

*Hello Everyone*

*My name is Caroline Flax and I am honored to be the SNAL president for the 2025-2026 year. I have worked in school nutrition since 2013. I was the food service supervisor in a small parish with 8 schools, Grant Parish, for eight years before I joined the staff of Ouachita Parish as the Nutrition Coordinator. I am currently starting my 5th year with Ouachita and my 13th year in Child Nutrition. I graduated from Louisiana Tech University with my Master's in Nutrition and Dietetics in 2012. I knew I always wanted to work with children but was never sure which avenue I would pursue. However, it seems it was destined to be school food service. My grandmother was the School food service supervisor in Winn Parish in the 80s and during my time working in school nutrition I have found I have a few cousins who are or were directors of child nutrition across the state.*

*I would not be able to do this job without the support of my family and my work family. Thank you to my work family for always going along with my wild ideas. And being the most amazing team. My husband, Jesse, is my biggest supporter and encourages me to always keep going. He is also my sounding board and picks up most of the slack at home taking care of our 20 month old Maxwell. My mom, Becky, has always encouraged me to go after what I want and that no goal was too small. She has shown me how to lead with grace and strength all while helping everyone else along the way. I wouldn't be half the person I am today without their love and guidance.*

*As we look forward to next year in SNAL lets ride the Wave of Purpose. It is an honor to stand here today among some of the most dedicated, compassionate, and quietly powerful people I know. You are the ones who rise before the sun, whose hands prepare not just meals, but hope. You serve comfort when the world feels unsteady. And you often do it with little recognition, but with an abundance of heart. Waves are a powerful force of nature. They rise. They fall. They crash. But they always keep moving. No matter what.*

*And so do you.*

*Like waves, you show up, day after day, with quiet strength. Whether you're feeding hundreds of students in one morning, navigating supply shortages, rolling with policy changes, or dealing with the aftermath of hurricanes or pandemics you don't stop. You adjust your rhythm, you find new paths, and you keep pushing forward.*

*Some waves are calm and gentle like the smiles you see when a child gets their favorite meal.*

*Some waves are strong and fierce like the urgency you feel when you make sure no child leaves your cafeteria hungry.*

*But every wave makes an impact. Every meal you serve, every student you nourish, is part of a greater tide, a movement of love, resilience, and care that shapes the very future of our state.*

*And just like waves reshape the shore over time, you are reshaping lives in ways you may not always see. You are building healthier students, stronger communities, and a Louisiana that values its people from the inside out.*

*I know the work isn't easy. I know some days feel like you're paddling against the current. But I urge you to remember this:*

*The tide always turns. The wave always rises again. And you are not alone.*

*You are part of a powerful ocean, the School Nutrition Association of Louisiana filled with others who share your mission, your struggles, and your strength. And together, you are an unstoppable force.*

*So let us keep rising.*

*Let us keep rolling forward.*

*Let us ride this wave with purpose, with pride, and with passion.*

*Thank you for feeding minds, fueling dreams, and making waves that matter.*

*The future of SNAL is brighter because of you.*

*Excited to Serve,*

*Caroline Flax*

*SNAL President 2025-2026*