



Iowa Department of Education

January 2012

TEAM NUTRITION IOWA™

e-newsletter

HealthierUS School Challenge

Thinking about considering the HealthierUS School Challenge, but don't know where to start? Send Patti Delger a month of menus and she can help you determine how far along you are with the school lunch criteria and help identify areas of improvement, if any! You can e-mail them to Patti at: patti.delger@iowa.gov.



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:

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Nudging Your Students

Guiding the food choices students make, in ways they are unaware of, is called *behavioral economics*. Behavioral economics can help school staff create a cafeteria environment that subtly moves students in the direction you want them to go – an environment that “nudges” them. [Click here to learn how to implement “nudges.”](#)

Team Nutrition in the News!

Penney Arey, who teaches health at Indiana's Middle school, is spearheading a new committee that is looking at a number of fitness and nutrition efforts to help promote healthy lifestyles. [Check out the Des Moines Register Article!](#)

Live Healthy Iowa Kids/Live Healthy Iowa

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. The challenge runs from January 17th - April 25th. It's not too late to join! Team Nutrition will offering \$500 mini-grants to Live Healthy Iowa Kids school teams to enhance healthy food intake and education on nutrition to use during the 100 day challenge. [Click here for more information!](#)

Live Healthy Iowa also has an adult program that can showcase school staff living healthy lifestyles. This team-based physical activity, nutrition and weight loss program is designed to promote positive changes leading to a healthier lifestyle. The 100 day challenge runs from January 23rd - May 1st. [Click here for more information!](#)

Iowa Department of Education
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HealthierUS School Challenge

Would you like to prove to students, parents, teachers, administrators, and the community that your school is one of the best in the Nation, committed to nutrition and physical activity? Attend one of the upcoming trainings to learn more about the HealthierUS School Challenge, including how to complete the on-line application. Districts are to attend in teams of 3 (administrator, food service, and PE teacher)

Wartburg College – Waverly: **Feb. 8th** - [Click here for more information or to register!](#)

Gateway Conference Center – Ames: **Feb. 16th** - [Click here for more information or to register!](#)

Deadline to register: *January 20th*

Team Nutrition's goal is for at least 40 additional Iowa schools to meet the HUSSC by the end of 2013!



Resolve to Eat More Meals As a Family

If you have children at home, having regular meals together is one way you can improve their health and academic performance. Iowa State University staff review the research behind the benefits of family meals and tips for putting family meals into practice in a blog called [Family Meal Time](#) and a publication called [Say "Yes" to Family Meals](#).

Take Home Nutrition Education Bag

PK-3rd grade teachers have the opportunity to request a "nutrition education bag" to keep and share with the families of their students. Each teacher can set up a schedule to check out the bag that works best for their classroom.

Deadline to apply: February 1st

For more information or to request a bag, please contact Carrie at carrie.scheidel@iowa.gov.



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