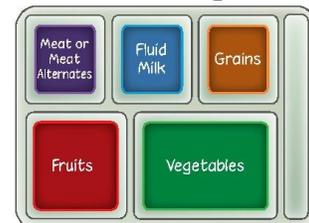


# Healthy Schools Healthy Students

## Build a Healthy Lunch



**Healthy Schools - Healthy Students** is an e-newsletter published in partnership with Iowa Team Nutrition and Iowa Partners: Action for Healthy Kids. The monthly newsletters provide information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories from Iowa schools working to promote healthy habits in their students and staff. If you would like to submit an article to feature your school or program, please send an e-mail to [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov).

**Iowa Team Nutrition:** [click here!](#)

**Iowa Partners: Action for Healthy Kids:** [click here!](#)

## Did You Walk?

October 3rd was a great day for a walk! Did your school walk 1-kilometer as part of the Healthiest State Initiative, along with 297,000 Iowans?

Keep the momentum going at your school by making changes that make it easy to live a healthy life! Schools are encouraged to post pictures of their walk on the Healthiest State Initiative

[Facebook page!](#)



## Upcoming Events

### National School Lunch Week October 15-19

“School Lunch – What’s Cooking?” is the theme and is about celebrating the positive changes that have been made in school lunch programs across the country. The School Nutrition Association provides resources, templates, and tip sheets for getting your celebration recognized by the school district, the community, and even local media. You can download these tools by [clicking here](#).



### National Take Your Parents to Lunch Day Wednesday, October 17

Mailing home a letter to parents about changes to your schools’ lunch menu is one way to inform them about what’s going on in your cafeteria. Inviting them to attend lunch is a more memorable way to show them what’s cooking in school’s your cafeteria! On October 17th or a date of your school’s choice, ask parents to join their children for a healthy lunch at school. For tips to make your day a success, [click here](#).



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## October is National Farm-to-School Month

October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between schools and local food.

Farm to School is broadly defined as any program that connects schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. There are many things you can do to implement “Farm-to-School” in your district and it doesn’t just mean serving local foods as a part of your meal line. Here are some ideas to get you started:

- Invite a local farmer, chef or have food service staff present an activity or talk to students about a food and how it is grown.
- Plan nutrition education activities, such as Harvest of the Month, featuring a local food product that is in season.
- Collaborate with teachers to plan an outdoor garden plot or container gardening activity.
- Encourage the use of local foods as a healthy school fundraiser or a feature at a special event. For some ideas, [click here](#).

For additional ideas and resources, explore the Farm-to-School Month website, by [clicking here](#).



## Serving Up MyPlate!

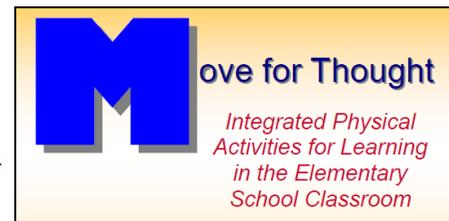
*Serving Up MyPlate* is a new collection of Team Nutrition classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities, including fun songs! To check it out, [click here](#).



## Move for Thought!

Team Nutrition recently partnered with Spryidoula Vazou (ISU professor) to develop a kit titled, “Move for Thought!” The kit is designed to help children increase their physical activity levels during the school day, as well as to help teachers facilitate learning and academic achievement. The kit can be used to assist in meeting Healthy Kids Act physical activity minutes and Healthier US School Challenge physical activity minutes (if planned in partnership with the physical education teacher).

To view the kit, [click here](#).



### We need your feedback!

To collect qualitative data about the use of the kit we are looking for volunteer classrooms. Observations will occur in the classrooms about the feasibility of the activities, as well as some interviews with the teachers and students.

To volunteer, contact Spryidoula Vazou at [svazou@iastate.edu](mailto:svazou@iastate.edu).

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