









## School Resource Kit

# FOODPLAY Pre-Show Packet

This pre-show checklist and other included resources will help you successfully prepare for the FOODPLAY performance.



## Pre-Show Checklist - READ FIRST

-  **Memo to Staff**
-  **Easy Follow-up Activities**
-  **Evaluation**
-  **Parent Letters & Tips**
-  **Press Release**
-  **FOODPLAY Hallway Poster**

**How to Use this Packet**

[\(click here\)](#)





## IMPORTANT - READ FIRST!

### FOODPLAY Checklist

**Greetings! We are pleased to bring FOODPLAY to your school. Our FOODPLAY School Resource Kit (Kit) contains materials that we hope your entire school community will utilize. The Kit can be downloaded from the FoodPlay website ([www.foodplay.com/resourcekit](http://www.foodplay.com/resourcekit)). You will need the username "SchoolResources" and the password "HealthyKids" to access the resources. Below you will find a simple checklist to help you prepare for our program. Thank you for helping to make FOODPLAY a success at your school!**

### Preparing for FOODPLAY

#### What you can do immediately:

- Add the FOODPLAY performance date to your school calendar and alert appropriate staff.
- Contact your custodian regarding the requirements listed on the next page under **Day of Show Requirements**.
- Fill in and post the FOODPLAY assembly announcement flyers in your school's hallways. One flyer is included here, and we encourage you to make as many copies as you like.
- Distribute copies of the **Staff Memo** and **Evaluation** to teachers, nurse, and school staff. If it's easier, you can copy the memo text and paste into an email to send to staff. Make sure teachers, nurse, and school food service personnel are aware of the Kit available for download: ([www.foodplay.com/resourcekit](http://www.foodplay.com/resourcekit)) Username: SchoolResources, Password: HealthyKids
- Give **Parent Letter & Tips** to the principal to approve and send home with students. **Parent Letter in Spanish** also available.

#### Two weeks prior to show:

- Send the enclosed **Press Release** to your local newspapers and, if possible, TV stations. First, call the media contacts who cover your school and get the FOODPLAY date logged into their calendar. Then, fill in the blanks on the press release with your school's information. The release can be faxed to your media contacts. Or, download a release that can be filled out on the computer and emailed to the media: <http://www.foodplay.com/downloads/News/FP-press-schools.pdf>. Be sure to encourage the press to send a photographer -- FOODPLAY makes for great photos! Inviting media coverage is a great way to publicize the positive things your school is doing, and get the word out to the greater community about the importance of healthy eating and exercise habits for children.

#### One to three days prior to show:

- Make a follow-up call to the press to make sure they will be attending the show and bringing a photographer!
- Check with custodian that the necessary preparations have been made in the performance space, as listed on the next page under **Day of Show Requirements**.
- Prepare a list of **four** names of students -- a culturally and racially diverse group of boys and girls from different grades -- whom you feel would be excited to participate in the Game Show portion of the FOODPLAY performance (making sure that these children are allowed to be photographed, in case photos are taken by the press). Give this list to FOODPLAY stage manager before the show. Please do not tell the students that you have given us their names - it's a surprise!

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## Preparing for FOODPLAY con't.

### On the Day of the Show

#### **\*IMPORTANT!\***

**The FOODPLAY troupe (two performers and a stage manager) will be arriving 45-60 minutes before show time. Total program running time is 45 minutes.**

#### **Day of Show Requirements**

- A contact person available an hour prior to the show to greet the performers and help with all set-up details, including directing performers to the closest place to unload props, access to stage and house lights.
- A performance area (at least 18 x 18 feet) in auditorium, cafetorium, gym, or large room. It is imperative that the performance area is cleared out, clean and well swept prior to the performers' arrival. If the performance will take place in your school's gym, please raise the basketball hoop.
- Access to stage and/or house lights and electrical outlets. We will bring all of our own sound equipment and stage set-up.
- One 5-6 foot table and two chairs placed in performance area.
- Give the list of four names of students chosen to be game show participants to the stage manager. Remember it is a surprise, do not tell the students that you have given us their names.
- The school representative (usually the principal, PTO representative, or school food service director) will introduce the show. Our stage manager will provide an intro card.
- Make sure that all children are seated by the performance start time.
- After the show distribute FOODPLAY snack cards (the stage manager will bring) to students.

### **THANK YOU!**

FoodPlay Productions, LLC  
1 Sunset Avenue, Hatfield MA 01038  
413-247-5400 • 1-800-FOODPLAY  
[info@foodplay.com](mailto:info@foodplay.com) • [www.foodplay.com](http://www.foodplay.com)

## STAFF MEMO



Date: \_\_\_\_\_

To: Teachers, Nurse, and School Staff

From: \_\_\_\_\_

**Re: Performance of FOODPLAY at our school!**

We are pleased to announce that on (date) \_\_\_\_\_ at (time) \_\_\_\_\_, our school will be seeing FOODPLAY. This fun-filled theater show has been touring schools throughout the country to help improve the eating, exercise and health habits of school children. Featuring juggling, music, magic and audience participation, FOODPLAY arms children with the skills they need to make their choices healthy ones. Good eaters make good learners and we hope this program will help our children develop healthy habits to last a lifetime!

To assist you in continuing the FOODPLAY messages all year long, FoodPlay Productions has provided our school with their **online FOODPLAY School Resource Kit**. The Kit is available for download at [www.foodplay.com/resourcekit](http://www.foodplay.com/resourcekit) (username: SchoolResources, password: HealthyKids).

The Kit includes sections for teachers, school nurse, and food service. A special "How to Build a Healthy School Environment" (in the School Nurse and Food Service Sections) promotes guidelines for use by school wellness committees. The Teachers' section contains the **FOODPLAY Teachers' Activity Guidebook** with reproducible activity sheets and background nutrition information for you and your students.

To assist you in your lesson planning, the FOODPLAY show will address these topics:

- the importance of eating breakfast every day
- how to choose a balanced diet using MyPyramid
- how to cut down on sugar and fat
- how to increase intake of fruits and vegetables
- how to read food labels
- the importance of daily physical activity
- how to promote positive body image because we need to take care of our bodies whatever their size and shape!

For more information about FOODPLAY, free materials, and creative resources to help you teach nutrition and health, visit [www.foodplay.com](http://www.foodplay.com).

Thanks!



## FOODPLAY's Top 15 Quick and Easy FOLLOW-UP ACTIVITIES

Here are some quick and easy activities to help keep the FOODPLAY messages alive in class. A complete Teachers' Activity Guide is available for download: [www.foodplay.com/resourcekit](http://www.foodplay.com/resourcekit) (username: SchoolResources, password: HealthyKids)



### 1. Hold a simple discussion following the show with such questions as:

- How did you like the show?
- What were your favorite parts?
- What did you learn?

(Examples: There are ten teaspoons of sugar in a can of soda; we need to eat at least 5-9 servings of fruits and vegetables every day; it is important to eat breakfast every day; what you eat affects how you feel and how healthy you are.)

- Will you be doing anything differently after seeing FOODPLAY?

(Some popular responses are -- cut down on soda; eat breakfast more often; try to eat more fruits and vegetables; cut down on junky snacks; drink more low-fat milk; exercise every day; watch less TV; read food labels; choose healthier fast foods.)

**2. Healthy Snacktime:** When you return to your classroom, review the "Healthy Snack Cards/Top 10 Tips" (received at show) with students. Choose one day per week to hold a "Healthy Snack Day" when you encourage students to bring in healthy snacks. You may even want to have a "show and tell" where each child shows his or her snack and shares what is healthy about it. **(Health)**

**3. Letter Writing:** Have children write letters to the Coach and Johnny/Janey about what they learned from FOODPLAY. Popular topics include: "my favorite parts of the show were..." and "the things I want to change about my eating and exercise habits are..." Alternatively, have children make drawings or paintings of their favorite parts of the show and send them back to FoodPlay Productions, 1 Sunset Avenue, Hatfield, MA 01038, or email [info@foodplay.com](mailto:info@foodplay.com). We love to get feedback from the students and teachers. We'll even send your class a "Thank You" note! **(Writing)**

**4. Art Activity: "You Are What You Eat!"** On big sheets or rolls of paper make a life-size outline of each student. Then have each child fill theirs up with cut-out pictures of their favorite healthy foods from magazines and newspapers or have them draw their own pictures. **(Art)**

**5. Read It Before You Eat It!** After the show, have students examine their own snacks and "Read It Before You Eat It!" to determine what is really in the foods they're eating and drinking. They can try to identify different types of sugar, look up ingredient names in the dictionary, or figure out the fat content of their snacks. Remember, always check the serving size of a package since many food and beverage products contain more than one serving per package, and calculations have to be adjusted. **(Reading)**

**6. FOODPLAY Raps:** Have children sing the rap songs on next page. Invite children to create their own songs, raps, or poems celebrating healthy foods or healthy choices. Perhaps groups of children can sing these over the loudspeaker at morning announcements. **(Music)**

**7. Do the "Soak in the Coke Routine":** Place a tooth, bone, or iron nail into a glass of cola and let it soak for 24 hours. Yuck! **(Science)**

**8. Soda Naturale!** Have students make their own soda, naturally, by combining a half glass of seltzer with a half glass of their favorite 100% fruit juice. For a fun activity, have children make up a name for their soda, create a label out of paper or label paper, and write a jingle or advertisement for it. You can even have them bring in washed soda bottles to recycle and turn them into their newly created "Soda Naturale." **(Health)**

**9. Red Light, Green Light:** Make a red light, green light poster and have students review their snacks to see which are green light snacks or "go" foods (foods that are rich in nutrients and low in fat, sugar, and salt) and which are red light snacks or "whoa" foods (products that are low in nutrients, and high in fat, sugar, and salt). Turn it into a poster and hang on the wall. For older children, make a green light, yellow light ("slow" foods), red light. Use the yellow light for foods that can be eaten more often, but not all the time. **(Health)**

**10. Snack-Attack Contest:** Divide students into groups and have them design their own healthy snack or do a take-off on the "Iron Chef" Cooking Show. Provide parameters such as each group must use foods from at least 2 food groups in their snack. Once created, have them come up with an advertising campaign to promote their snack. Then, have a Snack Fair with snack stations where children can create the different snacks and everyone gets to taste them. Or, have a contest for the winning snack or put together a classroom snack cookbook (no cooking needed) and use it as a fundraiser for a class party or outing. Please send us a sample book for our FOODPLAY scrapbook! Thanks! **(Health)**

**11. Snack Record:** Have students keep a daily snack record for at least one week. Have them review their own or each other's records and offer suggestions on ways to improve. You may want to give out incentives for those who eat green light snacks every day. Your choice! **(Health)**

**12. Pyramid Power:** Check out the website, [www.mypyramid.gov](http://www.mypyramid.gov), for more information, downloads and activities. Put up a large poster of MyPyramid: (use a poster or draw an outline on the chalkboard) and have students create one at their desks. Have students divide up their lunches, either from home or school, into the correct food groups. Do this one day each week to help get students familiar with the different food groups. On the older Food Pyramid, sugary or high-fat foods belong in the "Fats and Sweets" group, and should be eaten only once in a while. On the new MyPyramid, sugary treats do not belong on the pyramid but are considered "extras." The more physically active a person is, the more wiggle room s/he has for extras. **(Health)**

**13. Pin the Food on the Pyramid!** Collect food pictures and make or purchase a MyPyramid Poster from [www.mypyramid.gov](http://www.mypyramid.gov). Distribute the food pictures and have students come up and try to "pin" the food onto the correct food group. You may want to use velcro, scotch tape, or push pins if on a bulletin board-like surface. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for graphics and more information. **(Health/PE)**

**14. Active Pursuits:** Lead your class on walks. Give them a theme so that as they walk, they can talk to each other. You can call this activity "Walk and Talk." For example, talk about your favorite animal, trip, singer, etc. Or turn the walk into a scavenger hunt, where on each trip you give children one or two things to find on the way (such as an acorn, maple leaf or stick) or to see (such as a license plate from another state, a type of tree, or a color of a house). **(PE)**

**15. Still Life Masterpiece:** Show students still life paintings of fruits and/or vegetables by famous artists. Put together your own beautiful arrangement of fruits, vegetables and healthy foods. You may wish to bring in some special food from other countries. Have children paint or draw their own still life pictures, then post the pictures up around the classroom, in the hallway, or in the cafeteria. After the painting process is over, have kids enjoy tasting the foods after they have been washed and cut. **(Art)**

For tips, activities, handouts and fun-filled resources: visit [www.foodplay.com](http://www.foodplay.com)



## FOODPLAY Contact Person's Evaluation

Thank you for bringing **FOODPLAY** to your school. We hope you enjoyed it. Please fill out and return this evaluation to us at FoodPlay Productions, at the above address, so that we may continue to serve your needs. Your feedback is valuable to us, and we look forward to hearing from you. Thanks and have a healthy year!

Your Name: _____ Your Title: _____ School Name: _____ Town: _____ State: _____ Show Date: _____ Grades Attending: _____ Email address: _____ <input type="checkbox"/> I want FoodPlay's email updates on nutrition resources.	Was there any press at the show? Yes      No      Maybe If possible, please provide: Name of Paper or TV Station: _____ City: _____ State: _____ Phone: _____ Name of Reporter/Photographer: _____
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**(Select One)**

	Excellent	Very Good	Good	Fair	Poor
How would you rate the <b>FOODPLAY</b> show?	Excellent	Very Good	Good	Fair	Poor
How would your students rate it?	Excellent	Very Good	Good	Fair	Poor
How would you rate the appropriateness of the information to the needs of your students?	Excellent	Very Good	Good	Fair	Poor
How would you rate the style of the show in conveying the message of good nutrition and a healthy lifestyle?	Excellent	Very Good	Good	Fair	Poor
How would you rate the provided materials, if used? (Check box if used.)					
<input type="checkbox"/> Teachers' Activity Guidebook	Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/> Student Snack Card	Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/> Parent Letter	Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/> Nurse Section	Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/> School Food Service Section	Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/> Press Packet	Excellent	Very Good	Good	Fair	Poor

Comments about show:

What did you like best about the show?

What do you think your students liked best about the show?

Any suggestions about the show?

Since the **FOODPLAY** program, have you noticed a change in your students' attitudes and/or behaviors regarding their eating and exercise habits? (Please check all that apply.)

- Increased awareness of healthy eating and exercise habits
- Increased awareness of positive body image
- Increased awareness of media influences on lifestyle choices
- Trying to make healthier food choices
- Eating breakfast more often

- Drinking less soda and sweetened drinks
- Eating more nutritious snacks and lunches
- Trying to be more physically active
- Seeking help for health and weight issues
- Seeking help for eating disorder and body image concerns
- Other (please explain):

Since the **FOODPLAY** program, have you noticed more interest among teachers and administrators in teaching nutrition and/or improving the nutrition and health environment at your school?    Yes            No

If yes, please explain:

Is there anything we could have done differently to improve the booking process for you?    Yes            No

Would you be interested in receiving information about other nutrition education resources?    Yes            No

What other materials or programs would be useful to you?

Additional Comments:

Would you recommend the **FOODPLAY** program to other schools/colleagues?    Yes            No

Would you like us to send information about **FOODPLAY** to any of your colleagues, PTO/PTA reps, or others?  
Please include their names, position, school, address, city, state & zip code, if possible.

- |          |          |          |
|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| _____    | _____    | _____    |
| _____    | _____    | _____    |
| _____    | _____    | _____    |

May we use your name as a reference?    Yes            No

May we use your comments, name, and school name in our promotional materials and website?    Yes            No

For tips, activities, handouts and fun-filled resources, please visit us on the web at **www.foodplay.com**.

**THANK YOU VERY MUCH FOR TAKING THE TIME TO RESPOND!**

We love receiving letters from students or letters of recommendation from staff!  
They help us update our programs and assist us in fundraising. Thank you!



For Parents

1 Sunset Avenue, Hatfield, MA 01038 · 1-800-FOODPLAY · 413-247-5400 · info@foodplay.com · www.foodplay.com

Dear Parent,

Your child will be seeing FOODPLAY, a national award-winning theater show that teaches kids about nutrition, self-esteem, and health in a fun, upbeat way, on \_\_\_\_\_ . We hope when your child comes home after the show, s/he will be more excited about choosing healthy snacks, eating a good breakfast, reading food labels, and being physically active every day.

FOODPLAY doesn't just make good eating great fun! Its messages are very important! As you may know, today's kids are being bombarded by media messages and advertisements promoting junk food diets along with the idea that you have to be one size and shape to be attractive. Unfortunately, these messages are taking a toll on childrens' health and self-esteem. The majority of today's children are not meeting their daily recommended nutritional requirements; one quarter are already showing signs of high cholesterol levels; obesity is on the rise; and disordered eating is becoming more and more common.

FOODPLAY provides children with the skills they need to see through media messages and take charge of growing up healthy and fit. They'll learn how to read food labels, cut down on sugar and fat, and eat a wide variety of wholesome foods; learn the importance of eating breakfast and being active every day; and discover that everybody comes in different shapes and sizes.

You can help keep the messages of FOODPLAY alive all year round. After the show, your child will be bringing home a snack card which has healthy snack ideas and tips on how to "treat your body right!" We hope you will go over these snacks and tips together. We also encourage you to stock up on fresh, healthy foods and enjoy being physically active together as a family.

The FOODPLAY program is brought to your school with special thanks to \_\_\_\_\_.

It is our pleasure to bring FOODPLAY to your children. Here's to your health!

Sincerely,

Barbara Storper, MS, RD

**Teachers! Parents! Kids!**  
for tips, activities, handouts  
and fun-filled resources:  
[www.foodplay.com](http://www.foodplay.com)



For Parents

1 Sunset Avenue, Hatfield, MA 01038 · 1-800-FOODPLAY · 413-247-5400 · info@foodplay.com · www.foodplay.com

Estimados Padres:

Su hijo o hija va a ver FOODPLAY el día \_\_\_\_\_. Es una obra de teatro que ha ganado premios nacionales, y que enseña a los niños cosas acerca de la nutrición, la salud y el amor propio en una manera divertida y vivaracha. Esperamos que cuando sus niños vuelvan a casa después de nuestra representación, se animen más a elegir meriendas saludables, desayunar bien, leer las etiquetas de los paquetes de comida, y hacer actividades físicas todos los días.

FOODPLAY no sólo hace más divertido lo de comer bien. Su mensaje es muy importante. Como sabrán, los niños de hoy día están bombardeados con muchos mensajes de los medios de comunicación y anuncios comerciales que promueven dietas de comida de poco valor nutritivo, junto con la idea de que es forzoso conformar a cierta talla y forma para ser atractivo. Por desgracia, estos mensajes hacen daño a su salud y el amor propio. La mayoría de los niños de hoy día no alcanzan los requisitos nutritivos recomendados; la cuarta parte de ellos ya muestran señas de altos niveles de colesterol; la frecuencia de obesidad se crece; y los trastornos alimenticios se hacen más y más común.

FOODPLAY les proporciona a los niños la capacidad que necesitan para ver detrás de los mensajes y tomarse cargo de crecer sanos y aptos. Aprenderán cómo interpretar las etiquetas de paquetes de comida, comer menos azúcar y grasas, y comer una gran variedad de alimentos salubres. También aprenderán la importancia de desayunar y hacer actividades físicas todos los días, y descubrirán que la gente viene en todos tamaños, formas y tallas.

Ud. puede mantener vivo el mensaje de FOODPLAY durante todo el año. Después de la representación, su hijo o hija traerá a casa una guía acerca de las meriendas, la cual tiene recetas, ideas y sugerencias de como se puede "tratar bien su cuerpo!" Por favor, tomen el tiempo para repasar la guía con ellos. También los animamos a Uds. que se surtan sus cocinas de alimentos frescos y salubres, y que juntos con ellos gocen de un estilo de vida activa.

FOODPLAY es generosamente presentada a su escuela por \_\_\_\_\_.

Es nuestro placer presentar FOODPLAY a sus hijos. ¡A su salud!

Atentamente,

Barbara Storper, MS, RD

**Teachers! Parents! Kids!**  
for tips, activities, handouts  
and fun-filled resources:  
[www.foodplay.com](http://www.foodplay.com)

## Parent Tips - Making Fruits and Veggies Fun for Kids

By Barbara Storper, MS, RD, Executive Director, FoodPlay Productions

- ☆ Kids often prefer the crunch of raw vegetables to cooked ones, especially if they're cut up into fun shapes and called neat names such as "carrot coins," "broccoli trees," "red pepper pinwheels," and "celery pick-up sticks." Serve along with a dip such as hummus, salad dressing, or balsamic vinegar.
- ☆ Make healthy foods easy to eat and easy to grab for kid-friendly snacking. Cut up fruit such as apples, oranges, and bananas into slices instead of leaving them whole. Keep cut-up carrots and celery sticks with a dip within easy reach in the fridge.
- ☆ Try to buy fruits and veggies in season. They're fresher, cheaper, and more nutritious and delicious! If you can, grow a vegetable garden, visit a farmer's market, or grow herbs on your windowsill!
- ☆ Sauté or stir-fry veggies in olive oil with garlic and soy sauce to make them irresistible to your children, or sneak them into sauces and soups for more resistant children.
- ☆ Parents often find great success by giving children healthy foods, such as cut-up raw veggies with dip or cut-up fruit with cheese and crackers, when they're at their hungriest such as right after school or just before dinner.
- ☆ Create a family tradition such as "Veggie of the Week Club" in which children can choose a new vegetable from the supermarket each week to try. They can experiment with ways to prepare it by looking in cookbooks, on TV cooking shows, or online.
- ☆ Serve 100% fruit juice, such as vitamin C-rich orange and grapefruit juice, or low-fat milk instead of soda and sugary "fruit drinks." For a lower cost soda alternative, have kids make fruit juice spritzers—half 100% fruit juice, half seltzer.
- ☆ Involve your children in snack and meal preparation. The more they participate in the cooking and prep themselves, the more likely they'll want to try their creations!
- ☆ Read *Janey Junkfood's Fresh Adventure!* (my new children's book) with your kids to extend the FOODPLAY themes. Have fun with your children preparing the snacks from colorful recipe cards found in the book and free on our website. You could also ask your library to get a copy.
- ☆ Keep some "Veggie Grab Bags" available—just pack up small plastic bags with baby carrots, cherry tomatoes, snow peas, red pepper chunks, or whatever is in season. Keep the bags ready to go and invite the family to grab a few on their way out.

For more tips  
and fun-filled resources:  
[www.foodplay.com](http://www.foodplay.com)



For the Press

1 Sunset Avenue, Hatfield, MA 01038 • 1-800-FOODPLAY • 413-247-5400 • info@foodplay.com • www.foodplay.com

**FOR IMMEDIATE RELEASE:**

Media Contact: Patti Dougherty • 1-800-FOODPLAY (1-800-366-3752) • info@foodplay.com • www.foodplay.com

**Wonder how to turn kids on to healthy eating and exercise habits?  
Emmy Award-winning FOODPLAY is coming to town!**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

School/Venue: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

FOODPLAY, a national touring Emmy Award-winning nutrition theater show, is coming to \_\_\_\_\_ on \_\_\_\_\_, thanks to sponsorship by \_\_\_\_\_.



With its cast of colorful characters, fantastic feats of juggling, motivating messages, music, magic, and audience participation, FOODPLAY captivates children as they learn how to treat their bodies right with healthy eating and active lifestyles.

**While FOODPLAY makes good eating great fun, its messages are very serious.**

Childhood obesity is considered the nation’s number one health epidemic, with rates doubling among elementary school children and tripling among adolescents in the last 25 years. According to the Centers for Disease Control and Prevention, if current eating and exercise habits don’t improve, one out of two African American and Latino children, and one out of three Caucasian children will develop diabetes.

FOODPLAY comes to the rescue, helping arm kids with the skills they need to take charge of growing up healthy and fit. During the fun-filled performance, children follow the antics of Johnny (or Janey) Junkfood, whose dream is to become a juggling star, but keeps dropping the balls. The problem – his diet stinks! With the help of the “Coach” of the National Junior Juggling Team and the kids in the audience, Johnny learns how to juggle the foods he eats to wind up with a balanced diet.

FoodPlay Productions was founded in 1982 by Barbara Storper, MS, RD, a national leader in children’s nutrition. According to Storper, today’s kids face a toxic food environment, with the average child seeing over 10,000 food commercials on TV each year, with the majority promoting junk food products.

“We have to fight fire with fire,” says Storper. “For our messages to be effective, we need to use similar techniques that advertisers use in order to make healthy foods and healthy practices fun and cool for kids. And there’s nothing like the power and magic of live theater to get kids excited and motivated to make their choices healthy ones!”

Today, the average American child drinks over 600 cans of soda and consumes more than 150 pounds of sugar a year! Less than one per cent of the nation’s youth are meeting their daily nutritional requirements, with intakes of fruits and vegetables far lower than what’s recommended.

As the FOODPLAY story unfolds, children learn how to see through TV commercials, decipher food labels, and make sense of today's confusing fast food world. Kids witness the ten teaspoons of sugar found in a can of cola, and the effects of soda on a dinosaur's tooth in the old "soak in the Coke routine." For some cool beverage alternatives, and some even cooler juggling tricks, Coach and Johnny trade passes with an array of milk, water, and fruit juice juggling clubs.

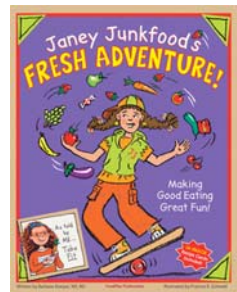
Kids cheer Johnny on as the more he learns, the better juggler he becomes, successfully demonstrating how easy it is to take five — eat at least five fruits and vegetable a day, that is. Together with the audience, Johnny learns how to eat healthfully at home, school, and on the run, and discovers that you can choose foods that are good for your health and good for the planet too.

Kids also learn the importance of fueling up with breakfast and being active every day. And, in the game show segment, "Pyramid Power," contestants are invited on stage to show their nutrition smarts by building a balanced diet. Body image is also covered, as kids learn that every body is different, and different is a great thing.

### **Keepin' the Messages Alive**

To keep the learning alive all year long, schools receive FOODPLAY's comprehensive resource kits, which provide follow-up materials to everyone involved — teachers, parents, school food service, health staff, and students.

And, to bring the experience home, Storper has published a new children's book, *Janey Junkfood's Fresh Adventure!* — designed to help kids get off the junk food track and make good eating great fun. The book (as well as a host of fun food and nutrition activities and snack recipes) is available at [www.foodplay.com](http://www.foodplay.com) and in bookstores nationwide.



### **Proven Results – It Works!**

FOODPLAY receives rave reviews, top awards, and outstanding evaluations showing dramatic improvements in children's eating and exercise habits. According to the USDA, after FOODPLAY, over 75% of children reported increasing their fruit and vegetable intake, cutting down on soda and other sweets, reading food labels more often, eating breakfast regularly, and enjoying more physical activity! And, schools report that FOODPLAY triggers community-wide excitement for healthy habits, helping get everyone from teachers to parents on board working together to create healthy schools.

### **FoodPlay Productions**

FoodPlay Productions' programs have reached over three million school children from New York to Alaska! The company now tours the nation with several different health shows and creates award-winning TV specials, media campaigns, video kits, and other resources to make nutrition come alive.

For help in raising healthy kids, free downloads, and fun-filled resources, visit [www.foodplay.com](http://www.foodplay.com).

**Reporters:**

To cover a FOODPLAY show,  
interview nutritionist, Barbara Storper, MS, RD,  
or for a review copy of Storper's new children's book,  
*Janey Junkfood's Fresh Adventure!* (ISBN 978-09642858-5-9)

Please contact Patti Dougherty at:  
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"The kids were laughing so hard, they didn't realize how much they were learning!"  
-New York City Board of Education





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## 2010 Who's Who in FOODPLAY

Please note: We have three different troupes on tour, and all members of each troupe are listed below. Each troupe has three members—Coach, Johnny or Janey Junkfood, and a stage manager. Each show's cast will vary.

### TROUPE 1

**Paul Baswell** (Coach) is a graduate of North Carolina School of the Arts. There he performed with Piedmont Opera in *La Boheme*, *La Traviata* and *The Light in the Piazza*. While at school, he had the privilege of performing as Tony in *West Side Story*, a production directed by Gerald Freedman and conducted by world-renowned maestro John Mauceri. Paul has sung the role of Cecco in *Il Mondo Della Luna (The World of the Moon)* with the A.J. Fletcher Opera Institute in Winston-Salem, North Carolina. Most recently Paul performed at the Jenny Wiley Theater in a new production of Bram Stoker's *Dracula*. Paul lives in New York City, and is so happy to now be a part of the FoodPlay family.

**Melissa Klein** (Janey Junkfood) recently graduated from NYU Tisch School of the Arts where she earned her BFA in drama. At NYU she studied at the Meisner Extension, the Experimental Theatre Wing, and Stonestreet Studios. Melissa enjoys all the arenas in which she has performed, including acting off-Broadway, off-off Broadway, in short films, web series, TV, and improv troupes. Now she is excited to hit the road on her very first tour!

**Renée Lynette** (Stage Manager) is the proud recipient of a Drama Desk Award. Most recently, she was the Stage Manager of the AUDELCO Award winning shows *Platanos and Collard Greens* and *Auction Block to Hip-Hop*. She has also stage managed Polyfonic Entertainment's *The Odella Williams Show* in 2009. In 2008 she stage managed the Fringe Festival's *Dershowitz Protocol*. Before that she was the Production Assistant of a staged reading of *Rock of Ages*. While studying theater at LaGuardia High School of Performing Arts, she and fellow students created Turtle Teens Productions, which successfully presented a run of *De Donde?* in 2004. This is her first production with *FOODPLAY*.

### TROUPE 2

**Tyson Savoretti** (Coach) A graduate of the University of Florida, Tyson lives and works as an actor in New York City. He can be heard on the air with Radio Disney, and seen up and down the West Side with his interactive theatre and improv troupes. Recent roles include Sir Walter Raleigh at The Sterling Renaissance Festival, Oberon in *A Midsummer Night's Dream*, and a "Certain Red-Suited Man" at Macy's Santaland. Tyson learned to juggle at his first job in high school, selling bruised lemons. When not on stage, you might see Tyson jogging in Central Park in his other life as a personal trainer.

**Carlton Hall** (Johnny Junkfood) is an Alabama native who earned his B.F.A. in Acting and Directing from the University of Montevallo (PV!) in Montevallo, AL. Carlton likes to juggle, dance, and just be an all around silly guy. He's been involved in productions with Birmingham Children's Theatre and Jasper Children's Theatre. He is also the co-founder and director of Run! Theatre Group in Jasper, AL. Carlton is very thrilled to be a part of *FOODPLAY*!

**S. M. Payson** (Stage Manager) is excited to be returning to New England and to start her first tour with *FOODPLAY*. A graduate of Saint Michael's College she has trained both in the United States and Europe. Payson's past credits include *Festen* and *Whistling Psyche* (Almeida, UK), Gregory Ramos' *Border Stories*, the original works *Olive Grove* and *My Own Stranger* (Shakespeare and Company), and *The Fantasticks* and *Anything Goes* (New London Barn Playhouse). She has most recently been with Live Nation's *House of Blues ~ Orlando* in Downtown Disney. She would like to send her love to Dave for always being there, and to her family for all of their support. She wouldn't be here without them.

**Adam L. Oliveri** (Director for Troupe 1 & 2) is originally from Western Massachusetts and has been involved in the arts for all of his adult life. He entertained for two years at Busch Gardens in Williamsburg, Virginia, as a singer, actor, and juggler. He also had the privilege of sharing the stage with Bobby Vinton as one of his cast mates in Branson, Missouri, at Bobby's Blue Velvet Theater. He is a former *FOODPLAY* actor (Coach), who loves children and truly believes in FoodPlay Productions' mission of spreading the word about the importance of leading a healthy lifestyle.

### TROUPE 3

**Frantz T. Excellent** (Coach) has twenty-five years' experience in theater arts and performance. He moved to Philadelphia in 1992 and attended Temple University. He began his theater experience in 1993 with Venture Theatre under the tutelage of H. German Wilson. He has performed in many theater venues along the east coast. Under his CamEyes Production Company, he has written two screenplays, *Camden Eyes* and *Ideale*; and a script for a television drama, *The Crew*. He has written, produced, and directed a documentary, *Queens Little Faces*; a variety show, *An Evening of Song: Featuring Toni Richards*; a music video, *Party All Night*; a 3-minute trailer, *Ideale*; an info-video, *Do What You're Built For*; a feature short film, *Mio Sogno: My Dream*; and the pilot to the TV script, *The Crew*. He is much honored for the opportunity to work with Bruce Robinson, Richard Murray, and the whole *FOODPLAY* company!

**Joshua Dingle** (Johnny Junkfood) a Philadelphia native, found his passion for the performing arts while impersonating movie stars in his mother's room as a child. Since then, he has gone on to receive training and experience from some of Philadelphia's finest institutions and theaters such as Creative and Performing Arts High School, University of the Arts, and the Walnut St. Theater. Coupled with a burden for inner-city youth and a passion for the arts, Joshua has set out to use his gifts to artistically encourage and enlighten the minds of young people daily. He also juggles scriptwriting, dance, music, and graphic design as part of his regular routine.

**Richard A. Murray Jr.** (Tour Manager) is an accomplished writer, author, playwright, and poet who also has his own line of greetings cards aimed at the sobriety and recovery market. He has written two plays, two poetry books, and a self-help book. He has worked in the theater since 2000 as a stage manager and dramaturge, and as a sound and lighting technician on many plays including the recent run of *Fences* at The Ritz Theatre. Richard recently graduated from The Connecticut School of Broadcasting. He is a member of the production company Landmark Productions, and has worked on two of their upcoming projects: the television pilot, *The Saints*, and the feature film, *Welcome Home Eddy*.

**Bruce Robinson** (Director, Sound Designer, Script Collaborator, Lyrics Collaborator) is founder and executive artistic director of FreshVisions Youth Theatre Company in Philadelphia. A thirty-year theater veteran, Bruce is a producer, director, actor, writer, theater arts teacher and workshop leader. He is a winner of Philadelphia theater's prestigious Barrymore Award for Theater Excellence as well as KYW TV-3's "People Making a Difference" Award.

### COMMON TO ALL TROUPES:

**Michael Karas** (Juggling Consultant) earned his B.F.A. in acting from Point Park University. Michael has always had an interest in juggling, and began seriously pursuing it in the summer of 2001 while attending the Pennsylvania Governor's School for the Arts. Since then he has become one of the juggling world's key players, winning multiple awards in international juggling competitions and inspiring other jugglers with his creative tricks. Michael toured with *FOODPLAY* as Johnny Junkfood for two seasons and is very excited to continue supporting *FOODPLAY* as a juggling consultant.

**Rihki Kennebrew** (Music Creator, Sound Engineer, Lyrics Collaborator) is a composer, arranger, producer, and more. His musical career spans over 20 years and includes credits from music pioneers such as LA and Babyface, to Philadelphia legends Gamble & Huff. Rihki's formal training includes New York University's Tisch School of the Arts and the American Academy of Dramatic Art. In addition to being a multi-genre songwriter, Rihki is also an accomplished radio/television personality. From pop, rock, and R&B to choral, classical, and theatrical, he continues to build a successful legacy writing hits for the music industry's most noted artists and the stars of tomorrow. More info: [www.phillybrew.com](http://www.phillybrew.com)

**Barbara Storper, MS, RD** (Artistic Director, Playwright, Nutritionist, and Executive Director of FoodPlay Productions) is a leader in the field of children's nutrition. Barbara has received a host of national awards including the Society for Nutrition Education's first "Outstanding Young Nutrition Educator in the Country" Award, the American Dietetic Association's "Outstanding Nutrition Entrepreneur" Award, and an Emmy Award for "Outstanding Children and Youth TV Special."

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FoodPlay Productions is an Emmy Award-winning nutrition and health media organization presenting the best in live touring theater shows for school assemblies, conferences, and special events. The company also creates fun-filled video kits, curricula, media campaigns, exhibits, and hands-on resources to help parents and educators make nutrition and health come alive for children and families. Founded in 1982 by Barbara Storper, MS, RD, a leader in the field of children's nutrition, FoodPlay Productions' live touring theater shows and campaigns have reached over three million school children coast to coast and have been widely featured in the national media.



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