

Healthy Schools Healthy Students



This week is National School Breakfast Week! The theme this year is, “Take Time for School Breakfast” and encourages parents to consider school breakfast as a time-saving option. Many parents are not aware that their child’s school offers breakfast, that it is available to everyone and that free, reduced and paid prices apply. What are you doing to promote school breakfast as a healthy option for busy families? Be Well! Carrie



Success Story

Saydel’s Food Service Director, Amy A’Hearn has organized a Food Service Council. The council consists of interested high school students who provide feedback on school meals, participate in taste testing of new menu items and serve as food service “spokesperson” with their peers. Amy has been impressed with the great ideas that the student have and looks forward to the meetings each month.

Amy A’Hearn

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School Wellness Policy Resources

Regional workshop were held in February for school wellness teams to learn more about the updated school wellness policy requirements that are a part of the Healthy, Hunger-Free Kids Act and resources to help them implement their policies at the local level. Below are the links to the slides, handouts, websites highlighted that can be useful for Iowa schools as they implement their school wellness policy.

- [Presentation Slides](#)
- [USDA Smart Snacks](#)
- [Healthy School Fundraisers](#)
- [Healthy School Celebrations](#)
- [School Wellness Policy Building Assessment Tool](#)
- [Wellness Policy Checklist](#)
- [Sample Wellness Policy](#)
- [Healthy Schools Program](#)
- [HealthierUS School Challenge](#)
- [Cedar Rapids CSD Wellness Poster](#)
- [Healthy School Program In-Class Activity Break Videos](#) “load more videos”



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Smart Snacks Calculator

Last month information was included about the Iowa Healthy Kids Act and USDA Smart Snacks, both regulations that address competitive foods. The State Board of Education has not made a final decision at this time, however the USDA Smart Snack guidelines will go into effect July 1, 2014. As a first step to prepare for the changes, the Alliance for a Healthier Generation in partnership with the U.S. Dept. of Agriculture have launched a Smart Snacks Product Calculator. Simply enter the product information, answer a few questions, and determine whether the snacks, side or entrée item meets the guidelines. In addition to the calculator there is also a Product Navigator that includes the names of products that meets the new guidelines.

[Smart Snacks Product Calculator](#)
[Smart Snacks Product Navigator](#)



Food Allergy Resources

The National Food Service Management Institute has recently posted a video for school nutrition professionals to learn about managing food allergies. It is a 20 minute video that would be great to include in staff trainings.

[Food Allergy Video for Food Service](#)
[CDC Food Allergy Voluntary Guidelines](#)
[National School Board Association's Comprehensive Food Allergy Guide](#)

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

School Breakfast Grants

Action for Healthy Kids is pleased to release its *School Grants for Healthy Kids* opportunities for the 2014-2015 school year, including alternative breakfast programs (i.e., breakfast in the classroom, grab and go breakfast, breakfast after 1st period, breakfast on the school bus). Average grant size is \$1,400 per school. Schools must realize an increase in daily ADP of school breakfast program by 25%, and must provide information to students/parents on nutrition and caloric content of foods available. Deadline to apply: May 2nd, 2014. For more information, [click here!](#)



Fiesta in a Cup - Tortilla Chips Invited!

As part of a Tasting Event, Atlantic's Food Service Director, DeeAnn Schreiner offered "Fiesta in a Cup" to high school students and parents during a district event. The tastings went over really well and the students have requested to see this option on the lunch menu.

50 servings

- 2 #10 cans of refried beans
- 8 cups of diced tomatoes, in juice
- 6.25 cups of fat-free sour cream
- 6.25 cups of cheddar cheese, shredded
- 1 cup taco seasoning
- 25 cups of black bean and corn salsa



Layer the ingredients in a clear plastic cup and serve with whole grain tortilla chips. Each serving would credit as 5/8 cup legume, 1/8 cup red/orange vegetable, and 1/4 cup other vegetables. For the standardized recipe, please e-mail carrie.scheidel@iowa.gov.