

Healthy Schools Healthy Students



Turkey Time Activities!

Thanksgiving is a great time of year to celebrate history and health. Make it a healthy and active celebration this year! Action for Healthy Kids *Game On* activities of the month include: Turkey Tag and Turkey in the Barnyard, along with a healthy snack idea: Pluckable Turkeys. Make these a part of your Thanksgiving celebration at school or at home to promote physical activity and nutrition!



[Click here](#) to check them out!

This month we held a School Wellness Conference at Iowa State University. It is so exciting to hear about all the great things happening and the motivation to continue making healthier changes. We are all working to build a healthier future for Iowa! To check out the presentations and resources from the conference, [click here](#).

Be Well! - Carrie



Summer Food Service Program

Summer? Wait, isn't winter about to start? Yes, however it's never too early to start planning for next summer! This summer over **1 million meals and snacks** were served as part of the [Summer Food Service Program](#) in Iowa. Summer is an exciting time for children to enjoy friends and family, but for many students the summer can mean hunger. The Iowa Department of Education administers the Summer Food Service Program to provide nutritious meals and snacks to children in low-income areas during the summer months. Do you have a summer enrichment program at your school? Is summer programming for children organized by the community? There are many opportunities to feed kids during the summer and there is still time to sign up for this under-utilized program.

Contact Stephanie Dross for more info:

Stephanie.dross@iowa.gov



National School Lunch Week Recap!



Thank you for celebrating National School Lunch Week! Davenport Schools spent the week celebrating with a traveling photo booth, a "favorite lunch" polling booth, and a customer service survey. With over 1,100 student responses foodservice staff received some great feedback that will contribute to potential changes in the district menu and has created some opportunities for training staff in customer service.

Safe Routes to School - Share Your Story!

Safe routes to School programs are an easy way for children and communities to build physical activity into their everyday lives. [Healthier Iowa Coalition](#) wants to know, what is your experience with Safe Routes to School? Do you need more crossing guards or bike lanes? Do you have a parent organizing a walking bus? Share your safe (or not so safe) routes story with Lauren at lauren.livingston@heart.org



Decorah Empty Spoons Project

What does your globe eat? For farm to school month in October, Decorah Middle School held an event called The Empty Spoons Project. Students had the opportunity to learn and taste familiar and not so familiar fruits and vegetables in recipes prepared with local produce. Students learned about the history, origin of recipes, and regions where these foods were eaten traditionally. Have you ever had Ukrainian Borscht? These students have! Some of the recipes they tried included Oaxacan Mole Chili, Asian Carrot Juice with Star Anise, and Swedish Latkes. For more info contact Chad Elliot: chad.elliott@decorah.k12.ia.us.



Pick a Better Snack Newsletters

Iowa Department of Public Health's Pick a Better Snack Program includes monthly newsletters to help families with healthy eating and activity ideas. They are available at no charge and include shopping on a budget tips, feature a different fruit or vegetable each month, and are available in English and Spanish. They can be printed on the back of a school menus, enlarged and displayed on a parent bulletin board, or simply included on the school's webpage as a resource for families.

[Click here](#) for the newsletters.



Looking for Ideas for School Fundraisers?

More schools are looking towards [physical activity based fundraisers](#) as a way to earn dollars and promote healthier lifestyles. Eisenhower Elementary School in Dubuque holds an annual "walk-a-thon" coordinated by the Parent Teacher Organization (PTO). Students are encouraged to raise money from family, friends, neighbors, and local businesses partnerships. The goal was to walk 1,000 miles as a school. Last year \$14,000 was raised! Assumption Catholic in Granger held a similar fundraiser, but with a one-mile bike course. Overall the event raised \$30,000 and included corporate sponsors and in-kind donations. What did Assumption's principal, Cindy Pezzetti, do when they exceeded their goal? She kissed a pig! [Click here for more ideas!](#)



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