



e-newsletter

Rachel Ray's Yum-O Contest!

The Alliance for a Healthier Generation, the School Nutrition Association and the Yum-o organization are searching for innovative, delicious, healthy school lunches. Send in your best healthy tray that includes meat/meat alternative, bread/grain, vegetables and fruit! Deadline for submission is June 15! For more information, [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.



Team Nutrition Co-Directors:

Patti Delger: patti.delger@iowa.gov or 515.281.5676

Carrie Scheidel: carrie.scheidel@iowa.gov or 515.281.4758

Summer Food Service Program

Believe it or not, summer is right around the corner? Does your district participate in the Summer Food Service Program? To learn more about the program and who is currently participating, please visit our website, by [clicking here!](#) Applications are rolling in for this summer, so there will be some sites added. If you have a program in your community make sure to promote the program and encourage participation!



Smarter Lunchroom Movement Tip of the Month

Display fruit in 2 locations per line, at least one of which is near the register.

Why it Works? Fruit is often overlooked because it is hard to reach, hidden under a sneeze shield in a drab metal bin. Move the fruit into the spotlight! Increasing students' exposure to fruit increases their likelihood of seeing it, which increases their chances of taking it, and then of eating it!

How to do it! Make fruit available at least twice along the line, either by repeating options or offering two or more options. Possible locations include salad bar, a cooler, on a snack rack, or beside the register. Highlight the fruit with a sign like, "Last Chance for Fruit!" or "Fresh Fruit of the Day!"

For more information [click here!](#)



Whole Grain Recipes for Schools!

The Whole Grain Council has 22 recipes designed for schools!

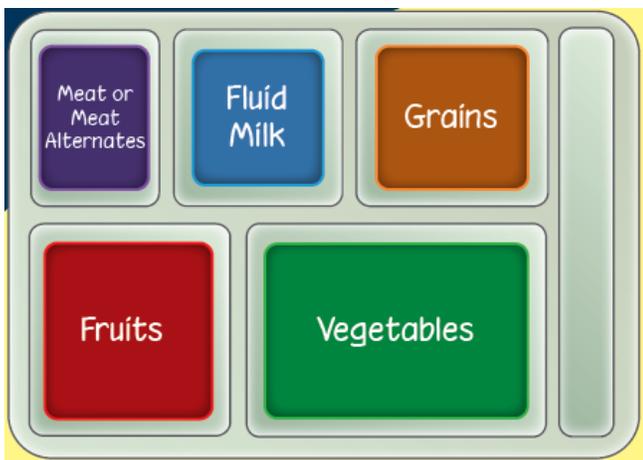
[Click here!](#)



Iowa Department of Education
Team Nutrition Program
Grimes State Office Building
www.educateiowa.gov
phone: 515.281.5356

Build a Healthy Lunch - Coming Soon!

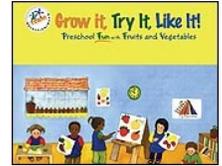
Iowa Team Nutrition is currently developing a reimbursable meal identification kit that will assist students in selecting their meal choices. The kit will help identify foods that are part of the reimbursable meal for the day at the near or beginning of the serving line(s) and allow schools to be in compliance of the "Identification of Reimbursable Meals" regulation that is part of the Healthy, Hunger-Free Kids Act. The kit will include posters, mini signs to display in front of each component, and a guide on how to implement the system. The tool-kit will also be available on-line to download additional tools. The kits will be shipped out this spring to the district School Nutrition Director, with implementation to occur this fall.



Looking for Gardening Nutrition Education for Preschoolers?

Team Nutrition's *Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables* is a garden-themed nutrition education kit for child care center staff that introduces children to peaches, strawberries, cantaloupe,, spinach, sweet potatoes, and crookneck squash.

Click here to order a [FREE](#) copy!



Nourish Interactive

Nourish Interactive is a free one stop resource for fun nutrition games for kids, interactive nutrition tools and tips for parents and health educators. Nourish Interactive's nutrition education website gives children and families the knowledge and skills they need to make healthy choices.

The website has some great printable workshops that for PK-5 that cover the following topics: MyPlate, Vitamins, Minerals, Portion Control, Food Labels, Farm to Table, Gardening, Food Safety, Get Moving, Nutrition Puzzles, and More!

[Click here!](#)



USDA Nondiscrimination Statement

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity employer."

Iowa Department of Education Nondiscrimination Statement

It is the policy of the Iowa Department of Education not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, gender, disability, religion, age, political party affiliation, or actual or potential parental, family or marital status in its programs, activities, or employment practices as required by the Iowa Code sections 216.9 and 256.10(2), Titles VI and VII of the Civil Rights Act of 1964, the Equal Pay Act of 1973, Title IX, Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act.

If you have questions or grievances related to compliance with this policy by the Iowa Department of Education, please contact the legal counsel for the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, telephone number 515/281-5295; or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661, telephone number 312/730-1560, fax 312/730-1576, email:

OCR.Chicago@ed.gov