



TEAM NUTRITION IOWA™

e-newsletter

Electronic Health Messages

Looking for some messages that you can display on TVs throughout the school that promote nutrition and physical activity? Look no further! We have 56 health messages for middle and high school students can be downloaded and displayed. The health messages are available in JPEG, PowerPoint and video formats. To download the messages go to this [link](#) and jump down to the "Electronic Messages for Schools" section.



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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Recipes

First Lady Michelle Obama recently had a Recipes for Healthy Kids Competition. The recipes fall in the following categories: Whole Grains, Dark Green and Orange Vegetables, and Dry Beans and Peas. Which are all included in the proposed regulations to take effect during the 2012-13 school year.

[Click here to check out the recipes!](#)



Website Wisdom

Have you heard of the Lunch Line newsletter? It is published on a quarterly basis and is a resource for food service staff on upcoming trainings, updates in regulations, and program reporting.

[Click here to check it out!](#)

The Lunch Line

Go Local, Get Green!

It's that time of year, when school fundraisers begin!

School fundraisers using locally grown and produced Iowa food and products can be a healthier alternative to what your school may currently be offering. Use these fundraisers tips to raise funds and engage the community while supporting local products and the local economy.



[Click here to check out the resource!](#)

Go Local & Get GREEN!

Success Story from Council Bluffs

Council Bluffs checked out the Power Panther costume to promote healthy eating and physical activity. He visited 10 schools in 3 days! Some visits were in the lunchroom, some at breakfast, and most were in individual classrooms.

This is the third year that they have taken him "on tour" across the district. All week he promoted the "Eat Smart" idea of eating breakfast, whether at home or at school. He also promoted physical activity by leading students in the Power Panther Moves according to the script. All students are familiar with the Power Panther moves from their exposure through the BASICS nutrition education grant (IDPH). According to Judy Dittmar, "He's a rock star around here!" During his visit, he interacted with at least 2000 students.

If you would like to check out the Power Panther costume so he be a "Rock Star" in your district promoting healthy eating and physical activity, please contact Janelle Loney at janelle.loney@iowa.gov.



Team Nutrition Resource of the Month

Walking Works for Schools

Walking is a form of exercise assessable to just about everybody. It's safe, simple and doesn't require practice. Walking is free, easy to fit into daily life, and can be a great form of transportation. Use this resource to organize a walking club or walk-to-school program at your school that will energize the entire community!

[Click here!](#)



African Dance LiftOff

A 10 minute physical activity classroom break, "African Dance Lift Off" is available on YouTube. Students and adults of all ages can benefit from moving their bodies and boosting their energy levels, by following this short video. [Check it out!](#)



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