

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!](#)

A is for Apple

Iowa Department of Agriculture and Land Stewardship is offering their "A is for Apple" initiative again this fall! This initiative combines an educational lesson about apples, while providing the students an opportunity to see, smell, and taste apples and apple products. Teachers will be awarded \$50 for procurement of locally grown apples and an opportunity to pick from 3 classroom items.



Applications will be received through September 13th. To obtain an application, [click here](#).

For more information, contact Tammy Stotts at tammy.stotts@iowaagriculture.gov



Upcoming Team Nutrition Events!!

Produce Safety Webinar: September 18th from 1:30-2:30pm

Do you want to increase the fresh produce provided through your school meals program? Join a one-hour webinar to learn how to purchase, receive, store, prepare, and serve fresh produce and see how Iowa schools are incorporating fresh produce into their school meals. To register, [click here](#).

Comfortable Cafeteria Webinar: October 2nd from 1:30-2:30pm

Dayle Hayes, an award winning presenter from Montana, will describe how to provide an atmosphere that encourages students to select healthy foods choices and offer tips on how to get students to eat them, while implementing the new meal patterns. Foodservice staff, as well as administrators, teachers, parents, wellness team members, etc., are encouraged to attend as support for the implementation of the new meal patterns throughout the school community. To register, [click here](#).

Super Power Summit: October 9th from 9:00-2:30pm

The annual Super Power Summit will be held to unleash the super powers of Iowa middle school students to become advocates for healthy eating and physical activity! Teams of one adult advisor and three middle school students are welcomed to attend the summit at the State Historical Building in Des Moines. The day will include participating in the Governor's Healthiest State Walk at the Capitol! To view the agenda and to register, [click here](#).

For more information on any of these events, contact Carrie at carrie.scheidel@iowa.gov

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School Meal Parent Campaign

Your school recently received a mailing of posters and flyers connected to Iowa Team Nutrition's school meal parent campaign, "It's more than school lunch. It's bigger than that." The posters can be utilized in any location that parents often visit. The main entrance to a school building, school office, or district office are some ideas. The flyers can be used at back-to-school events, family night events, parent teacher organization meetings, parent teacher conferences, and sent home in backpacks.

If you like additional copies of the flyers, please contact Carrie at carrie.scheidel@iowa.gov with the quantity you would like.

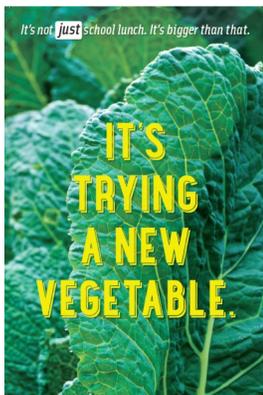
Check it Out!

The campaign also includes sample monthly newsletter articles, nutrition education lessons, activity sheets, promotional materials, and information for parents.

These resources for parents and school staff can be found by [clicking here!](#)

Are we missing anything?

What else do you need to help promote your school meals? We are here to be a resource and make it easier for you to promote your great school meal programs!



Cultivate Iowa

Cultivate Iowa is a program sponsored by the Iowa Food Systems Council that promotes fresh produce donation and gardening. Their goal is to create a sustainable future and healthier communities in Iowa.



They need your help! This fall, *Cultivate Iowa* is asking all gardeners to share extra produce from home gardens or school gardens with local food pantries to help those in need.

To learn more about *Cultivate Iowa* and where you can donate fresh produce this season, [click here](#).

Fall Fitness Day and the Healthiest State Walk

Register your school for Fall Fitness Day with *Live Healthy Iowa*. This free, one-day wellness event challenges your school to get youth active for an additional 30 minutes on October 9th or anytime between October 7-15. Schools who report 100% participation will be entered into a drawing to win one of five prizes (1-\$1,000 or 4-\$250). Get your school registered by Sept. 9th to be entered into a drawing to have *Live Healthy Iowa* host Fall Fitness Day at your school! To register online, [click here](#). Questions? Contact Lisa at lisa.weber@livehealthyiowa.org.



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Over the past three years, hundreds of thousands of Iowans have taken great steps – literally – toward building a healthier Iowa by participating in the annual Healthiest State Walks. State leaders are asking schools for their continued support by joining them in walking 1k again on October 9. The Healthiest State Initiative will have the most impact on Iowa's next generation, so let's show them what it really means to live a healthy lifestyle!

To register your walk visit www.iowahealthieststate.com.

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