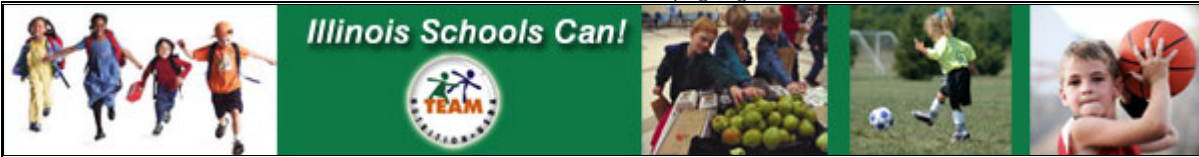


To view this email as a web page, go [here](#).



## **Illinois Schools Can! Improve Wellness for Children**

[Illinois Schools Can!](#), a wellness initiative in its second year, is funded by a 2006 USDA Team Nutrition Training grant awarded to ISBE to support and encourage elementary schools to take the [HealthierUS School Challenge](#). For future updates, visit the Illinois NET website at [www.kidseatwell.org](http://www.kidseatwell.org) and [sign up for this complimentary newsletter](#).

## **School Wellness Success Stories in the Making**

The Illinois NET Program, supported by ISBE, is pleased to announce that eleven elementary schools and one district have received up to \$2,500 in mini-grant funds to prepare their schools to take the *HealthierUS* School Challenge during the 2007-2008 school year. Approved activities include implementation of nutrition curriculum and software, enhancement of school menus and staff development. Winners include:

<b>Town or City</b>	<b>Schools and/or District</b>
Bushnell	Bushnell-Prairie City Elementary
Bridgeport	Red Hill Community Unit School District #10
Carterville	Tri-C Elementary School
Chicago	North Kenwood Oakland Charter School
Colfax	Ridgeview Elementary
Morrison	Northside and Southside Elementary Schools
Oak Park	Oliver Wendell Holmes and William Hatch Elementary Schools
Salem	Hawthorn School
Ullin	Century Elementary
Yorkville	Bristol Bay Elementary School

## **Mark Your Calendars to Participate in the Move & Crunch Challenge**

The Move & Crunch Challenge, a new *Illinois Schools Can!* program, is a statewide competition where elementary school principals will log the days they meet their recommendations for physical activity and fruit and vegetable consumption during one school week of choice in **March 2008**. In turn, they will challenge school staff, students and parents to do the same. Check out

[www.kidseatwell.org](http://www.kidseatwell.org) this October for more details.

### **Coming Soon! International Walk to School Day**

Complimentary registration is now open for 2007 International Walk to School events to be held on Wednesday, October 3, 2007. Visit [www.walktoschool.org](http://www.walktoschool.org) for more information.

### **Register Today! School Staff Wellness Programs**

*SCHOOL EMPLOYEE WELLNESS: A Guide for Protecting the Assets of Our Nation's Schools* provides information, practical tools and resources for school employee wellness programs. Download a copy at [www.schoolempwell.org](http://www.schoolempwell.org).

School Nutrition Association Members can now register food service employees for a complimentary staff wellness program called the *Eat Smart, Get Moving! Personal Wellness* program. Register online at [www.eatsmart-getmoving.org](http://www.eatsmart-getmoving.org).

### **Complimentary Training Opportunities through the Illinois NET Program**

[HealthierUS School Challenge](#) training is now available to help schools earn either Silver or Gold certification. [Request a complimentary onsite workshop for your school.](#)

[Nutrition Education that Works: An Integrated Approach](#) assists PreK-grade five educators with implementation of USDA Team Nutrition Curricula that have been linked to Illinois Learning Standards. [Register now for complimentary online training at your leisure.](#)

### **Physical Activity in Contemporary Education (PACE) 2007 Conference**

Learn cutting-edge information about student wellness and how to implement related policies across curriculum. Register at [www.conferences.uiuc.edu/PACE/index.html](http://www.conferences.uiuc.edu/PACE/index.html).

### **2007 Illinois Association of Family and Consumer Science Annual Conference – October 18 & 19**

Check out [www.cast.ilstu.edu/iafcs/](http://www.cast.ilstu.edu/iafcs/) later this month for registration information to this conference with sessions on student wellness.

## **New Grant Opportunities for Illinois Schools**

### **Love Your Veggies™ Nationwide School Lunch Campaign**

Hidden Valley is offering one \$10,000 grant to an Illinois elementary school to support a program that increases student access to and consumption of fresh fruits and veggies during meals. Application deadline: 11/30/07. [www.loveyourveggiesgrants.com/](http://www.loveyourveggiesgrants.com/)

### **Illinois School Breakfast Program Start-up Grants Available**

The Illinois State Board of Education is pleased to announce the availability of School Breakfast Program start-up grants for up to \$3,500 per school. Grant applications will be accepted until monies are exhausted or through 6/30/08. [www.isbe.net/nutrition/htmls/breakfast\\_state.htm#start](http://www.isbe.net/nutrition/htmls/breakfast_state.htm#start)

### **2007 Breakfast Awards**

Midwest and St. Louis Dairy Councils are offering monetary awards for schools that are using or interested in using alternative breakfast service. Application deadline: 11/30/07. Visit [www.midwestdairy.com/pages/index.cfm?TREE\\_ID=509](http://www.midwestdairy.com/pages/index.cfm?TREE_ID=509) or [www.stldairyCouncil.org/breakfast\\_awards.asp](http://www.stldairyCouncil.org/breakfast_awards.asp) for more information.

### **Classroom Breakfast Funds Available for the 2007-2008 School Year**

Share Our Strength, an anti-hunger non-profit organization, is providing opportunities for Illinois schools to apply for funds to implement or improve classroom breakfast programs. Contact Carol Watson, Grants Program, at [cwatson@strength.org](mailto:cwatson@strength.org) or 202/478-6561 for an application.

### **The National Gardening Association Youth Garden Grants Program**

Several grants are available to initiate school gardens. <http://assoc.garden.org/grants/>

## **Complimentary Helpful Resources**

### **New! Nutrition Essentials**

New Team Nutrition Curricula for middle schools and high schools. Available now online for download at <http://teamnutrition.usda.gov/Resources/nutritionessentials.html>.

## **Bright Ideas for Using the Eat Smart. Play Hard.™ Materials NOW Available**

September is the perfect time to check out [Bright Ideas for National Fruit and Vegetable Month](#) which highlights Eat Smart. Play Hard.™ resources for elementary schools.

## **Making It Happen! School Nutrition Success Stories**

This exciting USDA publication tells innovative school nutrition success stories for 32 schools and districts from across the U.S. [Download online or order one complimentary copy per site while quantities are available.](#)

### **School Wellness Success Story: Food Service Director Serves Up Health in Carterville**

**Jeannie Dixon, School Food Authority  
Tri-C Elementary School – Carterville, IL**

Jeannie Dixon, food service director at Tri-C School in Carterville, is helping her school meet student wellness objectives by planning and serving healthful school meals. Tri-C utilizes the [CATCH](#) program to meet physical activity and nutrition education goals and preparing to take the [HealthierUS School Challenge](#) in the 2007-2008 school year.

Jeannie is committed to finding the most healthful food options for students and has switched to turkey hot dogs and corn dogs, reducing the fat content from 16 to 10 grams of fat per serving. She also has reduced the fat in her nachos by 7.5 grams per serving by using a dry cheese sauce mix made by Lasco. She also chose to eliminate grilled cheese sandwiches from the menu in favor of serving lean turkey and chicken sandwiches twice a month which the children love. Even though her cheese sandwiches were made with reduced fat cheese, she calculates that each student will eliminate 24-36 grams of fat per month from their diet or the equivalent of two cans of shortening a year with this one change.

Jeannie also surveyed her students to determine their favorite fruits and vegetables. Surprisingly, her students' second favorite vegetable (after potatoes) was a lettuce salad with fat-free ranch dressing which she has added to her menu with great success.

Congratulations to Jeannie Dixon for her wellness efforts on behalf of Illinois children. [Learn more about Jeannie's success story with the CATCH program](#)

[where she was named CATCH Champion in June of 2007.](#)

### **Got Success? Share Your Story**

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 may share your story in a future newsletter.

### **Contribute to the *Illinois Schools Can!* e-Newsletter**

If your organization, agency or company would like to share resources, training or grant opportunities that will assist Illinois elementary schools in meeting *HealthierUS* Challenge criteria, please let us know so that we can include them in future newsletters. **The deadline for contributions for the November 2007 newsletter is October 1, 2007.** Please email contributions to [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org).

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