

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.

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

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

Walking School Bus in Mason City!

The walking school bus programs in Mason City is planned in partnership with the Cerro Gordo County Dept. of Public Health. Adult volunteers supervise elementary children as they walk to school. The program is designed to increase physical activity among students, reduce traffic around the schools and offer parents a safe way for their children to walk to school. For more information about their program [click here](#).

Additional information:

[Iowa Dept. of Transportation](#)

[Iowa Bicycle Coalition](#)

[I-WALK](#)



Looking to Form or Utilize a Student Wellness Council?

Students are often interested in making their schools healthier. Many of the changes implemented as a result of a school wellness policy directly impact students. Gaining their input and support ultimately will enable change to happen more quickly.

Joins us for a FREE webinar held on Tuesday, February 19 from 3:30-4:40pm.

The webinar will be held in partnership with Iowa Department of Education's Team Nutrition Program, State of Iowa Youth Advisory Council (SIYAC), and Iowa Department of Public Health's I-STEP program and will feature student leaders from across the state. \$250 mini-grants will be available to participants to utilize within their school setting.

The webinar will be recorded. If you are not able to participate due to schedule conflict, please register and a link to the recording will be e-mailed to you after the webinar is held.

To register, [click here!](#)

Iowa Dept. of Education
Team Nutrition Program
Grimes State Office Bld
www.educateiowa.gov
phone: 515.281.4758
fax: 515.281.6548



Student Wellness Team and Adult Advisor from Nevada CSD.

Lunches from Home

A recent study led by Dr. Craig Johnston, assistant professor at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine, sought to compare the foods in lunches brought from home versus those offered in the school cafeteria. The study was published in a recent issue of *Childhood Obesity*. And discovered that kids who choose the school lunch had healthier foods on their trays compared to the foods that were found in their home lunches.

	% of Home Lunches	% of School Lunches
Include Fruit	45.3	75.9
Includes Vegetables	13.2	29.1
Dairy	41.8	70
Sugary Snacks	60	17.5
Non-100% Juice	47.2	0

Johnston was somewhat surprised with the results, because in previous studies about the school lunch program, parents whose children did not opt for lunches offered at school indicated it was because their children didn't like the food and because they could provide healthier food from home.

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

School meals are well-balanced and provide students all the nutrition they need to succeed at school! For families who choose to provide their own lunches here are some resources from ISU Extension that offer healthy suggestions:

[MyPlate Lunch Bag Ideas](#)

[What's for Lunch? It's in the Bag.](#)



USDA Farm-to-School Grants

USDA has announced the release of a request for applications for the latest round of USDA's Farm to School grants. There are two different kinds of grants that will be available for schools. Planning grants are intended for schools just getting started on farm to school activities, while implementation grants are available for schools seeking to expand existing efforts. Proposals are due April 24, 2013.

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

For dates of upcoming informational webinars, [click here](#).



Nutrition Standards Proposed for Competitive Foods

Iowa schools have been following the Iowa Healthy Kids Act, which established nutrition standards for foods and beverages sold to students in a la carte, vending, and regulated fundraising during the school day, since July 1, 2010. USDA just released new nutrition standards for foods sold in school other than those foods provided under the school meals program. The standards are a complement to the improved school meal standards and are expected to go into effect at the start of the 2014-2015 school year.

The proposed standards include criteria for calories, fats, sugars, and sodium for foods. In addition, allowable beverages will include plain water, plain or flavored low-fat/fat-free milk, and 100% juice.

What does this mean for Iowa schools?

Iowa schools need to continue to follow the current nutrition standards as set by Iowa's Healthy Kids Act until the final federal standards are implemented. For more information click on the links below:

[Iowa Healthy Kids Act](#)

[USDA Proposed Nutrition Standards](#)



Federal Civil Rights Statement

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Iowa Nondiscrimination Statement

It is the policy of the Iowa Department of Education, Bureau of Nutrition, Health and Transportation Services not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.7 and 216.9. If you have questions or grievances related to compliance with this policy by the Iowa Department of Education, Bureau of Nutrition, Health and Transportation Services, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E. 14th St., Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; web site: <http://www.state.ia.us/government/crc/index.html>.