

Newsletter Doe

We'll see you
all on October
11th and 12th
at the Fall
Training in
Ankeny!

Iowa Nutrition Network School Grant Program

This new year brings with it some exciting new materials, faces and opportunities. We're excited to build on the success of the program many of you know as BASICS. The Iowa Nutrition Network School Grant Program is different from BASICS in two primary ways. First, the contractors were selected through the IDPH competitive selection process and are eligible for renewal for five years. Second, Chef Charles is now its own free-standing program.

We're thrilled to have nine former BASICS agencies continuing on with the Iowa Nutrition Network School Grant Program and we're glad to welcome two new contractors, Linn County Extension and the Davenport Community School District.

Please offer the staff from Linn County and Davenport a hearty welcome at the training next week!



Name this Newsletter!



As you can see, this newsletter has no title. This publication was previously known as the BASICS Banter. We need a new name to reflect the changing program!

You will have the opportunity to help name this newsletter at the fall training on October 11th and 12th.

School Meals are Changing

New nutrition standards are in place for schools this fall. These standards will increase access to healthy food and encourage kids to make smart choices. Here are some highlights of the changes:

- ◆ **More Fruits and Vegetables:** A variety are to be served throughout the week, including red, orange, and dark-green vegetables. Students are required to choose at least one fruit or vegetable.
- ◆ **More Whole Grains:** Half of all grains offered are whole grain-rich foods such as whole-grain pasta, brown rice, and oatmeal.
- ◆ **Less Saturated Fat and Salt:** Condiments such as ranch dressing and ketchup are now being portioned out or more controlled.
- ◆ **More Water:** Schools must have water available where meals are served. This can be in a water pitcher, water fountain in the cafeteria, or faucet accessible to students.
- ◆ **New Portion Sizes:** Based on the calorie needs of each age group.
- ◆ **Stronger Local Wellness Programs:** New policies offer opportunities for parents and communities to create wellness program that address local needs.



the
School Day
just got
Healthier
United States Department of Agriculture

School Meals are Changing

USDA has developed some valuable resources to help school staff and parents understand the changes to school meals. Some of the resources include:

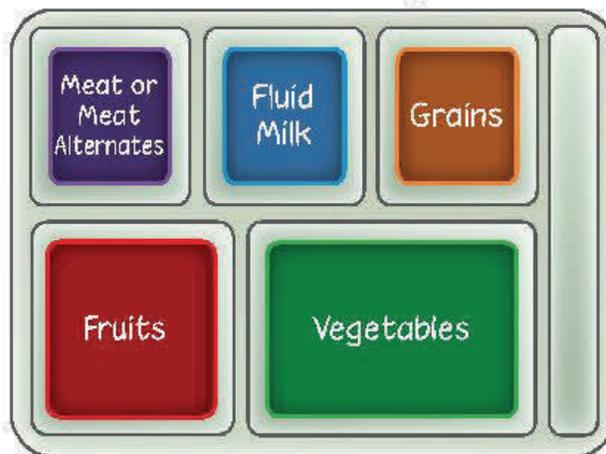
- Toolkits for community members, school staff and parents
- Sample parent letters
- Sample messages for use on social media or for dissemination to traditional media

Visit this link for information about how [“The School Day Just got Healthier”](#).

The Iowa Department of Education’s Team Nutrition Program has developed the “Build a Healthy Lunch” kit. Each district in the state received a kit to use in the cafeteria to help students understand the changes as well as how to select a reimbursable meal.

Team Nutrition also developed a lesson for elementary students to explain the kit. For more information contact, Carrie Scheidel at carrie.scheidel@iowa.gov.

Build a Healthy Lunch



New Materials for 2012-2013

At the state office we are always trying to keep our materials fresh, engaging, effective and fun to use. We have several new pieces for this school year and we hope they prove to be very useful. Here is a summary:

- * **Classroom teacher lessons and accompanying books:** These will help teachers support you between your visits to their classroom.
- * **Physical activity card sets:** Laminated cards on a ring, each including a short physical activity that can be done in a classroom environment. These should be used to start each lesson.
- * **“Caught in the Act” stickers:** These stickers should be left on their backing when given to children so that they might catch an adult in their life doing something healthy. They “catch” them by giving them the sticker. These will be distributed at the training.



This newsletter will be published every other month. Please submit success stories, best practices, resources and questions. If you would like to contribute to the next issue, contact Christine.

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