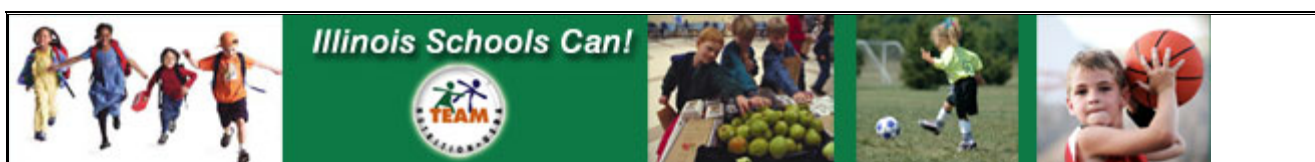


To view this email as a web page, go [here](#).



*Illinois Schools Can!* is a wellness initiative funded by a Team Nutrition Training Grant that supports and encourages elementary schools to take the *HealthierUS* School Challenge. Please visit [www.KidsEatWell.org/IllinoisSchoolsCan.html](http://www.KidsEatWell.org/IllinoisSchoolsCan.html) for more information.

## Wellness Events and Training

### ***HealthierUS* School Challenge 2008**

The *HealthierUS* School Challenge is set to begin for the 2008-2009 school year. Nine elementary schools in Illinois have submitted applications so far. Not sure if your school's meals are ready? Are you meeting all the physical activity requirements? Is your wellness policy in place? If you're unable to answer any of these questions the Illinois Nutrition Education and Training (NET) Program has a consultant in your area to provide on-site training for your school staff to assist them to successfully complete the Challenge. Contact NET at [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org) or call (800)466-7998. Hurry, your elementary school could be "Going for the Gold" and receive national recognition for outstanding efforts in nutrition and physical activity. If you would like more information about the Challenge, go to <http://teamnutrition.usda.gov/HealthierUS/index.html>.

### **Online Training for Food Service Professionals**

National Food Service Management Institute (NFSMI) will be providing online courses this fall for child nutrition personnel. Courses range from *Meeting the School Wellness Challenge* to *Culinary Techniques for Healthy Meals*. CEU credits are available and as an incentive to those completing the *Culinary Techniques* course, a set of Dietary Guidelines posters will be automatically sent to the first school nutrition staff that completes the course from your school or district. Please visit [nfsmi.org](http://nfsmi.org) and select *on-line courses* for more information.

### **Online Training - *Nutrition Education that Works: An Integrated Approach***

This is a complimentary online course provided by the Illinois Nutrition Education and Training (NET) Program. It provides strategies for integrating nutrition topics into core subjects using USDA Team Nutrition curricula. Each lesson has been matched to the Illinois Learning Standards. Appropriate for PreK-Grade 5. Please visit [www.kidseatwell.org/onlinetraining.html](http://www.kidseatwell.org/onlinetraining.html) to complete this course and earn two CPDU credits.

## **The Walk Across Illinois School Fitness Program**

This program offers schools and students across Illinois a **no-cost**, easy, standards-based fitness program that encourages daily physical activity, incorporates fitness into academics, and engages families and students in health promotion. It is a 22-week curriculum that helps elementary school teachers incorporate lessons about Illinois history and geography with fun and interactive physical activities. Participating students complete the "Walk Across Illinois" over the course of 22 weeks by earning "miles" through physical education classes and extracurricular activities. For more information, please contact Joanna Puchalski at [Joanna@biketraffic.org](mailto:Joanna@biketraffic.org) or phone: (312) 427-3325 or visit their website at [www.WalkAcrossIllinois.org](http://www.WalkAcrossIllinois.org).

**Coming in March 2009:** The Illinois Nutrition Education and Training Program is planning three regional training programs for school wellness teams. Look for more information in future issues.

## **Grant Opportunities**

### **School Breakfast Start-up Program -- Deadline: Priority given to schools with 40% or greater free & reduced eligibility through 10/1/08, until funds exhausted**

The Illinois State Board of Education (ISBE) will be providing grants to promote start-up funding for implementing School Breakfast Programs. This grant is designed to assist schools in overcoming some of the barriers associated with starting a new program and provides up to \$3,500 per school for eligible costs. A School Food Authority (SFA) may complete an application packet for schools that will start a School Breakfast Program during the 2008-2009 school year. ISBE will accept grant applications until October 1, 2008. Please visit [www.isbe.net/nutrition/htmls/breakfast\\_state.htm](http://www.isbe.net/nutrition/htmls/breakfast_state.htm) for information and an application.

### **2008 Healthy Sprouts Awards -- Deadline: 10/15/08**

Funding and supplies are available for a youth garden program for twenty schools with children between the ages of 3-18. Projects must incorporate nutrition education and demonstrate knowledge and awareness of hunger in the United States. Applications are available online at [www.kidsgardening.com/healthysprouts.asp](http://www.kidsgardening.com/healthysprouts.asp).

### **2009 Youth Garden Grants -- Deadline: 11/1/08**

The National Gardening Association will be awarding Youth Garden Grants (Sponsored by the Home Depot) to schools and community organizations with child-centered garden programs that focus on education, nutrition, the environment, entrepreneurship, and/or the social aspect of gardening. Grants range from \$250.00 to \$1000.00. To apply, please visit [www.kidsgardening.com/ygg.asp](http://www.kidsgardening.com/ygg.asp).

## **Love Your Veggies Grant -- Deadline: 11/7/08**

The makers of Hidden Valley Salad Dressing are awarding ten (10) fifteen thousand dollar (\$15,000) grants to elementary schools across the U.S. to support programs which increase access to, or reinforce the consumption of fresh, healthy foods through an on-campus vegetable consumption program. Applications are available at <http://loveyourveggiesgrants.org/guidelines.php>.

## **School Wellness Success Stories**

### **Vienna Elementary School District #55**

Congratulations District #55 on going above and beyond your school wellness policy to create an effective school wellness program! Over the past four years their Wellness Committee, made up of students, staff and community members, has worked diligently to upgrade their vision, policy, and procedures in regards to their school wellness program. Their current program includes:

- signing up as a Team Nutrition School
- the Presidential Physical Fitness program
- additional physical education/health/life safety programs to fulfill required physical activity minutes for Illinois school children when physical education class is missed or cut short
- BMI screening for all students
- the exclusion of all soft-drinks, candy bars, and sale of other junk food items during the instructional day
- health and physical education instructional materials that have been upgraded and aligned to state standards school-wide
- training of school food service personnel for healthy meal compliance
- *10,000 Steps* an after-school program for district staff and for more information visit <http://www.shapeup.org/shape/steps.php>
- facility-use agreements with community groups to utilize gym for activities

They report that for the 2008-2009 school year they will be adding several new programs:

- *The RU Healthy Kids Program*, in conjunction with Southern Illinois University, works with the school to measure and monitor the students' health, such as BMI.
- Within their *Response to Intervention Program*, *Character Education program*, and *Positive Behavior Interventions and Supports program*, they will be incorporating wellness curriculum.

Way to Go Vienna School District #55! You deserve a gold star!

## **Tell Us About Your Success Story**

Do you have a success story about improving wellness 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.

## **Partner Contributions**

### **School Wellness Activation Kits**

This fall the Midwest Dairy Council, the St. Louis Dairy Council, The National Dairy Council, and the National Football League are supporting school wellness through no-cost *School Wellness Activation Kits*. The kits provide a fun, engaging way for school nutrition professionals to work together with educators, administrators, physical education teachers, and food personnel to improve school nutrition and physical activity. Kits are geared toward grades 4-8. Please visit [www.schoolwellnesskit.org](http://www.schoolwellnesskit.org) for details about what is included in the kit and how to order one for your school.

## **Wellness Resources**

### **The Dietary Guidelines for Americans Fact Sheets for Healthier School Meals**

The USDA has completed the last six of their nine fact sheets created for school foodservice staff to better align school meals with the Dietary Guidelines for Americans. Topics include: trans fat, rising food costs, varying vegetables, sodium, fiber, saturated fat and cholesterol, and dry beans and peas. You can access or download them at [www.fns.usda.gov/tn/Resources/dgfactsheet\\_hsm.html](http://www.fns.usda.gov/tn/Resources/dgfactsheet_hsm.html).

### **New Curriculum for 2<sup>nd</sup> and 4<sup>th</sup> Grade Teachers**

The Midwest Dairy Association in partnership with the St. Louis Dairy Council and The National Dairy Council has developed exciting new curriculum based on the Dietary Guidelines for Americans and the MyPyramid guidance food system which align with Illinois Learning Standards, at no cost to schools. If you want to participate in Little D's and Arianna's Nutrition Expeditions go to [www.midwestdairy.com/pages/index.cfm?TREE\\_ID=573](http://www.midwestdairy.com/pages/index.cfm?TREE_ID=573) and click on the Illinois link in the right hand column.

### **Physical Activity Guidelines for Americans**

In 2006, the Health and Human Services Secretary Mike Leavitt organized a committee to develop comprehensive, scientific-based guidelines to help Americans, with a specific emphasis on children, fit physical activity into their lives. Their report, *The Physical Activity Guidelines Advisory Committee Report, 2008* is now available at <http://www.health.gov/paguidelines/>. The report will be used in preparation for the

development of the *Physical Activity Guidelines for Americans* due out at the end of 2008.

### **Lactose Intolerance in Minorities: Meeting their Calcium Requirements at Home and in School.**

For school foodservice personnel, school nurses, and parents, educating children about the importance of calcium is challenging. For many minority children there is the added hindrance of lactose intolerance, leading them to avoid milk and other dairy products. Consequently, they are depriving themselves not only of bone building nutrients like calcium and Vitamin D, but also of many other nutrients such as potassium, phosphorus, Vitamins A and B12, riboflavin, niacin, and protein. These nutrients are known to protect us from chronic diseases such as hypertension, colon cancer, stroke, diabetes, and obesity - all of which are disproportionately found in minority groups. The good news is that lactose intolerance can be managed. The American Academy of Pediatrics encourages children with lactose intolerance to continue to consume dairy products in order to get all the valuable benefits they provide. Their recommendations below are meant to reduce the discomfort associated with consuming lactose products.

At home, parents should persuade their children to:

- Consume small amounts of milk with a meal rather than on an empty stomach.
- Increase their tolerance to dairy products by increasing the amount consumed each day.
- Try alternative dairy sources such as hard cheeses, yogurts that contain live and active cultures, and lactose-free products.

At School:

- Provide lactose-free milk, as allowed by law passed in Congress in 2004.

These tips can provide food service personnel and school nurses with the resources to educate students and families about the importance of dairy products for long term health. To access the complete report *Lactose Intolerance and Minorities: the Real Story*, please visit

<http://nationaldairycouncil.org/nationaldairycouncil/nutrition/lactose/lactoseintolerance.pdf>.

### **Preparing for Change: Reducing Fat Content in School Meals**

Here are seven great ways to reduce fat content to meet USDA standards:

- Offer only low-fat (1%) and nonfat (skim) milk and add additional flavors to your offering. Make the transition successful with these flavored milk promotion ideas from the Midwest Dairy Council --  
[www.midwestdairy.com/files/PDF/NewFlavorsPromotionsIdeahandout.pdf](http://www.midwestdairy.com/files/PDF/NewFlavorsPromotionsIdeahandout.pdf).
- Remove deep-fat fryers from your kitchen and bake your potato products.

- Serve steamed vegetables with butter flavored seasoning or lemon/garlic seasoning instead of utilizing butter or margarine.
- Offer only low-fat or fat-free salad dressing for salads, salad bars and dipping vegetables.
- Increase the bean content and decrease the meat within recipes that include both items. In addition, consider increasing your vegetarian entrée offerings. Try this great, meatless USDA school meal recipe for Bean Burritos at [http://www.olemiss.edu/depts/nfsmi/Information/school\\_recipes/D-12A.pdf](http://www.olemiss.edu/depts/nfsmi/Information/school_recipes/D-12A.pdf).
- Add textured soy protein in place of ground meat in your recipes. For soy recipes, check out *Soy on the Menu: Recipes for Foodservice* by the Illinois Center for Soy Foods at [www.soyfoodsillinois.uiuc.edu/pubs.html](http://www.soyfoodsillinois.uiuc.edu/pubs.html).
- Utilize unsweetened applesauce to replace half of the oil in muffins and prune puree to replace half of the oil in brownies.

View the full article as printed in the August 2008 issue of the Illinois State Board of Education's Outlook at [www.isbe.net/nutrition/pdf/outlook/2008/aug.pdf](http://www.isbe.net/nutrition/pdf/outlook/2008/aug.pdf).

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

If you have information about resources, training or grant opportunities that support wellness initiatives for elementary schools, please email your contributions of 150 words or less to [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org). **The deadline for November 2008 electronic newsletter submissions is October 15, 2008.**

The Illinois Nutrition Education & Training Program is supported by the Illinois State Board of Education.

This institution is an equal opportunity employer and provider.

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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