



TEAM NUTRITION IOWA™

e-newsletter



Fuel Up to Play

The National Dairy and the Midwest Dairy Council have huddled up with the NFL to help American's students eat right and stay active with the NEW 2009-10 FREE *Fuel Up to Play* 60 Kit. This comprehensive program focuses on empowering kids to make smart choices about their nutrition and physical activity. Targeting grades 4-10, each school will receive one kit that includes display material and wellness based activities that inspire kids to "get up and play" for 60 minutes a day and to "fuel up" with healthy foods! [Click here](#) to order your FREE Wellness Activation Kit for your school!

Website Wisdom

School-wellness.org is a resource for schools brought to you by the Beef Checkoff through the National Cattlemen's Beef Association. This website provides a variety of tools to help teachers, school wellness leaders, health professionals, and families address the nutrition and health challenges facing the youth of today. To check it out visit, www.school-wellness.org.



Iowa Department of Education
Team Nutrition Program
Grimes State Office Building
www.iowa.gov/educate
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Fall is Here!

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.

We want to hear from you! If there are topics that you would like to see covered in the e-newsletters or you have a success story to share please send them our way! If you would like other staff members from your school to receive this e-newsletter please send us their e-mail addresses and we will add them to our mailing list!

Team Nutrition Co-Directors:

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Upcoming Team Nutrition Trainings

Super Power Summit!

A state-wide wellness conference for middle school students at the Polk Co. Convention Complex in Des Moines. Deadline to register is October 7th!

Being a Role Model for School Wellness Train-the-Trainer Workshop!

Wednesday, November 10th from 9:30-3:00 pm at the Marshalltown Public Library. Deadline to register is October 7th!

For more information on any of the trainings contact Carrie at carrie.scheidel@iowa.gov.

Nutrition Booklist

The Michigan Team Nutrition booklist contains short, one paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. A 23 page, search-by-theme cross-reference section allows the user to search for books related to a specific theme such as fruits and vegetables, dairy, breakfast, ABCs, pizza, soup making, outside activity, counting and math, Spanish translations and more!

To check out the book list, [click here](#).

Expanding Breakfast

The USDA Food and Nutrition Service has updated its website with an improved version of the *Discovering School Breakfast Toolkit*. This new resource is web-based and full of resources to help anyone interested in increasing participation in the program.

The Expanding Your School Breakfast Program tool-kit provides a step-by-step guide to create a breakfast-focused team, explore alternative service methods, design and implement an action plan, and market the program effectively to improve participation and positively impact student health and academic potential. The resource includes downloadable letters to principals, teachers, and parents, a PowerPoint presentation, and other materials to build community support and encourage more students to eat School Breakfast.

Access the Expanding Your School Breakfast Program site by [clicking here!](#)

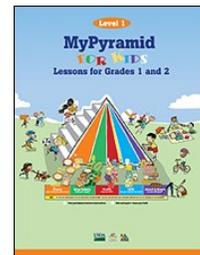


Team Nutrition Resource of the Month

MyPyramid for Kids Classroom Materials

Educational materials developed at the elementary school level to help children learn the MyPyramid food guidance system. Classroom materials include the following:

- Teacher's Guide including lesson plans with reproducible worksheets
- MyPyramid for Kids poster
- Tips for Families
- Fruit and Vegetable Challenge poster
- CD including the lesson plans, reproducible worksheets, Power Panther songs, and Go Fish game cards.



To view or order the resource [click here!](#)

Activity and Improved Grades Related

A recent study from the University of Illinois supports a positive connection between physical activity and students' performance in the classroom. Published in the journal, *Neuroscience*, the study found that physical activity can help to focus students' ability to pay attention and result in improved performance on academic tests. The study tested cognitive control of 20 nine-year-old children both after a 20-minute resting period and after walking for 20 minutes. To learn more about the study [click here.](#)



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