

WELLNESS CHAMPIONS UPDATE

November 2017



Winter Garden Business

With the first frost, it's time to put gardens to bed; but with some of the grant opportunities out there, it's time to start planning for next spring. Click [here](#) to learn what garden grants are currently open, along with other garden news and hints.

SPPS Taste Tests

SPPS Nutrition Services held its second round in its newly launched Taste Test program in October. Six elementary schools sampled an apple-Manchego cheese-arugula salad and voted on if they liked it or not. Schools were also offered the opportunity to utilize nutrition education that had been prepared by the University Extension SNAP-ED program. The eyes had it at 5 of the 6 participating schools, with 62% likes and 38% dislikes. Interested in bringing this engaging program to your school? Nutrition Services is looking to recruit for its Taste Tests later this spring. Contact Jill Westlund at 651/744-6303 to get your school involved.



Strategies to the School Health Index

Have you registered as a team member for your school yet? That's the first step in completing the SHI as required for accessing Allina wellness funding. Go to <https://schools.healthiergeneration.org/> to set up a log-in and get started.

This is an assessment that doesn't have to be completed in one sitting. Tech support is also available. Contact SPPS SHIP Coordinator Carol Grady to come out to your site to help you get started in expediting this process.

Contact info:

Carol Grady
SHIP Grant Coordinator
651-744-7834
carol.grady@SPPS.org