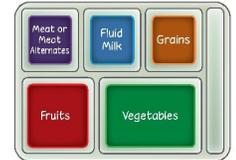


FRESH BITES

Build a Healthy Lunch



Your Connection to Iowa School Meal Success and Resources!

October 2012

Peer in the Spotlight

Lisa Nolting from Pleasant Valley was looking for ways to assist her district in meeting the new meal pattern requirements. After talking with Andrea Mahler, from North Scott, she learned about how successful their fruit and vegetable bars have been. She decided it was time to make the switch! The students really love being able to select their own choices from the bars. Lisa used the "Build a Healthy Lunch" materials to explain how the bars worked at a principal meeting. To date, the favorites have been kiwi halves, grapes, red & yellow pepper strips, and cucumber slices!

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Resource of the Month

The Iowa Team Nutrition Program has developed this resource to assist schools in implementing fruit and vegetable bars. To view the guide, [click here!](#)



To request printed copies, contact Carrie at carrie.scheidel@iowa.gov or 515.281.4758. They will also be available at trainings held this fall.

If a fruit and vegetable bar is not a possibility at your school district consider offering at least 2 kinds of fruits and of vegetables each day on your line. By offering variety, it will allow the students to choose an option that they will be more likely to eat!



Did You Know?

Fruits and vegetables can be combined to meet the ½ cup minimum, if a school implements Offer vs. Serve (OVS). A combination of fruits to equal ½ cup (¼ cup applesauce + ¼ cup diced pears) or a combination of vegetables (⅛ cup green beans + ⅜ cup corn) or a combination of fruit and vegetables (¼ cup carrots + ¼ cup kiwi) may be selected to meet the ½ cup minimum. A student who chooses ½ cup fruit, vegetable or combination would not be required to select additional fruits or vegetables if the reimbursable meal includes two other full components. Schools must offer the requirements for each vegetable subgroup but the students are not required to take any specific vegetable subgroup under OVS. For more information view the USDA's "Questions on the Final Rule" memo, by [clicking here](#).



Upcoming Trainings - 6¢ Certification

The trainings will focus on the application process using the USDA Worksheets and Simplified Nutrient Analysis. Click on the location for more information and to register.

For the most up-to-date list, [click here](#).

10-2	Osage	10-10	Muscatine	10-18	Mt. Ayr
10-2	Ft. Madison	10-10	Milford	10-18	Farley
10-3	Onawa	10-11	Albia	10-23	Iowa Falls
10-3	Forest City	10-16	Ft. Dodge	10-23	Davenport
10-4	Mt. Pleasant	10-16	DeWitt	10-23	Council Bluffs
10-9	Algona	10-16	Shenandoah	10-25	Anamosa
10-9	Iowa City	10-17	Indianola	10-25	Bondurant
10-10	Marion	10-18	Marshalltown	10-30	Denison



the School Day just got Healthier

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