



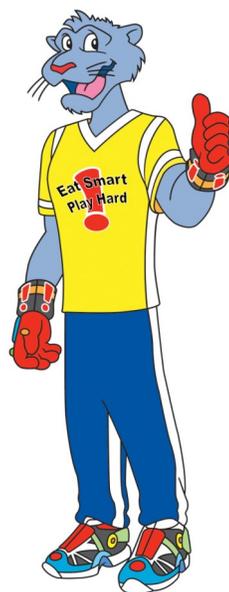
## e-newsletter

### High School Wellness Workshop

On Friday, March 2nd Team Nutrition will be partnering with the IA Dept of Public Health's Tobacco Prevention Division and ISU Extension to hold a one day workshop for high school students from across the state of Iowa. Agenda topics include: healthy eating, physical activity, school gardening, tobacco prevention, and advocacy. Encourage a team of high school students from your school to attend! The workshop will be held on the DMACC campus in Ankeny.

### 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.



#### Team Nutrition Co-Directors:

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### Healthy Gift Ideas

'Tis the season for gift giving! Here are some gift ideas that promote healthy lifestyles:

★ **Healthy Baskets:**  
Include a recipe on a card and fill a basket with all the ingredients

★ **Companionship:**  
Give the gift of a few lessons to a friend and offer to join them in dancing, skiing, swimming, kickboxing, yoga, etc.

★ **Music:**  
Being active is much easier to do with the right beat to add some motivation!



### Iowa School Breakfast Challenge Webinars

The Iowa Department of Education and the Midwest Dairy Council have implemented an exciting challenge among Iowa schools to increase their breakfast participation! This fall a series of webinars were held to be a resource to schools as they work towards increasing their breakfast participation. If you were not able to participate in the webinars, please check out the recordings by [clicking here!](#)

Just a reminder! The challenge is to increase your breakfast participation for the entire 2011-12 school year. All school districts are automatically enrolled in the challenge.



### Website Wisdom

Learning Zone Xpress has launched a website that offers FREE MyPlate resources that include: elementary lesson plans, taste testing examples, activity sheets, and recipe sheets to share with families. To check out all the great resources, [click here.](#)

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## MyPlate Food Service Training Resources



Looking for training materials on the new MyPlate icon? NFSMI [No Time to Train Short Lessons for School Nutrition Assistants](#) resource, includes 20 minute lessons on MyPlate (lessons 15-21). [Click here](#) to view the lessons. The lessons provide information about the MyPlate icon and talks about the significance of each part of the design. Each lesson gives a detailed instructor's script, as well as handouts and activities to let the participants take the instruction with them.

### Youth in Action Video Contest

Iowa Team Nutrition is excited to announce another **"Youth in Action for a Healthy Iowa" Video Contest!** The contest is for middle and high school students to develop a 1-2 minute video that showcases how their school makes it easy for students to be healthy through nutrition and physical activity.

**Entries are due January, 31<sup>st</sup>, 2012.**

The submitted videos will be reviewed by a panel of judges. The 2 winning videos will receive \$1,000 to support their school wellness efforts and 8 runner-up videos will receive \$500.

In January 2011 a similar contest was held and here were the finalists:

[Dubuque CSD: George Washington Middle](#)

[Newell-Fonda Community School District](#)

[West Monona Community School District](#)

### Farm to School in December?

Farm to School is any program that connects schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. There are many things you can do to implement "Farm-to-School" in your district. Here are some ideas to get you started or to begin thinking about for this coming spring:

- Invite a local farmer, chef or have food service staff present an activity or talk to students about a food and how it is grown.
- Plan nutrition education activities, such as Harvest of the Month, featuring a local food product that is in season.
- Collaborate with teachers to plan a container gardening activity.
- Encourage the use of local foods as a healthy school fundraiser or a feature at a special event.

For more information [click here](#) to view our Farm to School webpage.



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