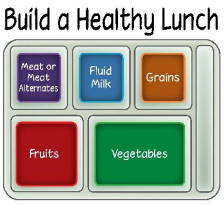
FRESH BITES



Your Connection to Iowa School Meal Success and Resources! **December 2012**

Peer in the Spotlight

Carol Rodewald, Food Service Director from Missouri Valley CSD is noticing the students are enjoying the changes. Below is a quote from her:

"The students are eating well! We've had some questions by parents about if the students are getting enough to eat. We invite the parents up and show them if the student is going hungry it's because they are too picky. Our students in High and Middle really don't complain much. Elementary loves the fruit. So I think all around it's working well because we started ahead of the push the last few years."

crodewald@movalleycsd.org

Resource of the Month

Action for Healthy Kids has recently added a *Parents Resource* section to their webpage. The section includes two handouts that are about the changes to school meals. You may find these helpful as you respond to questions from parents.

School Meals: Challenges & Opportunities:
Provides information on school meal programs, common foodservice concerns and how parents can help.

Questions from Parents:
Provides answers to frequently asked questions by parents to foodservice about the changes.

Action for Healthy Kids®

The first 10 people to e-mail Carrie at carrie.scheidel@iowa.gov and share their opinion about *Fresh Bites,* will receive a chef knife!

Did You Know?

Are you working towards the 6-cents certification? Is your school interested in becoming a HealthierUS Challenge (HUSSC) School? The new HUSSC criteria includes a requirement of six cent certification. Once your school is certified you are on the right track! The HUSSC criteria requires documentation for two consecutive weeks, with allowance for one of the weeks to be the one used for certification, to reduce duplication of paperwork. The HUSSC award brings national recognition for your school's wellness efforts. Consider this award as an opportunity to showcase the great work your district is doing! Need help completing the HUSSC application? Team Nutrition is providing RD Coaches to assist schools. For more information, contact Patti Delger at patti.delger@iowa.gov or 515-281-5676.

We Need Your Feedback!

Are you receiving feedback on the changes in school meals? Do you want parents to be supportive of school meals? Team Nutrition is partnering with the University of Iowa to develop a school meals campaign targeted at parents. There are several ways for districts to get involved with this campaign including sharing strategies of how you communicate with parents. The campaign materials will available for all districts to utilize at the start of the 2013-14 school year. If you are interesting in playing a role in shaping this campaign, please contact Carrie at carrie.scheidel@iowa.gov or 515-281-4758.

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the School Day just got Healthier

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