

Fall 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

JSI Turns 30!

The John C. Stalker Institute (JSI) of Food and Nutrition was established 30 years ago through a partnership between the Massachusetts Department of Elementary and Secondary Education and Framingham State University. JSI proudly continues the legacy of our namesake Mr. John C. Stalker, a highly respected and influential leader both locally and nationally who devoted his life to the betterment of school nutrition. As the premier provider of professional development for school nutrition programs across the Commonwealth, JSI is pleased to continue to serve Massachusetts schools as a steward of innovative and relevant education.

Take advantage of the vast array of professional development opportunities offered this 2018-2019 school year. Check out our new and newly updated Workshops to Go. Encourage staff and managers to attend the two workshops offered by JSI at your local SNA of MA Chapter Meeting. Enroll in the NEW! Nuts & Bolts of School Nutrition Programs On Demand training series, a state-developed training option for School Meals Program requirements.

This no-cost, online, interactive training series includes 6 modules available 24/7 for your convenience.

Save the Dates!
May 21 & 22, 2019

Healthy Kids, Healthy Programs Summit

Four Points by
Sheraton in Norwood

Team Up for School Nutrition Success

November 28-29, 2018 at FSU

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

- Increasing Participation
- Plate Waste
- Unpaid Meal Charges

Details coming soon!

Culinary Workshops to Go

Request your
Workshops
to Go online at
www.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: 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, where school nutrition teams build their culinary skills during their regular production hours – no need to wait for a professional development day! In this training, the JSI Chef will work alongside school nutrition staff to prepare and serve a Build-Your-Own menu featuring either Mediterranean Pita Pockets or Authentic Latin American Street Tacos. This Live-Setting Culinary Training will build the confidence and skill of your staff to offer customizable, student-approved, popular menu options in your high school café. Completion of the Back to Basics: Mediterranean Flavors or Latin American Cuisine workshops required.

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 www.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

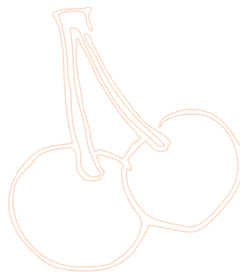
Learn about gluten, food sources, how to identify gluten using the food label, make menu substitutions, and avoid cross-contact. Explore the different types of gluten-related disorders and strategies to meet the special dietary needs of students on a gluten-free diet.

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

Online & Regional Trainings



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.

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

- Keeping it Local
- USDA Foods Utilization Check Up
- Hot Topics in Food Safety
- Production Records, Recipes, CN Labels, and Product Formulation Statements

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

- Back to School Basics
- Engaging your Community in School Wellness
- Three Bids and A Buy
- Afterschool Meals

The NEW! 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
www.johnstalkerinstitute.org/nb

Framingham State University 4-week online Graduate Courses

Fall 2018 Session: October 1 - 29
Cost: \$205 per course
15 hours Professional Development for School Nutrition

- Exploring Food: From the Ground Up
- Move More, Learn More: Linking Physical Activity to Academic Performance
- Preventing Eating Disorders

View courses and register at:
www.framingham.edu/opdce



SNA of Mass Chapter Meetings

Contact your chapter delegate for locations and dates.

Essentials of Food Safety (See description on Workshops to Go page)

NEW! Food Art Made Easy!

Food art is a fun and interactive way to excite students about healthy school foods. In this one-hour demo, you will learn the simple techniques needed to create attractive food displays and garnishes for your school.

SLC: 2130, 2230