



HEALTHY KIDS ACT REGIONAL TRAINING

Nutritional Content Standards

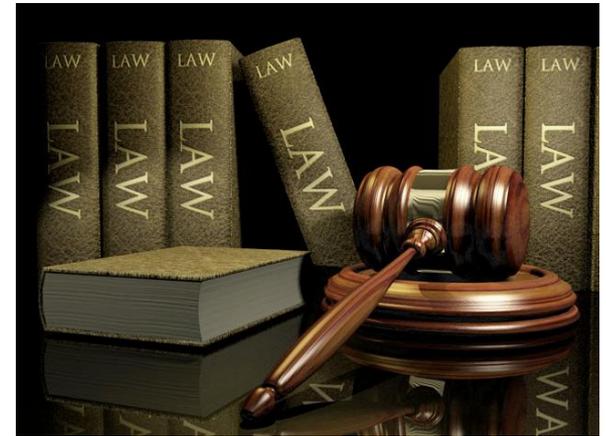
Review of State and Federal Law



What is the Healthy Kids Act?

□ Legislation impacting:

- Physical activity requirements
- CPR course requirement
- Iowa's AEs and Registered Dietitians
- Nutritional content standards



Physical Activity Requirements

- Effective July 1, 2009
- Grades K-5: 30 minutes/day of physical activity
- Grades 6-12: 120 minutes/week of physical activity
- Physical Activity Contact:
Kevin Fangman, *Administrator, Division of PK-12 Education*
Kevin.Fangman@iowa.gov



CPR Requirement

- Requires every student by grade 12 to complete a course that leads to cardiopulmonary resuscitation (CPR) certification
- Effective for the 2011-2012 graduating class
- Physical Activity Contact:

Kevin Fangman, *Administrator, Division of PK-12 Education*

Kevin.Fangman@iowa.gov



Iowa's AEAs and Registered Dietitians

- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian
- Dual purpose:
 - ▣ Support nutritional provisions in IEPs
 - ▣ Provide information to support school nutrition coordinators
- Contact Person: AEA Administrator



Nutritional Content Standards

- Rules and nutrition tables adopted as final by state board on April 30, 2009.
- Affect a la carte, vending, regulated fundraising items sold to students during the school day.



Regulated Food Categories

- Calories
- Sodium
- Saturated Fat
- Trans Fat
- Total Fat
- Sugar
- Dietary Fiber/Whole Grain



Regulated Beverage Categories

- Milk
- 100% Juice
- Water
- Sports Drinks, Flavored Water
- Caffeinated Beverages
- Sodas/Carbonated Beverages



USDA Federal Regulations

□ Apply to:

- ▣ National School Lunch Program (NSLP)
- ▣ School Breakfast Program (SBP)
- ▣ After School Snacks



□ Includes:

- ▣ Foods of Minimal nutritional Value (FMNVs)



For more information ...

- **USDA Federal Regulations, visit:**

<http://www.fns.usda.gov/cnd/Governance/regulations.htm>

- **Iowa Healthy Kids Act, visit:** www.tinyurl.com/iowa-HKA



When do the laws apply?





When do the laws apply?

- School Breakfast Program – reimbursable meal **before** the first bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
	Yes	Yes





When do the laws apply?

- School Breakfast Program – reimbursable meal **after** the first bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
	Yes	Yes





When do the laws apply?

- A la carte/vending sold **in** food service area during the School Breakfast Program **before** the first bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
	Yes	Yes





When do the laws apply?

- A la carte/vending sold **outside** food service area during School Breakfast Program **before** first bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
		Yes





When do the laws apply?

- A la carte and/or vending sold **in** food service or dining area during time School Breakfast Program operates **after** first bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
Yes	Yes	Yes



When do the laws apply?



□ National School Lunch Program

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
	Yes	Yes



When do the laws apply?



- A la carte/vending sold in food service/dining area **during** lunch

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
Yes	Yes	Yes



When do the laws apply?



- A la carte/vending sold **outside** food service area from first bell to last bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
Yes		Yes



When do the laws apply?



- Regulated Fundraisers **during** school day
(from first bell to last bell)

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
Yes		Yes



When do the laws apply?



- Fundraisers **before** first bell and **after** last bell

Healthy Kids Act	USDA Federal Regulations (Including FMNVs*)	Local Wellness Policy
		Yes



Additional Clarification

- Early Bird/Zero Hour Classes are “before” the first bell
- The most restrictive law/regulation/policy applies
- Local Wellness Policies that are more restrictive than the Healthy Kids Act are recommended to remain in effect



How are You Preparing for the Healthy Kids Act?



Prepare Staff

- Incorporate wellness messages and activities into the school day
- Teach nutrition in math, science, reading at all levels
- Select and discuss healthy choices
- Be physically active in the classroom
- Encourage students to eat breakfast and lunch
- Explain HKA changes coming to your school



Survey Your School



Food and Fitness Youth Leadership Team Survey

Percent feeling strongly that more healthy items should be offered in their concession stand:

Clayton Ridge High School – 67%

Riceville High School – 82%

Decorah High School – 80%

Starmont High School – 88%



Survey Your School

Food and Fitness Youth Leadership Team Survey

Percent willing to pay more to have healthy foods in their concession stand:

Clayton Ridge High School – 56%

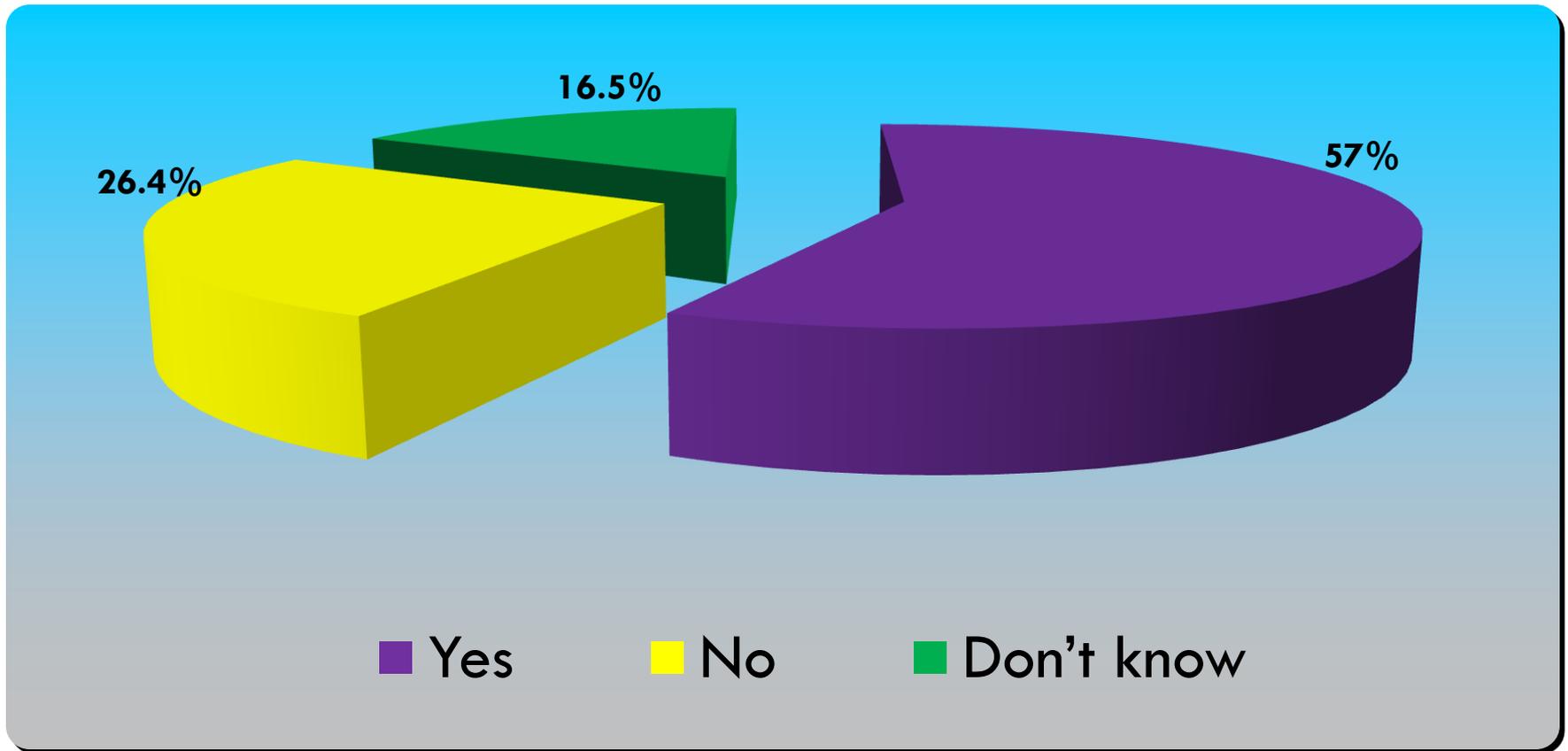
Riceville High School – 84%

Decorah High School – 67%

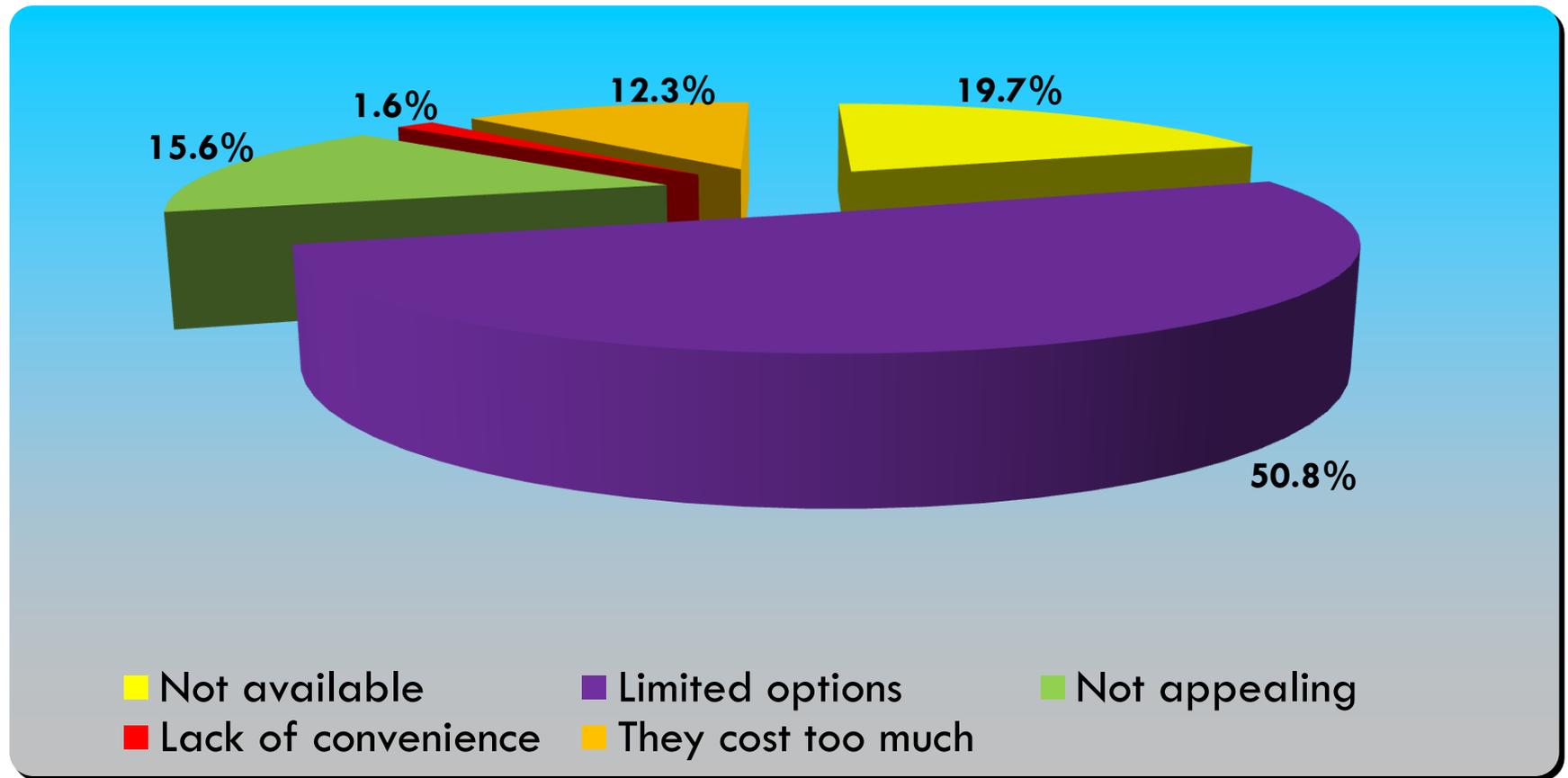
Starmont High School – 77%



Will Students Choose Healthy Foods?



What is Your Biggest Barrier for Making Healthier Food Choices at School?



Using the Nutrition Calculator

- This calculator will determine whether a food product meets the Healthy Kids Act Nutritional Content Standards for a la carte, vending, and regulated fundraising items sold to students during the school day.
- www.tinyurl.com/iowa-HKA



Sample Products



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Suggestions

1. Use the To-Do List
2. Communicate with the Food/Beverage Industry
3. Make Reimbursable Meals a Focus
4. Jazz Up Reimbursable Meals
5. Make Reimbursable Meals Simple
6. Creatively Market Healthy Choices to Students



Use the To-Do List

WINTER

1. Form a team to support implementation of the Healthy Kids Act.
2. Review the Healthy Kids Act rules with all team members.
3. Identify individuals responsible for making decisions about the types of food products made available for sale to students during school.



Use the To-Do List

WINTER

4. Assess the current nutrition and physical activity environment of your school.
5. Sample, taste test, new foods with students and prepare specifications for new foods.
6. Consider applying Healthy Kids Act rules to non-regulated venues (venues not included in the Healthy Kids Act).



Use the To-Do List

WINTER/SPRING

7. Participate in future Healthy Kids Act and School Wellness Trainings
8. Identify needed changes in your Local Wellness Policy to meet Healthy Kids Act rules for a la carte, vending, regulated fundraising, and physical activity opportunities



Use the To-Do List

SPRING/SUMMER

9. Develop a plan for communicating the Healthy Kids Act rules to staff, students, and parents
10. Work with your school board to revisit your Local Wellness Policy on a regular basis.

Where does your district fall in the preparation process?



Communicate with Food/Beverage Industry

- Many are generating lists of foods that comply with the Healthy Kids Act Nutritional Content Standards
 - ▣ Use this as a guide. **Products still need to be assessed via the Iowa Healthy Kids Act Nutrition Calculator**
- Food and Beverage Industry Meeting – March 4th



Make Reimbursable Meals a Focus

- One Iowa middle school reduced a la carte offerings in preparation for Healthy Kids Act and saw jump in reimbursable meal participation



Jazz Up Reimbursable Meals

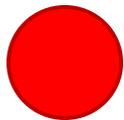
- Sandwich/Deli Bar
- Salad Bar
- Potato Bar
- Yogurt Bar
- “To Go” Foods
 - ▣ Mixed Fruit Boxes
 - ▣ Salad Shakers
 - ▣ Sack Lunch Station



Make Reimbursable Meals Simple

“We opened a new elementary school that was self-service. Those students had never had self-service so we developed the Eat Your Dots program to help them identify well-balanced meals. Each food component has a colored dot. For example, vegetables are green and milk is blue. Three dots equal a meal that meets child nutrition requirements.”

Karla Holt, Food Service Director in Vineland, New Jersey



Revisiting Your Local Wellness Policy



Discussion



State of Iowa Facts



- ❑ 26.5% of children ages 10-17 are overweight or obese in Iowa compared to 31.6% nationally
- ❑ Iowa ranks 8 in overall prevalence (1 is best)
- ❑ The Iowa prevalence of overweight and obese children has risen since 2003
- ❑ 32.6% of low-income children age 2-5 are overweight or obese in Iowa

From National Institute for Children's Healthcare Quality, www.nichq.org (Nov, 2009)



Revisiting Your Local Wellness Policy



In 2006 Each Policy Required:

- Goals for nutrition education, physical activity and school-based activities to promote student wellness
- Nutrition guidelines for all foods available on the school campus and for school meals
- A plan for measuring implementation of the policy
- Involvement of parents, students, school administrators and members of the school board and the community.



Schools' Progress



- Since 2006, a majority (68%) of local wellness policies meet the minimum federal requirements
- Nearly one-third of policies were not in compliance with one or more of those requirements
- Foods and beverages low in nutritional value and high in calories, fat and sugar continue to be readily available to students during the school day
- Only 4% of elementary, 8% of middle and 2% of high schools provide daily physical education (few more offer physical education three times per week)





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Wellness Policy and Support Materials [< - Back](#)

- [IASB Policy Primer and Sample Wellness Policy](#) (PDF File)
- [School Wellness Policy Support Materials and Resources](#) (PDF File)
(Produced by IASB and Iowa Partners: Action for Healthy Kids)
- [School Vending Policy](#) (PDF File)
(Produced by the American Beverage Association)

Policy Primer
Volume 19, Number 2
October 17, 2005

In 2004, President Bush signed legislation mandating school districts have wellness policies by the 2006-07 school year. The legislation was in response to the mounting childhood obesity problem. School districts are required to work with specific groups of individuals when developing the policy. The specific language is set out below.

42 U.S.C. 1751-SEC. 204.
LOCAL WELLNESS POLICY

(a) IN GENERAL—Not later than the first day of the school year beginning after June 30,

Related Resources

- Publications**
- Policy Primer
 - Policy Reference Manual
 - Restructuring Manual
 - Sample Student Handbook
 - Special Reports

- Services**
- Iowa Council of School Board Attorneys
 - Legal Service Fund
 - Policy and Procedures Services

Action for Healthy Kids Wellness Policy Tool

www.actionforhealthykids.org

The screenshot shows a web browser window with the following elements:

- Browser Title Bar:** Wellness Policy Tool & Tracker: Action for Healthy Kids - Windows Internet Explorer
- Address Bar:** <http://www.actionforhealthykids.org/school-programs/our-programs/wellness-policy-tool/>
- Navigation Menu:** Home | About Us | Contact Us | Media Center | Donate
- Logo:** Action for Healthy Kids®
- Primary Navigation:** Addressing The Issue | School Programs | Resources | In Your State | Partners | Take Action
- Left Sidebar:**
 - Our Programs
 - Game On! The Ultimate Wellness Challenge
 - Wellness Policy Tool
 - ReCharge!
 - Students Taking Charge
 - Other Programs
 - Success Stories
- Stay Connected:** Sign up for e-news and program info. Join us today! [Sign Up Now]

Main Content Area:

- Breadcrumbs:** Home > School Programs > Our Programs > Wellness Policy Tool
- Section Header:** Wellness Policy Tool
- Getting Started:** Successful creation of a local wellness policy consists of the eight steps shown below. Click on a step to learn more about it.
- Diagram:** A circular flow diagram titled "Creating a Local Wellness Policy" with eight steps:
 1. Conduct Initial Homework
 2. Form the Development Team
 3. Assess the District's Needs
 4. Draft a Policy
 5. Build Awareness and Support
 6. Adopt the Policy
 7. Implement the Policy
 8. Maintain, Measure, Evaluate
- Call to Action:** Keep Kids Healthy [DONATE TODAY]
- Share Your Story:** Send in how you're making kids and schools healthier. [Share Today]
- Share:** [Share] | [Facebook] | [Twitter]

Text Content:

Action for Healthy Kids developed this tool with input from our partner organizations and volunteer Team members to help you create a local wellness policy that meets your district's unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices.

In June 2004, the Child Nutrition and WIC Reauthorization Act was signed into law, making it mandatory for all local education agencies participating in the Federal School Meal Programs to create a local wellness policy by July 2006.

This Tool is intended to help anyone involved in developing, implementing, and evaluating wellness policies by providing practical guidance and how-to information about the wellness policy process.

Iowa State University Wellness Policy Assessment Tool

- Online assessment tool that assists schools in Iowa in compiling data

<http://www.fshn.hs.iastate.edu/schoolnutrition/>



Who is Responsible?



- The Superintendent will ensure compliance with district wellness policies
- The Principal will ensure compliance with policies in the school and report to the Superintendent
- Foodservice staff will ensure compliance with nutrition policies and report to Principal or Superintendent
- The Superintendent will provide a wellness policy report every 3 years to the school board



Wellness Policy Changes to Consider



- Physical Activity – added to IASB sample policy
- Communication with Parents – include healthy foods and snacks in lunches brought from home
- Staff Wellness – role model healthy food choices
- Nutrition Guidelines for all Foods on Campus – will meet HKA standards (Beverages, Foods, Portion Size)
- Fundraising and School-Sponsored Events
- Monitoring – how often and who is responsible



Iowa Local Wellness Policy Evaluation Checklist



- Meet as a school team and evaluate your local wellness policy using the checklist
- After scoring the checklist, circle all “2’s” and “3’s”
- These are the areas needing additional action
- Make notes regarding changes anticipated for HKA implementation in your school (BULLETS)
- Complete the evaluation process regularly and compare scores over time to see improvements



Energizer Break! – Space Jam



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HEALTHY KIDS ACT REGIONAL TRAINING

School Wellness Champions Panel

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HIGHLIGHTS

- IMPORTANT** Winter '10 software update - check out what is new!
- eInstruction® leads market in interactive classroom technology**
- eI Community™ is now available!**
- CPSPulse™ - Next generation of the world's best selling**



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Compliance, Documentation, and Monitoring



Who is Responsible for HKA Compliance?

- School Foodservice – a la carte items (Nutrition Review)
- Administrators/Business Manager – vending, regulated fundraising and school stores (School Improvement Review)



Healthy Kids Act Foods Assessment Tool

- **Step 1:** Identify and list all entrées and sides in a la carte/vending/regulated fundraising

- **Step 2:** Is the item a National School Lunch Program (NSLP) entrée/side offered in the same portion size and frequency as it appears on the NSLP menu?

_____ **yes** _____ **no**

- **Step 3:** Enter the food item into the Healthy Kids Act Nutrition Calculator



Healthy Kids Act Foods Assessment Tool

- **Step 4:** Replace items that do not comply with the Healthy Kids Act with options that do comply, according to the nutrition calculator
- **Step 5:** make sure offerings in a la carte/vending/regulated fundraising include at least two (2) fruits or non-fried vegetables, with no more than one of these being a juice option
- **Step 6:** Ensure that at least 50% of the a la carte/vending/regulated fundraising grain offerings are considered whole grains (primary ingredient by weight)



Sun Chips – Harvest Cheddar (1 oz.)

Calculator Results

Nutrition Facts	
Calories:	140
Total Fat:	6 g
Saturated Fat:	1 g
Trans Fat:	0 g
Sodium:	160 mg
Sugar:	2 g

Product is an entree.

Product does not contain nuts, seeds, nut butter, and/or reduced fat cheese.

Product does not contain reduced fat cheese.

Product is not a fruit or a yogurt.

Calories - meets standards.

Total Fat - **doesn't meet standards**.

Saturated Fat - meets standards.

Trans Fat - meets standards.

Sodium - meets standards.

Sugar - meets standards.



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Yoplait Yogurt – Blueberry (6 oz.)

Calculator Results

Nutrition Facts	
Calories:	170
Total Fat:	1.5 g
Saturated Fat:	1 g
Trans Fat:	0 g
Sodium:	180 mg
Sugar:	27 g

Product is a side item.

Product does not contain nuts, seeds, nut butter, and/or reduced fat cheese.

Product does not contain reduced fat cheese.

Product is a fruit or a yogurt.

Calories - meets standards.

Total Fat - meets standards.

Saturated Fat - meets standards.

Trans Fat - meets standards.

Sodium - meets standards.

Sugar - product is exempt from sugar restriction because it contains fruit or yogurt.



[Do it again!](#)



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Home Insert Page Layout Formulas Data Review View

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Conditional Formatting Format as Table Cell Styles [Styles icons]

Insert Delete Format [Cells icons]

AutoSum Fill Clear [Editing icons]

Sort & Filter Find [Editing icons]

K8

A B C D E F G H I J K L M N O P Q R S T U V W X

chool

ffer Versus Serve? Yes ___ No ___

Grades: _____

seconds/A la Carte? Yes ___ No ___

□

Grade Group	Planned	Actual
K-12		
Adults		
Total		

Menu	Serving Temperature	Component Contribution	Recipe No. or Brand & Product Code	Quantity Prep (# of servings, pounds, cans)	Grades:		Grades:		Adults/A la carte:		Total		
					Serving Size	Planned Servings	Serving Size	Planned Servings	Serving Size	Planned Servings	Amount Prepared	Seconds/ A la Carte Sold	Leftover/ comments
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Page 1

What Foods Need to be Monitored?

- Breakfast A La Carte (if after the school bell)
- Vending Machines
- Regulated Fundraising
- School Stores
- Lunch A La Carte
- Lunch Foods from “Scratch” A La Carte
- <http://www.nutritiondata.com/>
- Other?



SUCCESS – Healthier Students!



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Toolkit Overview

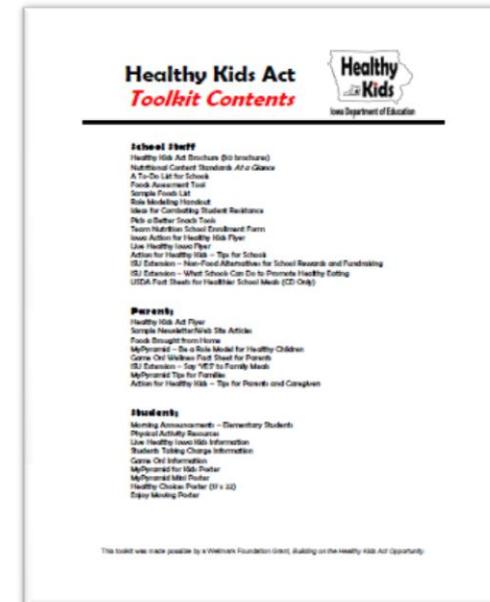
□ Designed to help implement and support the Healthy Kids Act Nutritional Content Standards

□ Tools and Resources for:

▣ School Staff

▣ Parents

▣ Students



Toolkit CD



Healthy Kids Act Brochure

What is the Healthy Kids Act?

The Healthy Kids Act was signed into law by Iowa Governor Culver on May 13, 2008.

Specifically, the Healthy Kids Act:

- Established nutritional content standards for food and beverages sold or provided on school grounds during the school day. Effective July 1, 2010.
- Requires school districts and accredited non-public schools to ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. Effective July 1, 2009.
- Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12. Effective for the class of 2011-2012.
- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian. Effective July 1, 2009.



For additional resources or contact information, please visit:
www.tinyurl.com/iowa-HKA

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The Healthy Kids Act and YOU!

What is it?

Why was it developed?

What are the Nutritional Content Standards?

How can you help?

Why was the Healthy Kids Act developed?

The number of youth who are overweight in Iowa now appears to outpace national rates, putting our students at an increased risk for chronic diseases. In addition to preventing overweight and obesity among children, this act was created to:

- Help children develop healthy eating habits. Schools have a responsibility to create an environment that supports and encourages healthy eating. The Healthy Kids Act Nutritional Content Standards will maximize the availability of high nutrient dense foods while also helping students develop healthy eating habits.
- Promote active lifestyles. Current research makes it clear regular physical activity can help increase students' capacity for learning and improve academic performance. Additionally, physical activity has numerous health benefits, including improving muscular strength and endurance as well as reducing the risk for chronic disease.
- Provide students with a solid foundation for a better future. Positive experiences with nutrition and physical activity help lay the foundation for maintaining those habits later in life.

What are the Nutritional Content Standards?

Vending, a la carte, and regulated fundraising items** (any foods/beverages sold to students between the first bell and the last bell) sold to students during the school day must meet the following requirements, effective July 1, 2010:

Nutrient	Foods Table – Final Nutritional Content Standards	
	Entire	Side
Calories	≤ NSLP entrée* or ≤ 400 calories	≤ NSLP side* or ≤ 200 calories
Sodium	≤ NSLP entrée* or ≤ 600 mg/item (≤ 480 mg/item in 2014)	≤ NSLP side* or ≤ 400 mg/item (≤ 300 mg/item in 2014)
Saturated Fat	≤10% calories (excluding reduced-fat cheese)	
Trans Fat	≤0.5 g/item/ing	
Total Fat	≤35% calories (including nuts, seeds, nut butters, and reduced-fat cheese)	
Sugar	≤35% calories (excluding fruits and yogurts)	
Dietary Fiber/Whole Grain	50% of grains offered must be whole grain (primary ingredient by weight)	

Beverage	Beverages Table – Final Nutritional Content Standards	
	Elementary	Secondary
Milk	Low-Fat/Non-Fat Regular Low-Fat Non-Fat Flavored, no non-nutritive sweeteners	Regular Low-Fat Non-Fat Flavored, no non-nutritive sweeteners
100% Juice	Allowed, but no added sweeteners	Allowed, but no added sweeteners
Water	Allowed, but no added non-nutritive sweeteners	Allowed, but no added non-nutritive sweeteners
Sports Drinks, Flavored Water	Not allowed	Allowed
Caffeinated Beverages	Not allowed	Allowed
Sodas/Carbonated Beverages	Not allowed	

*NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.
**Schools and school districts that offer a la carte, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fat vegetables, with no more than one being a juice option.

How can you help?

STAFF

- Choose nutritious foods and be physically active to be a role model for your students.
- Involve students in school wellness.
- Offer healthy choices to students, in and out of the classroom.
- Remind parents to provide healthy treats for students during school parties.
- Educate students on the Local Wellness Policy and Healthy Kids Act as it relates to them.
- Start a worksite wellness initiative.

STUDENTS

- Be a role model for your peers.
- Be physically active every day.
- Select nutritious foods.
- Join your school's wellness team.
- Start a wellness initiative.
- Incorporate wellness into other activities.

PARENTS

- Be a role model for your children.
- Eat family meals.
- Be active with your kids.
- Encourage healthy meals and snacks.
- Involve your children in meal planning.
- Send healthy foods to school.
- Support school wellness events or serve on your school's wellness team.

For more information, visit the Healthy Kids Act web site:
www.tinyurl.com/iowa-HKA



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Nutritional Content Standards At a Glance



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Healthy Kids Act Nutritional Content Standards At a Glance

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Nutrient	Entrée	Side
Calories	≤ NSLP entrées* or ≤ 400 calories	≤ NSLP sides* or ≤ 200 calories
Sodium	≤ NSLP entrées* or ≤ 600 mg/item (≤ 480 mg/serving in 2014)	≤ NSLP sides* or ≤ 400 mg/serving (≤ 200 mg/serving in 2014)
Saturated Fat	≤ 10% calories (excluding reduced-fat cheese)	
Trans Fat	≤ 0.5 gm/serving	
Total Fat	≤ 35% calories (excluding nuts, seeds, nut butters, and reduced-fat cheese)	
Sugar	≤ 35% calories (excluding fruits and yogurts)	
Dietary Fiber/ Whole Grain	50% of grains offered must be whole grain (primary ingredient by weight)	

S
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*NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

**Schools and school districts that offer *a la carte*, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.



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Nutritional Content Standards At a Glance



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Healthy Kids Act Nutritional Content Standards At a Glance

B
E
V
E
R
A
G
E
S

Beverage	Elementary	Secondary
Milk	Low-Fat/Non-Fat Regular Low-Fat Non-Fat Flavored, no non-nutritive sweeteners ≤27 gm sugar/8 oz (2014) ≤24 gm sugar/8 oz (2017) ≤22 gm sugar/8 oz (2020)	
100% Juice	Allowed, but no added sweeteners.	
Water	Allowed, but no added non-nutritive sweeteners.	
Sports Drinks, Flavored Water	Not allowed.	Allowed.
Caffeinated Beverages	Not allowed.	Allowed.
Sodas/Carbonated Beverages	Not allowed.	

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Please use the Healthy Kids Act Nutrition Calculator, located at www.tinyurl.com/iowa-HKA to ensure specific products meet the Nutritional Content Standards.



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A To-Do List for Schools

A To-Do List for Schools

How to Implement and Support the Healthy Kids Act

1. **Form a team to support implementation of the Healthy Kids Act.**
This team may include individuals who were involved with your wellness policy development. You may also consider inviting parents, students, nurses, school board members, school administrators, community members, school foodservice personnel, and teachers.
2. **Review the Healthy Kids Act rules with all team members.**
3. **Identify individuals responsible for making decisions about the types of food products made available for sale to students during school.**
This should be done for:
 - A la carte
 - Vending
 - Regulated Fundraising
4. **Assess the current nutrition and physical activity environment of your school.**
 - Do a la carte, vending, and regulated fundraising meet Healthy Kids Act rules?
 - Are physical activity opportunities occurring in the school building adequate?
5. **Sample/taste test new foods with students and prepare specifications for new foods.**
6. **Consider applying Healthy Kids Act rules to non-regulated venues (venues not included in Healthy Kids Act).**
 - Foods sold outside school (concessions, bake sales, school stores, etc.)
 - Foods provided to students during school (classroom parties, snacks, etc.)
7. **Participate in future Healthy Kids Act and school wellness trainings**
8. **Identify needed changes in your Local Wellness Policy to meet Healthy Kids Act rules for:**
 - A la carte*
 - Vending*
 - Regulated fundraising*
 - Physical activity opportunities*

* Note: If your Local Wellness Policy is more restrictive than the Healthy Kids Act, changes may not be needed. A revised Sample Wellness Policy will be available in late spring from the Iowa Association of School Boards.
9. **Develop a plan for communicating the Healthy Kids Act rules to:**
 - Staff
 - Students
 - Parents
10. **Work with your school board to revisit your Local Wellness Policy on a regular basis.**
Review and revise other components of the wellness policy as needed.
 - Nutrition education
 - Other school-based wellness activities
 - Plan for measuring implementation

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This publication was made possible by a Wellmark Foundation Grant, Building on the Healthy Kids Act Opportunity.



Iowa Department of Education

Foods Assessment Tool



Healthy Kids Act Foods Assessment Tool

The following tool is intended to help schools evaluate their compliance with the Healthy Kids Act Nutritional Content Standards for *A la Carte*, *Vending*, and *Regulated Fundraising*.

<p>___ A la Carte (Assessed by School Food Service Personnel) ___ Vending (Assessed by Administrator/Business Manager/Other Designee) ___ Regulated Fundraising (Assessed by Administrator/Business Manager/Other Designee)</p>	
Step 1:	Identify and list all entrees and sides in a la carte/vending/regulated fundraising. For each item, answer the following questions:
Step 2:	Is the item a National School Lunch Program (NSLP) entree/side offered in the same portion size and frequency as it appears on the NSLP menu? ___ yes ___ no If yes , the item does not need to meet the Healthy Kids Act Nutritional Content Standards and can be sold in the same portion size and frequency it is served on the NSLP menu (need not be the same day). <i>Note: It is recommended schools keep a binder to document each item's menu frequency and number of times available on the a la carte line.</i> If no , proceed to Step 3.
Step 3:	Enter the food item into the Healthy Kids Act Nutrition Calculator and answer the following question: Does the item meet the Healthy Kids Act Nutritional Content Standards? ___ yes ___ no If yes , print the nutrition calculator response (print screen) and store in a binder with all other approved items. This food product will be allowed. <i>Note: It is recommended schools keep a separate binder for approved a la carte, vending, and regulated fundraising items.</i> If no , this item will not be allowed under the Healthy Kids Act Nutritional Content Standards. Proceed to Step 4.
Step 4:	Replace items that do not comply with the Healthy Kids Act with options that do comply, according to the nutrition calculator.
Step 5:	After ensuring that all food options meet the Healthy Kids Act Nutritional Content Standards, make sure offerings in a la carte/vending/regulated fundraising include at least two (2) : ___ fruits OR ___ non-bird vegetable With no more than one of these being a joke option.
Step 6:	Ensure that at least five of the a la carte/vending/regulated fundraising grain offerings are considered whole grains (primary ingredient by weight). For example, if the a la carte line contains six grain items, at least three must be whole grain.



Sample Foods List

Sample Foods List



Iowa Department of Education

Included in this list are sample ideas for a la carte, vending, and regulated fundraising items that may meet the Healthy Kids Act Nutritional Content Standards. Please see the Healthy Kids Act Nutrition Calculator located at www.iowa.gov/education/HSK to ensure specific products meet the Nutritional Content Standards.

FRUIT

Fresh Fruit - serve whole, sliced, cut in half, cubed, or in wedges

Apples	Cantaloupe	Mandarin Oranges	Pears
Apricots	Cherries	Mangoes	Pineapple
Bananas	Cranberry	Nectarines	Raspberries
Blackberries	Grapes	Oranges	Strawberries
Blueberries	Kiwi	Peaches	Watermelon

100% Juice Fruit - berries, grapes, melons, peaches

100% Dried Fruit - apricots, bananas, cranberries, pineapple, raisins

100% Freeze-Dried Fruit - apples, bananas, pineapple, strawberries, peaches

Fruit Smoothies - blend banana, berries, and pineapple or other fruit combination

Fruit and Cheese Kabobs - with reduced-fat cheese

Individual Fruit Cups - apple sauce, fruit cocktail, pears, peaches

VEGETABLES

Fresh Vegetables

Broccoli	Celery Sticks	Snap Peas	String Beans
Baby Carrots	Cucumber	Snow Peas	Tomatoes
Cauliflower	Peppers	Soy (Edamame)	Zucchini Slices

Salad - pre-made salad or a salad bar

GRAINS

Whole Grain Crackers	Puffed Rice Snacks	Single-Serving Low-Sugar Cereals
Whole Wheat English Muffins	Cereal Bars	Baked Tortilla Chips
Low-Sodium Pretzels	Popcorn	Whole Grain Flat Breads
Multi-Grain Pita Chips	Whole Grain Granola Bars	

DAIRY

Reduced-Fat Cheese Sticks/String Cheese - cheddar, mozzarella, swiss

Yogurt - plain, flavored, flavored

Yogurt and Fruit Cups

NUTS/SEEDS

Sunflower Seeds	Mixed Nuts	Peanuts	Almonds	Cashews
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BEVERAGES

Low-Fat and Fat-Free Milk	Water	100% Fruit and Vegetable Juice
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This publication was made possible by a Wellmark Foundation Grant, Building on the Healthy Kids Act Opportunity.



Iowa Department of Education

Role Modeling Handout

Role Modeling for Healthy Kids



Iowa Department of Education

Adults are powerful role models for youth. This handout suggests ways school staff can be role models for students. As our district implements healthier foods and more opportunities for physical activity, you can help reinforce positive health messaging through your actions.

How can staff be role models?

Select nutritious foods.
The best way for you to encourage healthy eating is to eat well yourself. Students will follow the lead of adults they see every day. If you regularly snack on donuts and sodas, you can't expect youth around you to make more healthful choices. By snacking on smarter choices such as fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products, and not overindulging in foods high in saturated fat, sodium, and added sugar, you'll be sending the right message.

Be physically active.
Are you active enough? Experts recommend that adults get at least 30 minutes of moderate to vigorous physical activity each day. For children and adolescents, it's at least 60 minutes of physical activity on most days of the week. If you are active, let your students know how important exercise is to you. Encourage them to follow your lead. It is never too late to start!

Encourage your students to eat breakfast and lunch.
Breakfast and lunch may help kids concentrate and learn and may also help keep them energized throughout the day. Research suggests that not having breakfast can affect a child's intellectual performance. Encourage students to eat breakfast and lunch instead of skipping meals or relying on options that are high in saturated fat, trans fat and added sugar.

Incorporate wellness messages and activities into the school day.
Talk with students about the importance of making nutritious choices and being physically active. Then, go a step further and create a classroom environment that supports these behaviors. Identify ways to include nutrition information into reading, math, science and other subjects. Schedule brief physical activity breaks throughout the day. Immerse your students in an atmosphere of health.

Join efforts to better the wellness environment of your school.
Consider joining your school's health and wellness council/committee. Provide suggestions for ways to improve the nutritional quality of foods offered to students (i.e. in classroom parties, concessions) and increase the number of physical activity opportunities students have throughout the day. Most importantly, encourage your students to get involved as well.

This handout was adapted from Texas Nutrition's Empowering Health with Nutrition and Physical Activity resource. For additional resources, visit Texas Nutrition's web site: <http://www.tn.usd.edu/tw/>

This publication was made possible by a Walmart Foundation Grant, Building on the Healthy Kids Act Opportunity.



Ideas for Combating Student Resistance

Ideas for Combating Student Resistance



As you make changes in your school district, please use these tips to combat student resistance.

Inform students of the changes.

Engage students in meetings when nutrition or physical activity changes are discussed. Ask them for their ideas and opinions.

Include students in the sampling of new products and ideas before offering them for sale or implementing them in your district.

Be positive about the changes that are being made in your school.

Be patient with students as they adjust to the changes being made.

Be creative as you market changes in your school to students.



Pick a Better Snack Tools



Pick a better snack™ & ACT is a comprehensive education and social marketing campaign that includes several components. The following chart provides a summary of those components all of which are available at no cost online.

To see printable versions click the name of each component or visit the Pick a better snack™ & ACT website (<http://www.idph.state.ia.us/pickabettersnack/default.asp>) to browse through available materials.

The primary audience for the campaign is children. Parents and childcare providers are secondary audiences.

- Goal: We will help children eat more fruits and vegetables by increasing how often they eat fruit and vegetable snacks.

Pick a better snack™ & ACT Component	Brief Description	Target Audience
Family Newsletters	Monthly newsletters are often sent through schools. Each contains tips for healthy snacks and inexpensive physical activities for the family to enjoy together. Some schools print this content on the back of their existing lunch menu.	Families – available in English and Spanish
Recipe Cards	Healthy snacks with an emphasis on kid-friendly foods. All recipes feature fruits or vegetables and each recipe card is available on the Pick a better snack™ & ACT website under the Social Marketing link.	Families / Adults

Pick a better snack™ & ACT Component	Brief Description	Target Audience
Monthly Lessons	Monthly Pick a better snack™ & ACT lessons are available for teachers in kindergarten through 5th grades. Each month has three core lessons: Focus on Fruit, Vary your Veggies and Physical Activity. A fourth monthly lesson was developed around three supporting topics: MyPyramid for Kids, Eat Smart, Play Hard™, and colorful fruits and vegetables.	Children in Grades K-5
Bingo Cards	The BINGO-type card includes three snack ideas for each fruit and vegetable along with serving size information, and tips on selecting and storing. The card gives twelve suggestions for seasonally appropriate physical activities that can be done at school or at home. A "BINGO" is accomplished when the child completes one row of the card, vertically, horizontally or diagonally.	Children in grades K-3 and their families – available in English and Spanish
Bingo Cards (Back)	The back of the bingo card includes a family meal recipe along with machine conversation starters and Eat Smart, Play Hard™ messages that encourage 60 minutes of play every day!	Families of children grades K-3

Pick a better snack™ & ACT Component	Brief Description	Target Audience
Score Cards (front)	The Pick a better snack™ & ACT scorecard is specifically designed for upper elementary students (4th-6th grade). Each scorecard spotlights the featured fruits and vegetables of the month. The card also gives three suggestions for seasonally appropriate physical activities that can be done at school or at home. Students receive a point for every fruit, vegetable, or 15 minutes of physical activity they enjoy.	Children in grades 4-6 and their families
Score Cards (back)	Unlike the back of the bingo card which is meant to reach families, the back of the score card is oriented toward children themselves. The back elaborates on the physical activities from the front of the card. It provides tips such as technique pointers, safety information or ways to involve your family in activity. The back of each score card also includes a simple fruit or vegetable recipe.	Children in grades 4-6 and their families
How easy is that? posters	Each poster features a fruit or vegetable accompanied by a direction and the "how easy is that" tagline.	Varied -NOC clinics -CNSI offices -Grocery stores -Farmers markets -Billboards -Trucks -Newspaper Ads



Team Nutrition School Enrollment Form

TEAM NUTRITION IOWA™ School Enrollment Form

Our Team Nutrition School Leader is:

First Name _____ Last Name _____

Title _____ School's Name _____

School Enrollment _____ Grades Taught _____

School District _____ School's County _____

School Street Address _____

City _____ State _____ Zip _____

Telephone Number _____ Fax Number _____

E-mail address _____

We agree to:

- Support USDA's Team Nutrition mission and principles.
- Demonstrate a commitment to help students meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition School Leader who will establish a team.
- Distribute Team Nutrition materials to teachers, students and parents as appropriate.
- Involve teachers, students, parents, food service personnel, and the community in interactive nutrition education activities.
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other Team Nutrition Schools.

We certify our school does not have any outstanding over claims or significant program violations in our meal program.

(Print) School Principal/Administrator _____

(Print) School Food Service Manager _____

Signature _____

Signature _____

Date _____

Date _____

Return form to: **Patti Delger** or **Carrie Scheidel**, Team Nutrition Co-Project Directors,
Bureau of Nutrition, Health and Transportation Services, Grimes State Office Building, 400 East
14th St., Des Moines, IA, 50319-0146 or Fax 515-281-6548 or email patti.delger@iowa.gov or
phone 515-281-5676; carrie.scheidel@iowa.gov or 515-281-4753



Iowa Department of Education

Iowa Action for Healthy Kids Flyer



Action for Healthy Kids is the only nonprofit organization formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. There are teams in all 50 states to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn. Iowa Partners: Action for Healthy Kids has provided Wellness Policy resources to assist school district teams in creating, assessing implementing and evaluating local wellness policies including resources and trainings for student led wellness initiatives.

For more information or to learn how you can get involved, contact:

Devinly Carpenter: Co-chair
dcarp1@iowapublic.com or 515.314.7321

Rip Marston: Co-Chair
rip.marston@uni.edu or 319.273.6882

Melissa Yvang: Liaison
myoung@midwestair.com or 515.945.4633



www.actionforhealthykids.org



Iowa Department of Education

Live Healthy Iowa Flyer



Live Healthy IOWA
100 Day Wellness Challenge
January 14 - April 23, 2010
www.livehealthyiowa.org

What is Live Healthy Iowa?
The Live Healthy Iowa 100 Day Wellness Challenge is a fun, easy and affordable way to engage Iowans in healthy behaviors. This team-based physical activity, nutrition and weight loss program is designed to promote positive changes leading to a healthier lifestyle.

Since 2002, Live Healthy Iowa has helped over 150,000 participants lose 618,139 pounds and log over 28 million miles of activity!

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How does Live Healthy Iowa work?
Friends, families, co-workers and/or community members form teams of 2-10 people and track physical activity and/or weight loss over 100 days. Participants report progress weekly through the program Web site - www.livehealthyiowa.org.

For only \$20, each participant receives:

- Live Healthy Iowa T-shirt
- 1-year subscription to one of ten lifestyle magazines
- Everyday Coupon Book containing valuable discounts and health information
- Live Healthy Iowa Access Card with opportunities for wellness discounts across the state
- Weekly motivational emails containing physical activity, nutrition and recipe tips
- Personal online tracking page with access to a wide variety of online resources
- And More!

.....

How to get started!
It's easy! Contact Live Healthy Iowa today. We will assist with all the details in making this fun-key wellness program work for you.

Contact Live Healthy Iowa for more information
info@livehealthyiowa.org or 888-777-8881 ext. 110



Iowa Department of Education

Action for Healthy Kids – Tips for Schools

Helping Youth Make Better Food Choices

The tips at right are based on strategies and approaches used by nutrition, health and public health professionals who work with children, youth and families. These professionals shared their ideas for helping youth make better food choices in keeping with the Dietary Guidelines for Americans as part of an **Action for Healthy Kids** research project that involved over 1,400 respondents nationwide.

Please refer any child with a special dietary need or health condition to an appropriate health care professional.

Action for Healthy Kids is a national nonprofit organization dedicated to addressing the epidemic of overweight, undernourished and sedentary youth by leading change to schools. Through volunteer service in all 50 states and the District of Columbia, and in partnership with national fitness organizations, Action for Healthy Kids works to inspire children to walk and increase physical activity, which will help to improve their readiness to learn. For more information, visit www.ActionforHealthyKids.org.

Tips for Schools

	Encourage healthful food offerings throughout the school campus.	Encourage healthy snacks. Offer ideas for successful non-food food colors and healthful refreshments for classroom parties.	Design a healthiest food for the cafeteria. Ask kids to vote and put "winners" on the menu.
Collaborate with parent groups. Invite them to join the wellness committee or help plan the annual field day.	Make the connection. Invite youth on the sidelines between healthy eating and academics or sports.		Have kids keep a food diary. Partner with them so that they are eating as they progress toward eating healthier.
Involve students in making changes. They will be more likely to participate in healthier options.		Be a good role model and pass the way to healthy eating habits.	Provide books. Teach students how to read food labels, MyPyramid charts, shopping lists and recipes.
Please refer any child with a special dietary need or health condition to an appropriate health care professional.		Make sure that the school environment is free of ads and product placements for non-nutritious foods.	Teach media literacy. Work on improving kids' media-literacy skills to counter the effects of food marketers.
Appoint "change agents," those who will market good habits to their fellow peers.	Teach kids where their food comes from and how it is grown. Invite a farmer to school. Create a school garden.		Show and tell. Use the school meal menu to educate youth about healthy eating.
Healthy messages. Using rap, rhyme and riddles, let kids take turns reading during announcements at school.	Parties distract. Teach youth about realistic food portions using age-appropriate serving sizes.		Make it real. Show kids how much sugar is in soda or an energy drink by measuring it with sugar cubes.

Action for Healthy Kids.

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ISU Extension – What Schools Can Do

What Schools Can Do to Promote Healthy Eating

Obese and overweight youth are a health concern. One-third of American youth (33 percent of males and 32 percent of females age 2 to 19 years) are either obese or overweight according to the 2007 American Medical Association (AMA) expert committee on childhood obesity. (See "Overweight Kids—What communities can do," PM 188-9 and "Guide to Healthy Kids—What parents can do," NCR 374.)

Schools can create a healthy nutrition environment. The federal Child Nutrition and WIC Reauthorization Act of 2004 requires all local education agencies to establish nutrition guidelines for all food sold "... during the school day with the objectives of promoting student health and reducing obesity." Contact your local school to learn more about the guidelines.

The Institute of Medicine (IOM) has established voluntary guidelines to help schools identify and provide more appropriate food and beverage options for their students and staff. These standards:

- promote consumption of fruits, vegetables, whole grains, and nonfat or low-fat dairy products;
- limit the amount of saturated fat, salt, added sugars, and total calories;
- apply to a la carte cafeteria items, vending machines, school stores, other food and drink available outside of school meal programs, school or classroom celebrations or parties, and fundraising functions;
- do not apply to federally reimbursed school meals which must meet existing guidelines;
- do not apply to personal bagged lunches or snacks that children bring to school for themselves.

The IOM guidelines establish two levels of food choices: Tier 1 foods are available to all students at all times; Tier 2 foods are available only to high school students after school hours.

School environments help shape 95 percent of American children's health behaviors. Students get 20 to 50 percent of their calories at school. Food choices, including vending and a la carte programs, frequently offer items that are high in calories and low in nutrients—thus encouraging habits that contribute to overweight.

Other foods—such as those offered in fundraising, reward and incentive programs, and parties—often include high-calorie, low-nutrient foods. Their presence creates an environment with mixed messages. Students need the opportunity not only to learn but also to practice healthy eating behaviors at school.

IOWA STATE UNIVERSITY
University Extension

PM 209 October 2007

1 Has your school adopted and implemented a wellness policy?

2 Does your local school wellness policy include nutrition guidelines for all foods available on campus?

3 Do the nutrition guidelines apply to foods sold during the school day only or extend to include events occurring after school hours?

4 Does your local wellness policy restrict marketing of food on the school campus?

5 Are your school staff role models of good nutrition and physical activity behaviors?



Healthy Kids Act Flyer

The Healthy Kids Act

A Parent's Guide



At a school district, we are making changes related to the Iowa Healthy Kids Act. This handbook is designed to provide information about the law and explain how you can help.

What is the Healthy Kids Act?

The Healthy Kids Act was signed into law by Iowa Governor Culver on May 13, 2008. Specifically, it:

- Established nutritional content standards for food and beverages sold or provided on school grounds during the school day. The standards will apply to vending, a la carte, and regulated fundraising (any food/beverage sold to students between the first and last bell) items. *Effective July 1, 2012.*
- Requires school districts and accredited non-public schools to ensure every student in grades K-6 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. *Effective July 1, 2008.*
- Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 11. *Effective for the class of 2011-2012.*
- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian. *Effective July 1, 2008.*

Why was the Healthy Kids Act developed?

The number of youth who are overweight in Iowa now appear to outpace national rates, putting our students at an increased risk for chronic diseases. In addition to preventing overweight and obesity among children, this act was created to:

- Help children develop healthy eating habits
- Promote active lifestyles

• Provide students with a solid foundation for a better future.

How can you help?

- Be a role model for your children
- Involve your children in meal planning
- Eat family meals
- Send healthy food to school
- Be active with your kids
- Support school wellness events
- Encourage healthy meals and snacks
- Serve on your school's wellness team

Regulated Food Categories

✓

Calories	Trans Fat
Sodium	Saturated Fat
Total Fat	Dietary Fiber/Whole Grain
Sugar	

Regulated Beverage Categories

Milk	Sports Drinks, Flavored Water
100% Juice	Caffeinated Beverages
Water	Soda/Carbonated Beverages

To see the comprehensive list of Healthy Kids Act Nutritional Content Standards as they apply to each of these categories, visit www.ihca.org/iowa-2008

This publication was made possible by a Wellmark Foundation grant, building on the Healthy Kids Act Opportunity.



Sample Newsletter/Web Site Articles

Sample Newsletter/Web Site Article



Healthy Kids Act Impacts Iowa Schools

In May of 2009, the Iowa Healthy Kids Act was signed into law by Governor Culver. This law will affect Iowa's K-12 schools in the following ways:

- Established nutritional content standards for food and beverages sold or provided on school grounds during the school day. *Effective July 1, 2010.*
- Requires school districts and accredited non-public schools to ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. *Effective July 1, 2009.*
- Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12. *Effective for the class of 2011-2012.*
- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian. *Effective July 1, 2009.*

The Healthy Kids Act was developed to help children develop healthy eating habits, to promote active lifestyles, and to provide students with a solid foundation for a better future. For more information on this law, please visit the Iowa Department of Education's Healthy Kids Act web site at: www.iodoed.com/iossa-HKA

Sample Newsletter/Web Site Article

Healthy Kids Act Nutritional Content Standards Take Effect



You and your students may notice changes in the foods being sold during the school day this year. As of July 1, 2010, the Healthy Kids Act Nutritional Content Standards became effective in Iowa Schools. The standards will apply to vending, a la carte, and regulated fundraising (any foods/beverages sold to students between the first and last bell) items sold to students during the school day.

Regulated food categories include:

- Calories
- Sodium
- Total Fat
- Saturated Fat
- Trans Fat
- Sugar
- Dietary Fiber/Whole Grain

Regulated beverage categories include:

- Milk
- 100% Juice
- Water
- Sports Drinks/Flavored Water
- Caffeinated Beverages
- Sodas/Carbonated Beverages

To see the comprehensive list of Healthy Kids Act Nutritional Content Standards as they apply to each of these categories, visit www.iodoed.com/iossa-HKA.



Iowa Department of Education

Foods Brought from Home

Foods Brought from Home



Included in this list are foods that may meet the Healthy Kids Act and are encouraged to be used for classroom parties, lunches brought from home, concessions, and even after-school snacks. If you would like to ensure specific products meet the Healthy Kids Act, please use the nutrition calculator, which is available at www.Iowa.gov/HealthyKids.

FRUIT

Fresh Fruit - serve whole, sliced, cut in half, cubed, or in wedges

Apples	Cantaloupe	Mandarin Oranges	Pears
Apricots	Cherries	Mangoes	Pineapple
Bananas	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oranges	Strawberries
Blueberries	Kiwi	Peaches	Watermelon

100% Fresh Fruit - berries, grapes, melons, peaches

100% Dried Fruit - apricots, bananas, cranberries, pineapple, raisins

100% Freeze-Dried Fruit - apples, bananas, pineapple, strawberries, peaches

Fruit Smoothies - blend bananas, berries, and pineapple or other fruit combinations

Fruit and Cheese Kabobs - with reduced-fat cheese

Individual Fruit Cups - applesauce, fruit cocktail, pears, peaches

VEGETABLES

Fresh Vegetables

Broccoli	Celery Sticks	Snap Peas	String Beans
Baby Carrots	Cucumber	Snow Peas	Tomatoes
Cauliflower	Peppers	Soy (Edamame)	Zucchini Sticks

Salad - pre-made salad or a salad bar

GRAINS

Whole Grain Crackers	Puffed Rice Snacks	Single-Serving Low-Sugar Cereals
Whole Wheat English Muffins	Cereal Bars	Baked Tortilla Chips
Low-Sodium Pretzels	Popcorn	Whole Grain Flat Breads
Multi-Grain Pita Chips	Whole Grain Granola Bars	

DAIRY

Reduced-Fat Cheese Slices/String Cheese - cheddar, mozzarella, swiss

Yogurt - plain, flavored, fruit

Yogurt and Fruit Cups

NUTS/SEEDS

Sunflower Seeds	Mixed Nuts	Peanuts	Almonds	Coconut
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BEVERAGES

Low-Fat and Fat-Free Milk	Water	100% Fruit and Vegetable Juices
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This publication was made possible by a Wellmark Foundation Grant, Building on the Healthy Kids Act Opportunity.



Iowa Department of Education

MyPyramid – Be a Role Model

10 tips
MyPyramid
Nutrition Education Series

be a healthy
role model for children
10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtimes a family time!

- 1 show by example**
Eat fruits, vegetables, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.
- 2 go food shopping together**
Grocery shopping can teach your child about food and nutrition. Discuss where fruits, vegetables, grains, milk, and meats come from. Let your children make healthy choices.


- 3 get creative in the kitchen**
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.
- 4 offer the same foods for everyone**
Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.


- 5 reward with attention, not food**
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "treats"—such as candy or cookies—as replacement foods.
- 6 focus on each other at the table**
Talk about fun and happy things at mealtimes. Turn off the television. Take phone calls later. Try to make meals a stress-free time.
- 7 listen to your child**
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"
- 8 limit screen time**
Allow no more than 2 hours of TV a day, as recommended by the American Academy of Pediatrics. Get up and move during commercials. Get some physical activity and avoid the marketing.
- 9 encourage physical activity**
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Get an example by being physically active and using safety gear, like bike helmets.


- 10 be a good food role model**
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



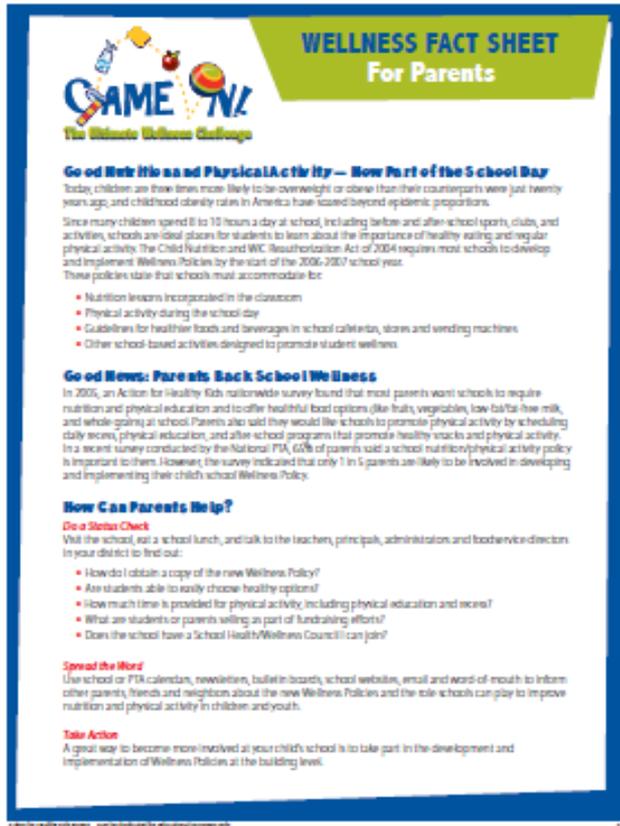
USDA
Center for Nutrition
Policy and Promotion

Go to MyPyramid.gov for more information.

TipSheet No. 2
September 2009
USDA is an equal opportunity
provider and employer.



Wellness Fact Sheet for Parents



WELLNESS FACT SHEET For Parents

GAME ON!
The Ultimate Wellness Challenge

Go on Nutrition and Physical Activity— Now Part of the 5 School Day
Today, children are three times more likely to be overweight or obese than their counterparts were just twenty years ago, and childhood obesity rates in America have soared beyond epidemic proportions.

Since many children spend 8 to 10 hours a day at school, including before and after-school sports, clubs, and activities, schools are ideal places for students to learn about the importance of healthy eating and regular physical activity. The Child Nutrition and WC Reauthorization Act of 2004 requires most schools to develop and implement Wellness Policies by the start of the 2006-2007 school year.

These policies state that schools must accommodate for:

- Nutrition lessons incorporated in the classroom
- Physical activity during the school day
- Guidelines for healthier foods and beverages in school cafeterias, stores and vending machines
- Other school-based activities designed to promote student wellness

Good News: Parents Back School Wellness
In 2005, an Action for Healthy Kids nationwide survey found that most parents want schools to require nutrition and physical education and to offer healthful food options (like fruits, vegetables, low fat/low milk, and whole grains) at school. Parents also said they would like schools to promote physical activity by scheduling daily recess, physical education, and after-school programs that promote healthy snacks and physical activity. In a recent survey conducted by the National PTA, 60% of parents said a school nutrition/physical activity policy is important to them. However, the survey indicated that only 1 in 5 parents are likely to be involved in developing and implementing their child's school Wellness Policy.

How Can Parents Help?

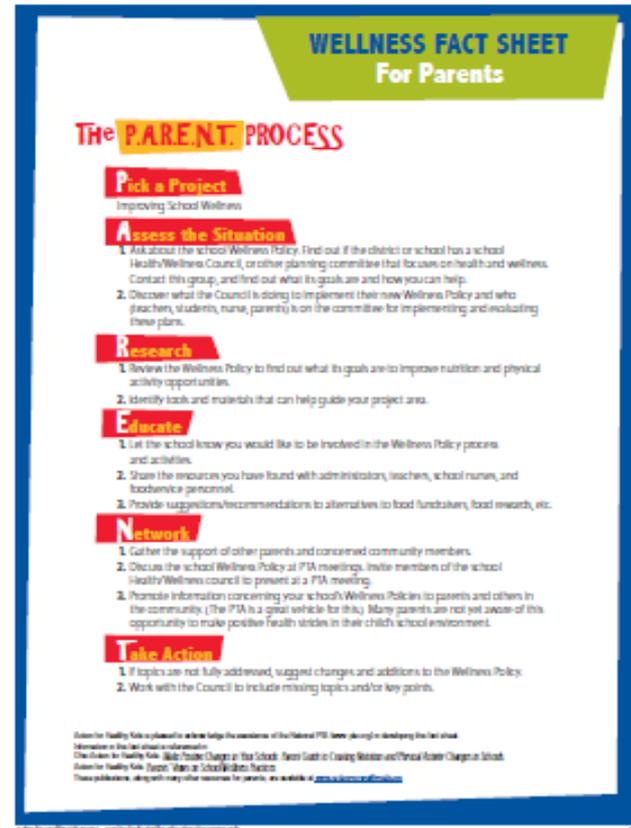
Do a Status Check
Visit the school, eat a school lunch, and talk to the teacher, principal, administrator and foodservice director in your district to find out:

- How do I obtain a copy of the new Wellness Policy?
- Are students able to easily choose healthy options?
- How much time is provided for physical activity, including physical education and recess?
- What are students or parents willing as part of fundraising efforts?
- Does the school have a School Health/Wellness Council it can join?

Spread the Word
Use school or PTA calendar, newsletters, bulletin boards, school websites, email and word-of-mouth to inform other parents, friends and neighbors about the new Wellness Policies and the role schools can play to improve nutrition and physical activity in children and youth.

Take Action
A great way to become more involved at your child's school is to take part in the development and implementation of Wellness Policies at the building level.

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WELLNESS FACT SHEET For Parents

The PARENT PROCESS

Pick a Project
Improving School Wellness

Assess the Situation

1. Find out about the school Wellness Policy. Find out if the district or school has a school Health/Wellness Council, or other planning committee that focuses on health and wellness. Contact this group, and find out what its goals are and how you can help.
2. Discover what the Council is doing to implement their new Wellness Policy and who (teachers, students, nurse, parents) is on the committee for implementing and evaluating these plans.

Research

1. Review the Wellness Policy to find out what its goals are to improve nutrition and physical activity opportunities.
2. Identify tools and materials that can help guide your project area.

Educate

1. Let the school know you would like to be involved in the Wellness Policy process and activities.
2. Share the resources you have found with administrators, teachers, school nurses, and foodservice personnel.
3. Provide suggestions/recommendations to alternatives to food fundraisers, food rewards, etc.

Network

1. Gather the support of other parents and concerned community members.
2. Discuss the school Wellness Policy at PTA meetings. Invite members of the school Health/Wellness council to present at a PTA meeting.
3. Promote information concerning your school's Wellness Policies to parents and others in the community. (The PTA is a great vehicle for this.) Many parents are not yet aware of this opportunity to make positive health strides in their child's school environment.

Take Action

1. If topics are not fully addressed, suggest changes and additions to the Wellness Policy.
2. Work with the Council to include missing topics and/or key points.

Action for Healthy Kids is pleased to be able help the members of the National PTA become involved in developing the best school information in the field about information:
 © 2006 Action for Healthy Kids. All Rights Reserved. © The School Open House on Creating Nutrition and Physical Activity-Focused Schools.
 Action for Healthy Kids. Support: Wings at School/Wellness Initiative.
 These publications, along with many other resources for parents, are available at www.actionforhealthykids.org

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Action for Healthy Kids – Tips for Parents

Helping Youth Make Better Food Choices

The tips at right are based on strategies and approaches used by nutrition, health and public health professionals who work with children, youth and families. These professionals shared their ideas for helping youth make better food choices in keeping with the *Dietary Guidelines for Americans* as part of an **Action for Healthy Kids** research project that involved over 1,400 respondents nationwide.

Please refer any child with a special dietary need or health condition to an appropriate health care professional.

Action for Healthy Kids is a national nonprofit organization dedicated to addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in school, through volunteer teams in all 50 states and the District of Columbia, and a network of 60 national partner organizations. Action for Healthy Kids seeks to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn. For more information, visit www.ActionforHealthyKids.org

Tips for Parents and Caregivers

 Parents are role models. If you want your kids to drink their milk, you have to drink yours, too!	Parents are role models. If you want your kids to drink their milk, you have to drink yours, too!	Eat family meals. Kids are more likely to eat more healthful foods at the family dinner table.	Set attainable goals! Set short-term goals that the entire family can reach — one good habit at a time.
Stop the clean plate club. The meal isn't done when the plate is clean; it is when the belly tells the brain that it's full.	Provide variety. Expose kids to a variety of low-fat and fat-free dairy, fruits, vegetables and whole grains.		Start young. Likes and dislikes are formed early. Teach kids about healthful foods from infancy.
Encourage the "one-bite tastes." Don't force a child to eat. Taste for new foods occurs over time.		Food as fuel. Kids think of their stomachs as gas tanks. Don't overflow your gas tank... or your belly!	Educate kids on the connection between healthy eating and energy, body image and school performance.
	Use your tools. Learn how to read food labels. MyPyramid charts, shopping lists and recipes.	Set TV limits. Allow no more than two hours a day of screen time, including computer and video games.	
Garden to table. Teach kids where their food comes from. Visit a farm! Plant a garden!	Get their hands dirty. Involve kids in food planning, selection, preparation and cooking.		Portion distortion. Teach youth about realistic food portions using age-appropriate serving sizes.
	Make it real. Show kids how much sugar is in soda or an energy drink by measuring it with sugar cubes.	Discourage dieting. Explain to kids that not eating "junk" food is a change in habits, not a diet.	

Action for Healthy Kids.

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Morning Announcements

Alphabet Announcements

A

A is for Activity! It is so important to be active every single day. A is also for apple. Eat some apple slices for a snack today.

B

B is for breakfast. Begin each day with a healthy breakfast. Try a bowl of cereal, piece of toast with jam and some milk and juice for a healthy breakfast!

C

C is for Calcium. Calcium is important to help our bones and teeth stay strong. Calcium is found in milk products and dark green vegetables. For a healthy snack today have some yogurt and graham cracker sticks to dip.

D

D is for Day. Make every day a good day by doing all the important things to keep your body healthy. For a snack today have a delicious pear.

E

E is for Exercise. Exercise at least 60 minutes every day. It will keep our bodies and our minds healthy and ready to learn. For a treat on the go, take a bag of raisins and peanuts.

F

F is for fun! Make exercising fun by trying different things like biking, running, jump roping. F is also for fruit. It is important to eat 2-3 servings of fruit every day.

G

G is for goal. It is good to set goals to achieve in your life. It is also good to have goals to keep your body healthy! G is also for grapes. Eat a bunch of grapes for a snack today.

H

H is for Healthy! There are many ways to keep healthy including eating good foods, exercising, bathing daily, brushing teeth twice a day, covering our mouths when we cough, and dressing for weather. For a healthy snack today try some graham crackers and a glass of milk.

These morning announcements were created at Bellevue Elementary in Bellevue, Iowa.

Healthy Body Announcements

OUR BODIES

We are going to be talking about our bodies and how they work. The first part of the body we need to talk about are the body cells. Our bodies are made up of 60 million cells! They make up every part of our body even though the cells are different. These cells all work together to help you grow and stay healthy. For a healthy snack to help your cells grow, try some meat and cheese.

THE BRAIN

The brain is part of our nervous system. The nervous system is composed of our brain, spinal cord, and nerves. These are our control center of our body. The brain sends messages to all part of our body to tell it what to do - even telling our bodies when to breathe!! For a healthy snack for your brain, try some nuts like almonds.

THE EYE

Your eyes are very special. They act like cameras to help you see. In fact, your eyes are actually built like a camera. The iris of the eye is the part that gives our eyes their color. Babies are born with blue eyes. By one year of age, their eyes become the color they will stay for the rest of their lives. For a healthy snack for your eyes, eat some carrots! They really do help our eyes to see!

THE EAR

Our ears do two jobs. They help us hear and they also help us keep our balance when we are walking. If you spin around fast and stop quickly, you feel dizzy because the fluid in your inner ear does not stop spinning when you do! Children normally have the best hearing because their ears are sensitive to high pitched sounds. For a healthy snack, try some fruit cocktail with graham crackers sticks.

BONES AND TEETH

Our bones are what give our bodies shape and hold it together. They are part of our skeletal system. Our teeth are also part of our skeletal system. Our bones and teeth are made of calcium. That is why it is so important to drink milk and eat foods that contain calcium to make our bones and teeth stronger. For a great snack, try some milk with graham crackers to dip!

These morning announcements were created at Bellevue Elementary in Bellevue, Iowa.



Iowa Department of Education

Physical Activity Resources

Physical Activity Resources	
<i>Daily Physical Education</i>	
<p>PE for Life</p> <p>This program is available to teachers, parents, school administrators, health care and community activists, and businesses who want to help students lead healthy, active lifestyles. The web site provides information on how to get involved with PE for Life, the latest information on physical education and childhood obesity, current research findings, available grants, PE for Life program services, and upcoming events.</p> <p>http://www.pe4life.org/index.cfm</p>	
<p>Iowa Association for Health, Physical Education, Recreation and Dance (IAHPERD)</p> <p>IAHPERD's main focus is providing leadership and support for programs that target healthy, active lifestyles. Included on its website is information about IAHPERD events and membership, as well as resources geared toward professionals in the health, PE, recreation, and dance field.</p> <p>http://www.iowashperd.org/</p>	
<i>Daily Recess</i>	
<p>American Association for the Child's Right to Play</p> <p>The American Association for the Child's Right to Play is a division of the International Play Association. The purpose of the organization is to protect, preserve, and promote play as a basic human right. Its web site provides links to recess-related resources and programs, as well as current research addressing the benefits of school recess.</p> <p>http://www.ipausa.org/index.html</p>	
<i>Physical Activity Opportunities after School</i>	
<p>International Walk to School in the USA</p> <p>Walking (or biking) to school is just one of the many ways we can encourage children to be physically active. The International Walk to School in the USA web site offers resources for schools getting started with the program, event ideas, and resources helpful in the promotion and education process. In addition to enhancing the health of kids, this program has the potential to help improve the air quality of the environment and initiate the creation of safer routes for walking and bicycling.</p> <p>http://www.walktoschool.org/index.cfm</p>	
<p>Live Healthy Iowa Kids</p> <p>This free, 100-day program was designed for students in grades K-12 to help them learn and apply healthy eating and physically active behaviors. The program runs from January through April and challenges youth to get at least 60 minutes of physical activity per day. Resources and monetary incentives are available to schools who participate.</p> <p>http://www.iowasportsfoundation.org/LiveHealthyIowakids/default.aspx</p>	
<p>Play 60: The NFL Movement for an Active Generation</p> <p>The National Football League (NFL) and the American Heart Association joined forces to develop the NFL Play 60 Challenge. This program encourages youth to be active for 60 minutes or more every day. The web site offers healthy suggestions for youth regarding nutrition and physical activity and also provides information on upcoming contests as well as related wellness initiatives.</p> <p>http://www.nflrush.com/play60/</p>	

<p>Iowa High School Athletic Association</p> <p>The Iowa High School Athletic Association offers a school resource center with information on sports medicine and wellness for athletes.</p> <p>http://www.iahssa.org/</p>	
<p>After School Physical Activity</p> <p>This web site was created for grades 4 through 8 and includes ideas for games and activities in which youth can partake to stay up and moving after the school day. Categories included on the web site range from Street Games and Multi-Cultural to Cooperative Games, Survivor, and Dance.</p> <p>http://www.iahssa.org/</p>	
<i>Integrating Physical Activity into Classroom Settings</i>	
<p>Just-a-Minute (JAM) School Program</p> <p>The JAM School Program is designed to incorporate physical activity and health education into the classroom. JAM provides a weekly one-minute exercise routine known as the JAMmin' Minute as well as a monthly health newsletter. This program is free for schools.</p> <p>http://www.jamschoolprogram.com/</p>	
<p>Take 10!</p> <p>Take 10! is a classroom-based physical activity program for K-5 students that integrates academic learning objectives for core subjects into 10-minute physical activity breaks.</p> <p>http://www.take10.net/</p>	
<p>Energizers</p> <p>These physical activity breaks integrate movement with academic concepts and are ideal for a classroom setting. Energizers are available for free on the North Carolina PE is Active web site and are designed for elementary and middle school students.</p> <p>http://www.ncpe4me.com/energizers.html</p>	



Live Healthy Iowa Kids Information



January 19 - April 28, 2010

WHAT IS LIVE HEALTHY IOWA KIDS?
A FREE, 100 day program designed to encourage young Iowans to increase their physical activity levels and make better food choices!
A POSITIVE way to teach kids about the importance of being physically active and show them ways to make fitness FUN!
A way for your team to WIN MONETARY AWARDS for your school or organization to be used toward new playground equipment or physical education classes!!!

WINNERS ON A TEAM!
Each team needs an ADULT team captain with a valid e-mail address.
A team may have 5-30 members on their roster. Teams may consist of youth from class, 4-H Clubs, After School programs, Scout Troops, or Family Teams!

HOW IS THE ACTIVITY AND NUTRITION TRACKED DURING THE PROGRAM?
Activity will be tracked in minutes.
Each participant aims for 60 minutes of activity, five days a week.
Fruits, Vegetables, Milk/Water Intake and Screen Time will be tracked by each month and reported on the Nutrition portion of the wall chart.
Captains report the team's total ACTIVITY MINUTES and NUTRITION for that month on the Web site.

WHAT ELSE IS INCLUDED WITH THE PROGRAM?
Weekly activity and nutrition tips will be sent via e-mail to the team captain and also posted on the Web site under Tips.
Additional activity and nutrition resources listed on the website.
Captains will receive a large colorful wall chart to help record the teams activity minutes and nutrition.
Chances for MONTHLY INCENTIVES to help reach the ending goal to be qualified for the chance to win MONETARY AWARDS

For online registration and program information visit www.IOWASPORTSFOUNDATION.org



<http://www.healthycommunity.ca/LUL/Pages/Youth.aspx>



Students Taking Charge Information

WHAT IS STUDENTS TAKING CHARGE?

A national program from Action for Healthy Kids for high school students to learn, join and take action to help make their schools healthier places.

Nearly 15,000 students in Massachusetts, Texas, Iowa, Michigan and Kansas have joined the cause to help themselves and their peers be healthier at school.



Students have a right to a healthy school environment:

- To improve their own health
- To help their peers eat healthier and be more active at school
- To leave a legacy at school by creating lasting change

Who can join?

High school students, and the staff and teachers who support them

Get involved!

- Provide your email address at www.StudentsTakingCharge.org to receive updates this Summer.
- Stay tuned for the Students Taking Charge national launch in Fall 2009, and bring the program to your school.

Reasons others have joined:

"I joined to be with my friends, we had a blast doing the Students Taking Charge activities like creating a movie to share the problems our school faced."

"Growing up in a family that had a few members with weight problems, I wanted to be involved to help reduce obesity so that my younger brother would not have to deal with the same problems I did."

"I joined to finish my service hours to graduate, but in the end I had a lot of fun and felt grateful for the chance to help others."



Iowa Department of Education

Game On! Information



GAME ON!
The Ultimate Wellness Challenge

**HELP STUDENTS MAKE
BETTER FOOD CHOICES AND MOVE MORE!**

Game On! The Ultimate Wellness Challenge is a year-long program that challenges America's youth, their families and schools to incorporate healthy food choices and physical activity into their daily lives. The program consists of a series of theme-based challenges spaced throughout the school year to engage and recognize students — and the adults who support them — for their efforts to make better food choices and move more.

Research shows that good nutrition and physical activity contribute to improved academic performance, attendance rates, behavior — and ultimately lifelong health and well-being. Sound nutrition and physical activity also help children and youth maintain a healthy weight, a goal worth pursuing given the alarming epidemic in childhood obesity.

Game On! The Ultimate Wellness Challenge provides step-by-step, easy-to-implement strategies and resources to help schools support children's health as part of the everyday school culture and environment.

**STUDENTS, EDUCATORS, FAMILIES AND COMMUNITY VOLUNTEERS:
GET INVOLVED, HAVE FUN — AND TAKE THE CHALLENGE!**

- Supports school wellness policies and practices
- Fun for kids and the adults who support them
- Easy to implement
- Draws on existing free and low-cost resources from government agencies and other leading organizations
- Reinforces good health messages throughout the school day and the school year
- Adaptable for use in elementary, middle and high schools
- Invites school staff, families and community members to get involved
- Flexible enough to fit your school's calendar, resources and needs

Visit www.ActionForHealthyKids.org.

Developed by Action for Healthy Kids as part of a continuing initiative in cooperation with the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

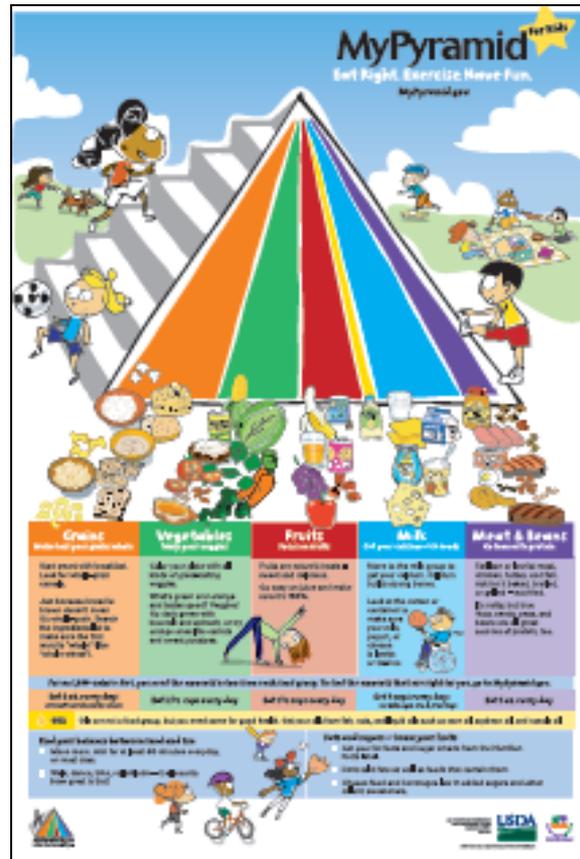
Action for Healthy Kids.
Action for Healthy Kids is a national grassroots partnership specifically addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. Action for Healthy Kids is a public-private partnership of more than 100 national organizations and government agencies representing education, health, fitness and nutrition, which support the efforts of the Action for Healthy Kids Teams in all states and the District of Columbia.

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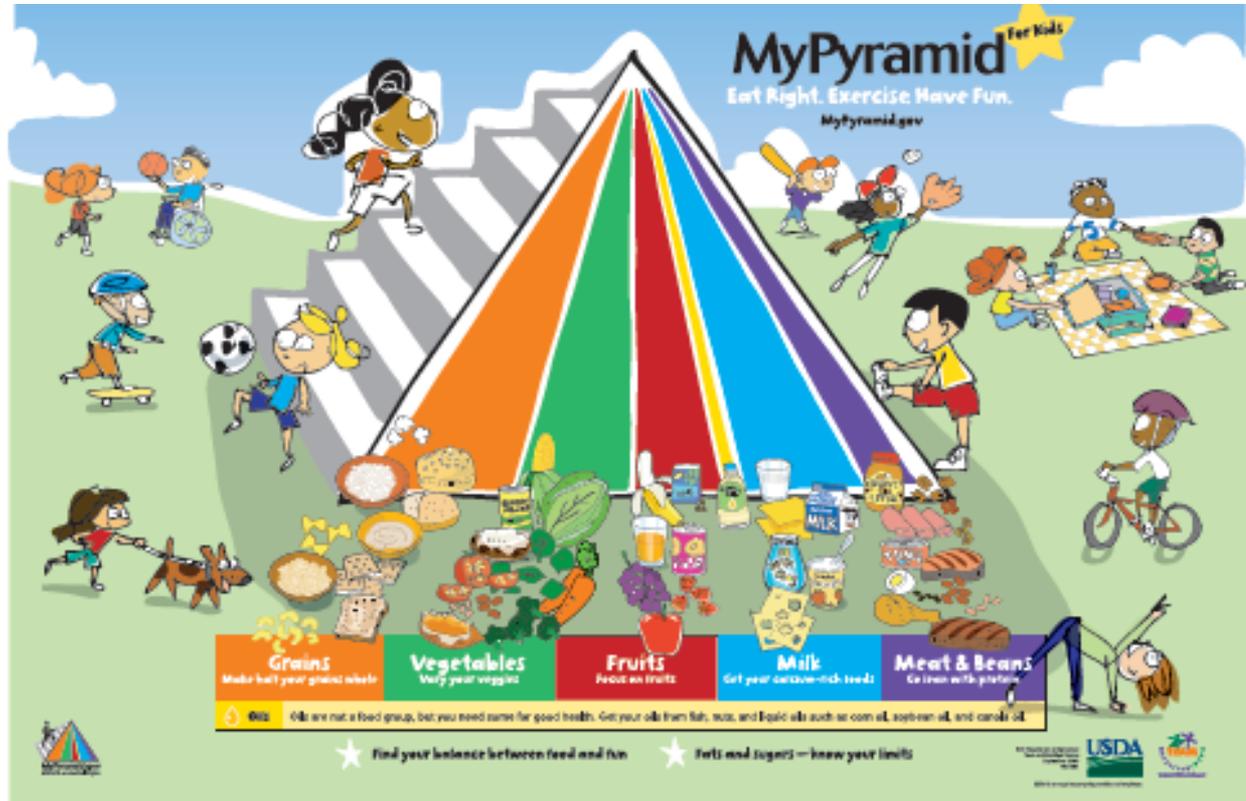


Iowa Department of Education

MyPyramid for Kids Poster



MyPyramid Mini Poster



Enjoy Moving Poster

Enjoy Moving

Be physically active every day*

Less Sitting Around

Enough Stretching and Building Your Muscles

More Making Your Heart Work Harder

Plenty Moving Whenever You Can

*Children and teens should be physically active for at least 60 minutes or more, preferably all, days of the week.

   U.S. Department of Agriculture
Eating Right Matters
FEB 02
USDA is an equal opportunity provider and employer.



Energizer Break! – A Jammin' Minute

JAMmin' Minute



Reps	Workout Routine: Standing Exercises
10	March in place
10	Face chair, tap toes on chair
10	Feet together, hop side-to-side
10	Tap your bottom on chair and stand up
10	Hands on abs, squeeze and release abs



Going Above and Beyond the Healthy Kids Act





Let's Move!

America's Move to Raise a Healthier Generation of Kids

Childhood obesity or excess weight threatens the healthy future of one third of American children. We spend \$150 billion every year to treat obesity-related conditions, and that number is growing.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

We need to get moving. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move! has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move! will [give parents the support they need](#), provide [healthier food in schools](#), help our kids to be [more physically active](#), and make [healthy, affordable food](#) available in every part of our country.

Learn more and [join us](#).

President Obama Names Childhood Obesity Taskforce

- [Read Memorandum](#)
- [Read the Event Blog](#)



[Read the Transcript](#) | [Download Video: mp4 \(395MB\)](#) | [Audio: mp3 \(29MB\)](#)

□ <http://www.letsmove.gov/>



Iowa Department of Education

Governor's Council on Physical Fitness and Nutrition

- Live Healthy Iowa Kids/Governor's Challenge



- HealthierUS School Challenge

<http://teamnnutrition.usda.gov/healthierUS/index.html>

- Healthy Iowa Awards



School Beverage Guidelines

- American Beverage Association and The Alliance for a Healthier Generation
- Participation is voluntary



Iowa Department of Education

Become a Team Nutrition School

- Be recognized as a program that is promoting a healthy school environment
- Receive:
 - ▣ FREE nutrition education resources
 - ▣ Monthly e-newsletter
 - ▣ Announcement about upcoming trainings and ICNs

TEAM NUTRITION  **IOWA™**



Extend the Healthy Kids Act Beyond the Bell

- The Healthy Kids Act does not affect:
 - ▣ Classroom Parties
 - ▣ Concessions
 - ▣ Fundraisers Outside the School Day
 - ▣ Vending in Staff Lounges

- Encouraged for schools to apply the HKA standards to foods/beverages sold “beyond the bell”



Recess Before Lunch



Iowa Department of Education

Rally Support

“Administration and teacher support is an integral piece ... coordination of classroom curriculum, cafeteria contests, promotions, and adult modeling of healthy behaviors are very important ...”



-Project Coordinator, Pinellas County Schools, Florida





Closing and Evaluation

- Please complete the Regional Training Evaluation
- Turn in your mileage reimbursement forms and substitute pay request letters
- Pick up an attendance certificate
- Pick up Eat Smart. Play Hard. for a Healthy Student Body poster
- Watch for a HKA webinar April 12th and Role Modeling workshops in the fall



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Iowa Department of Education

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AEA Administrator



Thank You!



Questions?



Iowa Department of Education