

## **Benton Community's Norway Elementary Center participating in the Iowa Department of Education's Healthy Schools – Healthy Students Project**

Benton Community's Norway Elementary Center is creating a school environment that supports healthy behaviors and aims to empower students through nutrition education, school meals, and engagement of staff, parents, and the community through a project with the Iowa Department of Education.

The Norway Elementary Center applied to be part of the *Healthy Schools – Healthy Students* project and was selected as one of the 20 elementary schools across the state to participate. **The project includes monthly MyPlate nutrition education lessons and food tastings in the 4<sup>th</sup> grade classrooms led by Kristin Kuch - parent and Nutritionist at Mercy Hospital and Peggy Brecht - R.N., Ph.D, community member; Cafeteria Coaching, where older FFA students eat school lunch with 4<sup>th</sup> grade students to serve as role models for healthy choices; school nutrition trainings; and changes to the lunchroom environment.**

The project is funded by a USDA Team Nutrition Grant, administered by the Iowa Department of Education. The grant activities include technical assistance and training for school nutrition staff, nutrition education for students and caregivers, and creation of a school environment that supports healthful behaviors. The University of Iowa is leading the evaluation that includes process evaluation to assess program implementation and effectiveness as well as outcome evaluation.

“The *Healthy Schools – Healthy Students* is a multi-component intervention that includes nutrition messages that are delivered through Team Nutrition's communication channels to reach children where they live, learn and play,” states Carrie Scheidel, Team Nutrition Director at the Iowa Department of Education.”

The Norway Elementary Center will receive \$4,450 for participating in the project. The funds can be used to make changes to the school wellness environment and cover the costs of the nutrition educator and taste test opportunities. Results of the project will be available summer 2018.