



School Wellness Newsletter

Leap Into
Wellness

Spring
2016

school breakfast challenge

The *Let's Do Breakfast, Oregon!* partners congratulate the 32 schools that participated in the 2015 November School Breakfast Challenge! By collectively serving over 83,000 school breakfasts, they truly helped students "wake up to wellness!"

The following schools saw the biggest jump in participation from their last year's average, and were awarded prizes:

1st Place:

Adrian Elementary, Adrian School District

2nd Place:

Al Kennedy Alternative High School, South Lane School District

Honorable Mention:

Hines Middle School, Harney County School District

Spirit Award:

Baker Middle School, Baker School District for their special efforts to engage students and the community through the School Breakfast Program.

Overall, Challenge schools grew their breakfast participation by 24% from last year! The *Let's Do Breakfast, Oregon!* campaign is proud to support schools to ensure students receive the nutrition they need to start the day ready to learn. The Campaign will join OSNA in celebrating National School Breakfast Week March 7 to 11. For more information about the Challenge and other breakfast events and resources, visit:

oregonhunger.org/breakfast-challenge Stay tuned for the next Challenge in November of 2016!



school bus food pantry

Food for Families is a nonprofit school bus food pantry started by students at Centennial High School. The organization began as a service project for their chapter of Future Business Leaders of America. The school bus was donated by the school district; the high school's manufacturing class removed the seats and secured shelving inside the bus. The mobile food pantry distributes food twice a month at Centennial High School and surrounding schools. Student and community volunteers assist families in picking out 3-5 days' worth of nutritious food as they walk through the bus. Through partnership with the Oregon Food Bank and local fundraising efforts, Food for Families can be assured that it will have the resources it needs to serve their community.

www.food4families.net



making school year and summer break hunger free

Community Eligibility Program allows schools in high-poverty areas to offer nutritious meals to all students at no charge so they are fueled up and ready to learn. For more information contact Kristin at kristin.hall@state.or.us.

SFSP – Start-up and Expansion Grants for Summer Meal Programs award up to \$20,000 per sponsor to increase participation. Applications open March 9, 2016. For more information contact Cathy at cathy.brock@state.or.us.

For more information on Child Nutrition Programs, visit www.ode.state.or.us/search/results/?id=207

healthy schools for kids and staff

Oregon Healthy Schools

Creating a Culture of Health at School and Beyond!

Research shows healthy students are better learners and healthy staff are more engaged in schools and the community. *School District Wellness Policies* are a great first step towards creating a healthy, supportive school environment and sustaining change for the future.

Oregon Healthy Schools, a partnership of the Oregon Department of Education Child Nutrition Programs and the Oregon Health Authority/Public Health Division, supports school district investments in wellness with tailored assessments, tools and support toward their goals.

Check out the new ODE webpage dedicated to school district wellness policies and practices. Go to www.ode.state.or.us/go/ODEwellness for state and national resources on improving student and staff wellness. Learn more about Oregon Healthy Schools, School Wellness Award opportunities, school wellness grants, local success stories and so much more!

Join the conversation about creating healthy places in Oregon at www.facebook.com/placemattersoregon.

leap into spring

Leap into Spring with May's *Walk + Bike to School Challenge*.

Spring is right around the corner! May's Walk + Bike to School Challenge is a great way to promote walking and biking to school and throughout the community.

Why Walk and Bike?

- Personal and community health
- Increased traffic safety
- Less congestion

Register for May's *Walk + Bike Challenge* Month today! Check out the **Challenge** page for tips and resources to promote the event, organize volunteers and track trips to school. Registration includes **Fire Up Your Feet**. This is your first step to additional cash awards to support your school's walking, biking and other physical activity programs.

additional resources

Fuel Up to Play 60 Grant applications accepted April - June 15, 2016
www.oregondairycouncil.org/FUTP60

Oregon School Employee Wellness Conference, March 20-22, 2016
www.oechoice.com/news-events

National School Breakfast Week, March 7-11

Every Kid Healthy Week, April 25-29
www.actionforhealthykids.org

Screen Free Week, May 2-8
www.commercialfreechildhood.org

May is Walk + Bike Challenge Month
www.walknbike.org

Fire Up Your Feet, May 1-31
or.fireupyourfeet.org

Oregon Summer Food Programs
www.summerfoodoregon.org

about this newsletter

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations:

- * Alliance for a Healthier Generation
- * Oregon Public Health Institute
- * Healthy Kids Learn Better
- * OEA Choice Trust
- * OHA, Public Health Division
- * Oregon Action for Healthy Kids
- * Oregon Dairy and Nutrition Council
- * Oregon Department of Education
- * Oregon School Nutrition Association
- * OSU Extension Family & Com. Health
- * Multnomah Co. Community Wellness and Prevention Program

breakfast burritos

INGREDIENTS

- * 4 eggs
- * 1/4 cup 1% milk
- * Salt, pepper, and chili powder to taste
- * 1 teaspoon vegetable oil
- * 4 (10 inch) flour tortillas
- * 1 cup fat-free refried beans
- * 1/2 cup (4 ounces) grated cheddar cheese
- * 1 tomato, chopped

DIRECTIONS

1. Mix eggs, milk, and seasonings in a bowl.
2. Heat oil in skillet over medium-high heat (350 degrees in an electric skillet).
3. Add eggs to skillet and cook until firm.
4. Warm tortillas on a griddle, or wrap in foil and heat in the oven.
5. Warm refried beans in a separate pan.
6. Distribute refried beans, eggs, cheese, and tomato on each tortilla evenly.
7. Roll the burrito, cut in half, and enjoy!
8. Refrigerate leftovers within 2 hours.

NOTES

- * Try your favorite salsa in place of the tomato.
- * Add in other vegetables that you have in the refrigerator, such as green or red bell peppers, onion, or cooked corn.
- * Serve with guacamole or light sour cream.

Serving Size: 1/2 burrito

Prep time: 10 minutes

Yield: 8 servings

Cooking time: 15 minutes

For nutrient facts and other delicious and economical recipes go to FoodHero.org



www.actionforhealthykids.org



A Coordinated School Health Approach

healthykidslearnbettercoalition.com