



Check out **BASICS** news and stories from colleagues!

December
2009

BASICS Banter

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A Small Victory with a Big Impact

I recently had some time to speak with the mother of one of my students at the school's health resource night. She shared with me the dramatic changes that had happened in her household since her children became involved with BASICS.

She took me back to two years ago when she was faced with a constant struggle to get her children to try any new foods and the battle that ensued if she offered foods that were healthy or green. The tranquility of her household was disrupted by this continuous argument over food. Jump ahead to 2009. Her children have had BASICS in their school for

two years now and were part of the Fresh Fruit and Vegetable Snack Program last year. They've learned about the importance of healthy food and had the opportunity to try new foods in a supportive and fun environment. Her children now help her shop for the healthy foods they tried and liked at school. The family now enjoys healthy foods regularly

and mom can buy fruits and vegetables with confidence that they won't go to waste. Happily, the battle over healthy foods in her household is over and everyone "wins".

-Lyn Jenkins
BASICS Educator
Des Moines Schools



Upcoming Training: Healthy Kids Act

The Healthy Kids Act was signed into law by Governor Culver to address the issue of overweight and obesity among Iowa youth by setting physical activity requirements and nutritional content standards for schools.

This February, the Iowa Department of Education will be offering six Healthy Kids

Act Regional Trainings throughout the state to provide schools with the information and resources they may need to implement the changes. Attendees will receive a Healthy Kids Act Toolkit that includes access to a web-based Healthy Kids Act Nutrition Calculator, copy-ready brochures, healthy snack ideas, non-food

fundraiser ideas, and many more wellness resources. BASICS educators should contact their schools to see about attending one of these trainings.

For more information on the trainings and registration, please visit: <http://www.tinyurl.com/Iowa-HKA> or contact Jennifer Neal at jenny.neal@iowa.gov or 515-281-6192.

Special points of interest:

- Live Healthy Iowa Kids begins in January, are your schools ready?
- Are all of your schools involved in Team Nutrition? If not, find out how to enroll in this issue of the Banter.
- Changes to the WIC food package will affect many of the families we serve!

Are all of the Schools you Serve Team Nutrition schools?

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the [Dietary Guidelines for Americans](#) and [MyPyramid](#).

As a new Team Nutrition School, you will receive a resource kit (while supplies last) of materials to help you plan and carry out activities for your students and their families. You also have the opportunity to use the Team Nutrition Web Page where you can share your success stories and learn what other Team Nutrition Schools are doing.

Team Nutrition is a great complement to BASICS and can provide ideas to help involve the entire school community in educating children about smart nutrition

choices.

Print and complete the [School Enrollment Form](#), provided as a PDF file. Fax it to 703-305-2549. Or mail it to:

Team Nutrition
3101 Park Center Drive, Room 632
Alexandria, VA 22302



Opportunity for some Spirited Competition



Live Healthy Iowa Kids is a free program designed to encourage kids in Iowa to increase

their physical activity and eat healthy foods. The program lasts 100 days beginning January 19, 2010. Kids can join teams based on their school or any other organization. This could be

a great way to build up some classroom spirit around physical activity. How could you incorporate this fun program into your BASICS lessons?

Click [here](#) to visit the program Web site.

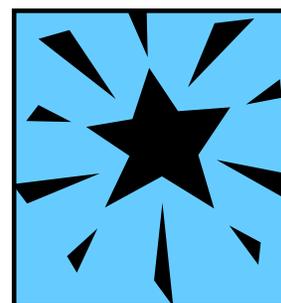
Teams that average 4,200 minutes per person over the 100 days qualify for cash prizes. A team from Prescott Elementary in Dubuque won \$3,000 last year!

New Incentives Have Been Ordered

We've placed orders for some new incentive items based on our discussion at the Fall Training. Included among the new offerings are Pick a better snack™ lanyards and potholders as well as Power Panther water bottles and Frisbees.

In addition to these new items there are some standbys like erasers, pencils and pencil pouches. There are enough of

these for every child participating in BASICS. If you have not yet ordered these items and would like to, please do so by January 1. We will let each project know what dollar value worth of other incentives they can order based on the size of their contract. You can choose the items you would like within that dollar amount. You will receive that information by February 1.



BASICS Fall Training Follow-up

It was so great to meet all of you at the training this October. I enjoyed learning about all of the great work that you do and I hope you left with some affirmation and new ideas.

I've collected electronic versions of our presenters' materials. You can find them online now. Click [here](#) for PDFs of all presentations.

Sarah Taylor gave us some new information about safe routes to school and improving the walkability of our

communities. More information and a step-by-step guide to conducting a walkability audit can be found [here](#).



Now Available Online!

- *Tools for writing stories
- *BASICS evaluation results
- *School garden information
- *Team nutrition updates
- *Physical activity ideas from Dr. Welk
- *Plus much more!

Changes to the WIC Food Package

On October 1, 2009 WIC began issuing new quantities and types of foods for participants. This was the first substantial change for the program since it began more than 30 years ago. One major change includes the addition of fresh or frozen fruits and vegetables through the use of a cash value voucher. The voucher provides each participant with a specific dollar amount that can only be used to purchase fruits and vegetables. Also, children over two now receive low-fat or fat-free milk from WIC. Whole milk is for children under age two only.

Allowed

- *Any variety of fresh fruit whole or cut-up
- *Any brand of frozen fruits packed in juice or water
- *Any variety of fresh vegetables, sweet potatoes and yams
- *Bagged vegetables
- *Bagged salad mixtures with no added ingredients
- *Any brand frozen plain vegetables, sweet potatoes and yams

Not Allowed

- *Items from salad/fruit bars, party trays, fruit baskets
- *Dried fruits or vegetables, nuts, herbs and spices
- *Fruit/nut mixtures
- *Any syrups or sugar added (heavy, light, "naturally light", extra light, etc)
- *White potatoes, breaded products, products containing sauces, pasta, rice or white potatoes

Open Call for Your Stories

We really are each other's best resource! I've received some wonderful stories since our training. Please continue to send them my way. I will include one of your stories in every issue of this newsletter. One moving story about how a child or a family was changed by our work can mean so much more than the pages of data we

collect. Thank you for all that you do and please don't be shy to share your success.

Email Christine with stories or questions at chradek@idph.state.ia.us

