



e-newsletter

Promoting Fresh Fruits & Vegetables in Schools

The Produce for a Better Health Foundation has developed a guide that provides ideas on how to promote fruits and veggies throughout the school, including school stores and fundraisers, and is based on the fruit and vegetable policies included in the National Alliance for Nutrition and Activity Model Wellness Policies.

[Click here!](#)



Eat Smart. Play Hard!

Each issue of Team Nutrition Iowa e-newsletter will bring you information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories and ideas from Iowa schools working to promote healthy habits in their students and staff.



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Fruit & Vegetable Bar Guide

Team Nutrition is currently working on a Fruit and Vegetable Guide to serve as a resource to schools as they plan and implement the new meal patterns. We would love to feature fruit and vegetable bars from across the state of Iowa! Schools that submit photos of their bars will receive a nutrition banner!

Please e-mail photos to: carrie.scheidel@iowa.gov



NEW Healthier US School Challenge Criteria!

Beginning July 1, 2012 the Department of Agriculture's Food and Nutrition Service is implementing new criteria for the HealthierUS School Challenge (HUSSC). These new criteria reflect changes to the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal pattern requirements, while continuing to recognize schools that go above and beyond Federal requirements for school meals. Implementation of the new criteria will coincide with implementation of the new meal pattern requirements. All new applications submitted to the State agency on or after July 1, 2012, will be considered using the new criteria.

For more information visit:

teamnutrition.usda.gov/healthierUS/2012criteria.html



Team Nutrition in the News!

Check out the NBC video clip featuring Lawton-Bronson's preschool! Who needs tag? Preschoolers give Zumba a try!

[Click here!](#)



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LOL Day!

Since well-being includes both physical and emotional health – and laughter contributes to both – Iowa's Healthiest State Initiative has declared Monday, April 2, as LOL (laugh out loud) Day in Iowa.

Laughing is one of the best ways to de-stress, and keeping stress to a minimum is an important part of the well-being puzzle. Even if your diet is chock full of grains, fruits and veggies and you exercise every day, if the emotional health piece of the jigsaw is missing, your overall health could be suffering. So on April 2 take a few minutes out of your day to de-stress with a good laugh.

The Healthiest State Initiative has developed other specific ideas for LOL Day and beyond. Click below for more information.

[Laughter as a Learning Tool – Elementary and Middle](#)
[Making Time for Fun is No Joke – College and High](#)
[Laughter as a Stress Buster – Families](#)
[Boosting Morale with Humor – Workplace Wellness](#)
[Food for the Soul – Faith Communities](#)

[LOL Day Flyer](#)

For more resources on how to de-stress, [click here](#).



Chefs Move to Schools is part of Michelle Obama's Let's Move campaign! Schools that sign up to partner with chefs receive menu ideas, culinary training and help teaching students about the importance of healthy meals. Partnering with chefs also helps schools build excitement about their school meals programs with students and parents.

[Click here](#) to sign up!

Pick-a-Better Snack Cafeteria Promotion

All middle school buildings recently received a *Pick A better Snack*™ cafeteria promotion tool-kit. Each kit will include six posters, four clings, three pins/mini signs, and fact sheets that promote the consumption of fruits and vegetables. The materials were developed in partnership with the Iowa Department of Public Health BASICS program. If you work in a middle school building, ask the food service manager about the kit!



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