



Leading the Exploration

We use the Pick a better snack materials in my class. Last year I had a student who refused to try anything new when it came to foods. We had just started learning about the five senses and I decided to incorporate this into the nutrition education we do through the BASICS program. We experience foods with all of our senses, so we approached tasting new foods like an exploration of the unknown.

One particularly picky student flat out refused to try new foods. I encouraged all students to try at least a “no thank you” bite and the children encouraged one another. Eventually the choosy child in question decided to join us on our exploration of new foods.

During parent conferences, the mother of this student approached me. She was shocked when her daughter came home and told her par-

ents what she had tried and enjoyed at school. She was once afraid of the unknown and now she leads her family in their exploration of healthy foods.

-Teacher, Council Bluffs
Community School District

BASICS educator:
Judy Dittmar



INSIDE THIS ISSUE:

Story from the	1
Fall Training Information	1
New faces to BASICS	2
Role Modeling Workshops	2
Evaluation Re- minders	2
Walkability Tool	3
HealthierUS School Challenge	3
Ordering BASICS materials	3
Year-end Report Reminder	4

You're Invited to the BASICS Fall Training

The BASICS training will be in Des Moines this year on October 28 and 29.

This is a great opportunity to meet BASICS educators and project directors from across the state.

The agenda is full of engaging speakers and activities relevant to nutrition

education for Iowans of all ages.

School-based projects should plan to attend both days. [Chef Charles educators should plan on October 28th only.](#)

The training will be held at the Des Moines Ramada. Rooms are being held in a

special block for the training. Just mention BASICS when you call.

The hotel address is:
5000 Merle Hay Road
Des Moines, IA 50322

Call 515-278-0271 by September 30th to make reservations.

A Warm Welcome

A new BASICS project is joining us this year. ISU Extension, Keokuk County will provide nutrition education to students in grades K through 5. Shelly Koehn will be the nutrition educator.

We also have some new educators joining

existing projects this fall. Jennifer Bice will be the new educator in Ringgold County and Joe Shelton joined in January of last year as a nutrition educator in Decatur County.

We will all have a chance to get to know Shelly, Jennifer and Joe

at the fall training in October.

Welcome to BASICS!



The Children are Watching

Teams of 2-4 individuals are invited to join the Iowa Department of Education for a one-day workshop that will address the many ways adults can be role models for students in the area of nutrition and physical activity.

A \$100 honorarium will be offered to participants who conduct follow-up workshops in their own communities.

Dates and Locations

September 21 in Waverly

September 29 in Denison

October 12 in Coralville

October 14 in Ankeny

Each workshop will begin at 9am and end at 2:30pm.

Visit the [Healthy Kids Act web site](#) for registration information or contact Jennifer Neal at jenny.neal@iowa.gov.

Plan to register at least three weeks ahead of your preferred date.

Evaluation Time Again

As the school year gets going, please remember that BASICS surveys must be done before you begin education.

You received instructions from Marilyn Jones earlier this summer. If

you would like her to resend those, just send her an email at majones@idph.state.ia.us

An important part of administering surveys is numbering them in a way that allows us to match

each child's pre-survey to their post-survey at the end of the year. If you have questions about this process, email Marilyn.

Thank you!



Is it a walk to school or an obstacle course?

How many of the children you serve walk to school?

Walking is free, easy to fit into daily life, and can be a great form of transportation. Despite these benefits, many children don't walk to school because there isn't a safe route.

Iowans Fit for Life has developed a resource to help your school and community

conduct a walkability assessment of its neighborhood.

The checklist will help assess what makes the walking environment inviting and safe, as well as identify barriers that exist. After the assessment, school staff can help students become advocates for a more walkable community.

The walkability assessment, *Walking with a Purpose*, may be found at <http://www.idph.state.ia.us/iowansfitforlife/common/pdf/>



HealthierUS School Challenge

USDA has established the HealthierUS School Challenge (HUSSC) to recognize schools that create healthier school environments by providing nutrition education, nutritious food and beverage choices, physical education and opportunities for physi-

cal activity. BASICS schools may already satisfy the nutrition education requirement. Award-winning schools are recognized with a framed certificate and award banner from USDA to showcase their achievement in the community. HUSSC schools

also receive national recognition by being listed on the Team Nutrition web site.

Visit the Challenge web site or contact Patti Delger (patti.delger@iowa.gov) for more information.

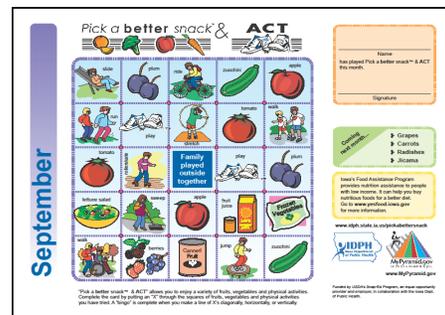
Order Up!

The time has come to begin ordering materials for the coming school year.

Contact Marilyn Jones at majones@idph.state.ia.us to place your orders.

The following materials are available through IDPH:

1. Bingo cards in English and Spanish
2. Score cards
3. Incentives
4. Chef Charles Newsletters



Year-end Reports

It's time to close out fiscal year 2010, before we start a new year. Year-end reports are due on September 17th. If you have questions about your year-end report, please contact Marilyn Jones at majones@idph.state.ia.us or 515-281-6047.

The last page of the year-end report form is space for you to submit a success story about your project. It is such a joy to read about the great work you're doing. If you have questions about this portion of the form, please contact Christine Hradek at chradek@idph.state.ia.us or 515-281-7096. The story must be submitted with the rest of the report by September 17th.

Thank you!

Contact Christine with questions about items in this issue of the Banter or if you have stories to share in October's Banter.

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