



e-newsletter

Tips to Lower Sodium

Do you need resources to lower the sodium in school meals? The *2010 Dietary Guidelines for Americans* recommend reducing daily sodium intake. These resources provide fact sheets, tips and strategies as well as practical ideas to implement the Dietary Guidelines in the school environment and help you plan menus with lower sodium.

[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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Taste Testing

A taste test is a great way to let the students experience foods they see every day but never try or try new foods. Here is a webpage with some great tools to help you with the process!

[Click here](#)



HealthierUS School Challenge Award Winners!

Two schools were awarded HUSSC Gold of Distinction awards in September – our first in the state. Knoxville Middle School and St Augustin School in Des Moines.



Team Nutrition in the News!

This fall 3 Super Power Summits were held at the state universities for teams of middle school students. [Click here](#) to see an article about the ISU summit that was in the Des Moines Register!

Growing in the Garden ICNs

ICN for Elementary Classroom Teachers (PK-3):

Join teachers from across the state in this surprising and lively introduction to Growing in the Garden lessons that will help your students go and grow healthy/glowing food, people and environments. The first 90 teachers to register will receive a FREE Growing in the Garden curriculum.

Students Go, Grow, & Glow through Growing in the Garden
Monday, December 5th – 3:45-4:50pm

[Click here to register!](#)

ICNs for 1st and 2nd Grade Classrooms:

Join other classrooms from across the state in fun and interactive sessions!

How Important is Food to You?

February 21st, 2012 – 10:00-10:50am

Students will have fun doing multi-subject, interactive activities with other students to discover why food is so important. We will also show how to introduce MyPlate.

[Click here to register!](#)

Where Does Your Food Come From?

March 27th, 2012 – 10:00-10:50am

Students put on their thinking caps, engage in fun songs, and get a glimpse at a couple great story books to figure out where their food comes from.

[Click here to register!](#)

Let's Get Growing!

April 3rd, 2012 – 10:00-10:50am

Have students bring their thinking caps to start planning, planting, and growing cool-season crops that will be ready to harvest before school dismisses for the summer.

[Click here to register!](#)

KIDS Eat Right **KIDS eat right.**

Kids Eat Right is the first joint initiative from the American Dietetic Association and American Dietetic Association Foundation, that supports the efforts of the White House to end the childhood obesity epidemic within a generation.

The new website, centered around the theme "Shop-Cook-Eat," is designed to bring families together for nutritious meals each day by providing simple, easily accomplished tasks: SHOP, COOK, and EAT.

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

Fuel Up to Play60 Funding Opportunities

Up to \$4,000 per year is available to any qualifying K-12 school enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. Whether you're just starting out with Fuel Up to Play 60 or looking to expand and extend an initiative that's already in motion, Funds for Fuel Up to Play 60 can help. [Click here](#) for more information or contact Chris Freland at cfreland@midwestdairy.com.



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