



SUPER-POWER SUMMIT



YOUTH WELLNESS INITIATIVE

Tuesday, October 13
9:00am - 2:30PM
Jester Park Lodge
11407 NW Jester Park Dr
Granger, IA 50109
515-266-2135

- 8:30-9:00:** **Breakfast and Registration**
School Nutrition Association of IA (SNA)
 - 9:00-9:15:** **Welcome and Introductions**
Carrie Scheidel - IA Department of Education
 - 9:15-9:45:** **School Meal Debate**
Midland FFA - State Champs!!
 - 9:45-12:00:** **Breakouts (3 Rotations)**
 - A. Hands on Cooking with Chef Dee Dee (students only)
 - A. Resources to Support School Wellness (adults only)
 - Team Nutrition: Patti Delger
 - Midwest Dairy Council: Jen Ransom
 - Live Healthy Iowa Kids: Allie Paulson
 - American Cancer Society: Sara Comstock
 - B. Diabetes Busters - American Diabetes Association
 - C. I-Walk with Iowa State University
- | | |
|---------------------|-----------------------|
| 9:45-10:30: | Rotation One |
| 10:30-11:15: | Rotation Two |
| 11:15-Noon: | Rotation Three |
- 12:00-12:45** **Lunch! Catered by Des Moines Public Schools**
Provided by Midwest Dairy
 - 12:45-1:20:** **Team Time! Action Plans and Sub-grants**
 - 1:20 - 1:30:** **Physical Activity Break**
Kathryn Thompson
 - 1:30-2:00:** **Why Breakfast Matters?**
Midwest Dairy Council - Jen Ransom
 - 2:00-2:30:** **Closing Speaker - Jen Schulte**
Iowa Cancer Action Network Director & Ironman Triathlete



SPONSORS: Iowa Partners: Action for Healthy Kids - Iowa Dept. of Public Health - Midwest Dairy Council - Iowa Dept. of Education's Team Nutrition Program - School Nutrition Association of Iowa - American Cancer Society - American Diabetes Association