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Parents and Students Help Bring Healthy Changes to Nebraska School

Posted on 05/16/2011

At Messiah Lutheran School in Lincoln, Nebraska, parents and students have joined faculty members on the School Wellness Council, and their hard work has resulted in some healthy changes for students and their families.

At lunch time, the school's Nutrition Manager has always served fresh fruits and vegetables, but thanks to encouragement from the School Wellness Council, she is mixing up the offerings, testing out kiwi and jicama, plums and sliced mushrooms, zucchini and squash strips and even sliced beets. Students are now adding Garbanzo beans to their Chefs salads or stuffing black beans into their chicken wraps. One parent planted raspberry bushes and strawberry plants on campus, and as soon as the fruit is ripe and ready, students will help harvest the berries to add to these healthy lunch selections.



The School Wellness Council also planned the school's first ever Family Fitness Night, which earned Messiah Lutheran School a Bronze Award from Nebraska Action for Healthy Kids. With a little coaching from the PE teacher, parents and students alike spent the evening playing games and getting their exercise. Parents were able to re-live their childhood when the hula hoops appeared, but none of them could match the third grader who was able to spin three hoops at once! Plans for the next Family Fitness Night include a Hands-on Healthy Snack Making Demo, hosted by a local chef who has partnered with the school through the [Chefs Move to Schools](#) Program.

It's no wonder that Messiah Lutheran School was the first Nebraska school to earn a [HealthierUS School Challenge](#) Certification. They earned their Bronze Award this year and look forward to going for Gold!

<http://school.messiahlincoln.org/index.cfm>

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