

# What is the Healthy Kids Act?

The Healthy Kids Act was signed into law by Iowa Governor Culver on May 13, 2008.

Specifically, the Healthy Kids Act:

- 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.*



Iowa Department of Education

For additional resources or contact information, please visit:

[www.tinyurl.com/lowa-HKA](http://www.tinyurl.com/lowa-HKA)

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The logo consists of the words "Healthy Kids" in a bold, sans-serif font. The letter "i" in "Kids" has a red dot. To the left of the text is a small icon of a sneaker. The entire logo is contained within a white outline of the state of Iowa.

Healthy Kids

Iowa Department of Education

# The Healthy Kids Act and YOU!

What is it?

Why was it developed?

What are the Nutritional Content Standards?

How can you help?

## Why was the Healthy Kids Act developed?

The number of youth who are overweight in Iowa now appears to outpace national rates, putting our students at an increased risk for chronic diseases. In addition to preventing overweight and obesity among children, this act was created to:

- **Help children develop healthy eating habits.**

Schools have a responsibility to create an environment that supports and encourages healthy eating. The Healthy Kids Act Nutritional Content Standards will maximize the availability of high nutrient dense foods while also helping students develop healthy eating habits.

- **Promote active lifestyles.**

Current research makes it clear regular physical activity can help increase students' capacity for learning and improve academic performance. Additionally, physical activity has numerous health benefits, including improving muscular strength and endurance as well as reducing the risk for chronic disease.

- **Provide students with a solid foundation for a better future.**

Positive experiences with nutrition and physical activity help lay the foundation for maintaining those habits later in life.

## What are the Nutritional Content Standards?

Vending, a la carte, and regulated fundraising items\*\* (any foods/beverages sold to students between the first bell and the last bell) sold to students during the school day must meet the following requirements, effective July 1, 2010:

**Foods Table – Final Nutritional Content Standards**

Nutrient	Entrée	Side
<b>Calories</b>	≤ NSLP entrées* or ≤ 400 calories	≤ NSLP sides* or ≤ 200 calories
<b>Sodium</b>	≤ NSLP entrées* or ≤ 600 mg/item (≤ 480 mg/serving in 2014)	≤ NSLP sides* or ≤ 400 mg/serving (≤ 200 mg/serving in 2014)
<b>Saturated Fat</b>	≤ 10% calories (excluding reduced-fat cheese)	
<b>Trans Fat</b>	≤ 0.5 gm/serving	
<b>Total Fat</b>	≤ 35% calories (excluding nuts, seeds, nut butters, and reduced-fat cheese)	
<b>Sugar</b>	≤ 35% calories (excluding fruits and yogurts)	
<b>Dietary Fiber/Whole Grain</b>	50% of grains offered must be whole grain (primary ingredient by weight)	

**Beverages Table – Final Nutritional Content Standards**

Beverage	Elementary	Secondary
<b>Milk</b>	Low-Fat/Non-Fat Regular Low-Fat Non-Fat Flavored, no non-nutritive sweeteners ≤ 27 gm sugar/8 oz (2014) ≤ 24 gm sugar/8 oz (2017) ≤ 22 gm sugar/8 oz (2020)	
<b>100% Juice</b>	Allowed, but no added sweeteners.	
<b>Water</b>	Allowed, but no added non-nutritive sweeteners.	
<b>Sports Drinks, Flavored Water</b>	Not allowed.	Allowed.
<b>Caffeinated Beverages</b>	Not allowed.	Allowed.
<b>Sodas/Carbonated Beverages</b>	Not allowed.	

\*NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

\*\*Schools and school districts that offer a la carte, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.

## How can you help?

### STAFF

- Choose nutritious foods and be physically active to be a role model for your students
- Involve students in school wellness
- Offer healthy choices to students, in and out of the classroom
- Remind parents to provide healthy treats for students during school parties
- Educate students on the Local Wellness Policy and Healthy Kids Act as it relates to them
- Start a worksite wellness initiative

### STUDENTS

- Be a role model for your peers
- Be physically active every day
- Select nutritious foods
- Join your school's wellness team
- Start a wellness initiative
- Incorporate wellness into other activities

### PARENTS

- Be a role model for your children
- Eat family meals
- Be active with your kids
- Encourage healthy meals and snacks
- Involve your children in meal planning
- Send healthy foods to school
- Support school wellness events or serve on your school's wellness team

For more information, visit the Healthy Kids Act web site:  
[www.tinyurl.com/lowa-HKA](http://www.tinyurl.com/lowa-HKA)