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## Agenda

- School Wellness
- Smart Snacks
- School Wellness Activities & Resources
- Upcoming School Wellness Workshops
- School Wellness \$500 Sub-grants



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Iowa Department of Education -  
Bureau of Nutrition and Health Services



Angela Mitchell    Carrie Scheidel    Patti Delger

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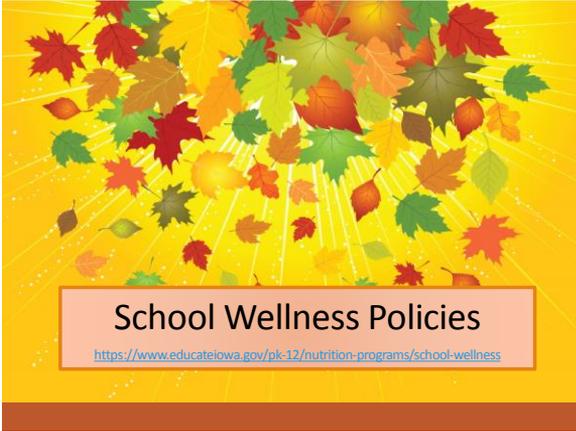
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### Healthy, Hunger-Free Kids Act

- Nutrition promotion, nutrition education, physical activity, & other school-based activities
- Include nutrition guidelines for all foods
- Variety of stakeholders
- Inform and update the public
- Measure compliance
- Designate a school official




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### Does Your Policy Measure Up?

- Goals for nutrition promotion
- Goals for nutrition education
- Goals for physical activity
- Nutrition guidelines
- Designated at least one official
- Informs and updates the public
- Periodically measures the implementation




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**IMPORTANT!**

State Agency Review Process

- 3 year review cycle
- Districts should keep the following on file:
  - ✓ A copy of the current policy
  - ✓ Documentation demonstrating the policy and assessments have been made available to the public
  - ✓ Documentation of the district's efforts to review and update the Local School Wellness Policy
    - Including who is involved
    - Made stakeholders aware of their ability to participate
  - ✓ A copy of the district's most recent assessment



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**Smart Snacks**  
<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/smart-snacks-school>

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VS.



**Healthy Kids Act**

- State Law
- **Competitive Foods**
- Physical activity
- CPR requirements

**Healthy Hunger-Free Kids Act**

- Federal Law
- School Meals
- **Competitive Foods**
- School Wellness Policy



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## FUNDRAISERS

**School Day Only**  
 (midnight to 30 minutes after the end of the school day)

**All foods and beverages sold must meet the standards**




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## GENERAL STANDARDS FOR COMPETITIVE FOODS

**Whole Grain**

**Non-Grain Food Group**

**Combination Food**

**10% DV of certain nutrients (until July 1, 2016)**



**MEETS ALL NUTRIENT STANDARDS**

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### ALL GRADES



**WATER**

(with or without carbonation)

**NON FAT MILK**

(plain or flavored)

**LOW FAT MILK**

(plain only)

**100% FRUIT OR VEGETABLE JUICE**

(no added sweeteners)

**100% FRUIT OR VEGETABLE JUICE DILUTED W/WATER**

(with or without carbonation)

**SERVING SIZE LIMITS:  
8 oz. ES  
12 oz. MS/HS**

(milk, juice)

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### HIGH SCHOOL ONLY



**DIET BEVERAGES (20 oz.)**

( $\leq 5$  kcal/8 oz. OR  $\leq 10$  kcal/20 oz.)

**LOW-CALORIE BEVERAGES (12 oz.)**

( $\leq 40$  kcal/8 oz. OR  $\leq 60$  kcal/12 oz.)

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**IS YOUR SNACK A SMART SNACK?**

 [Product Calculator](#)  
See which snacks & beverages meet Smart Snack guidelines.

[Click here!](#)

Product Navigator > Smart Snacks

Smart Snacks

<b>Snacks</b> Find snacks that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.	<b>Side Items</b> Find side items that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.
<b>Entrees</b> Find entrees that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.	<b>Beverages</b> Find beverages that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.

[Click here!](#)

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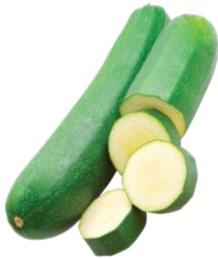
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## Farm to School Month!



- Invite a farmer to talk to students about locally grown foods
- Read facts about Iowa farm facts during morning announcements
- Celebrate Iowa foods
- Coordinate local food tasting activities
- Encourage the use of local foods as a healthy school fundraiser or feature at a special event

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Went out to all elementary schools!

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## October 13<sup>th</sup> – 17<sup>th</sup>



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## Celebrate School Lunch!

- Hold a special "Take Your Parent to School Lunch Day!"
- Have local celebrities take part in serving the meals (principal, mayor, athletes/cheerleaders, etc.)
- Have a school lunch-themed coloring contest. [Build a Healthy Lunch Coloring Sheet](#)
- Ask teachers to talk about school lunch in the classrooms. [Elementary Lesson](#)
- Share information with parents about the school meals [Resources for Parents](#)
- Feature the Food Service Director in the school newsletter [Newsletter Template](#)




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## Oskaloosa Celebrates Healthy School Lunches!

- Emphasize the healthy food that are offered
- Celebrity servers
  - Oskaloosa City Council Members, School Board Members, OHS Storybook Players, William Penn University Football Team, and the Blue Zones Team

### National School Lunch Week October 13-17, 2014

Celebrate NSLW 2014 with the theme of "Get in the Game with School Lunch." It's about encouraging kids to find a balance between healthy eating and physical activity. Get started planning your celebration with free tools and resources.




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## Norwalk – Oviatt Elementary




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### Fruit and Vegetable Promotion Ideas

Ideas on how to incorporate fruit and vegetable promotion in a fun way that engages students in the classroom, cafeteria, and at school events.

- Create a fruit and vegetable word wall
- Hold a "Produce and a Movie" event
- Librarian displays books that have a food or nutrition theme
- Serve fruits and vegetables that are the school colors and call them "Tiger's Picks!"
- Place rotating fruit and vegetable facts on the school's website
- Post photos of students eating fruits and vegetables at lunch on a "Wall of Fame" bulletin board
- More!

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### HealthierUS School Challenge: Smarter Lunchroom



- Awards to schools that choose to take steps to encourage kids to make healthy choices and be more physically active.
- Updated Criteria!
  - No longer requires food labels, menus, production records or six cent certification worksheets. Much less paperwork!
  - Includes *Smarter Lunchroom* techniques!
  - <http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>
- Registered Dietitian Coach Assistance Available




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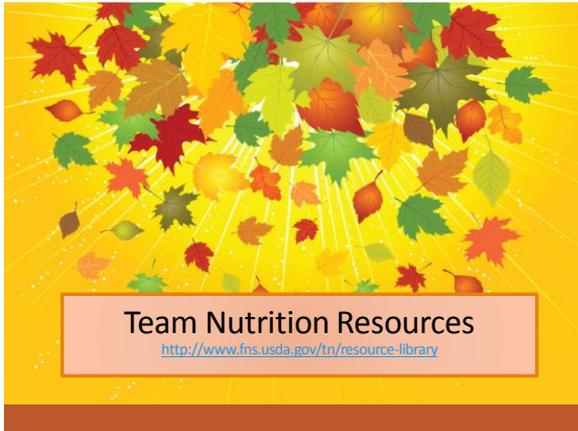
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## Team Nutrition



### Discover MyPlate: Kindergarten

Kindergarten teachers can meet education standards for Math, Science, English Language Arts, and Health using the 6 ready-to-go and interactive lessons.

### Great Garden Detective Adventure 3<sup>rd</sup> & 4<sup>th</sup>

Eleven-lesson curriculum includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News.



### Dig In! - 5<sup>th</sup> and 6<sup>th</sup>

Ten inquiry-based lessons that engage students in growing, harvesting, tasting, and learning about fruits and vegetables.



Order Form:  
<http://tn.ntis.gov/>

<http://teammnutrition.usda.gov/>

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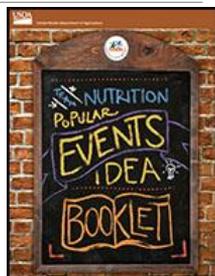
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## Popular Events Idea Booklet

- Ideas for 20 themed events
- Highlights events at schools
- Handouts, templates, and other resources to support events
- Connections for school, home, cafeteria, classroom, community, and media

Order Form:  
<http://tn.ntis.gov/>




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Team Nutrition Elementary School Posters



Order Form: <http://tn.ntis.gov/>

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Team Nutrition Elementary School Posters



Order Form: <http://tn.ntis.gov/>

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E-Newsletter

Interested? Contact [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov)



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## Upcoming Opportunities



Comprehensive School Physical Activity Program and School Wellness Workshop: October 22<sup>nd</sup>  
[Registration Link](#)

Middle School Super Power Summit : November 13<sup>th</sup>  
[Registration Link](#)

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## School Wellness Sub-Grants

### \$500 to support school wellness activities

- Reconvening of committee
- Partner with community groups
- Engage students
- Afterschool class, workshop or club
- Farm-to-School activities
- Smarter Lunchroom techniques
- Additional ideas welcomed!!

Deadline for submission:  
**Monday, November 24<sup>th</sup>**

**School Wellness**  
 2014 School Wellness Sub-Grant Application

**Eligible Recipients:**  
 • Principals and/or committee members  
 • School Wellness Committee members  
 • All other non-employee staff members  
 • School Wellness Committee members  
 • Other staff members

**How to Apply:**  
 • Application due date: **Monday, Nov. 24, 2014**  
 • Announcement of awardee: **Monday, Nov. 24, 2014**  
 • Final award date: **April 1, 2015**

**NAME: NOTIFICATION TO IOWA**  
 Iowa Department of Education  
 Grant Center  
 400 East 19th Avenue, Des Moines, IA 50319  
 515.281.3000 ext. 3000

Name of School District:  School Subtype:

Address:

City:  State:  Zip Code:

Contact Name:  Position:

Contact E-mail:  Contact Phone:

Name of team members helping to plan and implement the new plan:

Name	Position/Title	Role	Position/Title
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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