

Wellness Day held at Van Buren

By Rusty Ebert
Editor

Van Buren High School's Wellness Day, held Monday, November 16, was a success, according to organizers. At least 100 students visited the booths and participated in activities during the lunch hour. Jenny Neal, an expert on dietetics and also runner-up to Miss Iowa in 2009 spoke to students about "School Wellness and You".

Blood pressures were also taken during the lunch hour, approx 24% of students/staff had elevated blood pressure and were educated by a nurse from VBCH and instructed to monitor blood pressure closely.

The Wellness committee met November 18 and reviewed the Wellness Day. Also discussed were:

Farm to School program:

The school received \$5000 from USDA for Farm to School grant and the school has used this money to purchase one of the two salad bars that are now in use and fresh, locally grown produce for school lunch. The school will also purchase some fruit trees for the high school campus. It was suggested that the school find trees that produce when school is in session and also to look in to dwarf trees because they produce faster. Judy Thomas commented that students like Granny Smith and Pink Lady apples. FFA would help maintain the trees. The school has received another Farm to

School grant to continue the purchase of fresh, locally grown fruits and veggies.

Judy Thomas read the following report from Nathan Padget at the Middle School:

"Hello from the Middle School!!! We are currently in the fourth week of having the salad bar and so far it has been a great success. We offer the students salad two days a week on Wednesdays and Fridays. We try to change the special items that we offer the students every week and have included items such as cottage cheese, applesauce, pasta salads, and beets. Items we try to have on the salad bar each time include two meats, cheese, broccoli, carrots, cauliflower, cucumbers, peppers, onions, eggs, croutons, crackers, two choices of dressings, and obviously lettuce. Fruits that we have available to the students include oranges, grapes, bananas, and apples. As for the amount of people eating the salad bar the numbers have been pretty steady at around 65 kids each day, as well as half a dozen teachers.

Judy reported that the high school salad bar averages 45 students a day, depending on the regular meal. The salad bar is offered 5 days a week. Similar items are offered as the middle school.

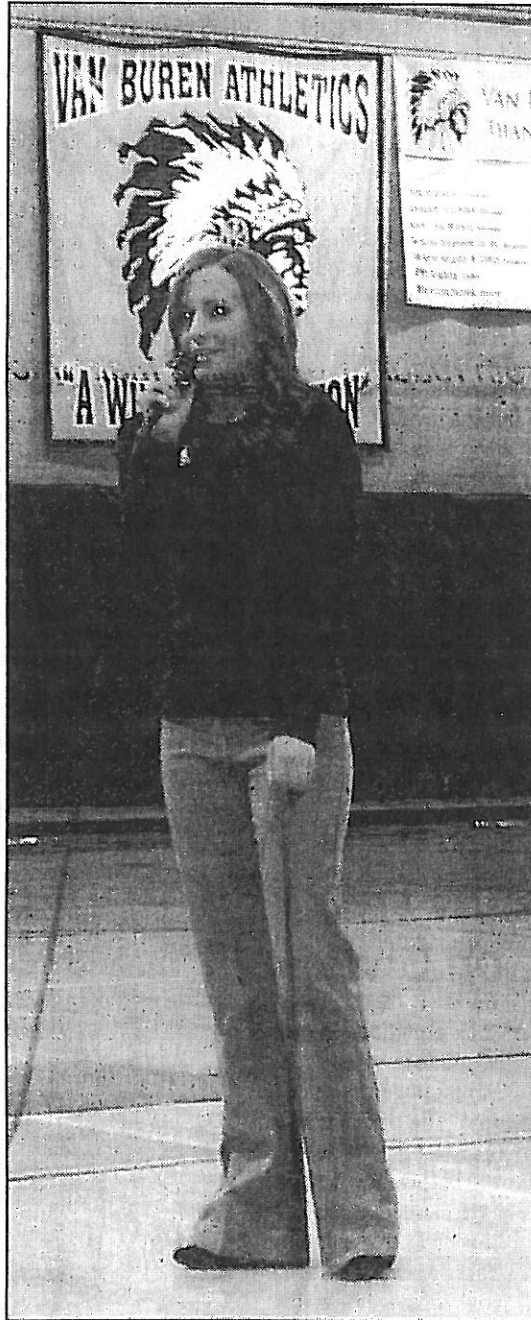
Producers who provided the fresh produce this fall include: Doug Zollars (melons), Sharon's Produce (leaf lettuce), Kim Steele-Blair (red/yellow cherry tomatoes, red/yellow

green/lime green peppers, red cabbage, green onions, romaine lettuce, and jalopenos). Judy appreciates Kim Steele-Blair for organizing everything.

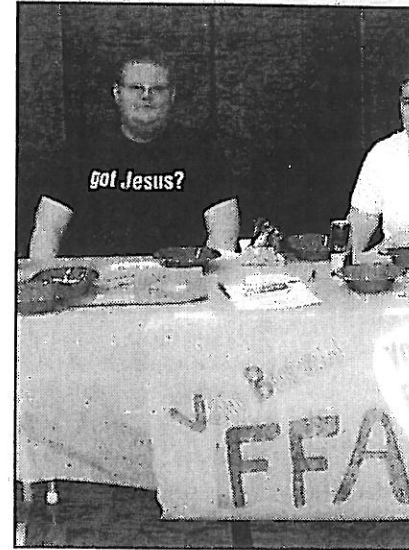
Judy Thomas also stated she is receiving a lot of brown rice for commodity and would like

any recipes/ideas for how to prepare it.

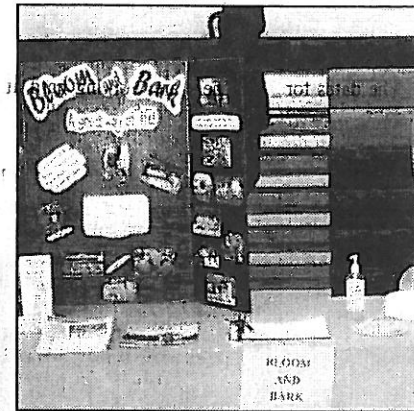
Doris Strait, Family and Consumer Sciences instructor is doing a lesson on energy drinks/supplements now and what happens if you take megadoses of supplements.



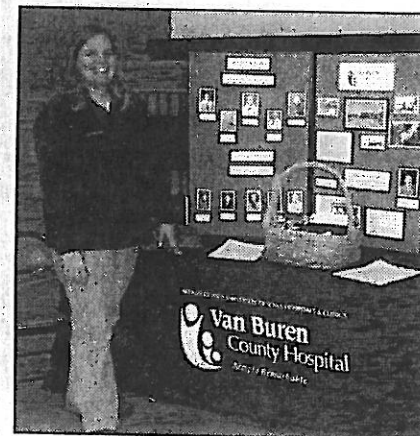
Jennifer Neal, featured speaker.



FFA booth.



Kim Steele-Blair had a display.



Carisa Allison, Van Buren County Hospital.



FCCLA booth.