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!

Bondurant- Farrar School District in the News!

Schools across the country are reporting that they are successfully serving healthy, delicious breakfasts and lunches to students. But how do the students and staff feel about the changes? The United States Department of Agriculture interviewed students and staff at Bondurant-Farrar School District to get their take on the new meals.

Lexi Atzen, a senior at Bondurant-Farrar High School says that school meals make her feel better. “When you eat good foods, you feel a lot better about yourself,” says Atzen. “You feel a lot better just in general, you have more energy. And then that leads into the classroom as well.”

And Clayton Beck, also a senior, says that complaints about the amount of food don’t tell the full story. “Well, those people that are complaining, they’ll only take a burrito and an apple,” says Beck. “But if you take the burrito and then the beans and then the salad and then the fruit, you get full.”

To hear more candid responses from Bondurant-Farrar, click here.
National Farm to School Month

October is National Farm to School Month! During this month, recognize your local fruit and vegetable growers. Here are some ideas:

- Invite a local farmer, or chefs to talk to students about local foods.
- Plan nutrition education activities, such as Harvest of the Month, featuring a local food product that is in season.
- Collaborate with teachers to plan a coloring contest promoting locally grown foods.
- Encourage the use of local foods as a healthy school fundraiser or a feature at a special event.
- For additional ideas, click here!

Please share your Farm to School plans with Tammy Stotts whether it’s a promotion or purchasing of local foods so she can capture all the great things happening across the state! tammy.stotts@iowaagriculture.gov

Looking for other ways to get started in Farm to School? Check out this free online Farm to School Toolkit from Iowa Valley RC&D at www.ialocalfoodforschools.org.

For information on how to start an Iowa Farm to School Chapter, click here.

Iowa Gold Star Menus

Iowa Team Nutrition has recently updated the Iowa Gold Star Menus to include breakfast and the new meal pattern requirements. Click here!

Iowa Gold Star Breakfast Menu: consists of a 2-week cycle menu and 1 week Grab ‘n Go breakfast menu.

Iowa Gold Star Lunch Menu and Recipes: consists of a 5-week cycle menu and recipes. Nutrikids nutritional analysis, menu contribution components, and weekly certification worksheets are included.

Nevada Success Story

Last week was Homecoming at Nevada School District and they hosted their annual "Power Breakfast" at the elementary that includes high school football players, cheerleaders, volleyball players, and cross country runners eating breakfast with the elementary students. They more than tripled their participation in school breakfast on the “Power Breakfast” day!

In addition, on Friday of they hosted an outdoor BBQ for their students during lunch. They grilled hamburgers and provided baby carrots, celery sticks, fresh fruit, sun chips and milk to make a reimbursable meal. The high school athletes ate lunch with the elementary students and then had recess on the playground. Candy stated, “It was hilarious to see a football player go down the slide with the little ones!”

What ways can you utilize your local celebrities to promote school meals?

For more information contact Candy at: candyanderson@nevada.k12.ia.us

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