

Spring/Summer 2019

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



Advance Your Professional Development in 2019

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 Courses

Online Resources

Available at 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 21 & 22, 2019

**Healthy Kids,
Healthy Programs Summit**

Four Points by
Sheraton
in Norwood

Culinary Workshops to Go

Request your
Workshops
to Go online at
johnstalkerinstitute.org

Bring a culinary workshop right to your school!

The Back to Basics Workshops to Go are 3-hour internationally-inspired culinary workshops developed for school nutrition staff. Expand the culinary skills of your staff and promote healthier, made from scratch, customizable school menu options. Each workshop is \$399 with a minimum of 7 participants/ maximum of 14 participants.

SLC: 2130

NEW! Back to Basics: Asian Fusion

Discover Asian-inspired cuisine and add a Build-Your-Own Stir-Fry-Bowl to your school menu! In this hands-on culinary workshop you will increase your culinary skills and confidence while preparing popular options such as beef teriyaki, crispy tofu, confetti fried rice, stir-fry vegetables, and more!

Back to Basics: Latin American Cuisine

Freshen up your Taco Tuesdays with authentic Latin American cuisine! In this hands-on culinary workshop you will enhance your culinary skills while preparing student favorites, such as fish tacos, fresh salsa, Spanish rice, and more!

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

Bring the JSI Chef back to your school, following one of our Back to Basics culinary workshops, to work alongside school nutrition staff during regular production hours to menu, prepare and serve a Build-Your-Own Pita Pocket, Street Tacos or Stir-Fry-Bowl at your high school.

2-hour Culinary Workshops

COST: \$299

NEW! Bean-a-licious

Maximum of 14 Participants

Explore the culinary versatility of beans in this hands-on culinary workshop featuring student-approved bean recipes. Prepare a variety of popular bean recipes and build Power-Packs that will meet school meal requirements and your students will love!

SLC: 2130, 2230

Infusing Flavor & 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. Learn proper knife handling while practicing basic cuts and garnishing techniques to enhance the visual appeal of school meals.

SLC: 2130

Workshops to Go

Bring school nutrition training right to your school!

Each 2-hour workshop is \$299 with a minimum of 15 participants.

Visit johnstalkerinstitute.org to schedule your Workshop to Go.

Essentials of Food Safety

Explore food safety basics, including proper hand washing techniques and effective strategies to prevent cross-contamination. Learn how to check and record food temperatures to avoid the danger zone. Discuss how to create a culture of food safety in your school.

SLC: 2600, 2620, 2640

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

BACK BY POPULAR DEMAND!

Finding the Fun at Work with FISH!

Empower your staff with the FISH! Philosophy by creating passion and engagement at work! In this workshop, staff along with the school nutrition director will use the FISH! Philosophy to build an energetic, innovative, and dedicated team.

SLC: 4130, 4140

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 DESE and MDPH as acceptable training required in the Allergen Awareness Act, M.G.L.c.140, § 6B

SLC: 1160

NEW! Get the Right Scoop!

Scoops, ladles and spoodles...oh my! Discover why and how to use the correct measuring tools for proper portioning to meet the meal pattern as well as the connection between portion control and cost. Recognize the minimum requirements for each of the five food components with extra practice on vegetable subgroups.

SLC: 2210

NEWLY UPDATED!

Gluten-Free at School

Learn about gluten, food sources, how to identify gluten using the food label, make menu substitutions, and avoid cross-contact. Explore the different types of gluten-related disorders and strategies to meet the special dietary needs of students on a gluten-free diet.

SLC: 1160

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



Join us on  Facebook  LinkedIn  Twitter  Pinterest

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



Scan to go to the JSI website

Regional & Online Courses



NUTS & BOLTS OF SCHOOL NUTRITION PROGRAMS

The Nuts & Bolts of School Nutrition Programs is a state-developed training program on the requirements for the School Meal Programs for Massachusetts school nutrition directors, managers and staff.

The Continuation Series offers in-person and online sessions during the school year. Online registration required. No cost for online sessions. In-person sessions cost \$40 per session and include continental breakfast and lunch.

Online webinar sessions from 2:00 p.m. to 3:30 p.m.

- Engaging Your Community in School Wellness
- Three Bids and a Buy
- Afterschool Meals

In-person sessions at FSU from 8:30 a.m. to 3:00 p.m.

- Production Records, Recipes, CN Labels, and Product Formulation Statements

The Summer Conference offers three full days of essential training on the School Meal Programs.

Date: July 30, 31 & August 1, 2019
Time: 8:00 a.m. to 3:30 p.m.
Location: Framingham State University
Cost: \$40 per day or \$100 for all three days

The **NEW!** On Demand series offers interactive online trainings on the fundamental topics in School Meal Programs.

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 13, 14, 15, 2019
Time: 8:00 a.m. to 4:00 p.m.
Location: TBD
Cost: \$250

Go to johnstalkerinstitute.org for registration deadlines and to register.

FSU 4-week Online Courses

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

Cost: \$210 per course
15 hours Professional Development for School Nutrition

Spring I Session:
January 14 - February 8, 2019

- Hydration & Beverages
- School Gardening 101

Spring II Session:
March 25 - April 19, 2019

- Growing Your School Garden
- Shake the Sodium

Summer Session:
July 8 - August 2, 2019

- Diabetes in Schools
- Exploring Food Allergies

View courses and register at framingham.edu/opdce