



[Illinois Schools Can!](#) is an initiative that will support and encourage elementary schools to take part in the [HealthierUS School Challenge](#). For future updates on Illinois Schools Can! initiatives, check out the Illinois NET website at [www.kidseatwell.org](http://www.kidseatwell.org) or [sign up for this complimentary newsletter](#).



### **2007-2008 Illinois HealthierUS School Challenge Competitive Mini-Grants for Elementary Schools**

The Illinois Nutrition Education & Training Program is pleased to announce the availability of 2007-2008 Illinois HealthierUS School Challenge Competitive Mini-Grants for elementary schools. The purpose of this mini-grant, funded by USDA Team Nutrition is to help Illinois elementary schools/districts work toward and submit an application for a Silver or Gold School designation in the HealthierUS School Challenge. Schools that participate in the USDA National School Lunch Program are eligible to apply for the grant. Grants up to \$2,500 will be awarded to ten schools or districts. Up to 25 extra points can be earned by applicants attending or scheduling a HealthierUS School Challenge training prior to the application due date of April 13, 2007. For more information on the mini-grant and training opportunities, please visit the Illinois Nutrition Education & Training Program website at [www.kidseatwell.org](http://www.kidseatwell.org) or call (800) 466-7998.

### **Don't Delay! Register for Illinois Schools Can! Regional Workshops Today**

*Illinois Schools Can! Putting School Wellness Policies into Action* is a regional workshop to help K-12 school staff implement school wellness policies. The workshops are sponsored by the Illinois Soybean Association and presented by the Illinois Association of Regional Superintendents and the Illinois Nutrition Education & Training Program. Registration is \$20 per person and participants receive 5 CPDU credits. **You can mail your registration forms with a check to Illinois NET or fax your registration forms for each participant to Illinois NET at (815) 895-2971 and bring checks to the conference.** For additional conference information, please visit the Illinois Nutrition Education & Training Program website at [www.kidseatwell.org](http://www.kidseatwell.org) or call (800) 466-7998.

### **Be an Illinois Schools Can! Initiative Partner**

If your organization, agency or company would like to share training or grant opportunities or information about complimentary resources that will assist Illinois elementary schools in meeting HealthierUS Challenge criteria, please let us know so that we can include them in future newsletters.

## Did You Know?

Did you know that HealthierUS School Challenge standards require that cooked dried beans or peas are offered at least once per school week? Here are some creative menu ideas to meet these guidelines:

- Hummus (garbanzo bean) dip with fresh vegetables
- Black bean burritos
- Vegetable chili
- Spicy black bean or lentil soup
- Four bean salad
- Bean, rice and vegetable bowl
- Pinto bean and cheese quesadillas
- Mexican lasagna with beans and cheese

**For more recipe ideas, visit [www.americanbean.org](http://www.americanbean.org) or [www.pea-lentil.com](http://www.pea-lentil.com).**

## Grant Opportunities for Elementary Schools

USDA Team Nutrition [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

National Center for Chronic Disease Prevention and Health Promotion  
Healthy Youth! Funding Resources <http://apps.nccd.cdc.gov/HYFund/>

American Academy of Pediatrics [www.aap.org](http://www.aap.org)

National Dairy Council 3-A-Day of Dairy Nutrition Education Grants  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

## Helpful Resources

### ***Nutrition Education Through Gardening - Free Onsite Workshop***

Schedule this workshop to receive a K-3 garden-based curriculum for your school. It promotes healthful eating and brings core subjects alive for young children. Each workshop training provides a free curriculum to schools and up to 1.5 CPDU credits are available for each participant. To schedule this workshop at your location, call the Illinois Nutrition Education and Training Program at (800) 466-7998.

### ***Elementary School Nutrition Curriculum from the National Dairy Council***

Nutrition education programs- *Little D's Nutrition Expedition*™ for second grade and *Arianna's Nutrition Expedition*™ for fourth grade- help teachers bring nutrition education alive through story-based lessons and online games. A teacher guide, nutrition backgrounder, posters, and black line masters can be downloaded for teacher use. The five-food-group-based programs are teacher-tested and support the USDA's MyPyramid food guidance system. Teachers can access complete teaching materials by enrolling electronically at

[www.NutritionExplorations.org](http://www.NutritionExplorations.org). To see how the materials correlate with Illinois Learning Standards visit [www.midwestdairy.com](http://www.midwestdairy.com) and click on lower section where New Programs are highlighted.

### **Healthy Kids Challenge Activities for Children**

A nationally recognized program promoting healthy eating and physical activity, offers a variety of resource materials for the cafeteria and classroom, including a toolkit for schools. Check out the Healthy Kids Challenge at [www.healthykidschallenge.com/ordermaterials.php](http://www.healthykidschallenge.com/ordermaterials.php) for more details.

### **School Nutrition Success Story**

Indian Prairie School District 204 which serves the Bolingbrook, Naperville and Aurora areas, has made great strides to improve the quality of both their school meals and physical education programs. A visiting chef program has been initiated in the high schools to broaden the variety of healthier options offered to students. Chefs were hired to come to the schools for special events and demonstrate how to create such healthy options like stir-fry dishes, whole wheat crust pizzas loaded with vegetables and hamburgers on a whole wheat bun. The district's foodservice company sent their division chef onsite to educate the foodservice staff on how to create healthy food options. Healthier options like salad and apples are also priced less to encourage students to make those choices.

David Perry, the Physical Education Department Chairperson, stated that competitive, sports-based physical education is a thing of the past in District 204. "Gym" has been renamed FITS, which stands for fitness integration through sports, and provides more fitness-based activities to the students rather than sports-based. The overall goal of the FITS program is to raise the students' heart rate while doing an activity they enjoy. Students measure their heart rates by the use of heart rate monitors.\* The students can choose from a roster of activities, which can include such activities as tap, jazz, rollerblading and golf. "We want to introduce them to activities they can do for the rest of their life because fitness shouldn't stop after high school graduation," Perry stated. District 204's FITS program has won two Blue Ribbon Plaques through the Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD) voluntary recognition program that recognizes excellent physical education and health programs.

\*Note: If your school does not have heart rate monitors, email the Polar grant application hotline: [angela.vitale@polar.fi](mailto:angela.vitale@polar.fi) to inquire about available heart rate monitor grant.

### **Success Stories**

Do you have a success story for improving nutrition or fitness for elementary aged children in your school environment? If so, e-mail us at [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org).

We want to share your success story in a future newsletter.

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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