

# Spring/Summer 2018

## 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 2018

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*

**Culinary Workshops to Go  
Workshops to Go  
Regional & Online Trainings**

## 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 and Wellness Solutions Blogs

*Subscribe to keep up-to-date on professional development opportunities, resources and wellness success stories for Massachusetts schools.*

**Save the Dates!  
May 30 & 31, 2018**

**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.*

# Culinary 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.

SLC: 2130

Each 3-hour workshop is economically priced at \$399 for a minimum of 7 participants/maximum of 14 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.

## **NEW! 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!

## **NEW! 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.

**Cost: \$399**  
Request your Live-Setting Culinary Training  
online at [www.johnstalkerinstitute.org](http://www.johnstalkerinstitute.org)

*Suggested Learning Codes (SLC) for USDA Professional Standards are listed after the session description.*

# 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](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.

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

*Maximum of 20 Participants*

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

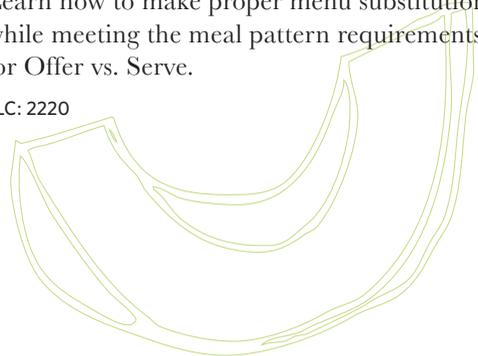
Enhance your communication skills in the workplace by recognizing barriers, evaluating your communication style, and discovering the skills and strategies to strengthen communication within your school.

SLC: 4140

### Substitution Solutions

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

SLC: 2220



Scan to go to  
the JSI web site

Join us on  Facebook  LinkedIn  Twitter  Pinterest

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

# Regional & Online Trainings



## NUTS & BOLTS OF SCHOOL NUTRITION PROGRAMS

Increase your knowledge and ability to implement the USDA National School Lunch and School Breakfast Programs. The continuation 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 this summer for three full days of essential training on meal benefit issuance, resource management and food service operations.

Date: July 31, August 1, 2, 2018

Location: Framingham State University

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

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

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

## 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.

SLC: 1160

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

Cost: \$20

Session 1: January 29 - February 5

Session 3: April 2 - 16

Session 2: March 5 - 19

Session 4: May 7 - 21

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

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

## 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 14, 15, 16, 2018

Location: Devens Common Center

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

Cost: \$250



## 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.

Cost: \$205 per course

15 hours Professional Development for School Nutrition

Spring I Session:

January 22 - February 16, 2018

- Exploring Food from the Ground Up
- Preventing Eating Disorders

Spring II Session:

March 19 - April 13, 2018

- Hydration and Beverages
- School Gardening 101

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