

Spring/Summer 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

# Lead the Way to a Healthy 2017

The John C. Stalker Institute (JSI) of Food and Nutrition at Framingham State University is serving up a healthy selection of professional development and resources designed for Massachusetts school nutrition professionals. Register for professional development through JSI and join the dedicated school nutrition professionals working throughout Massachusetts to improve the nutrition, food and wellness environments in our schools. Take advantage of all that JSI has to offer:

## Professional Development

*See Details Inside*

### Workshops to Go

### Regional Professional Development

### Online Workshops and Courses

## Online Resources

*Available at [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)*

### A-List and MassNETS

*Our most popular time-saving resource and online tool designed to help you select school snacks that meet the state and federal Smart Snacks requirements.*

### Online Recipe Tool

*School snack recipe analysis tool that allows you to analyze, save and share recipes and nutritional.*

### JSI Resource Center

*Time-saving resource hub with hundreds of online resources evaluated by JSI staff and categorized by topics of interest for school professionals.*

### JSI Blog

*Subscribe to the JSI blog and keep up-to-date on professional development opportunities and resources for Massachusetts schools.*

**Save the Dates!  
May 23 & 24, 2017**

**Healthy Kids,  
Healthy Programs  
Summit**

**Four Points by  
Sheraton  
in Norwood**

*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 and employer.*

# Workshops to Go

Request your  
**Workshops to Go**  
online at  
[www.johnstalkerinstitute.org](http://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 (speed scratch), menu options to meet the meal pattern requirements.

Suggested Learning Code: 2130

Each 3-hour workshop is economically priced at \$399 for a minimum of 15 participants/maximum of 20 participants. Schedule one or all in the series at [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)

## 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.

## Back to Basics: Whole Grains

Take the mystery out of cooking with whole grains in this hands-on culinary workshop. Discover, prepare and taste a variety of wholesome whole grain recipes including ingredients such as wheat berries, farro, barley, quinoa, brown rice and more.

## SNA of Mass Chapter Meetings

Contact your chapter delegate for locations and dates.

### Food Allergies

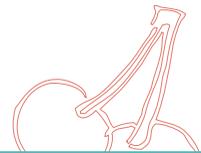
Learn the difference between food allergies and food intolerances, foods that commonly cause allergies, how to read labels for potential allergic ingredients, and other strategies to manage food allergies in your school. This workshop is recognized by ESE and MDPH as acceptable training required in the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

Suggested Learning Code: 1160

### NEW! Meal Participation - Give it a Boost!

Discover ways to give school meal participation a boost with engaging customer service, a positive lunchroom experience, as well as appealing and flavorful foods and more. Learn how potential pitfalls can be turned into action steps for increased participation.

Suggested Learning Codes: 4130, 4160



# Workshops to Go

## Bring school nutrition training right to your school!

Each 2-hour workshop is economically priced at \$299 for a minimum of 15 participants.

Visit [www.johnstalkerinstitute.org](http://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.

Suggested Learning Codes: 2600, 2620, 2640

### Fill it Up the Right Way

Learn portion control strategies to apply in your school nutrition program. Practice weighing, measuring and the proper use of kitchen equipment.

Suggested Learning Codes: 2200, 2210

### Focus on the Customer

Build customer service skills that will help encourage a positive relationship with students! Learn to evaluate customer satisfaction within your cafeteria and develop strategies for customer-focused service.

Suggested Learning Code: 4130

### Food Allergies

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Suggested Learning Code: 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.

Suggested Learning Code: 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.

Suggested Learning Codes: 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.

Suggested Learning Code: 2130

### Professional Communications

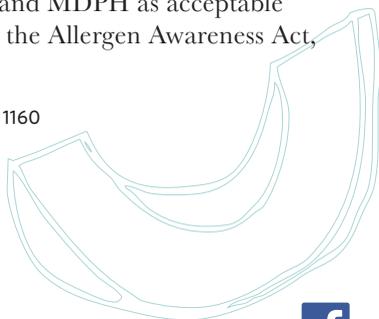
Enhance your communication skills, practice handling sensitive topics and discover strategies to strengthen communication within your school nutrition program.

Suggested Learning Code: 4140

### Substitution Solutions

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

Suggested Learning Code: 2220



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the JSI web site

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To receive JSI e-mail updates, please e-mail us at [johnstalker@framingham.edu](mailto:johnstalker@framingham.edu)

# Regional Professional Development

## Nuts & Bolts of School Nutrition Programs

Increase your knowledge and ability to implement the USDA National School Lunch and School Breakfast Programs. The series offers face-to-face sessions at Framingham State University as well as online sessions provided by ESE staff. Register for the sessions that best meet your needs.

Join us in August for three full days of essential training on meal benefit issuance, resource management and food service operations.

Date: August 1, 2, 3, 2017

Location: Framingham State University

Time: 8:00 a.m. to 3:30 p.m.

Cost: \$40 per day or \$100 for all three days

## Management Institute

Three-day institute designed for Massachusetts school nutrition managers offering advanced learning opportunities in leadership, financial management, personnel management, communication, marketing and nutrition.

Date: August 15, 16, 17, 2017

Location: TBD

Time: 8:00 a.m. to 4:00 p.m.

Cost: \$250

Interested in a 2-day

## Healthy Cuisine for Kids

workshop at your school at no cost?  
JSI can help!

Email:

[johnstalker@framingham.edu](mailto:johnstalker@framingham.edu)  
for more information



Go to [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)  
for registration deadlines and to register.

## Online

### 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.

Suggested Learning Code: 1160

Choose your session and complete the 2-hour training on your schedule.

Cost: \$20

Session 1: January 30 - February 6

Session 3: April 3 - 17

Session 2: March 6 - 20

Session 4: May 8 - 22

Go to [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)  
for registration deadlines and to register.

### Framingham State University

4-week online

### Graduate Courses

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

Spring 2017 Session:

January 16 - February 10

Cost: \$197 per course

15 PD Hours for School Nutrition

- Exploring Food Allergies
- Preventing Eating Disorders
- Shake the Sodium

View Courses and Register at:  
[www.framingham.edu/opdce](http://www.framingham.edu/opdce)