

# Spring/Summer 2020

## PROFESSIONAL DEVELOPMENT

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

# healthy meals

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# healthy management

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# healthy minds

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# Advance Your Professional Development in 2020

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](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 19 & 20, 2020**

**Healthy Kids,  
Healthy Programs Summit**

Four Points by  
Sheraton  
in Norwood

# 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

### **NEW! Back to Basics: Indian Fare**

Spice up your menu with a taste of India and entice your students with a customizable Build-Your-Own Indian dish! In this hands-on culinary workshop, you will advance your culinary skills while making delicious recipes, such as tandoori chicken, chana masala, aloo gobi, and much more!

### **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**

Request our innovative Live-Setting Culinary Training and bring the JSI Chef back to your school to work alongside school nutrition staff during regular production hours to prepare and serve a Build-Your-Own Pita Pocket, Street Tacos, Stir-Fry-Bowl, or Indian Dish. The Live-Setting Culinary Training builds the confidence and skills of your staff to offer customizable, student-approved, internationally-inspired menu options in your high school café. Completion of the Back to Basics: Mediterranean Flavors, Latin American Cuisine, Asian Fusion or Indian Fare workshops is required.

## 2-hour Culinary Workshops

**COST: \$299**

### **NEW! Building Flavors that Excite!**

*Maximum of 14 Participants*

Discover how easy it is to prepare your own spice blends and homemade salad dressings in this hands-on workshop. Learn to build culinary excitement and spice up your menu with delicious flavors!

SLC: 2130, 2230

### **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

### **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](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.

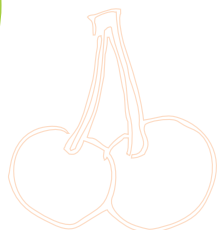
SLC: 1160

### 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

**Food Allergies  
Now  
available  
in Spanish!**



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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

# 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 session costs \$40 and include continental breakfast and lunch.

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

- Three Bids and A Buy
- Increasing Access and Engagement through Afterschool Meals
- Incorporating Farm to School in your Local Wellness Policy

In-person session 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 29, 30 & 31, 2020

Location: College of the Holy Cross, Hogan Center, Worcester

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

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

The 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 11, 12, 13, 2020

Location: College of the Holy Cross, Hogan Center, Worcester

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

Cost: \$250

Go to [johnstalkerinstitute.org/nb](http://johnstalkerinstitute.org/nb) 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: \$215 per course

15 hours Professional Development for School Nutrition

Spring I Session:

January 13 - February 7, 2020

- Exploring Food: From the Ground Up
- Hydration & Beverages

Spring II Session:

March 23 - April 17, 2020

- Growing Your School Garden
- Shake the Sodium

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