



e-newsletter

Fun Summer Recipe!



Fruitastic Summer Smoothie Blast

Ingredients:

- 1/2 banana
- 1/2 cup frozen berries
- 1 (6-ounce) container strawberry yogurt

Directions:

Blend all ingredients well in blender. Pour into your favorite glass and enjoy!

TIP: Smoothies are a great way to use over-ripe fruit.

Source: ISU Extension's Spend Smart. Eat Smart.

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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Hubbell's Planting Day

Hubbell Elementary School in Des Moines, held its second annual Garden Planting Day on April 24. All of Hubbell's students in K-5 grade planted a seed or seedling into the Hubbell School garden. The planting day is part of a school garden program that includes thirteen raised vegetable beds, a school garden club, garden tasting days, and an indoor garden cart with grow lights that provide year-long lessons to the students. The garden is funded by the PTA. [Click here](#) to view some photos!

Community Wellness Lessons

Looking for read-to-go lesson plans and handouts for community groups? Here are six, one-hour workshops designed for community educators, dietitians, and others to teach to adults in a wide variety of community settings. [Click here!](#)

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Team Nutrition Success Story - Ballard High School

Ballard High School Students recently participated in the Live Healthy Iowa 100 Day Challenge. As a part of the challenge, teacher Jeriann McLaughlin applied for a \$500 Team Nutrition grant. With the funds the high school students did taste tests of fresh fruits and vegetables and whole grains. This is a picture of the students taste testing granola bars. They tasted Kelloggs brand, Fiber one and a store brand. Amazingly, the Fiber One bar was the favorite! The statistics class was involved with the survey collection and data analysis throughout the challenge. Throughout the taste tests many of the students reported they were amazed to find out they really liked something they didn't think they would like!



New Core Messages and Tools

USDA's Food and Nutrition Service has launched new audience-tested messages and tools to increase the consumption of whole grains, fat-free and low-fat milk, and fruits and vegetables. [Click here to view them!](#)

School Resources Include:

Track and Field Fuel Up Challenge Game that uses an engaging approach that allows kids to have fun while learning about low-fat milk, fruits and vegetables, and whole-grain foods. The game also gets kids up and moving by nudging them to get up, celebrate and move to prepare for the next event. [Click here](#) to learn more about the game. [Click here](#) to play the game.

New activity sheets for kids ages 8-10.

[Fuel up with fruits and veggies. And soar through your day like a rocket ship.](#)

[Eat smart to play hard. Eat fruits and veggies at meals and snacks.](#)



Looking for Bulletin Board Ideas?

Wyoming State Nutrition Action Plan (SNAP) team developed some bulletin board templates. The bulletin boards can be used in a variety of community settings to convey nutrition and physical activity messages. All the graphics, handouts, activities and background information are provided for 8 bulletin boards. The bulletin boards can be displayed each month or used as needed.

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

Eat Family Meals Together

Eat meals together as a family. Family meals have enormous power. They can be the family lifeline during turbulent times. Eating together gives you and your children a sense of belonging, a connection that allows them to be strong when challenged. Summertime is a very busy time for families, but also a great time to start eating more meals together, either inside our out!

If you are not in the habit of family meals, here are some things to think about:

Without a lot of additional effort or time, simply eating together as a family could actually change the direction of your child's and family's life.

What are some things you can do this week to make eating together possible?

What can you do to adapt your schedules to make family meals more frequent?

If you would like more information on this topic, check out the [Set the Table](#) handout from Touching Heart, Touching Minds.

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