



Healthy Kids Act Impacts Iowa Schools

In May of 2008, the Iowa Healthy Kids Act was signed into law by Governor Culver. This law will affect Iowa's K-12 schools in the following ways:

- Established nutritional content standards for food and beverages sold or provided on school grounds during the school day. *Effective July 1, 2010.*
- Requires school districts and accredited non-public schools to ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. *Effective July 1, 2009.*
- Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12. *Effective for the class of 2011-2012.*
- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian. *Effective July 1, 2009.*

The Healthy Kids Act was developed to help children develop healthy eating habits, to promote active lifestyles, and to provide students with a solid foundation for a better future. For more information on this law, please visit the Iowa Department of Education's Healthy Kids Act web site at: www.tinyurl.com/iowa-HKA

Healthy Kids Act Nutritional Content Standards Take Effect



You and your students may notice changes in the foods being sold during the school day this year. As of July 1, 2010, the Healthy Kids Act Nutritional Content Standards became effective in Iowa Schools. The standards will apply to vending, a la carte, and regulated fundraising (any foods/beverages sold to students between the first and last bell) items sold to students during the school day.

Regulated food categories include:

- Calories
- Sodium
- Total Fat
- Saturated Fat
- Trans Fat
- Sugar
- Dietary Fiber/Whole Grain

Regulated beverage categories include:

- Milk
- 100% Juice
- Water
- Sports Drinks/Flavored Water
- Caffeinated Beverages
- Sodas/Carbonated Beverages

To see the comprehensive list of Healthy Kids Act Nutritional Content Standards as they apply to each of these categories, visit www.tinyurl.com/lowa-HKA

Support the Healthy Kids Act at Home

The Healthy Kids Act was created to improve students' school health environment. However, you are your child's first teacher and can significantly impact their health and wellness at home. Here are some simple ways you can start your children on a path toward a healthy life:



Make Nutrition a Priority

- Involve your children in meal planning
- Eat at least one meal as a family every day
- Have healthy snacks available at home
- Send healthy meals/snacks to school
- Be a role model and choose nutritious foods for yourself

Make Physical Activity a Family Affair

- Take walks with your children
- Play games and be active outside
- Make your family outings activity-focused
- Be a role model by exercising on a regular basis

For more information on the Healthy Kids Act, please visit: www.tinyurl.com/lowa-HKA