



TEAM NUTRITION IOWA™

e-newsletter



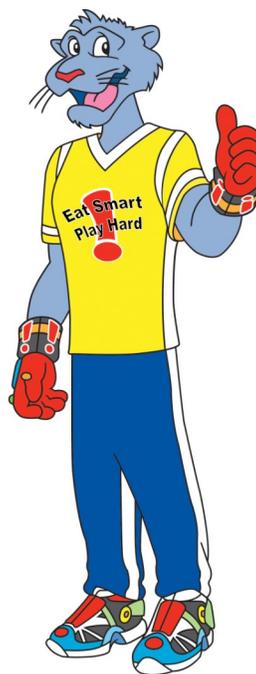
Recipes for Healthy Kids

Let's Move! toward healthier food in school with the Recipes for Healthy Kids competition! First Lady Michelle Obama's Let's Move! campaign, in association with the U.S. Dept. of Agriculture, is challenging school nutrition professionals, chefs, students, parents and interested community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

Winning teams will win \$12,000 in prizes and be invited to prepare their nutrition-packed meals alongside White House chefs. For more information, [click here](#).

Eat Smart. Play Hard!

Each issue of Team Nutrition Iowa e-newsletter will bring you information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories and ideas from Iowa schools working to promote healthy habits in their students and staff.



Team Nutrition Co-Directors:

Patti Delger: patti.delger@iowa.gov or 515.281.5676

Carrie Scheidel: carrie.scheidel@iowa.gov or 515.281.4758

Success Story

The Janesville School Health Council was formed in August of 2009. There is a physical education teacher, guidance counselor, school board member/parent, dietitian, the school nurse, and four students who are called "Health Promoters" They have used the CDC's School Health Index to evaluate their school and community. They have t-shirts that say SHAKE IT! (School Health Activities Keep Everyone In Shape Together!)"

Website Wisdom

USDA announced the winners of its "Apps for Healthy Kids" Competition, which invited all citizens and computer lovers to develop create innovative, fun and engaging software tools/ games that encourage children directly or through their parents to make more nutritious food choices and be more physically active. For a full list of winning games and apps, and to check out some of the games [click here](#).

Fall Fitness Day - Iowa Sports Foundation

The Iowa Sports Foundation is encouraging all youth to participate in Live Healthy Iowa Kids' Fall Fitness Day on Wednesday, October 6, which is International Walk to School Day.

Fall Fitness Day is a FREE, one-day event to get students active and educate them on the importance of physical activity.



How Do Schools Participate?

1. Designate a coordinator for your school
2. Register your school by [CLICKING HERE](#)
3. Plan a 30 minute physical activity event for your school
4. Record the number of students participating in the event
5. Report your 100% participation by Noon on Tuesday, October 12

Iowa Department of Education
Team Nutrition Program
Grimes State Office Building
www.iowa.gov/educate
phone: 515.281.5356

National School Lunch Week: What's On Your Tray

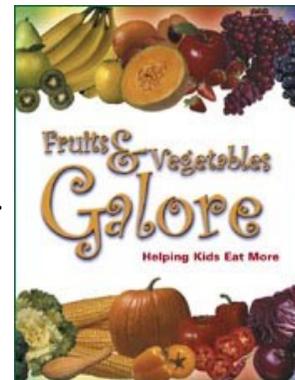
Serving more than 31 million children every school day, the federally-funded National School Lunch Program (NSLP) provides nutritionally balanced low-cost and free meals to students. The program, which has been serving the nation's children for over 60 years, requires school meals to meet federal nutrition standards. National School Lunch Week is October 11th-15th. This year's theme for the week is "What's On Your Tray," an interactive campaign that can inspire every student to get excited about healthy school lunch choices. By visiting www.whatsonyourtray.org, students can take a personality quiz to reveal which of the site's cool characters fit their personality the best. Each character comes paired with healthy eating tips. [Click here](#) for menus, logos, activity sheets, brochures, and other fun tools to support the theme. There is also a downloadable article with lots of fun ideas for cafeteria events and promotions.



Team Nutrition Resource of the Month

Fruits and Vegetables Galore

Fruits and Vegetables Galore is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Dress up your serving line to draw attention to fruits and vegetables to encourage children to make these selections. To view it online or to order this resource [click here](#).



Nutrition Expedition Kits AVAILABLE!

National Dairy Council has two nutrition education resources for elementary school teachers. The second grade curriculum is titled, "Little D's Nutrition Expedition" and the 4th grade curriculum is titled "Arianna's Nutrition Expedition." For more information or to view the curriculum on-line [click here](#). The curriculum is no longer in print, however we have several copies remaining at the Department of Education. If you would like one of them, please e-mail Carrie Scheidel at carrie.scheidel@iowa.gov and indicate which resource you would like mailed to you along with our shipping address.



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