



FOODPLAY

Grades
K-5

A Health & Nutrition Program
for
Elementary School Ages & Families

Helping Children Take Charge of Growing Up Healthy and Fit!

Our Emmy Award-winning signature show features amazing feats of juggling, captivating characters, motivating messages, music, magic, and audience participation to turn kids on to healthy eating and active lifestyles.

Fantastic! I have worked in the district for nine years, and the teachers told me this was the best program I have ever brought in!

—Kimberly Kross, RN, MS, FNP
School Nurse/Teacher, Kingston, NY



Comes with Complete Resource Kit:

- * *FOODPLAY Teacher's Activity Guidebook* (60+ pages of lesson plans, activity sheets, and background information)
- * Healthy snack cards for kids
- * Parent letter (English & Spanish) with healthy tips
- * Food service packet to link cafeteria with classroom learning
- * Nurse packet to promote school wellness
- * Evaluation to assess program impact
- * Press kit and posters to publicize program
- * Web activities and downloads

Ideal for: Grades K-5 and families
Audience size: Up to 400 (exceptions made)
Running time: 45 minutes
Space needs: Auditorium, cafetorium, gym, or other large performance area
Program fee: Contact us

Proven Results!
(over)

More information:

www.foodplay.com | 1-800-FOODPLAY (1-800-366-3752) | info@foodplay.com



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It Works!

FOODPLAY teaches kids how to:

- ✓ Fuel up with breakfast every day.
- ✓ Increase their intake of fruits and vegetables.
- ✓ Cut down on sweets, sugary drinks, and unhealthy fats.
- ✓ Create a balanced diet using MyPyramid.
- ✓ Choose healthy foods at home, school, and on the run.
- ✓ Read food labels, see through media messages, and critically analyze advertisements to get the most nutritional value for their money.
- ✓ Have fun being active every day.
- ✓ Make choices that are good for their health and the health of the planet.
- ✓ Feed their bodies healthy food, and their minds healthy messages.
- ✓ Treat their bodies right — whatever size and shape — and discover that every body is different, and different is a great thing!

Evidence-Based • Proven Results!

FOODPLAY has been found to dramatically improve the nutrition and health knowledge, attitudes, and behaviors of elementary school children with the majority making outstanding improvements in their eating and exercise habits. Sample findings:

75% reported "...eating more fruits and vegetables"

70% reported "...eating fewer sweets and drinking less soda"

62% reported "...telling parents what they learned"

—According to USDA-sponsored evaluations

Detailed results: www.foodplay.com/results

You changed my life! I stopped eating so much junk food, now I eat lots more fruit and vegetables. I'm playing outside instead of watching TV! Thank you!

—Theresa, 5th Grader, MA