



TEAM NUTRITION IOWA™

e-newsletter

Iowa TN Walking Webinar

“Walking Works for Schools” webinar will be held on September 14th from 3:30 to 4:30 p.m. Learn how to implement a walking program in your school. Exciting walking initiatives for staff and students, as well as an online walking toolkit will be featured. [Click here](#) to register!



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

Denver CSD's school nurse, Lori Rasmusson started a walking club last fall titled, “Club 11.” The cold weather was stifling the students as they waited outdoors to come in, so Lori decided to give them another option, a healthier option..... Club 11!

In addition to kids becoming healthier, parent volunteerism was high and a sense of community was increased. They plan to start the club up again this October.

[Click here](#) to watch a video of “Club 11” in action!

Contact Lori for more information at lrasmusson@denver.k12.ia.us

Website Wisdom

Check out the Iowa Department of Education's School Wellness webpage for information about upcoming events and resources that support your school wellness environment.

[Click here!](#)



SUPER-POWER SUMMIT GOES TO COLLEGE YOUTH WELLNESS INITIATIVE

The Super Power Summit is a youth wellness initiative that empowers teams of middle school students to live an active lifestyle and to choose healthy food options, all while being advocates for school wellness. This fall, the Super Power Summits “Go to College” and will include a day full of fun activities, networking opportunities, and a first-hand look at a few of Iowa's great universities.

- Wed., October 26th: University of Iowa – Campus Rec and Wellness Center
- Tues., November 1st: University of Northern Iowa – McLeod Center
- Wed., November 9th: Iowa State University – Hilton Coliseum

On-line registration will be available on September 7th at noon and will be found at: www.actionforhealthykids.org/iowa

Iowa Department of Education
Team Nutrition Program
Grimes State Office Building
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Iowa Breakfast Challenge

The Iowa Department of Education and the Midwest Dairy Council are partnering to implement an exciting challenge among Iowa schools to increase their breakfast participation!

Take the Challenge

Iowa currently ranks 48th in the nation in the average daily number of children receiving free or reduced price breakfasts for every 100 children receiving free or reduced-price lunches. The Challenge for Iowa schools is to increase daily school breakfast participation in their districts by 20% by May, 2012!

- All school districts and non-public schools are automatically a part of the challenge, based on enrollment
- The challenge is for the 2011-12 school year
- Breakfast participation will be compared with 2010-11 participation

The District or Non-Public School with the greatest % increase will be awarded cash prizes!

[Click here](#) for more information and resources!



Team Nutrition Resource of the Month

Bulletin Board Resources

Help your students and staff learn to make healthful food choices by creating a colorful bulletin board in your classroom or cafeteria area. Use the resources provided at this link for a themed display that will make your students and staff stop and look!

[Click here!](#)



MyPlate

USDA unveiled the new food icon, MyPlate. First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the new food icon, MyPlate, this summer. The intent of the icon is to prompt consumers to think about building a healthy plate at mealtimes. It emphasizes the fruits, vegetables, grains, protein, and dairy food groups. This new icon can help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*.

Check out www.ChooseMyPlate.gov for information, tools, and "how-to" materials about healthy eating. While you're there, check out the interactive tools, like the customizable Daily Food Plan or Food Tracker.



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