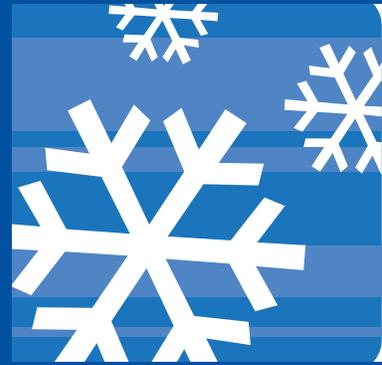


# Healthy Schools Healthy Students



**Healthy Schools - Healthy Students** is an e-newsletter published in partnership with Iowa Team Nutrition and Iowa Partners: Action for Healthy Kids. The monthly newsletters provide information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories from Iowa schools working to promote healthy habits in their students and staff. If you would like to submit an article to feature your school or program, please send an e-mail to [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov).

**Iowa Team Nutrition:** [click here!](#)

**Iowa Partners: Action for Healthy Kids:** [click here!](#)

## Did You Know?

Parents may not realize that breakfast is served daily at school. Or they may not know if their family is eligible for free or reduced priced lunches they also qualify for free or reduced priced breakfasts. Make sure parents know about the breakfast program at your school. Help each child start the day right with breakfast! For more information, [click here.](#)



## Flexibility in School Meals?

You may have heard that flexibility has been issued for school meals. In December, USDA announced that for the current school year they have lifted the maximum grain and maximum meat/meat alternate limits on school lunch. This is the only change the USDA authorized at this time. The calorie ranges, the vegetable subgroup requirements, and the daily and weekly minimum requirements for meat/meat alternate, grain, fruit, vegetable, and milk are still in place.

The lift of the maximums on grain and meat/meat alternate offers some flexibility to schools who are having difficulty finding products to fall under the maximums. With this flexibility schools that are short on calories can now increase the serving size for their grain and meat/meat alternates, allowing the offering of more nutrient dense foods.

This flexibility has only been issued for this school year to ease the transition. If you have any questions, please contact your regional consultant or Angela Mitchell ([angela.mitchell@iowa.gov](mailto:angela.mitchell@iowa.gov)) or Amanda Miller ([amanda.miller@iowa.gov](mailto:amanda.miller@iowa.gov)).



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## Students Create Fun Names for Vegetables!

East Elementary (Ankeny CSD) 4th grade students came up with fun veggie names for the district's elementary lunch menu. The students were excited to take on this challenge after reading an article in a *Scholastic Magazine* that suggested giving vegetables fun names may encourage more students to want to eat them. They thought it would be a fun way for Ankeny students to get healthy and to eat their vegetables!

Here are the names they came up with:

- Brain Power Broccoli
- Cucumber Frisbees
- Power Punch Peas
- Cauliflower Clouds
- Mighty Munchy Celery Sticks
- Crazy Crunchy Baby Carrots
- Powerful Potato Puffs
- Super Power Spinach Salad
- X-Ray Vision Baby Carrots
- Turbo Power Tomato Slices
- Rockin' Refried Beans
- Zany Zucchini Sticks
- Brilliant Bean Salad



To view Ankeny's elementary lunch menu for January, [click here](#).

## Support School Meals!

You can support the new nutrition standards by supporting school meals.

- Encourage students to make healthy food choices
- Discuss the school menus with a positive tone and encourage students to try new things
- Provide nutrition education opportunities
- Eat school meals with the students



## Very Hungry Caterpillar

The Alliance for a Healthier Generation and the American Academy of Pediatrics have joined with the best-selling children's book, *The Very Hungry Caterpillar* by Eric Carle to help families learn about healthy eating habits.

Below are some resources that have developed:

[Reading Guide](#)

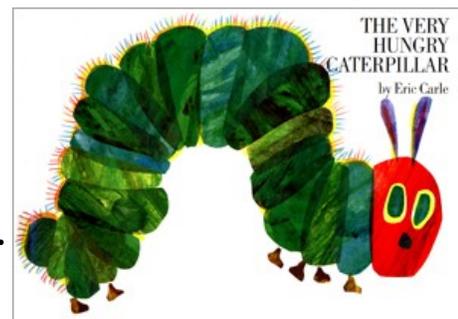
[Tips for Eating Healthy at Home](#)

[Activity Sheets](#)

[More Activity Sheets](#)

[Growth Chart](#)

For more information about the partnership, [click here](#).



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