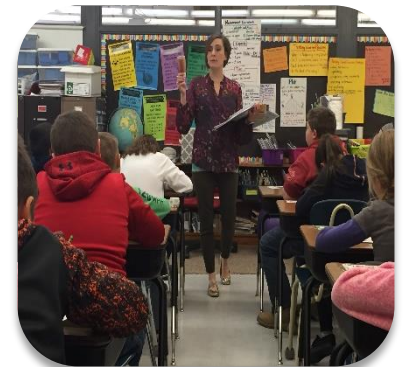
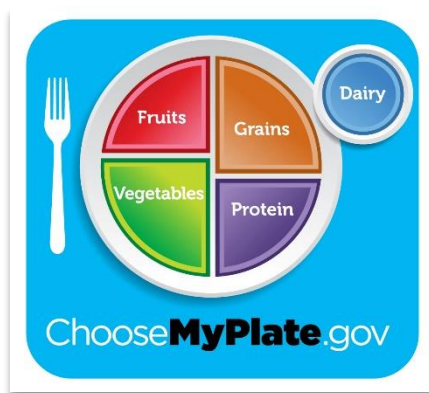


# Healthy Schools Healthy Students

SCHOOL WELLNESS ■ NUTRITION ■ PHYSICAL ACTIVITY



# Table of Contents

- Acknowledgements ..... 3**
- Funding and Non-Discrimination Statements ..... 4**
- Healthy School Healthy Students Project Summary ..... 5**
- Team Nutrition Communication Channels ..... 6**
  - Food Service Initiatives ..... 7**
  - Classroom Activities ..... 11**
  - Home Activities..... 13**
  - Media ..... 14**
- Project School Spotlights ..... 16**
- School Wellness Policy Support and Trainings ..... 19**
- Appendix A – Article Promoting Project Opportunity ..... 22**
- Appendix B – Evaluation Infographic..... 23**
- Appendix C – Practical Skills Agenda ..... 25**
- Appendix D – Family Newsletter Articles ..... 26**
- Appendix E – Project School Press Release ..... 28**
- Appendix F – School Wellness Conference Agenda ..... 29**
- Appendix G – Healthy Choices Count Summit Agenda..... 31**

# Acknowledgements



**Iowa Department of Education  
Bureau of Nutrition & Health Services**  
*Team Nutrition Project Director*  
Carrie Scheidel, MPH



**College of  
Public Health**

**University of Iowa Public Policy Center  
College of Public Health**  
*Social Scientists – Evaluation*  
Natoshia Askelson, MPH, PhD  
Patrick Brady, MS

The project team would like to thank the following schools and their project contacts for their participation in the *Healthy Schools – Healthy Students* project:

## **Alburnett CSD Elementary**

Denise Rawson  
*School Nutrition Director*

## **Benton CSD**

Norway Elementary  
Jane Svestka  
*School Nutrition Director*

## **Calamus Wheatland CSD**

Calamus Elementary  
Britny Shaver  
*School Nutrition Director*

## **Central CSD**

Megan Bergan  
*School Nurse*

## **Central Decatur CSD**

North Elementary  
Joy Everston  
*School Nutrition Director*

## **Chariton CSD**

Van Allen Elementary  
Becca Bittner  
*School Nutrition Director*

## **Decorah CSD**

Carrie Lee Elementary  
Sarah Tobiason *Principal*

## **Diagonal CSD**

Danielle Newton  
*School Nutrition Director*

## **Gilbert CSD**

Gilbert Intermediate  
Amy Griffin  
*Principal*

## **Howard Winneshiek CSD**

Crestwood Elementary  
Cheryl Dickman  
*School Nutrition Director*

## **Knoxville CSD**

Northstar Elementary  
Angela Mitchell  
*School Nurse*

## **Maquoketa Valley CSD**

Delhi Elementary  
Mary Ries *School Nurse*

## **New London CSD**

Clark Elementary  
Barbara Meyer  
*4<sup>th</sup> Grade Teacher*

## **OABCIG CSD**

Odebolt Arthur Elementary  
Tiffany Lindberg *School Nurse*

## **Oelwein CSD**

Wings Parks Elementary  
Hallie Roth  
*Food Service Director*

## **Saydel CSD**

Cornell Elementary  
Jessy Sadler  
*School Nutrition Director*

## **St. Joseph Catholic School**

Christina Carlton *Principal*

## **Starmont CSD**

Julie Riechers  
*PE Teacher*

## **West Bend Mallard CSD**

Mallard Elementary  
Kay Auten  
*4<sup>th</sup> Grade Teacher*

## **Winfield Mt. Union CSD**

Tracie Hartman  
*School Nutrition Director*

# Funding and Non-Discrimination Statements

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-9339. Additionally program information may be made available in languages other than English.

To file a program complaint or discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <https://www.ascr.usda.gov/node/119>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. 3. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

# Healthy School Healthy Students Project Summary

The *Healthy Schools – Healthy Students* project was implemented by Iowa Department of Education's Team Nutrition Program and evaluated by the University of Iowa. The intervention aimed to empower youth through school-based nutrition education, modeling and encouraging healthy behaviors, promoting healthy school environments, and providing food service staff with training opportunities.

Targeted work took place in 20 project schools (1,057 4<sup>th</sup> grade students) and included technical assistance, resources, evaluation, and funding to assist with the creation of a healthy school environment with emphasis on the following:

- Nutrition Education in 4<sup>th</sup> grade classrooms;
- Smarter Lunchrooms and Cafeteria Coaching;
- Culinary training for school nutrition professionals;
- Participation in the National School Lunch and School Breakfast Programs;
- Parent communication; and
- Evaluation and sustainability of implementation.

All elementary schools participating in the National School Lunch Program had the opportunity to participate in the *Healthy Schools – Healthy Students* project. See Appendix A for newsletter article promoting the opportunity. A competitive application was made available for schools to consider. 45 applications were received and were scored based on the following:

- Administration and staff commitment;
- Description of predicted benefits and outcomes;
- Explanation of interest in the project; and
- Identification of how the project will help the school meet their wellness policy goals.

The intervention design was a cluster-randomized trial with a delayed intervention arm that included 20 schools across the state of Iowa. In the 2017-18 school year, 10 schools received the intervention and 10 schools served as the control. Control schools received the intervention the following school year (2018-19). Quantitative data was gathered through surveys and existing data collections. Qualitative data was collected during in-depth interviews and focus groups. See Appendix B for evaluation infographic. Evaluation findings include:

- Nutrition knowledge and awareness of MyPlate increased;
- All schools improved their lunch room assessment scores;
- All those interviewed believed the project was a success;
- Cafeteria coaches enjoyed interacting with the younger students;
- 4<sup>th</sup> grade students were more willing to try new foods and healthy snacks; and
- Taste tests were described as the activity most often enjoyed.

*Healthy Schools – Healthy Students* Results and Recommendations: <https://bit.ly/30Ciev9>

Schools were provided a \$1,000 stipend for participating and additional funding to support a nutrition educator and taste testing. In fall 2017, a Kick-Off event was held to welcome the intervention schools to the *Healthy Schools – Healthy Students* project. At this event, key individuals from each school attended to learn the basics of the project, timeline of activities, expectation throughout the year, and an overview of the evaluation components.

# Team Nutrition Communication Channels

Nutrition education messages are delivered through **Team Nutrition's** six reinforcing communication channels to reach children where they live, learn, and play, as well as the adults who care for them and can influence their behavior. The *Healthy Schools – Healthy Students* project connected to the following channels:

## **Food Service**

The dining room offers a positive atmosphere that reinforces nutrition education messages and provides opportunities for students to practice skills learned in the classroom.

## **Classroom Activities**

Interactive classroom activities that incorporate nutrition education across the curriculum in all subject areas not only teach students about nutrition but also provide opportunities to develop skills necessary to form lifelong healthy eating habits.

## **School-Wide Events**

Nutrition education activities that all students, school personnel, parents, and the community can enjoy (a school garden project, nutrition fair, or school play) are fun learning opportunities for everyone and reinforce the value of healthy eating and physical activity.

## **Home Activities**

Activities for children and their parents reinforce messages that children learn at school and in the community. Through their positive example, parents help children learn to make good choices for healthy eating and physical activity. Home activities also provide opportunities for students to influence parental shopping and food preparation decisions.

## **Community Programs and Events**

Individuals and organizations develop community-wide education initiatives that emphasize nutrition and physical activity.

## **Media**

Coverage of school and community events helps ensure that **Team Nutrition** messages are repeated and are received by wide audiences. Press releases, PSAs, and features are appropriate tools for disseminating nutrition messages and enhancing community support for **Team Nutrition** goals.



# Food Service Initiatives

## School Nutrition Trainings

Culinary Workshops were held for project schools as well as non-project schools as space allowed. The first workshop held October 2017 was led by Chef Carlin Breinig, an Institute of Child Nutrition trainer. The second workshop held October 2018 was led by Chef Chad Taylor from Des Moines Public Schools. Attendees learned the acronym PROUD to learn the five key steps to preparing nutritious meals: Plan food production, Review the quality scorecard and standardize recipe, Organize, Use the right culinary technique, and Deliver a quality product. The agenda from the trainings can be found in Appendix C.



## School Nutrition Training Webcasts: <https://bit.ly/2zPSPFF>

A series of webcasts were developed for School Nutrition Directors to utilize during staff trainings. The webcasts are 10-15 minutes in length narrated by Iowa Team Nutrition Director and include a Facilitator Guide with hands-on activities, quizzes to assess knowledge, links to additional trainings, and resources to support the topic. During grant period videos had over 2,500 views. Webcast topics include:

- Food Waste Reduction in School Meals
- School Wellness and Smart Snacks
- Cafeteria Coaching
- Sodium in School Meals
- Pleasant and Positive Mealtimes at School
- Civil Rights
- Practical Skills in School Meals
- Food Production Records
- Customer Service
- Build a Healthy Lunch (Offer vs. Serve)
- Build a Health Breakfast (Offer vs. Serve)
- The Online Food Buying Guide

## Iowa School Nutrition E-mail Based Group

An email discussion group was developed to serve as a communication tool that links school nutrition professionals to share resources, provide information, and gather feedback from other food service directors across the state. This group was established in Year 3 of the grant has been well received with over 200 members. Promotion and maintenance of the group will continue beyond the grant.

## Cafeteria Coaching

Cafeteria Coaching is a cafeteria-based program developed by Iowa State University Extension and Outreach (ISU) that utilizes middle and high school students along with school nutrition staff to encourage students to try new foods and eat nutritious school meals. Project schools were required to implement Cafeteria Coaching during the 4<sup>th</sup> grade lunch period on a monthly basis during the project period (November – April).

ISU Cafeteria Coaching Tool-kit: <https://bit.ly/2LsTOYY>

## National School Lunch and School Breakfast Week

Project schools and non-project schools were encouraged to celebrate with decorations, special menus, celebrity guess, events, and more! The School Nutrition Association tools and resources were utilized.

Iowa Department of Education feature article promoting Iowa schools and their plans for School Breakfast Week: <https://bit.ly/32kAv1N>

Below are newsletter articles:




### National School Lunch Week: October 15-19th



The theme this year "School Lunch: Lots 2 Love," is designed to help schools highlight what makes their cafeteria such a special place for students to visit every day. Below are some ideas to celebrate:

- **Bulletin boards** can spark students' interest and extend an exciting invitation to learn. [Check out Iowa Team Nutrition's collection of bulletin board ideas!](#)
- **Costumes, Uniforms or Accessories** can make an event fashionable and fun with employees wearing buttons, aprons, hats, T-shirts, or costumes.
- **Promotion** - Find a collection of promotional materials on the [SNA webpage](#).
- **Music** can set the stage for a fun lunchroom event, but it is great for regular days too!
- **Invite guest servers** – a principal, high school athlete, police officer, or local celebrity.
- **Feature school nutrition employees** and highlight what they enjoy about their jobs.
- **Invite parents to school lunch!**

Share your great ideas and events with [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov) or on social media using #IASchoolmeals to be entered into a drawing for a 5 gallon salad spinner!



**National School Breakfast Week is a March 5-9th!** Increasing breakfast participation is a goal for many schools and National School Breakfast Week is the perfect time to bring attention to the breakfast program. Celebrate with decorations, special menus, events and celebrations, and more.

Benefits of participating in National School Breakfast Week:

- Increase student participation in the school's breakfast program;
- Remind parents of the healthy breakfast options available each day;
- Earn media coverage from local papers, blogs, and TV stations; and
- Connect with teachers and administrators to promote the academic benefits of breakfast.

The [School Nutrition Association](#) has some great marketing resources as well as celebration ideas!

Share your plans with [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov) and use #NSBW18 with social media posts!

**MyPlate Menu Templates:** <https://bit.ly/2JBqox4>

A collection of menu templates were developed that include MyPlate, jokes, and nutrition tips. They are easy to download and edit. They can be customized with school name, month, and additional information.

School District Name  Month and Year 

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

**Why is it not wise to tell secrets in a cornfield?**  
There are too many ears!

Special announcement

**What am I?**  
I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

**TEAM NUTRITION IOWA**

School District Name  Month and Year 

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

**What is a librarian's favorite vegetable?**  
Quiet Peas

Special announcement

**What am I?**  
I'm a leafy green vegetable that comes in different colors... including red! You most likely eat me in a salad or on a sandwich next to a slice of tomato.

Make your own flavored water at home. Just add some sliced up fruit or vegetables and chill. Try cucumber or mint for a refreshing beverage!

**TEAM NUTRITION IOWA**

## Smarter Lunchroom Techniques

The Smarter Lunchroom Scorecard contains 60 simple, no-cost or low-cost strategies that lunchrooms can use to increase participation, improve consumption of healthy food, and reduce food waste. Project schools were required to complete a Smarter Lunchroom scorecard pre and post to assess their lunchroom environment. <https://www.smarterlunchrooms.org/>

**SMARTER LUNCHROOMS SCORECARD**

Date \_\_\_\_\_ School Name \_\_\_\_\_ Completed by \_\_\_\_\_

The Smarter Lunchrooms Scorecard is a list of simple, no-cost or low-cost strategies that can increase participation, reduce food waste, and increase selection and consumption of healthy school food.

**INSTRUCTIONS**

- Review the scorecard before beginning.
- Observe a lunch period. Check off statements that reflect the lunchroom.
- Ask other school nutrition staff, teachers, or administration about items that have not been assessed.
- Tally the score.
- Discuss the results with stakeholders. Choose unchecked strategies to implement in the lunchroom.

Smarter Lunchrooms.org

---

**FOCUS ON FRUIT**

- At least two kinds of fruit are offered.
- At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- At least one fruit is offered at least once a year.
- At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- A fruit taste test is offered at least once a year.

Focus on Fruit Subtotal \_\_\_\_\_ of 5

---

**VARY THE VEGETABLES**

- At least two kinds of vegetables are offered.
- Self-serve signs and assignments are available for students to add base to vegetables.
- At least one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- A vegetable taste test is offered at least once a year.

Vary the Vegetables Subtotal \_\_\_\_\_ of 5

---

**HIGHLIGHT THE SALAD**

- Pre-packaged salads or a salad bar is available to all students.
- Pre-packaged salads or a salad bar is in a high traffic area.
- Self-serve salad bar toppings and containers are larger for vegetables and smaller for onions, dressing, and other non-vegetable items.
- Signs show students how to make a reimbursable meal or any service line (e.g., a sign that says "Add a milk, fruit, and entrée to your plate for the Fresh Pizza Free Choice").
- Students can pre-order lunch in the morning or day before.
- Students must use cash to purchase à la carte snack items if available.
- Students have to ask a food service worker to select à la carte snack items if available.
- Students are offered a taste test of a new entrée at least once a year.

Highlight the Salad Subtotal \_\_\_\_\_ of 4

---

**MOVE MORE WHITE MILK**

- Milk containers are kept full throughout meal service.
- White milk is offered on all beverage coolers.
- Full or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.
- White milk is offered and packaged in at least 1/3 of all milk in each designated milk cooler.
- Full or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

Move More White Milk Subtotal \_\_\_\_\_ of 5

---

**BOOST REIMBURSABLE MEALS**

- Cafeteria staff proactively prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- A reimbursable combo meal is offered as a grab-and-go meal.
- One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, and is the first entrée offered.
- Students must use cash to purchase à la carte snack items if available.
- Students have to ask a food service worker to select à la carte snack items if available.
- Students are offered a taste test of a new entrée at least once a year.

Reimbursable Meals Subtotal \_\_\_\_\_ of 11



# Classroom Activities

## Nutrition Education in 4<sup>th</sup> Grade Classrooms

In the project schools monthly lessons took place during the project time period of November – April. The nutrition educators were selected by the schools and were encouraged to partner with registered dietitian nutritionists to deliver the lessons. Nutrition educators included hospital dietitians, parents, grocery store dietitians, Food Corps, and ISU Extension and Outreach specialists.

The lessons were adapted from United States Department of Agriculture’s Team Nutrition Serving Up MyPlate Curriculum for grades 3-4 based on feedback on the amount of time available to deliver the lessons. Each monthly lesson was 30 minutes. The lessons introduce the importance of eating all five food groups and included a variety of hands-on activities and taste testing.

### Lesson Schedule

Month	Topic	Taste Testing Items
November	MyPlate	Pomegranates
December	Who Am I?D	Jicama and Cherry Tomatoes
January	You be the Chef	Avocados
February	Measuring Up MyPlate	Tangelos
March	Sometimes Foods (Solid Fats)	Spinach leaves w/oil based dressing
April	Sometimes Foods (Added Sugars)	Infused water & whole grain crackers



## LESSON 1 MyPlate (November)

In this first lesson, students are introduced to MyPlate and the importance of eating from the five food groups through interactive and engaging activities.

### Learning Objectives:

- Identify the five main food groups and name a variety of nutritious foods in each.
- Explain how MyPlate serves as a reminder for how to eat a healthier meal.
- Create and describe a healthy meal containing a food from each food group.

### Core Connections:

- **Aligned with Health Literacy:**
  - Demonstrate behaviors that foster healthy active lifestyles for individuals and the benefit of society (2.1.3-5.HL.2). Choose healthy foods.
  - Demonstrate critical literacy/thinking skills related to personal, family, and community wellness (2.1.3-5.HL.3). Develop goals to enhance health status.
- **Building Towards English Language Arts:**
  - Speaking and Listening Standards (SL.4.1) (DOK 1,2,3): Engage effectively in a range of collaborative discussions with diverse partners, building on others' ideas and expressing their own clearly.

### Supplies

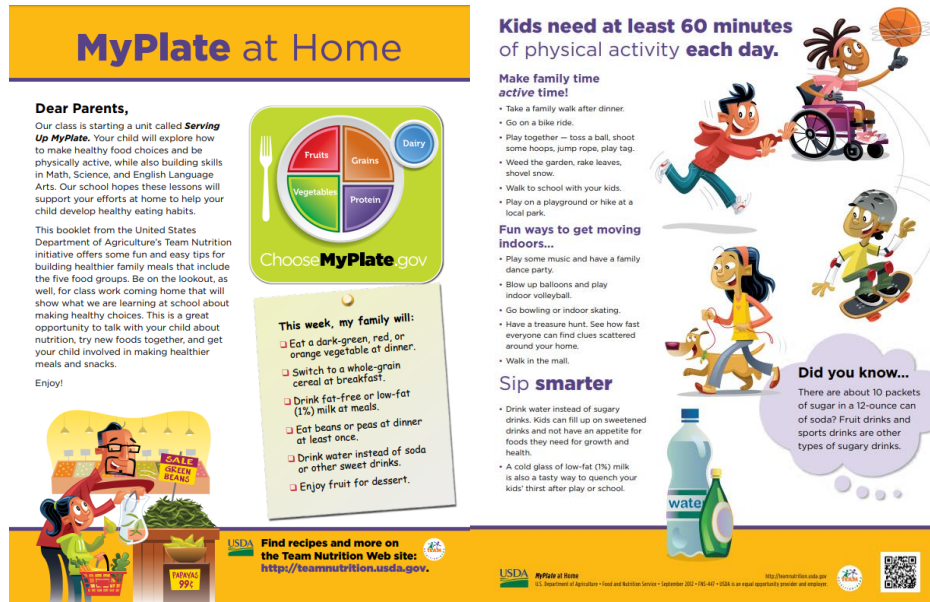
- Set of food model cards
- CD player and Serving Up MyPlate Song CD
- MyPlate Poster
- Cut Smart Play Hard Poster (to leave in classroom)
- One paper plate per student
- Tasting Rules Poster



# Home Activities

## Parent Communication

Project schools received printed copies of the MyPlate at Home handout that is part of the Serving Up MyPlate curriculum to share with families of 4<sup>th</sup> grade students to provide an overview of the lessons and topics that will be covered.



**MyPlate at Home**

**Dear Parents,**  
Our class is starting a unit called *Serving Up MyPlate*. Your child will explore how to make healthy food choices and be physically active, while also building skills in Math, Science, and English Language Arts. Our school hopes these lessons will support your efforts at home to help your child develop healthy eating habits.

This booklet from the United States Department of Agriculture's Team Nutrition initiative offers some fun and easy tips for building healthier family meals that include the five food groups. Be on the lookout, as well, for class work coming home that will show what we are learning at school about making healthy choices. This is a great opportunity to talk with your child about nutrition, try new foods together, and get your child involved in making healthier meals and snacks.

Enjoy!

**Choose MyPlate.gov**

**This week, my family will:**

- Eat a dark-green, red, or orange vegetable at dinner.
- Switch to a whole-grain cereal at breakfast.
- Drink fat-free or low-fat (1% milk at meals.
- Eat beans or peas at dinner at least once.
- Drink water instead of soda or other sweet drinks.
- Enjoy fruit for dessert.

**Kids need at least 60 minutes of physical activity each day.**

**Make family time active time!**

- Take a family walk after dinner.
- Go on a bike ride.
- Play together – toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your kids.
- Play on a playground or hike at a local park.

**Fun ways to get moving indoors...**

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

**Sip smarter**

- Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of low-fat (1%) milk is also a tasty way to quench your kids' thirst after play or school.

**Did you know...**  
There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.

USDA Find recipes and more on the Team Nutrition Web site: <http://teamnutation.usda.gov>

USDA MyPlate at Home U.S. Department of Agriculture • Food and Nutrition Service • September 2011 • 180-411 • USDA is an equal opportunity provider and employer.

Newsletter articles that complemented each month lesson were provided to share with families either via email, newsletter, or printed copies. Newsletter articles can be found in Appendix D.

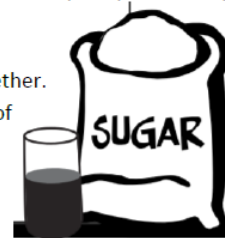
## Sometimes Foods: Added Sugars

This month students learned the importance of avoiding food items that contain added sugars. Sugars are naturally found in fruits and milk. These naturally occurring sugars are part of the overall healthy package of nutrients that these foods provide. Added sugars, however, add calories, but no nutrients to foods. Ask your child one way you and your family can avoid added sugar in order to make healthier choices.

Here are some tips to cut back on sweet treats:

- Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty. Make infused water by adding sliced fruit, vegetables, and/or herbs.
- Choose to not offer sweets as rewards. By offering sweets for good behavior, children learn to think that some foods are better than others. Food rewards can add up to a lot of calories quickly when they are used frequently at home, school, sporting events, church, etc.
- Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child and being creative together.
- Show kids how to find the amount of total sugars on the Nutrition Facts label of cereals, yogurts and other products and compare them to products they like and select the one with the lowest amount of sugar.

USDA is an equal opportunity provider.



# Media

## Press Release

Project schools were provided a press release to share with local media (newspaper, TV, etc.). They were encouraged to add personal quotes and invite media to a nutrition education lesson. A sample press release can be found in Appendix E.



[Previous](#)

### Crestwood Elementary participates in the Healthy Schools - Healthy Students Project

Posted on [May 10, 2018](#) by [News Editor](#)

Crestwood Elementary is creating a school environment that supports healthy behaviors and aims to empower students through nutrition education, school meals, and engagement of staff, parents, and the community through a project with the Iowa Department of Education.

Crestwood Elementary applied to be part of the Healthy Schools - Healthy Students project and was selected as one of the 20 elementary schools across the state to participate. The project includes monthly MyPlate nutrition education lessons and food tastings in the 4th grade classrooms led by Sandy Hagen, Regional Health Services Dietitian; Cafeteria Coaching, where older students eat school lunch with 4th grade students to serve as role models for healthy choices; school nutrition training sessions and



changes to the lunchroom environment. Cafeteria Coach Audrey Grinbaug gives an 'I tried it!' sticker to Katrina Flugum as a reward for trying a food unfamiliar to her at school lunch.

Crestwood Director of Nutrition and Wellness Coordinator Cheryl Dickman said, "We've been doing cafeteria coaching through the Food & Fitness initiative. The cafeteria coaches are high school students who help introduce foods to children like broccoli, sweet potato crisps-cut; any foods that may be new to them. The cafeteria coaches went through training, and the children like learning with the older kids; they are often more willing to try new foods."

Dickman said the cooks at Crestwood Elementary/Junior High will often mix foods potentially new to children with foods they know they will eat, so that everything won't be unfamiliar to the children.

### KNOXVILLE SCHOOL PART OF STATE STUDY ON NUTRITION, EDUCATION

Posted By: Brian Adams February 9, 2019 @ 5:00 am Today's Local News

[TWEET](#) [SHARE](#) [EMAIL](#)



A Knoxville school is one of 20 around the state taking part in a study concerning how students learn about healthy eating and nutrition, and how this can be used to help them do better at learning.

Northstar Elementary is part of the Healthy Schools Healthy Students project sponsored by the Iowa Department of Education; the school is participating in a year-long study of its nutrition education initiatives, and results will be examined by a team from the University of Iowa.

Angie Mitchell is the district's nurse, and one of the staff members taking an active role in helping students integrate exercise and proper eating into the school environment.

She tells KNIA/KRLS News the project focuses on fourth grade students, and gives them the opportunity to vary

their diet by trying new fruits or vegetables.

"It's hard to like a food if you've never had the opportunity to look at it and learn about it and touch it and try a sample of it. And we know that a lot of the things kids try they might not like, and that's okay; but at least they've been exposed to them and know what they are," Mitchell says.

"So as they grow they can say, 'Oh, I've seen an avocado, I know what that is, maybe I'll try it again today.'"

Monthly MyPlate nutrition education classes and food tastings are led by retired teacher Mary Hanna, who visits the students as Miss Mary Strawberry; the school also utilizes Cafeteria Coaches, older students who have lunch with the 4th graders and act as role models by eating healthy foods.

The school received \$3,950 for its role in the study; those monies can be put towards covering the cost of nutrition education, or making changes in the school wellness environment.

YOURWEEKLYPAPER.COM | WEDNESDAY, APRIL 11, 2018 | 75

## Norway school is in Healthy Schools - Healthy Students project

Benton Community's Norway Elementary Center is creating a school environment that supports healthy behaviors and aims to empower students through nutrition education, school meals, and engagement of staff, parents, and the community through a project with the Iowa Department of Education.

The Norway Elementary Center applied to be part of the Healthy Schools - Healthy Students project and was selected as one of the 20 elementary schools across the state to participate.

The project includes monthly MyPlate nutrition education lessons and food tastings in the fourth grade classrooms led by Kristin Kuch - parent and Nutritionist at Mercy Hospital and Peggy Brecht - R.N., Ph.D, community member; Cafeteria Coaching, where older FFA students eat school lunch with fourth grade students to serve as role models for healthy choices; school nutrition trainings; and changes to the lunchroom environment.

The project is funded by a USDA Team Nutrition Grant, administered by the Iowa Department of Education. The grant activities include technical assistance and training for school nutrition staff, nutrition education for students and caregivers, and creation of a school environment that supports healthful behaviors. The University of Iowa is leading the evaluation that includes process evaluation to assess program implementation and effectiveness as well as outcome evaluation.

"The Healthy Schools - Healthy Students is a multi-component intervention that includes nutrition messages that are delivered through Team Nutrition's communication channels to reach children where they live, learn and play," states Carrie Scheidel, Team Nutrition Director at the Iowa Department of Education.

The Norway Elementary Center will receive \$4,450 for participating in the project. The funds can be used to make changes to the school wellness environment and cover the costs of the nutrition educator and taste test opportunities. Results of the project will be available summer 2018.

## Social Media

Iowa Department of Education's Team Nutrition program utilized social media platforms (Facebook, Twitter, and Pinterest) to promote Team Nutrition resources; best practices from schools from across the state, including project schools; partner resources; and funding opportunities.



## Communication Tools: <https://bit.ly/2mRaRNR>

A collection of tools have been gathered and developed to assist school nutrition programs to effectively communicate with school staff, parents, and the community about the needs and value of child nutrition programs. Resources that were developed include:

- [School Board Presentation Template](#) – customizable presentation that highlights the school nutrition program including participation and financial information.
- [What is a Reimbursable Meal?](#) - explains offer vs. serve and the requirements to receive a reimbursable meal. School Nutrition Departments can modify to reflect their program and add photos, and contact information.
- [Make a Meal Signage](#) – visual that helps explain how to build a reimbursable school breakfast and lunch.



### What is a Reimbursable Meal?

The National School Lunch and School Breakfast Program are regulated by the United States Department of Agriculture. A complete meal, meeting nutrient content and portion size requirements, allows a school to receive benefits (money and USDA funds) and is referred to as a "reimbursable meal." School meals offer parents a convenient way to provide nutritious meals for their children at the lowest possible price.

The following are school meal components:

- Milk (fat-free or 1% fat, flavored milk or unflavored)
- Meat/meat alternate
- Bread/grains
- Fruit\*
- Vegetables\*

\*Vegetables are not a required component at breakfast, but can be served in place of the required fruit component.

Breakfast	Lunch
Schools are required to offer 4 items and students must select 3 of the items to make a meal.	Schools are required to offer 5 components and students are required to take 3 of the 5 components to make a meal.
<ul style="list-style-type: none"> <li>• Drink (2 items)                             <ul style="list-style-type: none"> <li>◦ 2 grain, OR</li> <li>◦ 1 grain and 1 meat/meat alternate</li> </ul> </li> <li>• Fruit/Vegetables*</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bread/Grain</li> <li>• Meat/meat alternate</li> <li>• Fruit</li> <li>• Vegetables</li> <li>• Milk</li> </ul>
<p>Examples of a Reimbursable Breakfast</p> <ul style="list-style-type: none"> <li>• Egg sandwich and 100% juice</li> <li>• Cereal, grain crackers, milk, and fruit</li> </ul>	<p>Examples of a Reimbursable Lunch</p> <ul style="list-style-type: none"> <li>• Chd, Cinnamon Roll, and orange wedges</li> <li>• Hamburger on bun, side salad, and milk</li> </ul>

### ABC Community School District Nutrition Program

The Nutrition Department is focused on fueling student bodies & minds with highly nutritious foods and running an efficient food service operation in which food safety is our culture. These high standards meet federal and state guidelines.

#### Build a Healthy Lunch

# Project School Spotlights

School Name	Nutrition Educator	Cafeteria Coaches	Successes
Alburnett CSD	County ISU Extension Specialist	High school Family Consumer Science students	<ul style="list-style-type: none"> <li>• Added a self-serve flavor station</li> <li>• Added bowls of fresh fruit to line</li> <li>• Plan to continue Cafeteria Coaching</li> <li>• Signed up for another wellness program with ISU to continue efforts</li> </ul>
Benton CSD	2- Hospital Dietitian and Registered Nurse	Selected high school students	<ul style="list-style-type: none"> <li>• Added a white board to promote menus</li> <li>• Students loved the lessons and taste testing opportunities</li> <li>• Food service director received a lot of positive feedback from all those involved!</li> <li>• Article: <a href="https://bit.ly/2LfxgmX">https://bit.ly/2LfxgmX</a></li> </ul>
Cal-Wheat CSD	Hospital Dietitian	Senior students	<ul style="list-style-type: none"> <li>• Students enjoyed taste testing</li> <li>• Added square bowls for serving vs. sauce pan</li> <li>• Added signage and color to lunchroom</li> </ul>
Chariton CSD	HyVee Dietitian	High School students	<ul style="list-style-type: none"> <li>• Added a hot vegetable almost daily</li> <li>• Added creative names to items</li> <li>• Utilizing the bulletin board in lunchroom to promote healthy choices</li> <li>• Continued partnership with Dietitian</li> <li>• Received HealthierUS School Challenge Awards!</li> </ul>
Howard Winneshiek CSD	Hospital Dietitian	Food and Fitness High School Students	<ul style="list-style-type: none"> <li>• Added MyPlate signage and a “We Power Up with Fruits and Vegetables” banner to the lunchroom</li> <li>• Implemented several National School Lunch Week promotions</li> <li>• Great partnership with local hospital!</li> <li>• Article: <a href="https://bit.ly/2G6CahO">https://bit.ly/2G6CahO</a></li> </ul>
Mallard Elementary	County ISU Extension Specialist	Family Consumer Science High School Students	<ul style="list-style-type: none"> <li>• Offered taste testing opportunities to all students during lunch of new fruits and vegetables</li> <li>• Add signage and a map of where common fruits and vegetables are grown</li> </ul>
Maquoketa Valley CSD	Hospital Dietitians	Middle School Students – Cafeteria Captains	<ul style="list-style-type: none"> <li>• Cafeteria Coaches planned a health fair in the spring for elementary students that included taste tests</li> <li>• Added signage with healthy messages to walls and electronic monitor in lunchroom created by Cafeteria Captains</li> <li>• Hospital Dietitian wants to continue partnership</li> <li>• Article: <a href="https://bit.ly/2YMu8C8">https://bit.ly/2YMu8C8</a></li> <li>• Received HealthierUS School Challenge Awards!</li> </ul>
Oelwein CSD	Food Corps Member	FFA High School Students	<ul style="list-style-type: none"> <li>• Added decorative baskets to serving line for whole fruits</li> <li>• Wellness committee meets on a monthly basis</li> <li>• The students (both high school and 4<sup>th</sup> graders) LOVED Cafeteria Coaching!</li> </ul>

School Name	Nutrition Educator	Cafeteria Coaches	Successes
Starmont CSD	Head Cook	FFA High School Students	<ul style="list-style-type: none"> <li>• FFA instructor was really excited to be a part of the project!</li> <li>• Article: <a href="https://bit.ly/2xKFquM">https://bit.ly/2xKFquM</a></li> <li>• PE Teacher and Instructional Coach wrote an article about the project: <a href="https://bit.ly/2G6BRE0">https://bit.ly/2G6BRE0</a></li> </ul>
Winfield Mt. Union CSD	Food Service Director	High School students	<ul style="list-style-type: none"> <li>• Food Service really enjoyed going into the classroom to deliver nutrition education lessons!</li> <li>• Held taste testing events in the lunchroom</li> <li>• Put up more posters promoting healthy eating</li> <li>• Added more fresh fruit and vegetable options each day and added a shelf to grab these items before point of sale</li> <li>• Received very positive feedback from community on project!</li> <li>• Received HealthierUS School Challenge Award!</li> </ul>
Central Decatur CSD	Public Health Dept	Food and Nutrition High School Students	<ul style="list-style-type: none"> <li>• Nutrition educator would see students outside of school and they were so excited to tell them about their healthy choices!</li> <li>• Continued partnership with Iowa Department of Education's Pick a Better Snack program</li> <li>• Instructional coach was instrumental in the project</li> </ul>
Central CSD	County ISU Extension	9 <sup>th</sup> /10 <sup>th</sup> students from Life Changes health class	<ul style="list-style-type: none"> <li>• Incorporating taste testing in the lunchroom</li> <li>• Added a dry erase board and bowls for fresh fruit</li> <li>• Article: <a href="https://bit.ly/2YMueK0">https://bit.ly/2YMueK0</a></li> </ul>
Diagonal CSD	Food Service Director	5 <sup>th</sup> grade students	<ul style="list-style-type: none"> <li>• Students loved creating their "Snack of Champions"</li> <li>• Provided taste testing in cafeteria for all students</li> </ul>
Gilbert Elementary	Registered Dietitian Nutritionist	High School FCCLA students	<ul style="list-style-type: none"> <li>• Great partnership with nutrition educator, who is a former school board member</li> <li>• Cafeteria Coaching program was coordinated by nutrition educator as Food Service Director position was vacant</li> </ul>
Northstar Elementary	Miss Mary Strawberry (Community Member)	High School Students	<ul style="list-style-type: none"> <li>• Expanded on existing partnership with retired educator that delivers nutrition education lessons to elementary classrooms</li> <li>• Overall improvements to the school wellness environment</li> <li>• School was highlighted in an Iowa Dept of Education Headline article, "An Integrated Approach to School Wellness at Northstar Elementary." Article: <a href="https://bit.ly/2XROCbm">https://bit.ly/2XROCbm</a></li> </ul>
New London CSD	Hospital Dietitian	National Honor Society Students	<ul style="list-style-type: none"> <li>• Made Smarter Lunchroom changes, including moving fruit to end of the line near checkout</li> <li>• School was also involved in other state wellness initiatives including Iowa State University's SWITCH program</li> </ul>
Decorah CSD	Hospital Dietitian	High School Students	<ul style="list-style-type: none"> <li>• Students enjoyed the activities, especially the "Snack of Champions"</li> <li>• Involved in many farm to school activities</li> </ul>

School Name	Nutrition Educator	Cafeteria Coaches	Successes
OACGIB	Hospital Dietitian	7 <sup>th</sup> Grade Talented and Gifted Students	<ul style="list-style-type: none"> <li>• Students were very excited about the lessons and trying new foods</li> <li>• The partnership with the hospital has been great!</li> <li>• Plan to expand on the project next year and reach more grades with the nutrition education lessons</li> </ul>
Saydel	Registered Dietitian Nutritionist	High School Student Government	<ul style="list-style-type: none"> <li>• Incorporated Smarter Lunchroom changes including creative name signs, healthy eating character posters, and added colorful decals to serving line</li> <li>• Project was featured in district newsletter (page 20). Article: <a href="https://bit.ly/2JzErEs">https://bit.ly/2JzErEs</a></li> </ul>
St. Joseph	School Wellness Coordinator	8 <sup>th</sup> grade students	<ul style="list-style-type: none"> <li>• Expanded on school wellness coordinator's role to deliver the nutrition education lessons</li> <li>• Starting to make some Smarter Lunchroom changes</li> </ul>

# School Wellness Policy Support and Trainings

## School Wellness Conference

The school environment plays a fundamental role in shaping lifelong healthy behaviors and can have a powerful influence on student eating and physical activity habits. An integrated school, parent, and community approach can enhance the health and well-being of Iowa students. Local wellness policies are an important tool for promoting student wellness through nutrition and physical activity. Sessions highlighted successful school wellness initiatives in Iowa schools, the impact of wellness on academic success, strategies to engage key stakeholders, and resources to support school wellness implementation. 180 individuals attended the conference and included food service directors, PE teachers, school nurses, principals, teachers, and community and state partners. School Nurse and School Nutrition CEUs were available as well as Teacher License Renewal Credit. Conference agenda can be found in Appendix F.



## Healthy Choices Count Conference

Held in partnership with Iowa Department of Public Health and the Iowa Healthiest State Initiative, brought together schools, child care, health care and community stakeholders to collaborate using the 5-2-1-0 framework, which is designed to provide consistent messages and create environments that make healthy choices count. *Healthy Schools – Healthy Student* project schools were featured on the school panel. 5-2-1-0 is a statewide messaging campaign promotion of 5 fruits and vegetables, 2 hours of screen time or less, 1 hour of physical activity, and 0 sugar sweetened beverages. Pictures from summit: <https://bit.ly/2XCTxwM>. 140 individuals attended the conference from the following sectors: schools, childcare, healthcare, and the community. Summit agenda can be found in Appendix G.

**Healthy Schools – Healthy Students Newsletter:** <https://bit.ly/2qAz4sp>

A monthly newsletter that provides information on implementing nutrition and physical activity programs in schools, upcoming school wellness training opportunities, success stories, Team Nutrition resources, partner resources and funding opportunities, and ideas from Iowa schools working to promote healthy habits in their students and staff. During the grant period there were 4,000 individuals subscribed to the newsletter.

**TEAM NUTRITION IOWA** **October 2018**

## Healthy Schools Healthy Students

This monthly newsletter provides information on nutrition and physical activity programs, trainings and funding opportunities, and success stories from Iowa schools working to support healthy habits. Stay Connected! Iowa Department of Education - Bureau of Nutrition and Health Services  
Facebook: @HealthyschoolsIA Twitter: @IAHealthyschool Email: schoolsnubs@iowa.gov

### Healthiest State Walk - Wednesday, Oct. 3rd!

The Healthiest State Walk has been an annual event since 2011. The event's slogan for this year is "Walk More. Connect More" and encourages participants to walk with others.

The Annual Walk is a great way to promote school wellness and support Iowa's goal of becoming the healthiest state in the nation.

The Healthiest State is encouraging Iowans to participate on social media with the hashtags #IowaWalkOct2018 <http://iowawalk.com> or <http://iowawalk.com>

### National School Lunch Week: October 15-19th

The theme this year "School Lunch: Lots 2 Love" is designed to help schools highlight what makes their cafeteria such a special place for students to visit every day. Below are some ideas to celebrate.

- Bulletin boards can spark students' interest and extend an exciting invitation to learn. Check out Iowa Team Nutrition's collection of bulletin board ideas!
- Costumes, Uniforms or Accessories can make an event fashionable and fun with employees wearing buttons, aprons, hats, T-shirts, or vesticles.
- Promotion - Find a collection of promotional materials on the [SNL.usabooq](http://SNL.usabooq)
- Music can set the stage for a fun lunchroom event, but it is great for regular days too!

**TEAM NUTRITION IOWA** **August 2018**

## Healthy Schools Healthy Students

This monthly newsletter provides information on nutrition and physical activity programs, trainings and funding opportunities, and success stories from Iowa schools working to support healthy habits. Stay Connected! Iowa Department of Education - Bureau of Nutrition and Health Services  
Facebook: @HealthyschoolsIA Twitter: @IAHealthyschool Email: schoolsnubs@iowa.gov

### Easy to Use School Nutrition Staff Trainings


Looking for ideas for training for school nutrition staff? Iowa Team Nutrition has developed a series of short webcasts that are 10-15 minutes in length that include hands-on activities and quizzes to assess knowledge gained. Topics include: Civil Rights, Build a Healthy Breakfast and Lunch (offer vs. serve), Food Production Records, School Wellness & Smart Snacks, etc.

### Classroom Wellness BINGO Cards

A healthy classroom makes nutrition and physical activity a seamless part of the learning experience. This set of BINGO cards includes ways to incorporate nutrition and physical activity into the classroom on a monthly basis. As a class, review the BINGO card at the beginning of each month as a way to set goals related to wellness in the classroom. Brainstorm additional ideas to fill in the free choice box each month or make adds to the card ideas. Identify a class reward (PJ Day, Teacher's table lunch with class, etc.) if a BINGO is achieved by the end of the month! [BINGOCards](http://BINGOCards)

**School Wellness Beyond the Cafeteria Webinar:** <https://bit.ly/2NPMipJ>

Local wellness policies are an important tool for promoting student wellness through nutrition and physical activity and providing assurance that foods and beverages sold to students during the school day meet federal nutrition standards. The school environment plays a fundamental role in shaping lifelong healthy behaviors and can have a powerful influence on students' eating and physical activity habits. Learn about strategies and actions that schools can take to create a healthy environment that reaches beyond the cafeteria and engages the community. 350 individuals registered to participate in the webinar.



## School Wellness Beyond the Cafeteria

TUESDAY - JANUARY 16  
9:00 - 10:00 AM


**HEALTHIEST STATE INITIATIVE ENDORSED**

**TEAM NUTRITION IOWA**

Howard-Winn CSD

## What's New in School Nutrition

**TEAM NUTRITION IOWA**



CARRIE SCHEIDEL

**What's New in School Nutrition – Team Nutrition Webinar:** <https://bit.ly/2LNfC9J>

Are you a Team Nutrition School? Learn what Team Nutrition can do for you. Team Nutrition provides training and technical assistance for school nutrition directors and staff, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition provides curricula, posters, parent handouts, and other resources free-of-charge to schools. Learn about Team Nutrition resources including an overview of School Wellness and Smart Snack requirements to support the school wellness environment at your school. 100 individuals registered to participate in the webinar.

**School Wellness Webpage:** <https://bit.ly/2AtTawb>

Collection of resources to support the development, implementation, and evaluation of local school wellness policies. Includes resources to support wellness policies goals related to nutrition education and promotion, physical activity, other school based activities, nutrition guidelines, and food and beverage marketing.

## School Wellness

On this page...

- [Regulation and Compliance Tools](#)
- [Nutrition Education and Promotion](#)
- [Physical Activity](#)
- [Other School Based Activities](#)
- [Nutrition Guidelines](#)
- [Food and Beverage Marketing](#)
- [Wellness Leadership and Public Involvement](#)
- [Additional Resources](#)

### School Wellness Sub-Grants

\$500 sub-grants were available to non-project schools throughout the grant period to support school wellness policy implementation. These sub-grants were promoted at the Healthy Choices Count Summit held in partnership with the Healthiest State Initiative, School Nutrition Association of Iowa Conference, Iowa Association for Healthy, Physical Education, Recreation and Dance Conference and through the *Healthy Schools – Healthy Students* newsletter. Healthy Choices Count Summit Sub-Grant Summaries: <https://bit.ly/2LgFTxM>



## \$500 School Sub-Grant

*Funding provided by Iowa Department of Education's Team Nutrition Program*

# Appendix A – Article Promoting Project Opportunity

## *Healthy Schools - Healthy Students Project*



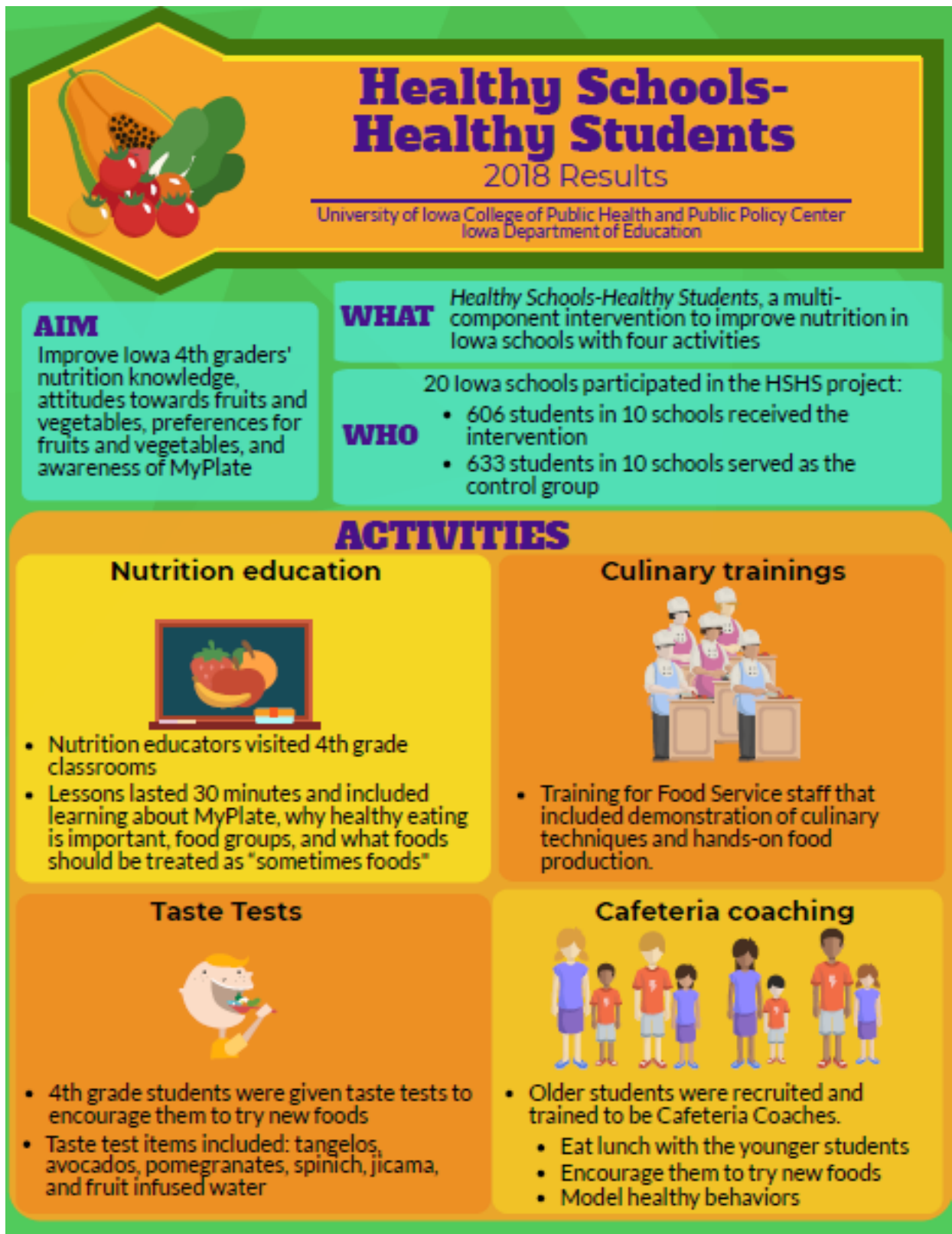
*Healthy Schools - Healthy Students Project*, is an initiative of the Iowa Department of Education's Team Nutrition Program that aims to empower elementary students through school-based nutrition education, healthy school environments, promotion of school meals, and engagement of school staff, parents, and the community.

Schools that are selected will receive a \$1,000 sub-grant to support wellness activities. Additional funds will be available for each school to contract with a nutrition educator to deliver six lessons and taste testing opportunities in 4th grade classrooms.

This project will begin next school year (2017-18). Elementary schools that are interested in the opportunity are invited to complete an Application of Interest (hyperlink will be sent at a later date). Applications are due April 21<sup>st</sup>.

For more information please contact Carrie Scheidel at [carrie.scheidel@iowa.gov](mailto:carrie.scheidel@iowa.gov) or 515-281-4758.

# Appendix B – Evaluation Infographic





## Results

### HOW

- Surveys with 4th grade students (n=1,057)
- Focus groups with cafeteria coaches (n=6)
- Lunch room assessments (n=10)
- Interviews with food service directors, nutrition educators, and teachers (n=21)
- Production records (n=10)

### SURVEY & ASSESSMENT FINDINGS



Nutrition knowledge and awareness of MyPlate increased



All schools improved their lunch room assessment scores

### INTERVIEW & FOCUS GROUP FINDINGS



All interviewees (n=21) believed the overall project was a success



Cafeteria coaches enjoyed interacting with the younger students and the relationships they developed with them



4th grade students were:

- More willing to try new foods
- Eating more of their lunches or certain healthy items
- Talking to their parents about wanting healthy snacks



Taste tests were described as the activity most often enjoyed

## What Participants Are Saying

"There was one kid, I sat by him 'cause he didn't have anybody else sitting by him and he finished all of his food. And when I went to go leave, one of the teachers was like, "Hey, he never really eats, so thank you for sitting with him." And I'm like, okay, yeah, then I really enjoy it and I feel like I'm making a difference."

- Cafeteria Coach

"I just know that the kids asked if they could do it again, so I think it was all really positive." - Teacher

"The kids are making better choices as far as what would be nutritious snacks." - Teacher

"We really enjoyed it. I hope we get to do it again." - Teacher

# Appendix C – Practical Skills Agenda

## Practical Skills for Preparing Quality School Meals

Wednesday, October 25<sup>th</sup>, 2017 Newbo City Market – 1100 3<sup>rd</sup> St. – Cedar Rapids, Iowa 52401

*Learning Objectives:*

- *Understand the concept of serving quality meals and why quality meals are important.*
  - *Understand the five step process for preparing quality school meals.*
  - *Understand the importance of a work schedule when planning just-in-time service.*
  - *Understand the importance of using a standardized recipe to prepare quality meals.*
  - *Understand the importance of maintaining the integrity of the recipe.*
  - *Identify the proper equipment needed to follow standardized recipes.*
  - *Demonstrate proper knife skills.*
  - *Understand the importance of a quality score card to assess quality standards are met.*
- 

9:00-9:15: Introductions

9:15-10:00: The PROUD Way: A Five Step Process

Discuss the five step process used in preparing quality school meals Introduce the Quality Score Card, quality measures, and importance of standardized recipes.

10:00 – 10:30: Just-in-Time Service (Broccoli Demonstration)

10:30 – 11:30: Standardized Recipes

- Components of a Standardized Recipes
- Making Appropriate Ingredient Substitutions

11:30 – 12:00 Work Smarter, Not Harder

- Approved Commercial Grade Equipment
- Organizing workspace, equipment and ingredients

12:00 – 1:00 Use the Right Culinary Techniques

- Demonstrate and Practice Knife Skills
- Weighing and Measuring Ingredients
- Cooking Methods
- Hands-on Recipe Preparation

1:00 – 2:00 Deliver a Quality Product

- Quality Score Card
- Serving Line Set Up
- Portion Control Standards
- Food Safety Measures

2:00 Conclude

## Appendix D – Family Newsletter Articles

### Healthy Schools Project

The 4<sup>th</sup> grade students are going to participate in the *Healthy Schools – Healthy Students* project, an opportunity from the Iowa Department of Education's Team Nutrition program that aims to empower elementary students through nutrition education, healthy school environments, and promotion of school meals.

*Serving Up MyPlate* lessons will be delivered in the classrooms once a month (November – April) by (insert nutrition educator name and background). Along with the lessons, taste testing opportunities of fruits and vegetables will occur. Each month an article will be sent home about the lesson. Be sure to ask your child what they learned and ideas they may want to try at home! Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for a collection of MyPlate tools.



### Who Am I?

This month during our *Serving Up MyPlate* lesson we played a game of *What Am I?* using deductive reasoning and problem solving skills to determine what the food item is. Am I a vegetable? Am I made from wheat? Do I grow on a tree? Do I sound crunchy when you eat me? Ask your child to set up the game to play as a family at home. Don't forget to discuss what food group each item belongs in.

Use MyPlate to build a healthy eating style: <https://bit.ly/2K1kULu>

ISU Extension & Outreach Healthy Recipes: <https://bit.ly/2E00JNn>

Fruit & Vegetable Riddles: <https://bit.ly/2QcnvJl>

USDA is an equal opportunity provider.



### You Be the Chef - Snack of Champions

This week students learned about nutrients in some of their favorite foods and developed a recipe for Olympic athletes. By making healthy choices from all five food groups they are more likely to get the nutrients they need. Be sure to ask them what balanced snack idea their group came up with!

Here some tips to make healthy snacks the easy choice at home:



- Store cut up veggies and fruit in the fridge for quick options.
- Mix dried fruit, nuts, and popcorn for an easy trail mix.
- Make smoothies with frozen fruit and yogurt.
- Provide kid-friendly protein foods (eggs, nut butters, seeds, hummus, low-fat turkey, etc.)
- Make homemade cookies with whole wheat flour, oatmeal, dried fruit, and reduce the sugar in the recipe.
- Add seltzer water to 100% juice instead of offering soda.

## Measuring Up MyPlate

This week the students continued their roles as health minded chefs as they planned out menus for an entire day. They also learned about different types of measurements (volume and weight) that are used in the kitchen. Be sure to try out their meal ideas or measuring skills in the near future!

### Here some tips on portion sizes at home:

- Use the MyPlate model to create a balanced plate. Fill half of your plate with fruit and vegetables,  $\frac{1}{4}$  with protein, and  $\frac{1}{4}$  with grains, preferably a whole grain.
- Check the serving size on packaged foods for guidance on portion size.
- Eat your food while sitting down and using a plate or bowl. Avoid eating directly out of packages.
- Skip the “clean plate” club. Instead, start with smaller portions, savor your food, and eat until you are satisfied.

For more ideas visit: [iowahealthieststate.com/5210](http://iowahealthieststate.com/5210)



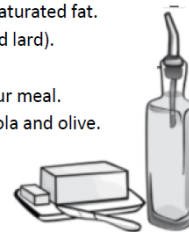
## Sometimes Foods: Solid Fats

Students this week learned the importance of limiting solid fats in their diet. Liquid fats are healthier for our hearts than solid fats. Solid fats are solid at room temperature. Our hearts pump blood through our bodies using little tubes (like straws) called arteries and veins, which carry blood to the rest of our body parts. We need our heart and these tubes to be healthy so that our body functions well. Ask your child if they tried to blow butter through a stick during the lesson!

### Here some tips to try at home:

- Use the Nutrition Facts label to choose foods with less trans and saturated fat.
- Limit foods high in solid fat (bacon, sausage, butter, margarine, and lard).
- Buy mostly lowfat or fat-free milk, yogurt, and cheese.
- Make lean meats, chicken, and cooked dry beans the center of your meal.
- Get your oils from fish, nuts, avocados, and liquid oils such as canola and olive.
- Serve smaller amounts of higher fat foods.
- Make lowfat snacks (fruits, veggies, whole grains) the easy choice!

<https://www.choosemyplate.gov/oils>

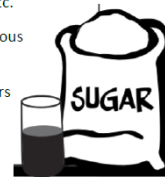


## Sometimes Foods: Added Sugars

Students learned the importance of avoiding food items that contain added sugars. Sugars are naturally found in fruits and milk. These naturally occurring sugars are part of the overall healthy package of nutrients that these foods provide. Added sugars, however, add calories, but no nutrients to foods. Ask your child one way you and your family can avoid added sugar in order to make healthier choices.

### Here are some tips to cut back on sweet treats:

- Sip smarter: soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty. Make infused water by adding sliced fruit, vegetables, and/or herbs.
- Choose to not offer sweets as rewards. By offering sweets as a reward for good behavior, children learn to think that some foods are better than others. Food rewards can add up to a lot of calories and added sugar quickly when they are used frequently at home, school, sporting events, church, etc.
- Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together.
- Play detective in the grocery aisle: Show kids how to find the amount of total sugars on the Nutrition Facts label of cereals, yogurts and other products and compare them to products they like and select the one with the lowest amount of sugar.



# Appendix E – Project School Press Release

**FOR IMMEDIATE RELEASE:**

**Contact:**

**Denise Rawson**

**School Nutrition Director**

**Alburnett Community School District**

**319-842-2266**

[drawson@alburnettcsd.org](mailto:drawson@alburnettcsd.org)

## **Alburnett Elementary participating in the Iowa Department of Education’s *Healthy Schools – Healthy Students* Project**

Alburnett, Iowa – \_\_\_\_\_ (date)

Alburnett Elementary is creating a school environment that supports healthy behaviors and aims to empower students through nutrition education, school meals, and engagement of staff, parents, and the community through a project with the Iowa Department of Education.

Alburnett applied to be part of the *Healthy Schools – Healthy Students* project and was selected as one of the 20 elementary schools across the state to participate. The project includes monthly MyPlate nutrition education lessons and food tastings in the 4<sup>th</sup> grade classrooms led by Amy Schmitt from ISU Extension and Outreach; Cafeteria Coaching, where older students eat school lunch with 4<sup>th</sup> grade students to serve as role models for healthy choices; school nutrition trainings; and changes to the lunchroom environment.

The project is funded by a USDA Team Nutrition Grant, administered by the Iowa Department of Education. The grant activities include technical assistance and training for school nutrition staff, nutrition education for students and caregivers, and creation of a school environment that supports healthful behaviors. The University of Iowa is leading the evaluation that includes process evaluation to assess program implementation and effectiveness as well as outcome evaluation.

“The *Healthy Schools – Healthy Students* is a multi-component intervention that includes nutrition messages that are delivered through Team Nutrition’s communication channels to reach children where they live, learn and play,” states Carrie Scheidel, Team Nutrition Director at the Iowa Department of Education.”

Alburnett will receive \$2,380 for participating in the project. The funds can be used to make changes to the school wellness environment and cover the costs of the nutrition educator and taste test opportunities.

Results of the project will be available summer 2018.

# Appendix F – School Wellness Conference Agenda



## School Wellness CONFERENCE

March 28

Hope Lutheran Church 925 Jordan Creek Parkway - West Des Moines  
Thursday, March 28th 9am - 3pm

### Learning Objectives - Participants will be able to:

- Describe the impact wellness strategies have on academics and student success.
- Summarize the purpose of the wellness policy and key goals.
- Learn nutrition and physical activity strategies that can support a healthy environment.
- Identify strategies to engage students, parents and community members in school wellness efforts.
- Become familiar with resources that can be used to strengthen school wellness policies, including 5-2-1-0.
- Create an action plan outlining tasks, partners, and resources needed to execute school wellness goals.

**8:30 – 9:00**      **Registration**

**9:00 – 9:30**      **Why School Wellness Matters**

*Carrie Scheidel & Melissa Walker - Iowa Department of Education*

The school environment plays a fundamental role in shaping lifelong healthy behaviors and can have a powerful influence on students' eating and physical activity habits.

**9:30 - 10:30**      **Guidance and Strategies for Supporting Physical Activity at School**

Schools are in a unique position to help students attain the nationally recommended 60 minutes of daily physical activity. Physical education and physical activity can help shape lifelong behaviors.

- Physical Education/Health Standards Committee Update
- Physical Education and Physical Activity Best Practices Panel
  - *Jared Carder (Clear Creek Amana CSD)*
  - *Jodi Larson (Ankeny CSD)*
  - *Cory Arensdorf (Waterloo CSD)*

**10:30 - 10:45**      **Physical Activity Break** *Daira Driftmier - HyVee Kidsfit*

**10:45 - 11:45**      **Guidance and Strategies for Supporting Healthy Eating at School**

A healthy school nutrition environment provides students with nutritious and appealing foods and beverages, consistent and accurate messages about good nutrition, and ways to learn about and practice healthy eating.

- School Meals Update - Carrie Scheidel
- Healthy Eating Best Practices Panel
  - *Ram: Farm to Fork Program (SE Polk) - Mr. Eddy and Amy A'Hearn*
  - *Saydel CSD Food & Nutrition - Jessy Sadler*
  - *Food Pantry & Knoxville Food Youth Initiative - Robin Maitre*

**11:45 - 12:00 Dr. Caitlin Pedati - Public Health in Iowa**

State Medical Director and Epidemiologist of the Iowa Department of Public Health is a doctor of medicine (M.D.), specializing in public health, serves as a medical advisor to the department, medical professionals and the public.

**12:00 - 12:45 Lunch**

**Making Worksite Wellness Work at Your School** *American Heart Association*

School staff have a unique opportunity to show students how to adopt and maintain healthy behaviors by role modeling healthy habits.

**12:45 - 1:45 Healthy Classroom Management Strategies**

**Social and Emotional Health**

*Rebecca Carver - Heartland AEA School Psychologist*

Social and emotional skills contribute to student wellness through increasing self-awareness, self-management, social awareness, relationship skills, and responsible decision-making skills. Attendees will gain new insights in how to embed SEL skills into current practices to reinforce inclusiveness, respectful learning communities, and healthy school climates.

**What does PBIS Look Like at Northstar Elementary?** *Mr. Keitges, Tyler Pearson & Jill Findley (Knoxville CSD)*

**1:45 – 2:00 Physical Activity Break** *Daira Driftmier - HyVee Kidsfit*

**2:00 – 2:40 Involving Youth in Wellness Initiatives**

*Laura Liechty - ISU Extension and Outreach 4-H Youth Development*

Students have the capacity to challenge conventional thinking, advocate for policies and change the social norms about the state of health within their school. They play a unique and valuable role in advocating for healthier school environments that contribute to an effective wellness plan.

**2:40 - 3:00 5-2-1-0 Healthy Choices Count**

*Healthiest State Initiative/IDPH - Jami Haberl/Erin Olson*

Statewide childhood health initiative that promotes healthy eating and active living for children and families in Iowa. The initiative is a public-private partnership with the Healthiest State Initiative and the Iowa Department of Public Health. 5-2-1-0 Overview, resources and how to become a registered site.

**Next Steps and Adjourn**

**3:00 – 4:00 Teacher Renewal Credit Session**

# Appendix G – Healthy Choices Count Summit Agenda

## 5-2-1-0 Healthy Choices Count! Summit

October 30 - Des Moines University Olsen Center

- 9:00 - 9:30 a.m. Registration
- 9:30 - 9:45 a.m. Welcome
- Gerd Clabaugh, Director - Iowa Department of Public Health  
Ryan Wise, Director - Iowa Department of Education  
Jami Haberl, Executive Director - Iowa Healthiest State Initiative
- 9:45 - 10:15 a.m. Keynote Speaker Senator Tom Harkin (retired), Harkin Institute
- 10:15 - 10:30 a.m. Physical Activity Break
- 10:30 - 11:15 a.m. How Schools are Changing
- Carrie Scheidel, MPH – Iowa Department of Education  
Mary Ries, RN – Maquoketa Valley Community School District  
Sarah Peterson, RDN – Hy-Vee Inc. / Chariton Community School District
- 11:15 - 12:15 p.m. Networking Lunch
- 12:15 - 12:30 p.m. Physical Activity Break
- 12:30 - 1:15 p.m. Engaging Health Care Providers
- Jennifer Groos, MD, FAAP – Blank Children’s Pediatric Clinic  
Meredith Fishbane-Gordon, MD – U of IA Stead Family Children’s Hospital  
Jill Alexander, MD – McFarland Clinic  
Tori Smith, DO – Mercy Iowa City  
Vicki Novak, PA-C – Gunderson Health System
- 1:15 - 2:00 p.m. Starting with the Youngest Iowans
- Erin Olson, Iowa Department of Public Health  
Hannah Olson, Child and Family Urban Movement, Des Moines  
Michelle Brook, Curious Kids Child Care, Centerville  
Gina Wells, Child Care Resource and Referral- Orchard Place, Des Moines
- 2:00 - 2:15 p.m. Physical Activity Break
- 2:15 – 2:55 p.m. Community Support to Make the Healthy Choice the Easy Choice
- Jessica Wegner, RN, Gundersen Palmer Community Health  
Amie Johansen, City of West Union  
Stacie Schroeder, TigerHawk Connections Learning Center  
Mary O’Kones, Kaleidoscope Kids Childcare Center, Inc.  
Ashley Christensen, Upper Explorerland Regional Planning Commission
- 2:55 – 3:00 p.m. Closing Remarks