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BASICS Banter

SPRING HAS SPRUNG!

APRIL 2010

Think Your Drink

A teacher came to me with a concern about one of her students. This young, 6th grade boy drank **two** energy drinks before school each morning.

I probably don't need to tell you that his mornings were non-productive as he couldn't sit still and his afternoons were spent trying to stay awake. I really focused my en-

ergies on him (without his knowing, of course!)

One day, he said that he had something to tell me and this is what he said, "Mrs. Stahl, you have really made me start thinking about some things. I only drink juice or milk in the morning now and I can't believe how much better I feel!" This change will

no doubt help his school performance.

-Melissa Stahl
BASICS Educator
Johnson County



BASICS Fall Training - Save the Date!

As we look ahead to school year 2010-2011, we are excited to announce the dates for the annual BASICS Fall Training.

[Please plan to join us in Des Moines on October 28 and 29, 2010.](#)

Each BASICS project should be represented at this training and any new staff should be sure to attend.

We will have an agenda full of interesting speakers and activities to energize us for the school year.

Hotel information will be coming soon.

New Pick a better snack Tool

Have you checked out the Pick a better snack Web site lately?

[Click here to see the new Pick a better snack Components Chart](#)

There is a new resource available that you may find quite useful. This chart lays out all of the Pick a **better** snack materials available in a very clear way.

The chart includes a hyperlinked image, brief description and target audience for each item.

Though many of you have used Pick a **better** snack for years, this chart may spark your memory or get your creative wheels spinning.



Catching a Wave in Iowa?

The Iowa Nutrition Network applied for a special USDA evaluation project in the fall of 2009. The project is called Wave II and the goal is to find models for implementation and evaluation of SNAP-Ed.

For the last several months we have awaited the results of our application. This March we heard the good news that Iowa was accepted to participate.

We are very excited to put a spotlight on the great work we do in Iowa.

This rigorous evaluation will teach us a lot about the impact of the work that we do. Pending approval from Superintendents in Council Bluffs, Des Moines and Waterloo, these BASICS projects will begin working with independent evaluators in October 2011.



NuVal Resources

Have you seen the NuVal numbers on store shelves? These numbers are meant to simplify the process of choosing which foods are healthiest.

We do not endorse any one grocery store over another, but since HyVee has adopted NuVal and they are such a large chain in our state, we felt

it was important to do some training on this system.

Last month, BASICS educators were invited to participate in two Webinars about NuVal. The first was an overview of the system and how the numbers are figured. The second included strategies for incorporating NuVal into nutrition

education for low-income families.

The nutrition education resources provided by NuVal are available on the Resources page of our Web site. Follow this link to check them out: [NuVal Resources](#).



Fuel Up to Play 60

The National Dairy Council® has huddled up with the National Football League to help America’s students eat right and stay active with *Fuel Up to Play60* ! This **free** program focuses on empowering students to make smart choices about their nutrition and physical activity.



Schools enrolled in *Fuel Up to Play60* receive:

1. An Easy-to-implement school wellness activation kit
2. Online marketing tools and bonus goodies.
3. A menu of activities and colorful display materials – **customized with local NFL team insignia** - that inspire students to “get up and play” for 60 minutes a day and to “fuel up” with the food groups kids don’t get enough of – low-fat and fat-free dairy products, fruits, vegetables and whole grains.

Fuel Up to Play 60 can be used to complement an existing school wellness program, or to help a school get started.

Enrollment for the 2010-2011 school year is now open; however, supplies are limited. To receive your school’s free kit or for more information about *Fuel Up to Play60*, simply go to www.fueluptoplay60.com

Recording BASICS Time Online

Your time is valuable in more ways than one!

Please make sure you are recording your time accurately in the online reporting system.

Remember that the time classroom teachers devote to BASICS is to be recorded too.

This information gives us a good snapshot of BASICS across the state and helps shape future programming.

If you have questions about online reporting, contact Kellee McCrory at Kellee-mccrory@uiowa.edu

Thank you!



We Need to Hear from You!

We have reached the point in the year when we start thinking about **new supplies for next year.**

There are two items we would like your feedback on at this point.

1. What ideas do you have for reinforcement items? You know your participants best and we try to use your ideas whenever possible.
2. We are creating an up-to-date list of books re-

lated to nutrition. If you know of any books published after 2000 that you would recommend, please let us know.



Wrapping Up

Post Surveys

As the school year comes to a close, school-based projects should schedule a time to complete post surveys with your assigned classrooms. **Post surveys are due to Marilyn on May 21.**

Don't forget, each post survey must be coded to match the child's pre-survey. If you have questions about evaluation procedures, contact: Marilyn Jones at majones@idph.state.ia.us or 515-281-6047

Data Collection

Year-end reports are still a few months off, but now is the time to collect the information you will need to complete them.

You will need to report:

- *age
- *ethnicity
- *Food Assistance/free lunch participation
- *length of lessons, and
- *number of contacts with each group



The year-end report form will come to you in August and we will hold a Webinar to assist projects through the reporting process.

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

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