

# Healthy Schools Healthy Students

**! WARNING**

Daily exercise and healthy eating may lead to increased awesomeness.



*Pinterest*



Rainbow  
Fruit  
Snacks!

The start of school is right around the corner! It's an exciting time, but can also be stressful for families as new routines may be implemented. This week I was a guest blogger on ISU Extension Spend Smart. Eat Smart. featuring an issue many families deal with. [Click here](#) to read about the down low on kids and constipation.



Be Well! Carrie

## Healthy Elementary School Workshops

Iowa Team Nutrition is partnering with the Academy of Nutrition and Dietetics Foundation to hold workshops at elementary schools across the state. The two-hour workshops for school staff will include school wellness strategies and implementation resources. Sub-grants for sub-pay and school wellness activities will be available. Apply today to hold a workshop at your school this fall! [Click here!](#)



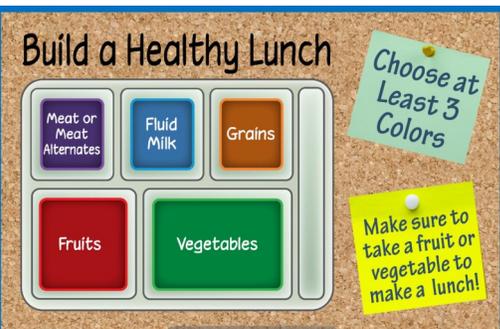
## YouTube Channels

Time for a brain break! Quick and engaging activities teachers can use to refresh and refocus student attention. [Click here](#) to check out 7 channels to mix things up!

## Promote School Wellness

We have created a webpage of bulletin board templates, signage, wall quotes, and access to free printed nutrition education materials! Please send pictures of your bulletin boards to [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov) to be featured on the webpage.

[Click here!](#)



# Bring On Breakfast!

In our fast-paced lifestyles, many children are running out the door without sufficient fuel to start their school day off right. Children who eat breakfast are more likely to have adequate amounts of important nutrients as well as consume more dairy, fiber, and fruit.

To help move away from the stereotype that breakfast is for students who are certified for free or reduced price meals, the Midwest Dairy has helped schools across Iowa implement programs such as Breakfast in the Classroom, Grab 'n' Go Breakfast, and Second Chance Breakfast. [For more info contact Erin at ethole@midwestdairy.com](mailto:ethole@midwestdairy.com)



At Miller Middle School in Marshalltown a breakfast is packaged so students can quickly grab it from the cafeteria or carts throughout the building and then eat in the cafeteria or classroom.

## School Assessment Tool

Iowa's Healthiest State Initiative now offers a free assessment tool that allows Iowa schools to measure and assess their overall wellness environment. The tool assesses physical activity, nutrition, tobacco, dental health, community engagement, and dental health. Upon completion the school will receive immediate feedback with access to resources and tools to implement change.

[Click here!](#)



## Farm to School - Open Something Great!

The Iowa Department of Agriculture and Land Stewardship (IDALS) oversees the Farm to School Program and is offering a "Farm to School – Open Something Great" incentive. This simple yet very beneficial opportunity provides schools with food-grade boxes to receive local produce purchases. Schools can request boxes by completing the application. Deadline: September 8, 2015. For more information or for an application contact [tammy.stotts@iowaagriculture.gov](mailto:tammy.stotts@iowaagriculture.gov).



## USDA Wants to Hear from You!

USDA is holding a national webinar this fall featuring Team Nutrition resources. If your school has successfully utilized any of the following curricula, USDA would love to hear from you and potentially have you be a webinar presenter. *Discover MyPlate (K)*, *Serving Up MyPlate (1-6)*, *The Great Garden Detective (3-4)*, or *Dig In! (5-6)*. Please e-mail [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov) for more information.

## Classroom Food Safety

Classroom based food activities provide excellent opportunities for experiential learning. However, food safety guidelines need to be followed to prevent foodborne illness or injury. Iowa State University Extension and Outreach has developed a sample Standard Operating Procedure for Classroom Food Tastings and Preparation.



[Click here!](#)

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[SOP Classroom Food Tasting and Preparation](#)