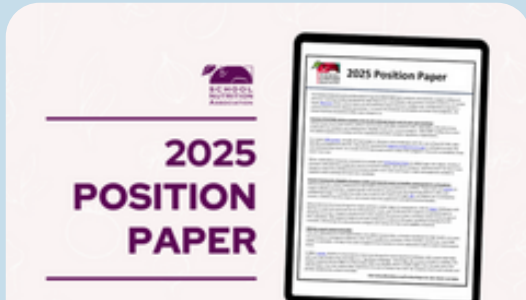


ISNA QUARTERLY

IDAHO SCHOOL NUTRITION ASSOCIATION



WASHINGTON DC LEGISLATIVE CONFERENCE



COMMUNITY ENGAGEMENT

The School Nutrition Association's (SNA) 2025 Legislative Action Conference (LAC) took place from March 9-11, 2025, at the J.W. Marriott in Washington, D.C. This annual event serves as a pivotal platform for school nutrition professionals, policymakers, and industry leaders to engage in advocacy, discuss pressing issues affecting child nutrition programs, and collaborate on strategies to ensure that every student has access to healthy and nutritious meals.

UPCOMING SPRING RETREAT

Relax with a Hot Pool Soak 10am-1pm or after 4:30pm
Lunch on your own at 1-2 PM
Rejuvenate with a Yoga Session 3pm- 4pm
Prioritize Self-Care 3-4:30pm
After registration, the pools will be notified, and your tickets will be available at the front desk.



The 2025 LAC addressed several pressing concerns impacting school nutrition programs:

- POTENTIAL FUNDING CUTS:** ATTENDEES EXPRESSED SIGNIFICANT APPREHENSION REGARDING POTENTIAL CUTS TO THE COMMUNITY ELIGIBILITY PROVISION (CEP) AND OTHER SCHOOL MEAL PROGRAMS. A BUDGET RESOLUTION PASSED BY THE HOUSE OF REPRESENTATIVES DIRECTED THE EDUCATION AND WORKFORCE COMMITTEE TO CUT \$330 BILLION FROM ITS PROGRAMS, WHICH INCLUDE SCHOOL MEALS. PROPOSALS TO RAISE THE THRESHOLD FOR CEP ELIGIBILITY FROM A 25% IDENTIFIED STUDENT PERCENTAGE (ISP) TO 60% COULD RESULT IN OVER 24,000 SCHOOLS LOSING ELIGIBILITY, THEREBY AFFECTING ACCESS TO FREE MEALS FOR NUMEROUS STUDENTS.
- RISING FOOD COSTS:** THE CONFERENCE ALSO HIGHLIGHTED CONCERNS OVER ESCALATING FOOD COSTS AND THEIR IMPACT ON SCHOOL NUTRITION BUDGETS. ATTENDEES DISCUSSED STRATEGIES TO MANAGE THESE FINANCIAL CHALLENGES WHILE CONTINUING TO PROVIDE NUTRITIOUS MEALS TO STUDENTS.



PROFESSIONAL DEVELOPMENT

THE CONFERENCE FEATURED INTERACTIVE POLICY WORKSHOPS DESIGNED TO EQUIP ATTENDEES WITH THE NECESSARY SKILLS AND KNOWLEDGE TO EFFECTIVELY ADVOCATE FOR SCHOOL MEAL PROGRAMS. THESE SESSIONS PROVIDED INSIGHTS INTO THE LATEST LEGISLATIVE DEVELOPMENTS AND OFFERED STRATEGIES FOR INFLUENCING POLICY DECISIONS AT BOTH THE FEDERAL AND STATE LEVELS.



HEARTFELT HABITS FOR WELLNESS



EMOTIONAL & MENTAL WELLNESS CHECKLIST

- ☐ Get regular exercise, sleep, and nutrition.
- ☐ Connect with others
- ☐ Take time to do something you like each day.
- ☐ Manage stress in healthy ways
- ☐ Be kind to yourself. Treat yourself the way you'd treat a good friend
- ☐ Let go of bitterness and grudges - forgive and move on
- ☐ Focus on gratitude. Note and appreciate the good in your life
- ☐ Protect your time and energy by setting priorities and boundaries
- ☐ Practice mindfulness. Stay in the moment, meditate, or do yoga
- ☐ Volunteer, take a class, or join a group of people
- ☐ Ask for help when needed. Suicidal thoughts and actions need immediate attention. Dial 988 for the Suicide and Crisis Lifeline

SMART SWAPS FOR HEALTHY EATING

Instead of This... Choose This!

White bread.....	whole-grain bread
fried breaded.... or batter dipped foods	grilled, baked, or broiled foods
whole milk.....	low-fat or fat free milk
high-sugar..... cold cereal	oatmeal with berries or banana
white rice.....	brown rice, beans, or lentils
regular potato... chips	baked chips or pretzels
ice cream.....	sorbet or low-fat frozen yogurt
soft drink.....	flavored or sparkling water
butter.....	olive oil
milkshake.....	smoothie with fresh fruit, ice, and milk
cream-based..... soup	broth-based soup with vegetables
granola bar.....	1/4 cup dried fruit or nuts
french fries.....	sweet-potato fries or steamed veggies
bacon.....	turkey bacon