



BASICS Banter

NOVEMBER 2011

INSIDE THIS ISSUE:

**Older Adult
Nutrition:
The Big
Picture** 2

**Fuel Up to
Play 60
Awardees** 3

**Video
Challenge** 3

**Food Corps in
Iowa** 4

**Cafeteria
Materials** 5

**Story from
Iowa City** 6

Healthy Iowa School Winner!

We are very proud and excited to announce that Phenix Elementary of West Des Moines has been named the Healthy Iowa K-12 School winner for 2011 by the Wellness Council of Iowa. Principal, Andrea Boyd, Wellness Coordinator, Jessica George and a large number of Phenix staff accepted the award at the Healthy Iowa Awards on October 20th.

Phenix staff began their commitment to wellness when they joined a Live Healthy Iowa Team together. Their excitement about eating right and being active is

rubbing off on the students. Every Wednesday students and staff meet in the gym for a Wellness Wednesday active assembly. They do a fun physical activity together and remind each other to focus on mind, body and kindness.

Phenix is now in their third year of participating in the BASICS nutrition education program. Phenix teachers lead the nutrition education lessons and incorporate healthy eating and activity messages into their daily lesson plans.

Phenix is a K-3 school and Principal, Andrea Boyd takes pride in hearing that when her students move on to other buildings for 4th grade, cafeteria staff recognize which students came from Phenix by their willingness to eat healthy offerings.

The staff and students at Phenix model how healthy eating and physical activity can be a fun part of the school day.

Congratulations, Phenix!



[Click here to view a video about Phenix's work to grow healthy kids and a healthy school.](#)

Older Adult Nutrition: The Big Picture

By Carlene Russell

Iowa is a good place to live longer.

The 2010 Census continues to show that Iowa has a growing number of older adults. There are more than 800 Iowa centenarians (people over 100 years of age). Iowa ranks 3rd for people 85+, 4th for people 75+ years, 5th for people 65+ years, 7th for people 60+ years.

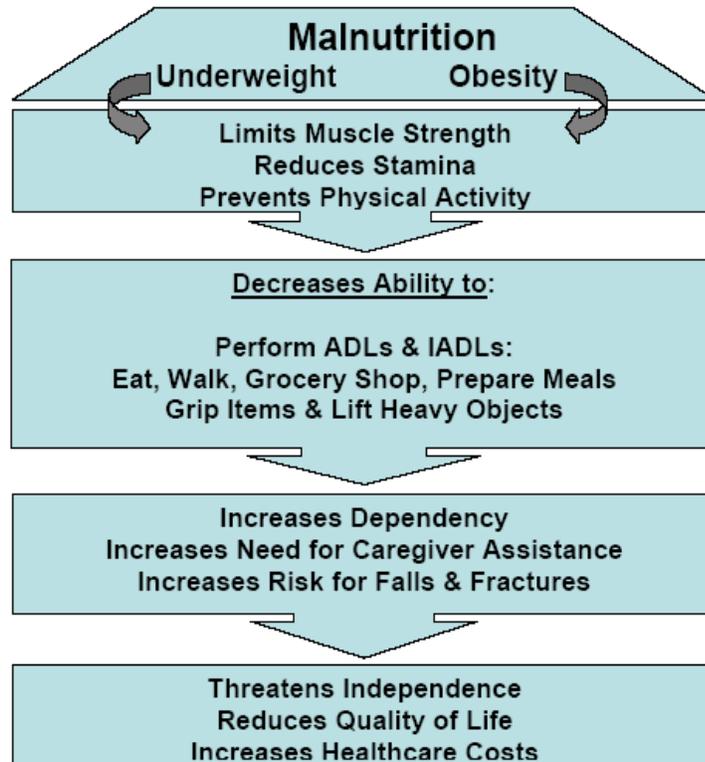
Congregate Meal diners are surveyed on ten nutrition related questions from the "DETERMINE" Your Nutritional Health checklist.

Examples of improvement in nutrition risk scores include:

- 23% improvement to the question "I eat few fruits, vegetables, or milk products."
- 35% improvement in "I don't always have enough money to buy the food I need."
- 39% improvement in "Without wanting to, I have lost or gained 10 pounds in the last six months."

The congregate and home delivered nutrition programs help older adults eat better and stay healthier which also helps them remain more independent .

The impact of malnutrition on functionality is illustrated below.



The graphic to the right is from a report on nutrition and aging. For more information and more easy-to-read graphics, [click here](#) to access the full report.

Source: *Older Americans: Making Food & Nutrition Choices for a Healthier Future: The Older Americans Act Nutrition Program in the US Administration on Aging Choices for Independence*; April 2007. National Resource Center Nutrition, Physical Activity & Aging Florida International University

Fuel Up to Play 60 Grant Awardees

Midwest Dairy Council congratulates the following schools who will be implementing nutrition and physical activity initiatives in their schools through the Fuel up to Play 60 program in the 2011-12 school year.

- Burlington School District: James Madison Middle School
- Des Moines School District: Cowles Elementary School and Goodrell Middle School
- Iowa City School District: Hills Elementary School
- Cedar Rapids Parochial Schools: Trinity Lutheran School
- Sioux City School District: East High School
- Southeast Polk School District: Spring Creek 6th Grade
- Tipton School District: Tipton Elementary, Middle, and High Schools
- Waverly Shellrock School District: Margaretta Carey Elementary School, Waverly Shellrock Junior High

Funding is still available for this school year. The upcoming application deadlines are

- December 1, 2011
- February 1, 2012.

Learn more by visiting www.fueluptoplay60.com



Fruit and Veggies Video Challenge

The USDA is challenging you to show how you're adding more fruits and vegetables to your diet without straining your budget.

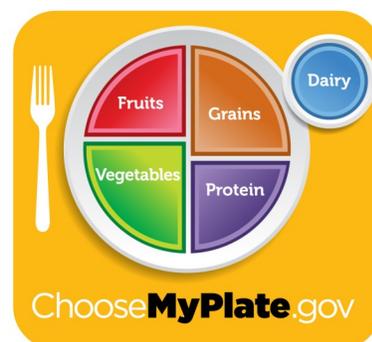
The U.S. Department of Agriculture (USDA) MyPlate Fruits and Veggies Video Challenge invites you to create short videos (approximately 30 seconds) showing how you're adding fruits and vegetables to your diet without spending a lot of money. USDA encourages you to create videos that are inspiring and instructive — show a healthy tip that has worked for

you and that you think can work for other people. Videos must be submitted in one of the following categories:

- Tips for kids
- Tips when eating at home
- Tips when eating away from home

The goal of the challenge is to encourage healthy eating habits and raise awareness around USDA's MyPlate dietary guidelines, which includes making half your plate fruits and vegetables.

Visit the challenge website at fruitsandveggies.challenge.gov/ for more information.





FoodCorps Volunteers in Iowa

FoodCorps places motivated young leaders in limited-resource communities for a year of public service. Working under the direction of local partner organizations, FoodCorps volunteers focus on three primary activities:

- Delivering hands-on nutrition education
- Building and tending school gardens
- Bringing high-quality local food into public school cafeterias

There are two service sites in Iowa, each housing two FoodCorps members. Details courtesy of FoodCorps' website (www.foodcorps.org)

National Center for Appropriate Technology: Midwest Regional Office (Des Moines): Two FoodCorps Service Members work with schools in greater Des Moines to help coordinate Farm to School efforts. Their names are Daniel Schultz and Mauricio Rosas-Alvarez. These Service Members are also assisting Lyn Jenkins by providing BA-SICS lessons in year-round school buildings and working on gardening and cooking projects in the district using their own curriculum called *Dig in!*

Department of Environmental Studies at Luther College (Decorah): Two FoodCorps Service Members operate as Farm to School coordinators in rural school districts in northeast Iowa. Luther College is a small liberal arts college in Decorah that models campus sustainability through initiatives such as school gardens and dining service sourcing from local farmers. Luther College is also part of Iowa Food and Fitness, a regional coalition working to increase access to healthy food for everyone.

At each site, Service Members work with food service employees, farmers, teachers, and children to:

- Facilitate trainings on safe handling of locally grown fresh produce
- Organize farm tours
- Streamline the local food procurement process
- Coordinate teams to plan, create, maintain or expand school gardens
- Integrate nutrition, food and agriculture education into curricula through cross-age teaching



Pick a Better Lunch!

One primary function of Pick a **better** snack™ nutrition education in schools is to get kids excited about fruits, veggies and low-fat milk products. This year we are excited to provide school food service staff with a special promotion to bring the Pick a **better** snack™ message into the cafeteria environment. The Iowa Department of Public Health has partnered with the Department of Education’s Team Nutrition to create materials cafeterias can use to promote select food items.

The cafeteria pieces consist of four clings (for use on sneeze guards, plastic or metal surfaces) and five small, laminated posters (11” by 17”). Team Nutrition selected the produce items to feature with the offerings of schools and the changing menu expectations in mind. The clings and posters feature the new photo options for the Pick a **better** snack™ campaign. We all like to see real, tasty-looking food! The clings could be used whenever it’s appropriate to highlight a particular food being served and the posters could be used as more permanent signage in the cafeteria if the staff so choose.

I hope you will find these materials attractive and useful additions to your school’s cafeteria environment. BASICS contractors can order cafeteria pieces for the schools they serve by using the order sheet sent out last month.



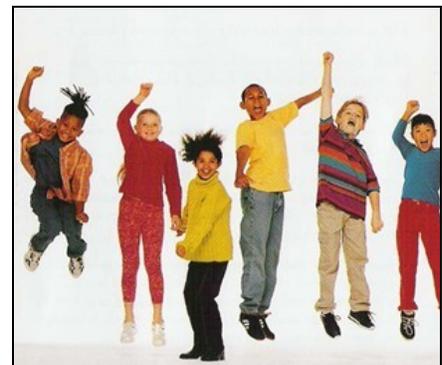
Resource Reminder - Stories in Motion

Are you looking for some new ideas to incorporate into nutrition education this year?

Don't forget about the great resources available from our partners at the Iowa Department of Education. [Follow this link](#) to see a collection of Stories in Motion. These are stories featuring action words that prompt a burst of

energy from the listeners. These can be used to get kids energized to learn or to focus them following a transition.

There are now ten stories in the Department of Education’s story bank. Consider how you could use these to spice up your next lesson!



A Healthy Halloween in Iowa City

Halloween is usually a day when everyone forgets about healthy choices and eats way too much candy. In Iowa City, they're looking at this day and other festive occasions a little differently. Teachers, students and Johnson County Extension's BASICS educator brainstormed how they could have fun on days like this while still making healthy choices.



They came up with some terrific strategies!

- The father of a first grade student at Roosevelt Elementary brought a huge fruit tray with a large variety of fruits and EVERY child enjoyed eating it.
- Some teachers didn't bring any candy, instead they gave students toothbrushes and other small objects.
- One teacher asked parents to provide ingredients for the Carrot Flips (whole grain bagel, low-fat cream cheese, shredded carrots and raisins to decorate) – the students loved it!
- Another teacher requested parents donate yogurt, frozen fruit, and granola – the class made parfaits instead of the ice cream sundae party they originally planned. The students told the teacher it was the best party they ever had!

Students, parents, and teachers are all learning how to Pick a **better** snack™ – accepting that fruits and vegetables can be a party food that is enjoyed by all.

By Melissa Stahl
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Contact Christine with questions about items in this issue of the Banter or if you have stories to share in the next Banter. To review past issues visit the [online archive](#).

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Remember BASICS Educators now have a page on Facebook! Search for "BASICS Educators Iowa" and join the conversation!

