

BASICS Banter

JANUARY 2011

More Fun than Playing Cards?

INSIDE THIS

Chef Charles
Story

Power Panther | Costume

Live Healthy 2 lowa

Summer Meal 3

Healthy Iowans
Website

School Wellness 4

Legislation Impacting BASICS

We decided to do a special nutrition education event at every meal site during the summer months. We wanted to make the event unique, fun, interactive and involve cooking demonstrations and tastings. Rather than use a dietary expert we found an elementary school teacher in the field of music who had personal interest in healthy eating and recipes. She researched the topics, consulted with our Eastern Iowa Community College dietitian, read many past Chef Charles newsletters and came up with a fun

presentation.

She outlined her information and we prepared cookbook pamphlets for her recipes and gave other nutritional information with the recipes. Carlene Russell at Iowa Department on Aging reviewed the recipe booklet content. Seniors were surveyed after the presentations.

The response was very positive from every meal site where she presented. Our most hard to please seniors enjoyed themselves. Surveys indicated they had learned, liked the event and wanted her to

come back next week.

Many seniors said they
would consider eating
healthier or trying the recipes.

Story by Gale Roeder Eastern Iowa Community College BASICS Project

Power Panther is in Iowa

For a two year period, Iowa has been authorized by FNS to have and maintain a **Power Panther**TM **costume** for local school districts to use. Schools can call Janelle Loney at 515-281-5356 or Janelle.loney@iowa.gov to

reserve the costume for a special event. Power Panther™ is used as a FUN communication vehicle to convey nutrition and physical activity messages to children. The character interacts with kids through images in materials

(stories, activity sheets, comics, songs, etc.), and as a walk-about character. Click here for more information about use of the costume.



Mini-Grants Available

Ten \$500 mini grants are being offered in conjunction with the Iowa Sports Foundation's Live Healthy Iowa Kids program. Team Nutrition provides the opportunity to apply for a \$500 minigrant to enhance healthy food intake and nutrition education during the 100 day challenge. Live Healthy Iowa Kids is a FREE 100 day program designed to encourage

young Iowans to increase their physical activity levels and make better food choices. Each team needs an adult team captain. The program will begin January 18th and end April 27th. For more information on the minigrants, go to http://www.iowa.gov/educate/, click on Nutrition Programs, click on Team Nutrition.

Please consider sharing this information with your BASICS schools!

Deadline to submit a Team Nutrition minigrant application: *January 14, 2011.*

To apply for a mini-grant or for more information contact, Patti Delger at patti.delger@iowa.gov or 515.281.5676.

Live Healthy Iowa

Live Healthy Iowa Kids Challenge

January 18-April 27, 2011 Registration is now open!

Live Healthy Iowa Kids inspires youth to explore healthy nutrition and activity in a fun and positive way.

- Kindergarten-12th grade
- Teams of 5-30 with adult team captain
- FREE
- Chance to win team prizes
- Opportunity to win cash prizes for your school

<u>Live Healthy Iowa - 100 Day</u> <u>Wellness Challenge</u>

January 20-April 29, 2011 Registration is now open!

This is a great opportunities for BA-SICS staff to engage in some healthy competition with each other. Start your team today and encourage the teachers you work with to do the same!

Live Healthy Iowa brings together friends, families, businesses and communities in team-based wellness challenges. The 100 day challenge is a physical activity, nutrition and weight loss program encouraging positive lifestyle change for adults age 18 and over. For more information contact Nicole Bruce at Nicole@livehealthyiowa.org.



Is it Summer yet? Support Summer Meal Sites

In the eyes of a child, it's often never too early to think about summer! Summer is an exciting time for children to enjoy time with friends, a week at camp, a family vacation, or time at the pool. But for many children who receive free and reduced-price meals at school, summer can mean hunger. Just as learning does not end when school lets out, neither does a child's need for good nutrition.

The Summer Food Service Program (SFSP) provides nutritious meals and snacks to children in low-income areas during the summer months. There are many summer food service sites during the summer months, but the program is still vastly under-utilized.

Approximately 180,000 Iowa children are eligible for free and reduced-price meals (based on 2009-10 data).

Approximately 10,500 Iowa children participated in the SFSP in 2010.

That's only 6% of those that are in need.

What can you do? Determine if there are any summer feeding sites in your community. If there are no feeding sites, explore the possibility of participating in the summer food service program. If there are feeding sites in your area, promote participation and get involved with the program!

For more information, contact Carrie Scheidel at <u>carrie.scheidel@iowa.gov</u> or 515.281.4760.



Healthy Iowans Launches New Website

A new website has just been launched to engage public health partners in the development and use of Healthy Iowans, our state's five-year health assessment and health improvement plan.

Online at www.idph.state.ia.us/adper/healthy_iowans.asp, the new website includes sections on the background of Healthy Iowans, updates and important announcements, frequently asked questions, and resources

for organizations and individuals wishing to help develop the fiveyear health assessment and health improvement plan.

BASICS project directors and educators have a lot to offer local public health departments as they conduct their Community Health Needs Assessments and Health Improvement Plans (CHNA & HIP). Contact your local public health administrator to learn how you can get involved.



Making Worksite Wellness Work at Your School

This resource was developed as a collaborative effort of Iowans Fit for Life and the Iowa Nutrition Network at the Iowa Department of Public Health and Team Nutrition at the Iowa Department of Education.

It was designed because addressing health and wellness in the school environment has become increasingly important in recent years, not just for students, but for staff, as well. This document will provide school staff with some easy suggestions to get an employee wellness program started. It is hot off the presses and we hope you will share it with the school staff with whom you work. Click here to view the resource.



Legislation Impacting BASICS

President Obama signed the Healthy, Hunger-Free Kids Act of 2010 on December 13, 2010. The legislation authorizes funding for federal school meals and child nutrition programs and increases access to healthy food for low-income children. The bill that reauthorizes these programs is often referred to as the Child Nutrition Reauthorization bill. This particular bill reauthorizes child nutrition programs for five years and includes \$4.5 billion in new funding for these programs over 10 years. Read more about it at Let's Move.

Some of the funding needed to pay for the Healthy, Hunger-Free Kids Act will be covered by adjustments in SNAP and a national cap on SNAP- ED funding (the source of funding for BASICS). USDA has not issued any formal communication related to SNAP-Ed but we anticipate receiving an administrative memo sometime in January. We will announce a phone conference call for BASICS contractors

once we receive the memo. We do not expect major disruptions this fiscal year.

If you have specific questions or concerns, please call Doris Montgomery at 515-279-2415.



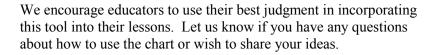


Remember BASICS Educators now have a page on Facebook! Search for "BASICS Educators Iowa" and join the conversation!

How have you used your MyPyramid Pocket Chart?

Each BASICS project received a MyPyramid pocket chart this year at the fall training. We have heard from several educators that this has been a fun new tool to use in the classroom. We've also heard that some of the food items don't seem to fit quite right in the sections of the pyramid.

For example, some foods are called "fats and sweets" which is not a defined group on MyPyramid for Kids. These foods are meant to reflect the section of the pyramid that refers to knowing your limits for fats and sweets. The foods that are called "mixed" are a fun way to challenge older students. Choose a food that represents several different groups and ask kids to identify each group it represents. Feel free to add cards for group-specific and mixed foods as you see fit!





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

Christine Hradek, MPH

Lucas State Office Building 515-281-7096 chradek@idph.state.ia.us



