



TEAM NUTRITION IOWA™

e-newsletter

Salad Bar Grants

Let's Move Salad Bars to Schools, sponsored by the Food Family Farming Foundation, National Fruit and Vegetable Alliance and United Fresh Produce Association Foundation, supports First Lady Michelle Obama's Let's Move initiative. Beginning January 1, 2011, schools participating in the National School Lunch Program (NSLP) can apply for grants that will allow them to place salad bars in schools. 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.



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Success Story

The students of Charles City started an after school activity group that meets twice a week and does dance DVDs. The groups concludes each session with a healthy snack. Some high school cheerleaders volunteer to come and help the group learn some steps, including line dancing. The Business class is also going to learn about nutrition and will begin selling healthy smoothies as a hands on learning experience. For more information contact Marilyn Heitz at mheitz@charlescitieschools.org



Website Wisdom

The Healthy Afterschool webpage at KidsEatWell.org has lots of links and resources to help promote healthy choices in afterschool program. The webpage provides access to fun, hands-on nutrition and physical activity programs and resources, funding opportunities and parent outreach resources. To check it out, [click here](#).



Healthy, Hunger-Free Kids Act of 2010

The Healthy, Hunger-Free Kids Act was passed last week. If President Obama signs the bill into law, as expected, there will be \$4.5 billion in new child nutrition funding over 10 years and schools will:

- Serve more fruits, vegetables, whole grains and low-fat dairy products.
- Get help meeting new standards for healthier school meals.
- Have to follow national nutrition standards for all food sold on school grounds.
- Strengthen their wellness policies.
- Get funding for farm-to-school programs.
- And expand the Afterschool Meal Program to all 50 states.

For a summary of the bill, [click here](#).



Be an Action Hero!

Today's youth need role models to help foster active lifestyles. They are faced with ample opportunities to observe inactivity and make the choice to be inactive. Here are a few ways you can be an Action Hero for the youth you influence.

Walk the Talk. If you encourage youth to be physically active, make sure they have opportunities to observe your physical activity.

Be Positive. Do not talk about how you dread your workout. Focus on the positives of how you feel after the workout.

Dare to Explore. While you might not continue to play that sport you excelled in during high school, you can expose yourself and the youth around you to learn a new activity. Check out the lessons and classes your local recreation department offers. You might find that Tai Chi is a hidden talent.

Praise Physical Activity. Positive words can lead to positive behavior. Praise youth who are active even if they are not the best on the team or the fastest runner. Your kind words may provide motivation.

Lead the Pack. Offer to coach a little league team or sponsor a youth walking/running group.

Be active and let your activity motivate those around you!

[Alliance for a Healthier Generation](#)



Healthy Giving for Healthy Living

Action for Healthy Kids suggests these easy ideas for giving the gift of health this holiday season:



Fresh produce: Find bountiful baskets at a local grocery store or send a bushel from an online citrus grower.

Join a gym: Give membership to an athletic club or the YMCA.

Find a fun fitness class: Gift certificates are available for yoga, aerobics, tae kwon doe, dance lessons and other active endeavors.

Make a healthy toolbox: Give toys that can be used in the basement or garage during inclement weather. Include balls, jump ropes, hula hoops, bubbles, and chalk for hopscotch.

Embrace the cold: Snow toys, skis, and sleds make cold weather fun!

Don't forget the favorites: Bikes, tricycles, pogo sticks, roller or in-line skates, and scooters have always kept kids moving!

Live Healthy Iowa Mini-Grants

Ten \$500 mini grants are being offered in conjunction with the Iowa Sports Foundation's Live Healthy Iowa Kids program. Team Nutrition provides the opportunity to apply for a \$500 mini-grant to enhance healthy food intake and nutrition education during the 100 day challenge. Live Healthy Iowa Kids is a FREE 100 day program designed to encourage young Iowans to increase their physical activity levels and make better food choices. Each team needs an adult team captain. The program will begin January 18th and end April 27th. For more information on Live Healthy Iowa Kids, [click here](#).

Deadline to submit a Team Nutrition mini-grant application: January 14, 2011.

To apply for a mini-grant or for more information contact, Patti Delger at patti.delger@iowa.gov or 515.281.5676.



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