

Healthy Schools Healthy Students



March 2nd is National Read Across America Day and Dr. Seuss's Birthday!

What a better way to celebrate than read! What are your plans to celebrate?



National School Breakfast Week is March 7-11. We have a limited supply of Launch Your Day with Breakfast stickers in rolls of 200. If you are interested, please send me an e-mail. In addition, we have \$500 sub-grants available to support alternative breakfast ideas. Also, here is a sample student breakfast survey.

Deadline to apply: March 7.



A Garden is a Way To Grow Funding

Iowa Department of Agriculture and Land Stewardship offers funding opportunities to support Farm to School initiatives each year. This spring the opportunity is for schools with an established school garden and will include the purchase of a composter and other composting tools.

The goals of this grant opportunity are to increase student participation in gardens, focus on what specialty crops are not being consumed, and increase the production of school gardens. Schools will be required to incorporate at least one science lesson and *maintain a school garden for two years*. The first year will be comprised of creating the compost through school waste and the second year will be measuring the changes in production.

Funds are available for 20 schools. The deadline to apply for this grant is **March 18, 2016**. To learn more about this opportunity [click here](#) or contact Tammy Stotts at tammy.stotts@iowaagriculture.gov.



Follow Iowa Farm to School on Facebook!



Governor's Youth Action Award

March is National Nutrition Month and couldn't be a better time to recognize healthy Iowa students through the Governor's Youth Action Award. Teachers are encouraged to promote this opportunity to their students.

K-4th Grades: Create a poster or video about your favorite healthy food and how eating it helps your body to be healthy.

5th-8th Grade: Create a poster or video encouraging the audience to try your favorite healthy food by promoting the benefits and how it fits in MyPlate.

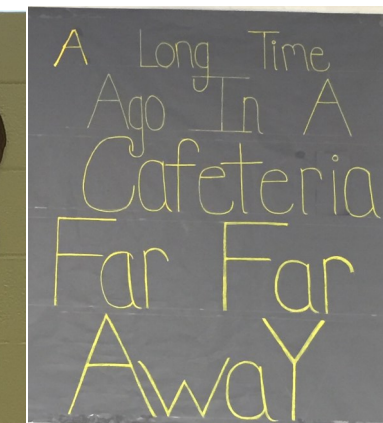
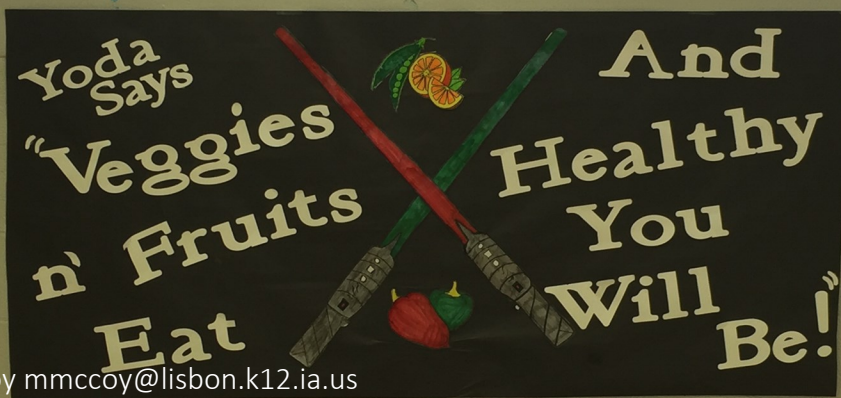
9th-12th Grade: Compose an essay or create a video describing your idea of a healthy school. What does this healthy school offer to students and staff?

Governor Branstad, in conjunction with Live Healthy Iowa Kids, Midwest Dairy Council and Iowa Action for Healthy Kids Coalition are pleased to recognize the outstanding achievement of Iowa youth.

Deadline: April 15th



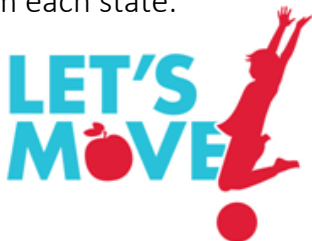
Star Wars at Lisbon Community School District!



Michelle McCoy mmccoy@lisbon.k12.ia.us

2016 Healthy Lunchtime Challenge

Michelle Obama is inviting kids (ages 8-12) across the country to [create healthy lunch recipes](#) for a chance to win a trip to Washington, DC and the opportunity to attend the Kids' "State Dinner" at the White House! There will be one selected recipe from each state.



School Nutrition Equipment

The National Dairy Council is offer funding for school nutrition equipment through their Fuel Up to Play 60 Program.

- The grants are competitive
- There is no 50% free and reduced requirement
- The equipment must cost less than \$5,000
- The school can request multiple items as long total does not exceed \$5,000
- The sample application is at the link below

For more information, contact Jen Ransom at jransom@midwestdairy.com or [click here](#).

USDA equipment grants will be available this spring, with more guidance forthcoming, however those grants are limited to schools with 50% or higher free and reduced.



Action for Healthy Kids Funding Opportunities



School Breakfast Grants - up to 550 schools will receive grant awards ranging from \$500 to \$5,000 to support increased breakfast participation. Eligible schools may apply to pilot or expand their School Breakfast Programs, including alternative or universal alternative.

Free/reduced priced meal eligibility must be $\geq 50\%$ for Alternative Breakfast and $\geq 60\%$ for Universal School Breakfast Pilot Grants.

Game On Grants - up to 500 schools will receive grant awards ranging from \$500 - \$2,500. Game On grants for physical activity and nutrition initiatives that support schools in becoming nationally recognized as a health promoting school. All schools are eligible to apply.

Schools with > than 50% students eligible for free/reduced priced meals may receive priority.

[Click here!](#)

Action for Healthy Kids.

Smart Snacks Reminder

The Alliance for a Healthier Generation has developed a [calculator](#) that can be used to determine if products meet the Smart Snacks standards. All foods and beverages sold before, during and 30 minutes after school must meet these standards. Students can learn a lot about how to choose healthy snacks by using the calculator! Don't rely on your food vendors to determine if foods and beverages meet Smart Snacks standards. Each school district is ultimately responsible for only selling foods and beverages that meet the Smart Snacks nutrition standards.



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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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