



e-newsletter

Let's Move in Des Moines

Feb. 9th *Let's Move!* Turned 2, and First Lady Michelle Obama toured the country to celebrate its second birthday and highlight successful stories from across the country. The First Lady celebrated with 14,000 students in Des Moines with Governor Terry Branstad as he declared Feb. 9th *Let's Move!* Day in Iowa.

[Click here!](#) to see some highlights of the day!

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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Technical Assistance

Looking for some resources to assist food service staff or students in the preparation of fresh fruits and vegetables? Check out our technical assistance sheets that demonstrate knife skills and cutting techniques. [Click here!](#) and go to the last tool listed.



Team Nutrition in the News!

Check out the Clinton Herald article highlighting the 1st place high school winner of the Youth in Action Video Contest! The video was created by Connor Kenney, Travis Morehead, Blake Carver and Steven Shroeder

[Click here!](#)

Youth in Action for a Health Iowa Video Contest

Team Nutrition recently held a video contest. The votes are in! The videos were to showcase how your school promotes healthy eating and active lifestyles!

To view each video click on the school name.

Middle School

First Place (\$1,000): [Price Lab – Cedar Falls](#)

Runner-Ups (\$500): [Adel-Desota-Minburn](#), [CAM CSD](#), [Rock Valley](#), and [SE Polk – Jenkins and Crew](#)

High School

First Place (\$1,000): [Clinton](#)

Runner-Ups (\$500): [Melcher-Dallas](#), [Price-Lab – Cedar Falls](#), [Gladbrook Reinbeck](#), and [Van Buren](#)



A Garden is the Way to Grow

We know that students learn best from hands-on activities. The Iowa Department of Agriculture and Land Stewardship's (IDOLS) *A Garden is the Way to Grow* initiative is giving schools an opportunity to engage students in a fun, interactive way.



Schools have the opportunity to apply for funding to create their own school garden. Funds of \$350 will be allocated to the winning school districts to buy the supplies necessary to create their garden or raised beds. In addition to funds, each participating school will receive a garden planner and seeds from Seed Saver Exchange along with either garden curriculum (elementary) or a refract meter/sap extractor (secondary).

Each classroom awarded a "garden" will also receive a worm bin (with worms and instruction sheet) provided by USDA's National Laboratory for Agriculture and the Environment.

To be considered for this initiative, you must complete an application form. Each school will also be required to complete a before and after survey. A final performance report will also be required. Funds can be used for any material deemed necessary to sustain a garden and can include tillage, rain barrels, fabric, and lumber.

**For additional information contact
Tammy Stotts at 515-281-7657 or
tammy.stotts@iowaagriculture.gov**

New School Meal Patterns Released!

Highlights of the new meal patterns:

- Offering of both fruits and vegetables every day
- Increasing offerings of whole grain-rich foods
- Offering only fat-free or low-fat milk varieties
- Limiting calories to ensure proper portion size
- Reducing the amounts of saturated fat, trans fats & sodium

For more information check out the USDA webpage!

[Click here!](#)

Pick-a-Better Snack Posters

During the past couple of weeks Team Nutrition has sent out a series of posters promoting the consumption of low-fat and fat-free milk and fresh fruits and vegetables to every elementary school in the state of Iowa, with the attention to the principal. Please look to see if they are hanging up and if not, ask about them!



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