



Iowa Department of Education

January 2010

TEAM NUTRITION IOWA™

e-newsletter

Funding Available for School Gardens!

Fiskars Project Orange Thumb grants garden tools and materials such as plants, seeds, mulch, etc. to eligible gardening groups. Grants are awarded up to \$1,000 for materials. Gardens and/or gardening projects geared toward community involvement, neighborhood beautification, horticultural education, and/or sustainable agriculture are eligible.

Deadline: February 19, 2010.

To get more information, [click here.](#)



It's a New Year Full of New Opportunities!

Each issue of Team Nutrition Iowa e-newsletter will bring you information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories and ideas from Iowa schools working to promote healthy habits in their students and staff.

We want to hear from you! If there are topics that you would like to see covered in the e-newsletters or you have a success story to share please send them our way! If you would like other staff members from your school to receive this e-newsletter please send us their e-mail addresses and we will add them to our mailing list!

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January is Fiber Focus Month!

Diets rich in foods containing fiber such as fruits, vegetables, and whole grains may reduce the risk of heart disease. So, getting enough dietary fiber is important for lasting health benefits! Help students choose fiber-rich fruits, whole grains, vegetables, and dry beans by gradually adding more of these foods to your menus. About 85 percent of dietary fiber comes from these sources. Compare nutrition facts labels for similar products and look for the amount of dietary fiber per serving. A "good source" of fiber provides between 3 and 5 grams per serving. A "high fiber" source contains 5 grams or more." To view a fact sheet on how to include fiber-rich food in school meals [click here.](#)



Success Story

Van Buren High School recently held a Wellness Day! Throughout the day information about nutrition and physical activity was shared through posters and handouts. During the lunch hour a health fair was set up in the gym for students and staff to attend. Students also completed a survey on school meals. Results were tabulated and will be used to make changes to the school meal program. During the last hour of the day, a school assembly was held and Jennifer Neal spoke on the topic of, "School Wellness and You!" This Wellness Day was made possible through a Team Nutrition Mini-Grant. For more information contact Sara Sprouse at sara.sprouse@gpaea.k12.ia.us

Website Wisdom

The National Initiative for Children's Healthcare Quality (NICHQ) has a website that houses childhood obesity fact sheets for each state. To view the Iowa fact sheet [click here.](#)



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