meeting the meal pattern requirements for Offer vs. Serve.

SLC: 2220



Join us on  Facebook  LinkedIn  Twitter and  Pinterest

To receive JSI e-mail updates, please e-mail us at johnstalker@framingham.edu

Online & Regional Trainings

Online Training

Food Allergies

Learn the difference between food allergies and food intolerances, foods that commonly cause allergies, how to read labels for potential allergic ingredients, and other strategies to manage food allergies in your school. This workshop is recognized by ESE and MDPH as an acceptable training required in the Allergen Awareness Act, M.G.L.c.140, § 6B.

Professional SLC: 1160

Pick your session and complete the 2-hour training on your schedule

Cost: \$20

Session 1: October 16 - 30

Session 2: November 6 - 20

Session 3: December 4 - 18

Please visit
www.johnstalkerinstitute.org
for registration deadlines
and to register.

Framingham State University 4-week online Graduate Courses

Fall 2017 Session: October 2 - October 29

Cost: \$205 per course

15 Professional Development Hours

Enjoy the convenience of online learning and be ready to respond to the latest school nutrition issues.

- Diabetes in Schools
- Exploring Food Allergies
- Move More, Learn More: Linking Physical Activity to Academic Performance
- Preventing Eating Disorders

View courses and register at:
www.framingham.edu/opdce

2017-2018 Nuts & Bolts of School Nutrition Programs Continuation Series

Are you looking to increase your knowledge about and ability to implement the USDA National School Lunch and School Breakfast Programs? This training series will provide you with the vital information and skills to improve program operations. Opportunities throughout the year will include both in-person and online sessions. Those who complete seven or more sessions in the series will receive recognition at the *Healthy Kids, Healthy Programs Summit* in May 2018.

Cost: \$40 for individual in-person trainings. Online trainings are FREE.

All in-person sessions will take place at Framingham State University from 8:00 a.m. to 4:00 p.m. All online sessions will take place from 2:00 p.m. to 3:30 p.m.

For more information and to register please visit www.johnstalkerinstitute.org/conference/NutsBolts2017/



Scan to go to
the JSI web site

