

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 share information about nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, and 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!](#)

Success Story

At Ballard High School they have a wellness walk every third Tuesday of the month sponsored by the Wellness Committee. Each month they have a different theme. In November they had a “turkey trot” and then had a drawing to win a turkey! They also sell healthy snacks three times a week during advisor time and do taste testing during lunch. For more information on these great school wellness activities, please contact Jeriann at jmclaughlin@ballard.com!

School Family Nights with a Wellness Twist

School family nights are a great way to bring families together at school for an evening of fun activities that include games, events, and competitions that everyone can enjoy. Consider adding a wellness twist to your night to engage families in your school’s wellness efforts. Invite community organizations to perform health screenings, provide educational materials, coupons, information about their business, or donations for giveaways. Don’t forget a photo booth where families can capture memories that include a wellness message!

Team Nutrition is offering \$500 sub-grant awards to schools that can be utilized during parent or family events to offer taste testing of fresh fruits and vegetables as healthy snack options and to feature school menu items.

To receive an application, please contact Carrie at carrie.scheidel@iowa.gov. The deadline for applications is January 24th.

For more information on taste testing events, [click here](#) to visit Fuel Up to Play60.



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



Meat and Grain Flexibilities

The United States Department of Agriculture announced last week that USDA is making the current flexibility that allows schools to serve larger portions of lean protein and whole grains at mealtime permanent.

USDA has worked closely with schools and parents during the transition to healthier school meals. Based on public feedback, USDA has made a number of updates to school meal standards, including additional flexibility in meeting the daily and weekly ranges for grain and meat/meat alternates, which has been available to schools on a temporary basis since 2012. While this requirement has been lifted, meals still need to meet the regulated calorie limits.

USDA is focused on improving childhood nutrition and empowering families to make healthier food choices by providing science-based information and advice, while expanding the availability of healthy food. Data show that vast majority of schools around the country are successfully meeting the new meal standards.

To view the final rule, [click here](#).

Team Nutrition Spanish Materials

Serving Up MyPlate is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This curriculum introduces the importance of eating from all five food groups and a variety of hands-on activities. In addition, the collection includes handouts and mini posters printed in English and Spanish that can be sent home to families.

[Click here](#) to view the materials.

[Click here](#) to order free printed copies of the materials.



Hy-Vee's One Step Community Garden Grants

Grants may be awarded to organizations whose core focus teaches those in need about health and nutrition through the process of planting, tending, and harvesting their own fruits and vegetables. The grants of up to \$750 can fund program materials (seeds, plans, and supplies) and general operating support for garden upgrades. Applications must be received by Feb. 1st, 2014. For additional information contact Liz Mace at EMace@Hy-Vee.com or [click here!](#)

Live Healthy Iowa Kids

Live Healthy Iowa Kid's - 10 Week Wellness Challenge is a **FREE** challenge for youth in grades K-12 from January 27 - April 4. This challenge inspires youth to be more active and make better food and beverage choices. During the program, participants aim to be active for 60 minutes a day, at least five days per week. Youth will also be challenged to track their nutrition habits. Every two weeks, youth will be tracking fruits, vegetables, milk, water and screen time.

Each team needs 5-30 participants and an adult team captain. The team captain's responsibility is to register the team, share the information from the weekly e-mails, report physical activity and nutrition each month and to act as a role model to inspire their team to live healthy, active lifestyles!



To register or for more information [click here](#) or e-mail info@livehealthyiowa.org.

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