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!]

How to Make Orange Smiles

Whole oranges are often not chosen by children or even adults! It’s not they don’t taste good, it’s the fact they are a lot of work to peel and eat. If they are cut in a way that makes them easy to eat one will be surprised with how fast they will be gone! Cutting oranges into wedges make them much easier to eat and create less mess, however there is a right and wrong way to make wedges. This goes for at home and at school. For “easy-to-eat” orange “smiles,” cut the fruit in half crosswise; then cut 4 wedges from each half. This same principle can be used with food service produce wedger machines, used sometimes in schools. Cutting an orange this way, allows the orange segments to remove from the orange peel much easier.
Healthy Winter Class Parties

There are a lot of things we can do to try to make classroom celebrations more about fun with friends than food. No one is interested in denying a child a cupcake on their birthday or during a holiday, but it is possible to show kids how to celebrate these occasions without so much unhealthy food.

Here are some tips for a healthy class party:

- Make the party about fun, not just food. Think about games, crafts and adventures for the kids to enjoy.
- Play your way! Have activity stations or create a dance party in the classroom.
- Choose prizes and favors that are not food-related. These can be crafts or small toys the kids can take home with them.
- Encourage parents to provide tasty snacks that are also healthy. Examples include: apple slices sprinkled with cinnamon, vegetables with dip, string cheese or yogurt, build your own trail mix, and water bottles that can be decorated.
- Check out Pinterest for a lot of fun ideas!

Source: Spend Smart. Eat Smart Blog

Food Allergy Guidelines

The CDC just released voluntary guidelines for managing food allergies in schools and early childhood education programs. The Voluntary Guidelines for Managing Food Allergies provide practical information and planning steps for parents, district administrators, school administrators and staff to develop or strengthen plans for food allergy management and prevention.

Click here to view the resource!

Songs for a Healthier America

The Partnership for a Healthier America and Hip Hop Public Health teamed up to launch a new album titled “Songs for a Healthier America.” The album, which aims to get kids and their families up and moving to the beat through songs about eating healthy and staying active, is now available for download on iTunes free of charge. Click here to check them out!

Farm to School Census

Results are now in for USDA’s first-ever Farm to School Census, in school year 2011-2012. According to the census, schools participating in farm to school activities purchased and served over $350 million in local food, with more than half of participating schools planning to purchase even more local foods in future school years.

Information on responses, including responses from individual states and even individual school districts.

Click here to view the results for Iowa!

Iowa Farm Bureau Grants

The Iowa Farm Bureau Federation has announce the application process is now open for the Teacher Supplement Grant program, that helps teachers find ways to bring the innovation of agriculture to their students. The program, awards $200 for use in classroom programs that promote agricultural literacy. The 2014 subject areas for the grant applications are language arts and science. Applications will be accepted until Feb. 12, 2014.

Click here for more information!

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