

Fall 2019

PROFESSIONAL DEVELOPMENT

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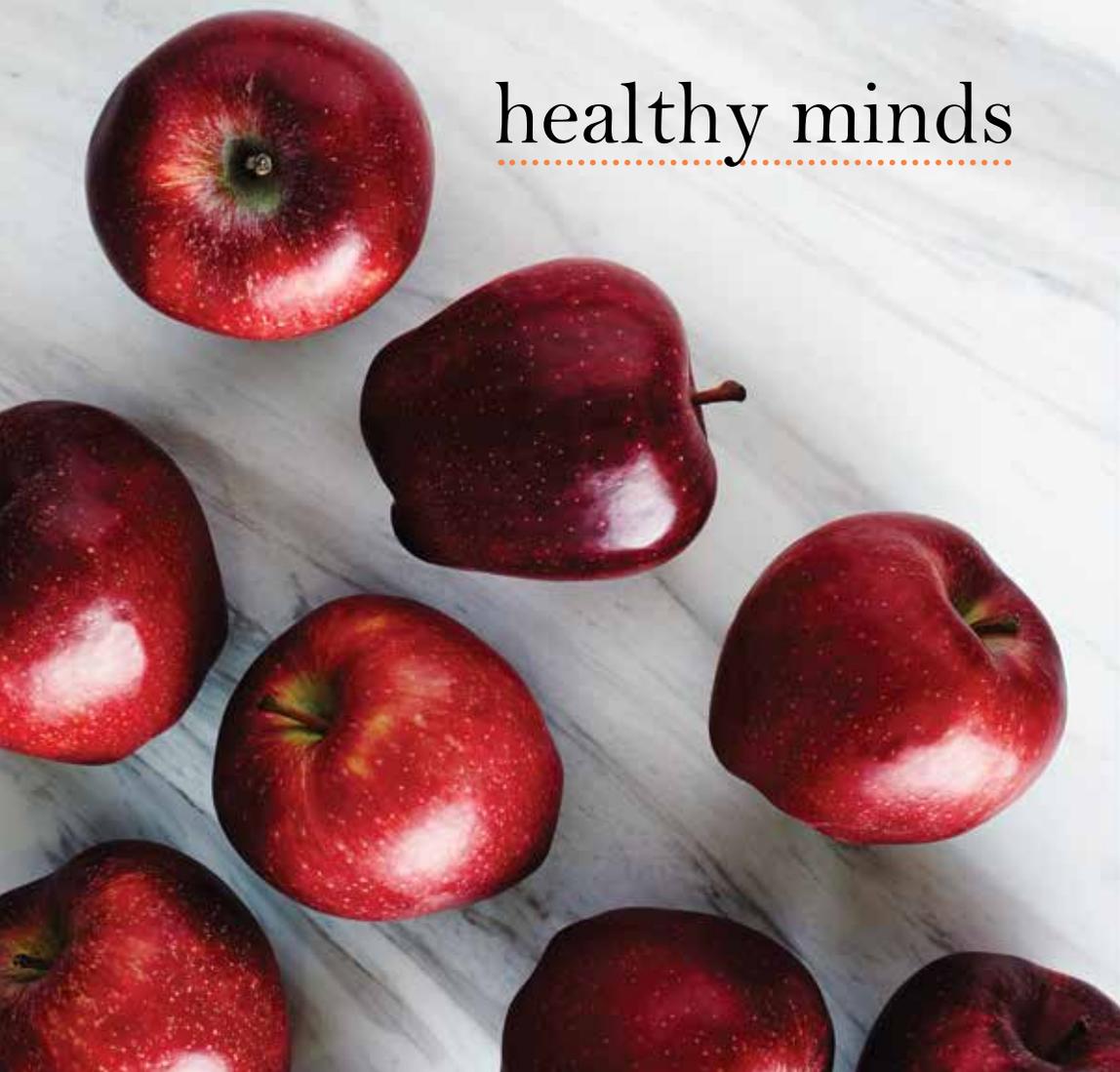


The John C. Stalker Institute  
*of Food and Nutrition*  
AT FRAMINGHAM STATE UNIVERSITY

healthy meals

healthy  
management

healthy minds



# Ready, Set, Learn!

The John C. Stalker Institute (JSI) of Food and Nutrition at Framingham State University has supported Massachusetts school nutrition professionals for over 30 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 your professional development requirements for the 2019-2020 school year.

Request a Workshop to Go and bring school nutrition training right to your school! Encourage staff and managers to attend the two workshops offered by JSI at your local SNA of Mass Chapter Meeting. Log in and learn with the Nuts & Bolts of School Nutrition Programs On Demand training series for School Meal Program requirements. Join us throughout the school year at the Nuts & Bolts of School Nutrition Programs Continuation Series with more webinar options available.

## Team Up for School Nutrition Success

***New One Day Format!***

**November 5, 2019 at FSU**

**This peer-to-peer workshop will give School Nutrition Directors the opportunity to share best practices focused on:**

- **Financial Management**
- **Human Resources**

**Details coming soon!**

# Culinary Workshops to Go

Request your  
Workshops  
to Go online at  
[johnstalkerinstitute.org](http://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

### 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 guide 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 middle or high school. This is an effective way to provide your staff with culinary support while building their confidence to successfully serve these student-approved customizable menu options.

## 2-hour Culinary Workshops

**COST: \$299**

### Power Up with Plant-Based Lunches

*Maximum of 14 Participants*

Explore the culinary versatility of a plant-based menu 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



*Suggested Learning Codes (SLC) for USDA Professional Standards listed after session descriptions.*

# 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](http://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

### 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

### 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

### Gluten-Free at School

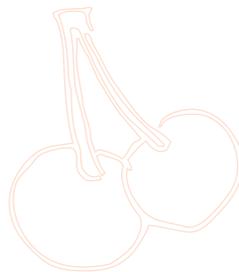
Learn about gluten, food sources, how to identify gluten using the food label, make menu substitutions, and avoid cross-contact. Explore the different types of gluten-related disorders and strategies to meet the special dietary needs of students on a gluten-free diet.

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](mailto:johnstalker@framingham.edu)



Scan to go to the JSI website

# Online & Regional Trainings



**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.

- Using the Virtual Gateway for Direct Certification
- Meal Benefit Issuance — Compliance, Refreshers & Common Challenges
- Deciphering the Verification Process
- Counting & Claiming Meals — Tips and Tricks for Ensuring Accuracy
- Solutions for Real Life Challenges to Serving a Reimbursable Lunch or Breakfast
- Keeping Your HACCP Plan Current in an Ever-Changing World
- Three Bids & a Buy
- Increasing Access & Engagement through Afterschool Meals
- Incorporating Farm to School in your Local Wellness Policy

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

- Production Records, Recipes, CN Labels, & Product Formulation Statements
- USDA Foods Utilization Check Up

## The On Demand Series includes 6 online training modules available 24/7

1. Introduction to School Nutrition Programs
2. USDA Foods 101 & Inventory Management
3. The Administrative Review Process
4. Resource Management
5. Civil Rights for Child Nutrition Programs
6. Food Allergies

For more information, please visit [johnstalkerinstitute.org/nb](http://johnstalkerinstitute.org/nb)

## Framingham State University 4-week online Graduate Courses

Fall 2019 Session: October 7 - November 4  
Cost: \$215 per course  
15 hours Professional Development for School Nutrition

- Exploring Food: From the Ground Up!
- Sweet Solutions

View courses and register at: [framingham.edu/opdce](http://framingham.edu/opdce)

## SNA of Mass Chapter Meetings

Contact your chapter delegate for locations and dates.

**Get the Right Scoop!** *(See description on Workshops to Go page)*

### NEW! SMART Personal Wellness

Get energized with this personalized wellness program designed to encourage healthy habits. Discover the SMART method and take time to focus on your health goals to improve your well-being and role as an advocate for a healthier school environment.

SLC: 3450