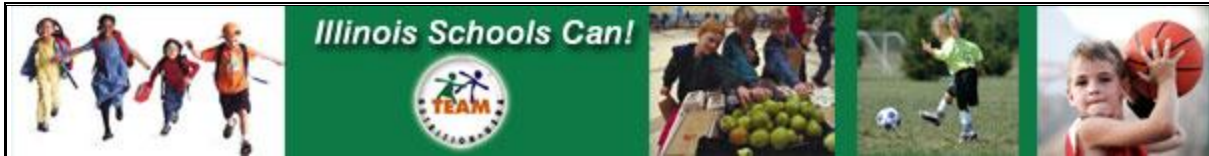


November 2009 Illinois Schools Can! E-Newsletter



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

In This Issue:

- [Upcoming Conferences and Training Opportunities](#)
- [Grant Opportunities for Schools](#)
- [Wellness and Education Resources](#)
- [School Wellness Success Stories - Sunny Hill Elementary School](#)
- [Contribute to School Wellness](#)
- [Illinois Schools Can! eNewsletter Survey](#)

HealthierUS School Challenge Mini-grants - Deadline: November 30, 2009 www.KidsEatWell.org

The Illinois Nutrition Education and Training (NET) Program will award \$3,500 mini-grants, provided by USDA Team Nutrition, to twenty elementary schools in Illinois who submit plans to meet the HealthierUS School Challenge. The criteria for the Challenge have been simplified, so if you haven't looked at them recently visit <http://teamnutrition.usda.gov/HealthierUS/index.html> to check them out. Download a mini-grant application at [KidsEatWell.org](http://www.KidsEatWell.org).

Conferences and Training

Illinois School Wellness From A to Z Conference - May 4, 2010

http://afhk.convio.net/site/Clubs?club_id=1121&pg=main

All school staff members are invited to the third annual Illinois School Wellness From A to Z Conference at the Decatur Conference Center in Decatur, Illinois. The conference is sponsored by the Illinois State Board of Education and Illinois Action for Healthy Kids (AFHK). There will be speakers, breakout sessions, school recognitions, and an exhibit hall of school wellness resources. More details to come in 2010!

Culinary Courses Help Schools Meet School Meal Recommendations

www.NFSMI.org

The National Food Service Management Institute (NFSMI) has launched a series

November 2009 Illinois Schools Can! E-Newsletter

of six online courses designed to help child nutrition teams prepare healthier school meals that appeal to students' tastes. The Culinary Techniques for Healthy School Meals courses help school foodservice staff initiate food production and culinary techniques that incorporate principles of the Dietary Guidelines for Americans into the planning and preparation of school meals.

All Illinois school foodservice staff members that complete the six courses are eligible to receive a stipend reimbursement of \$75 and a set of Dietary Guidelines posters for their cafeteria, while funding lasts.

The launch of the NFSMI culinary courses is particularly timely as the Institute of Medicine (IOM) just released a report, *School Meals: Building Blocks for Healthy Children*, commissioned by the USDA. (www.iom.edu/Reports/2009/School-Meals-Building-Blocks-for-Healthy-Children.aspx) The IOM's report provides recommendations for revising the standards and requirements for the National School Lunch Program and the School Breakfast Program. USDA will use the report to draft proposed rules for revising these programs.

Visit www.KidsEatWell.org for more details about the NFSMI courses, the reimbursement stipend and posters.

Nutrition A3 Online Training Course for Teachers (Middle and High School Educators)

www.KidsEatWell.org

This online course prepares teachers to utilize the Nutrition A3 curriculum in their classrooms. Nutrition A3 is a new program that engages teens in making healthy lifestyle choices by using technology to grab their attention (see Resources below). This training course will demonstrate how to use the six project-based units to change critical health behaviors that impact student health. Each project can be used independently in the classroom or after-school. All Illinois teachers who complete the course will receive four CPDU credits and a \$50 stipend, while funding lasts.

Nutrition Education That Works: An Integrated Approach (Elementary Educators)

www.KidsEatWell.org/training.htm

This online course provides educators with the information and skills needed to successfully implement Team Nutrition curricula and to integrate the new MyPyramid into their curriculum. Participants can complete the course at their own pace and those who complete the course will receive two CPDU credits.

[Back to Table of Contents](#)

November 2009 Illinois Schools Can! E-Newsletter

Grant Opportunities

School Breakfast Grant (K-12) - Deadline Dec. 1, 2009

www.gotbreakfast.org

Grants from \$2,500 up to \$10,000 to participants in the School Breakfast Program (SBP) who initiate alternative breakfast services

Nickelodeon's Big Green Grants Program (K-9) - Deadline Dec. 31, 2009

<http://bghevent.com/downloads/BigGreenGrantsProgram.pdf>

Grants of \$2,500 to schools with environmentally friendly projects that educate and inspire kids to be active and live healthily and/or engage in community service

Captain Planet School Gardens Grant (K-12) - Deadline Dec. 31, 2009

www.captainplanetfoundation.org/default.aspx?pid=3&tab=apply

Grants of \$250 - \$2,500 for hands-on environmental projects such as a school garden

General Mills *Champion for Health* Grant (K-12) - Deadline Jan. 15, 2010

www.generalmills.com/corporate/commitment/champions.aspx

Fifty grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle

Lowe's Toolbox for Education (K-12) - Deadline Feb. 12, 2010

<http://www.toolboxforeducation.com>

Grants up to \$5,000 each to public schools and public PTO groups for projects with permanent impact such as building an outdoor classroom or garden

Illinois Association of Health, Physical Education, Recreation and Dance (IAHPERD) Program Enhancement Grant (K-12) - Deadline Feb. 15, 2010

http://iahperd.org/textpages/offerings/grants/program_enhancement/

Grants up to \$4,000 can be requested for a proposed project that will enhance, initiate, or continue an educational HPERD program. IAHPERD members only

Nutrition Education Curriculum Program (K-12) - ONGOING

www.KidsEatWell.org

The Illinois NET Program will provide an evidence-based nutrition education curriculum to **one teacher per school in Illinois** who completes the easy application. There are eight curricula to choose from, and the only requirement is using *at least a portion* of the curriculum in the classroom by the end of the 2009-2010 school year and filling out a short online survey at the end of the year.

[Back to Table of Contents](#)

Wellness and Education Resources

Move & Crunch Event Planning Guide (elementary)

www.KidsEatWell.org

The *Move & Crunch Event Planning Guide* is a resource designed to simplify the process of planning a Move & Crunch Challenge at your school. This fun and innovative event will engage the entire school community to "Move" and "Crunch" their way to wellness through nutrition and physical activity challenges. It's a great way to fulfill your commitment to student wellness!

Nutrition A3: Web-based Nutrition Education Curriculum (middle and high school)

www.KidsEatWell.org

Nutrition A3 - (Anytime, Anywhere, Anyplace in text language) is a collaboration between the Illinois NET Program and Northwestern University's iCollaboratory. The program consists of six independent projects that engage teens with technology and empower them to make healthy food choices and be physically active. Nutrition A3 can be integrated into core subjects; helps middle school, high school or after-school teachers support school wellness; and addresses Illinois Learning Standards.

Nutrition Education and Physical Activity Resources LookUp (K-12)

www.kidseatwell.org/nutrition-education.htm

Our online resource database is a quick and simple way to search for materials that will fit your classroom needs.

HealthierUS School Challenge for Middle and High Schools!

www.fns.usda.gov/tn/HealthierUS/index.html

The Obama Administration has approved the expansion of the *HealthierUS School Challenge* (HUSSC) to secondary schools. The HUSSC application has been updated to include middle and high school applicants. **Note that there are differences between the criteria for elementary and secondary schools and the updated application reflects these new criteria.** Details, FAQs and the application can be found on the HUSSC/Team Nutrition website.

MyPyramid Menu Planner (middle and high school)

www.mypyramidtracker.gov/planner/launchPage.aspx

The *MyPyramid Menu Planner* is a fun online tool that teens can use to make healthier food choices. Using their own information (age, weight, etc.) teens can determine if their food and snack choices are balanced for the day or over the course of a week. It also lets them know if they are meeting the requirements of the five food groups and if they are getting too many added sugars, fats, and calories. Finally, suggestions are given on how to improve their food choices.

November 2009 Illinois Schools Can! E-Newsletter

Note: The *Rate What YOU Ate: Using the MyPyramid Menu Planner* (PDF) is a step-by-step lesson plan for teens utilizing the MyPyramid Planner.

www.mypyramid.gov/MenuPlanner/downloads/RateWhatYouAte.pdf

Fundraising without Food (K-12)

www.kidseatwell.org/local-wellness-policy.htm

According to the Illinois NET Program's Local Wellness Policy (LWP) Needs Assessment, creative ways to raise money without selling food items is a significant priority in Illinois schools. On the *Local Wellness Policy* page of KidsEatWell.org, you will find two documents that provide ideas for fundraising without food: *Model Local Wellness Policy* and *Healthier Choices for School Functions*; and under Related Links there are additional resources from Action for Healthy Kids, USDA Team Nutrition, Wyoming's Team Nutrition, and the Illinois NET Program. www.kidseatwell.org/relatedlinksforLWP.html.

Nutrition Education Lessons from Indiana (K-12)

www.doe.in.gov/food/training/nutrition_lessons.html

Each downloadable lesson integrates nutrition topics such as fruits and vegetables, fiber, and MyPyramid into core subjects (Math, Science, and Reading/Language Arts).

[Back to Table of Contents](#)

School Wellness Success Story

Sunny Hill Elementary School in Carpentersville, Illinois

Sunny Hill Elementary School is one of the Illinois recipients of the *Fresh Fruit and Vegetables Program Grant* for 2009-2010. This program provides funding for schools to purchase fresh fruits and vegetables as snacks for students, and encourages teachable moments about healthy eating.

Irma Bates, principal of Sunny Hill Elementary, praises Lyndsy Eltman-Soriano, a third grade teacher of second language learners, who volunteered to spearhead a committee to organize the program. First, several committee members attended a state-provided training on how to implement the program; then they formed a partnership with a local grocery store to purchase high-quality produce at cost; and, finally, they worked with their food service staff to prepare and serve the produce to the students.

Twice a week seasonal fruits and vegetables are brought in for all 450 students. To make it fun, they chose a theme, EAT YOUR COLORS, and each month all of

November 2009 Illinois Schools Can! E-Newsletter

their produce comes from the same color family. September was RED - they sampled red apples, cherry tomatoes and strawberries. October was ORANGE - they sampled oranges, nectarines, tangerines, papaya, and orange peppers. November is GREEN - they are sampling cucumbers, broccoli, Granny Smith apples, and kiwis.

According to Miss Eltman, some tips to success are:

- financial stability - sending a financial staff member to the training will help facilitate the reimbursement process;
- a strong educational message - children are more likely to try the items if they know how it will benefit their bodies;
- competition - they held classroom challenges to see who could eat more;
- planning ahead - Sunny Hill was able to get state reimbursement for leasing an additional refrigerator to store the produce.

Overall, the benefits of the program have greatly outweighed any challenges, and they now have a weekly routine that the kids really look forward to.

Congratulations to Sunny Hill Elementary School for being a shining example of good health and wellness in Illinois!

[Back to Table of Contents](#)

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 ilnet@kidsroe.org. The deadline for the February 2010 electronic newsletter submissions is January 15, 2010.

For additional information and resources, visit KidsEatWell.org/.

[Back to Table of Contents](#)

[Non-Discrimination Statement](#)

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

This project has been funded at least in part with Federal funds from the U.S.

November 2009 Illinois Schools Can! E-Newsletter

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.

[About us](#) [KidsEatWell.org](#) [Contact us](#) [Newsletter sign up](#)

