



October 2020

MEMBER SPOTLIGHT

**Arminda Kovalchik
RDN, LDN**

Arminda Kovalchik is the Nutritionist for the Maryland Department of Juvenile Services. “It is such a rewarding job to help people who are underserved and overlooked.” - Arminda



Arminda Kovalchik, RDN, LDN is the Nutritionist for the Maryland Department of Juvenile Services. Arminda started her position in February, only two weeks prior to the COVID-19 closures. Though her first couple of months have been unique, she has still been able to enjoy the variety of hats a Registered Dietitian wears in the juvenile justice system.

Arminda, or Mindy for short, has the combined responsibilities of a clinical dietitian, nutrition education, and menu planner. “It’s really cool because you very rarely encounter a position where you get to do both clinical and school nutrition...This is not a position most people may gravitate towards, but I would tell other dietitians not to be scared of it. It is such a rewarding job to help people who are underserved and overlooked.”

[Join us as we continue to learn about the world of nutrition in the juvenile justice system. Read More](#)

SNS DPG Recipe Round-Up – Virtual Networking event

Announcements



POLL: What was your favorite part of FNCE@!?

- [1. The sessions](#)
- [2. The expo](#)
- [3. The SNS DPG Networking Event](#)
- [4. The chat and networking function](#)
- [5. Membership showcases](#)
- [6. The platform used](#)

VOTE! Our nation’s kids depend on us for more than just the food we serve. We have the power to influence the quality of life for our young generations who are unable to cast a ballot. And remember, Child Nutrition Programs are still overdue for reauthorization.

Make your voice heard. Learn more about why voting impacts food insecurity and inequality → [Food Research & Action Center’s Anti-Hunger](#)

“Voting is the foundation stone for political action” - Dr. Martin Luther King



SNS DPG members participated in a fun and engaging virtual event post-FNCE® that proved to be competitive and informative. Members met in small breakout groups to create a hypothetical menu using these items: butternut squash, apples, chicken, a choice of grain, and milk.

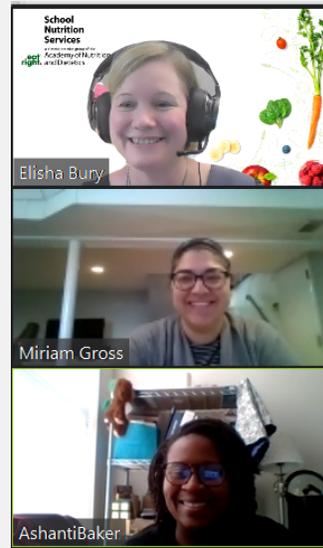
The winning team – Group 4: Members Stacy Lofton, Karen McGrail, Sherry Coleman-Collins, and Susan McThompson! 🙌

Winners will be receiving the Y-shaped vegetable peeler Chef Andy Montero shared in his pro-tip demonstration video during the session!

📅 **Upcoming Webinar:** “Training in Our New Virtual World: Resources, Tips, and Solutions for School Nutrition Programs” presented by Laura Thomas on **November 5th at 2 pm EST**. [Register Here!](#)

📌 **Do you have proven skills and vision to further the nutrition and dietetics profession?** Nominations for some Academy National Election positions are open until **Nov. 6!** [Nominate yourself or a colleague.](#) #eatrightPRO

FNCE® Follow-Up



FNCE® was superb! I really enjoyed the virtual format and am especially rejuvenated by all of the science and research that was presented. Staying current and hearing from experts across the field of nutrition excites me.

My favorite part is always connecting with fellow SNS DPG members at the Member showcase “booth” and our Recipe Round-Up networking event!

-Jocelyn Karbo, SNS DPG Chair-Elect

Policy & Advocacy News

On October 9, 2020, the U.S. Department of Agriculture extended key child nutrition waivers that provide free, healthy meals to all children for the remainder of the 2020-21 school year.

Earlier in October, the Academy sent nearly 3,000 letters to USDA from member advocates calling for USDA to extend program flexibilities through the end of the school year. These extensions allow child nutrition programs to continue serving through the Summer Food Service Program and Seamless Summer Option while waiving the area eligibility requirement.

These provisions will help reduce barriers to nutritious meals for children and allow child nutrition professionals the flexibility to prepare, serve, and distribute meals with limited student interaction—keeping frontline workers and children safe.

Respectfully,

Jeanne Reilly, NDTR, SNS
SNS DPG Policy & Advocacy Leader

Wrapping Up

Between Farm to School Month, National School Lunch Week, and FNCE®, it has been quite an exciting month for school nutrition! As the weather changes, we are gearing up for a busy season ahead. I have no doubt you will be resilient in everything you do and handle all challenges



that come your way with grace. You are essential and the role you play in the lives of so many is important. Pulling a quote from one of my favorite children's books, Christopher Robin said, "You are braver than you believe, stronger than you seem, and smarter than you think." While some days may be more difficult than others, know that you are doing a wonderful job and truly making an impact in your communities and beyond.

Thanks!

Stefanie Dove, MBA RDN SNS

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Chair, SNS DPG

Hard to believe that it's already time to order **USDA Foods for SY 2021/22!**



Allocate some of your dollars to **fresh, local mushrooms** through DoD!



Try the **Roasted Fresh Mushrooms** from Franklin Community Schools Franklin, IN



For recipes and more, visit us at **MushroomsInSchools.com**

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