

October 2011 Illinois Schools Can! eNewsletter



The Illinois Schools Can! Newsletter is your source for information on resources, upcoming trainings and grant opportunities that can support school wellness policies.

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NET Services

Webinars:

Go for the Gold: Join the HealthierUS School Challenge

Kidseatwell.org/HUSSCMinigrants2010-2011.html

Whole Grains for Healthy School Meals

Kidseatwell.org/wholegrainswebinar.html

Refuel Afterschool with Food and Fitness

Kidseatwell.org/Healthy-After-school-Programs.html

Onsite Workshops:

HealthierUS School Challenge (HUSSC) - Over 1,600 schools nationwide have met the HUSSC. Discover how easy it is for your school to take the Challenge and excel at supporting children's health. Discover ways to ensure your students receive healthy school meals and snacks, nutrition education and opportunities for physical activity. Get resources and

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strategies to be successful. *School staff Grades K-12*

Marketing Meal Appeal - Your school menu is getting healthy. Now, discover innovative ways to market and promote your healthful, tasty new menu options. Learn how to create an eye-appealing serving line and walk away with ideas and resources to involve teachers and parents in reinforcing healthy choices in the cafeteria. *School foodservice*

To schedule these workshops at your school visit Kidseatwell.org/training.htm

How to be Successful in the HealthierUS School Challenge

Illinois Schools Rise to the Challenge!

The vision of the HealthierUS School Challenge is to improve the health of the nation's children by promoting healthier school environments. Many schools in Illinois have risen to the Challenge and have earned national and community recognition, gained a monetary award to help their foodservice budget, created a school environment that encourages healthy choices and improved student health and academic achievement. Read their stories, get helpful tips and be inspired to take the HealthierUS School Challenge! Kidseatwell.org

More Beans! Please!

Serving More Cooked Dry Peas and Dry Beans

This informative quick-reference guide from Illinois NET provides menu-planning and preparation tips, money-saving menu ideas with recipes, and other strategies for successfully incorporating more cooked dried peas and dried beans in your school menus. Kidseatwell.org

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Wellness Events and Trainings

HealthierUS School Challenge and Fuel Up To Play 60 Webinar

Tuesday, October 11, 2011 at 1:00 - 2:00 pm Central Time

This **no cost** webinar will explore the ways in which schools and States in the USDA Midwest Region have developed fun and creative partnerships to successfully implement both the HealthierUS School Challenge (HUSSC) and Fuel up to Play 60 (FUTP60) programs-- two programs that can help empower schools to achieve their wellness policy goals and works towards the new school meal patterns. Learn about available resources, funding opportunities, and success stories to help you implement the HUSSC and FUTP60 initiatives in your school. The webinar will feature guest speakers from the USDA, Midwest Dairy Council, Michigan Department of Education and school districts. vovici.com/wsb.dll/s/17fb9g4c990

SNE Webinar - MyPlate: Make Half of Your Plate Fruits and Vegetables

Tuesday, October 25, 2011 11:00 - 1:00 p.m. CST

This webinar will review frequently consumed vegetables and fruits, along with the economic impact, in order to assist nutrition educators in developing affordable programs to help

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Americans fill "half their plates with fruits and vegetables. *SNE Members - no cost.
*Non-member "seats" available for \$25 per person (Note: The first 25 non-member attendees receive complimentary registration.) www.sne.org/events/webinars.html

AAHPERD's Wednesday Webinars

Second Wednesday of each month 12:00-1:00 pm CST

Join the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) on the second Wednesday of each month during the 2011-2012 school year for a webinar about what's new with *Let's Move in School*. Get resources and real life examples from those in the field. There is no cost and you DO NOT have to be an AAHPERD member to participate. *School Staff* aahperd.org/letsmoveinschool/tools/webinars/index.cfm

Commodity Product Exhibit and Conference

Wednesday, October 12, 2011 from 7:30 a.m. to 2:30 p.m. in Peoria, IL

The Illinois School Nutrition Association (ILSNA) is excited to host the Commodity Product Exhibit and Conference at the Peoria Civic Center. This event will provide school foodservice staff with the opportunity to see and taste new products so they can select processed end products that meet their specific needs. No cost for ILSNA members, \$25 for non-members. ilsna.net/

85th Annual American School Health Association School Health Conference

October 12 -15, 2011 in Louisville, Kentucky

At ASHA's annual conference you will explore the future of school health. Discover how to set the course for a future where all students have the support they need to be healthy and ready to learn, not just while they are in school, but for a lifetime. The conference includes research paper reviews, teaching technique demonstrations, workshops and general sessions. regonline.com/builder/site/Default.aspx?EventID=972973

New! Online Training Webinars from the National Food Service and Management Institute (NFSMI)

- Carbohydrate Counting for School Food Service Professionals
- Using Exchange Lists for Students with Diabetes in School Food Service

Click on the Webinar Resource page of NFSMI's Document Library at nfsmi.org/ResourceOverview.aspx?ID=341

Whole Grain Training

Discover six lessons and recipes from NFSMI that encourage the use of whole grains in school menus. Learn how to identify whole grains and whole-grain products. Plan menus that incorporate more whole grains. Find out how to purchase and market whole grains and adjust recipes. A trainer and participant's manual are also available. *School Foodservice* nfsmi.org/ResourceOverview.aspx?ID=390

Culinary Techniques for Healthy School Meals

A six-course program developed by NFSMI to help school nutrition teams prepare healthier

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school meals that appeal to the taste of today's students. Learn about nutrition, food production and culinary techniques that will improve your school nutrition programs. *School Foodservice* Kidseatwell.org/training.htm

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Grants and Funding Opportunities

Funds to Support Your School in the HealthierUS School Challenge

Deadline: October 13, 2011

Five schools will receive up to \$5,000 in funds to take the HUSSC from the Department of Health and Human Services Office of Minority Health. Eligible schools are (non-charter) public schools that participate in the National School Lunch Program and have a low-income student population of eighty percent or greater (as determined by percentage of students eligible for free and reduced school meals).

minorityhealth.hhs.gov/Assets/pdf/Checked/1/HSEALC.pdf

Fuel Up to Play 60 Competitive Funding for Schools

Deadline: December 1, 2011

Up to \$4,000 per year to any qualifying K-12 school enrolled in Fuel Up to Play 60 (FUTP 60). FUTP 60 is an in-school nutrition and physical activity program with fun activities, an enhanced training program and a local, state and national student ambassador program. All U.S. schools can enroll in this no-cost program and are thus eligible to apply for funding.

http://school.fueluptoplay60.com/funds/funds_for_futp60.php

School Garden Grants

Deadline: December 31, 2011

The Whole Kids Foundation, through the support of Whole Foods Market and Foodcorps, is providing \$2,000 mini-grants to teach kids to garden and learn about sustainability, conservation and food systems in their community. Eligible entities must be a 501(c)(3) nonprofit organization or nonprofit K-12 school. wholekidsfoundation.org/gardengrants-application.php

Salad Bar Grants

Deadline: Through 2011-2012 School Year

Let's Move Salad Bars to Schools is an initiative to support salad bars in schools. Any K-12 school district participating in the National School Lunch Program is eligible to apply. Districts may apply for multiple schools. saladbars2schools.org/guidelines

Don't miss this! HealthierUS School Challenge (HUSSC) schools automatically qualify for a salad bar donation. A healthy salad bar is a great way to meet those HUSSC menu requirements!

United Health HEROES Service Learning Grant

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Deadline: October 17, 2011

Grants to help youth, ages 5-25, create and implement local, hands-on programs to fight childhood obesity. Schools, service-learning coordinators, nonprofits, and students in the health professions may apply. ysa.org

Good Sports Equipment Grant

Deadline: Rolling

Get sports equipment, apparel, and footwear for youth organizations that offer sports, fitness and recreational programs to youth in need. goodsports.org/equipmentgrants.shtml

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Resources for Educators and School Staff

Let's Move in School: Physical Education Teacher Toolkit

AAHPERD has created an online teacher toolkit that provides monthly easy-to-use resources. Activities in the kit can help educate administrators, school board members, parents and community supporters about the importance of a comprehensive school physical activity program. aahperd.org/letsmoveinschool/tools/peteachers/

Subscribe to the CHEN list and stay up-to-date on School Health!

ASHA's Comprehensive Health Education Network (CHEN) is a great way to stay on top of new developments in the field of school health including research findings, advocacy alerts, job postings and more. ashaweb.org/i4a/pages/index.cfm?pageid=3431

MyPlate Resources

Need some direction in planning and teaching MyPlate lessons? New resources are now being developed by the USDA and USDA partnering organizations. Here are some of the best new (no cost) resources:

- USDA MyPlate poster and handouts teamn nutrition.usda.gov/myplate.html
- Learning Zone lesson plans and activities learningzonexpress.com/c-482-myplate.aspx
- Handouts, posters and games from nutritioneducationstore.com
- Grades 6-8 lesson plans at Science Netlinks sciencenetlinks.com/lessons.php?DocID=481
- Family and Consumer Sciences lessons from Utah Education Network uen.org/Lessonplan/preview.cgi?LPid=28995
- FCS lessons from FamilyConsumerSciences.com

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- Pre-K to grade 2 lesson plans at DietsinReview.com

Lower the Sodium in School Meals

A new guide from the Centers for Disease Control titled *Under Pressure: Sodium Reduction in the School Environment* offers practical strategies for improving the school food environment through sodium reduction. cdc.gov/salt/publications.htm

Healthy School Recipes CD

Illinois School Nutrition Association has created a CD cookbook to help schools meet the USDA proposed meal standards. It features recipes for entrees, whole grains, dark green and orange veggies, beans and legumes and creative uses for fruit. To order your cookbook, visit ilsna.net/ and click the CD cookbook icon. There is a small fee and supplies are limited.

Fuel Up to Play 60 says "Bring on Breakfast!"

These game "plays" highlight the fact that eating a nutritious breakfast may help students perform better on tests, improve daily attendance and participate more in class. FUTP 60 wants to support the availability of breakfast outside the cafeteria by providing great resources for "grab-n-go" options, classroom picnics, special breakfast events and more! school.fueluptoplay60.com/playbook/playlist.php?type=Healthy Eating

Nutrition Lessons from FoodDay.org (Grades 3-8)

FoodDay.org is a movement to bring together Americans from all walks of life - parents, teachers, and students; health professionals, community organizers, and local officials; chefs and school lunch providers - to push for healthy, affordable food produced in a sustainable, humane way. This curriculum was developed with professors at Teachers College, Columbia University and includes five lessons designed to teach children the importance of eating real, fresh food; limiting processed foods; and advocating for a healthier community. foodday.org/files/Food-Day-Lessons.pdf

CATCH Kids Club for Middle Schoolers in After-School Programs!

This program for kids in grades 5-8 builds healthy nutrition knowledge and promotes healthy eating habits. Topics include: Bone Health, Smart Snacking, Screen Time, Beverage Choices, and Fast Food. It includes MyPlate references and parent tip sheets in English and Spanish. There is a small cost for this program. flaghouse.com/Athletic/CATCH/Curriculum-PN=1&navlink=true

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Afterschool Success Stories

Illinois NET, supported through the Illinois State Board of Education, awarded mini-grants to ten Illinois after-school programs funded through a Team Nutrition Training grant. The mini-grants were used to provide enhanced opportunities for nutrition education and physical activity over the 2010-2011 school year. The goal was to show students how to make healthy food choices, be more physically active and engage parents in reinforcing these behaviors at home. Here are some of their "best practices" you can use to promote health and wellness to the students in your after-school program.

Nutrition Education Activities:

- Show students how to read labels, compare items and pick out foods with less sugars, sodium and fat. Have students prepare some of their favorite snacks and beverages in a healthy way.
- Take a small group of students on a scavenger hunt in a local supermarket to find healthy items that are new and unfamiliar to them.
- Let your "stars" shine! Have students write, direct and star in a cooking show that teaches other students how to prepare a healthy snack.
- Have students create a public service announcement about important nutrition and physical activity topics and then share them with the whole school.
- Reinforce math and science skills by teaching students how to read a recipe, measure ingredients and doing mini-science experiments with healthful foods.
- Let the students share what they are learning by creating a Health and Wellness Newsletter for the entire school - include mini-lessons, recipes, games, etc.
- Introduce students to healthy food items from different cultures.
- Ask students to find healthy recipes or bring healthy family recipes and compile a kid-friendly cookbook.
- Start an indoor garden project in late winter. Have students plant vegetables from seeds in small pots. Once the plants have emerged the students can take home a starter garden to plant outside at home.
- The students can practice writing by keeping a journal of what nutrition lessons they learn each day and describe how they are going to apply them at home.

Hands-on Food Activities - recipes made by the students, kid-tested and kid-approved! Get these recipes at Kidseatwell.org/BestPracticesAfterschool.html

- Mandarin Orange Salad
- Hummus
- Healthy Deviled Eggs

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- Confetti Bean Salsa
- Healthy Meow Mix

Physical Activities

- Think outside the box: hula hoops are fun and silly but are great for strengthening your core muscles and your heart. Not to mention what all that laughing will do for your lungs.
- Jump ropes are inexpensive and easy to use, with practice. They are also a noncompetitive activity and a great cardio workout. Have the students jump rope to their favorite music, increasing the amount of time as they get stronger.
- Build strength, flexibility and focus with yoga.

Read more about these afterschool programs and download their recipes, newsletters and activity sheets at Kidseatwell.org/BestPracticesAfterschool.html.

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Contribute to School Wellness

If you have information about resources, training, or grant opportunities that support wellness initiatives for Illinois schools, please email your contributions of 150 words or less to Inet@kidsroe.org.

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