

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!](#)

Beef Council Recipes

The Beef Council recently developed five new beef recipes that can easily be incorporated into a school lunch menu. The recipes were developed by a culinary team and were tested in schools across the United States to evaluate student preference as well as to ensure they were cost effective and efficient to prepare and source.

Here are the recipes:

- Sweet Potato Mash-up
- Sweet and Sloppy Joe
- Spy Thai Beef
- Wrangler's Beef Chili
- Rock & Roll Beef Wrap

[Click here](#) to view them!

BEEF

FOR FOODSERVICE PROFESSIONALS

Go the Distance Day 2013

Registration is open for Go the Distance Day (GTDD)! On May 3rd, or anytime between April 29-May 7th, schools across the state will be participating in an additional 30 minutes of physical activity. This free, one-day event is an opportunity for schools to discuss the importance of living a healthy lifestyle and to show our youth that physical activity is fun! Schools are encouraged to invite parents and community members to join in on the fun. Schools who report 100% participation in GTDD will be eligible for one of five cash prizes, 1-\$1,000 and 4-\$500. Is your school ready to 'go the distance?'

To register, go to www.livehealthyiowakids.org and click "Join Today." Questions about this event may be directed to Lisa at lisa@livehealthyiowa.org.



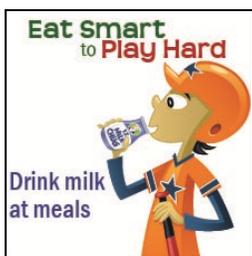
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Serving Up MyPlate Graphics

Jazz up your school meal menus and newsletters that encourage healthy choices with these free graphics from Team Nutrition. [Click here](#) to download them.



Connect nutrition messages in the cafeteria with *Serving Up MyPlate* classroom materials helps elementary teachers integrate nutrition education into Math, Science, Language Arts, and Health. Schools may request the free printed Teacher's Guides, *Eat Smart To Play Hard With MyPlate* poster and mini posters, and *MyPlate at Home* parent materials.

[Click here](#) to place an order from the website.

Spend Smart—Eat Smart Blog

Carrie Scheidel, Team Nutrition Co-Director recently appeared as a guest blogger on the ISU Extension's *Spend Smart - Eat Smart* website.

Here are the two blog posts:

- *It's Not Just a Piece of Candy*, [click here](#).

- *Healthy Snacks for Kids Don't Have to Cost More*, [click here](#).

SPENDSMART
EATSMART

Feel free to share them with your families via e-mail, newsletter, or your Facebook page. Blogs are posted every Monday and include tips and ideas to help you eat healthy, save money, and stretch your food dollar. Sign-up today, by [clicking here!](#) Enter your e-mail in the "Join Our Mailing List" section.

Hero's Cheesy Challenge Winner!

Oelwein's Wings Park Elementary was selected as the Grand Prize winner of the Midwest Dairy Council's Hero's Cheesy Challenge Celebration contest! Their prize consisted of \$2,500 to be used for a cafeteria refresh or piece of cafeteria equipment, a visit from an NFL alumni player, an NFL mascot appearance, and signed NFL items.

[Click here](#) to check out the winning video!

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



It's School Garden Time!

It is almost time to plant a garden. You do not need a big space, container gardens and small plots are a great start to introduce gardening to your students.

The Iowa State University Horticulture department recently updated several publications for the gardening. They are available to download at the following hyperlinks:

Container Vegetable Gardening, [click here](#).

Small Plot Vegetable Gardening, [click here](#).

Planting a Home Vegetable Garden, [click here](#).



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