

# FOODPLAY®

Fun Resources  
to Turn Kids on to Healthy Habits!

## IDEAL FOR:

Schools  
Child Care Centers  
Food + Nutrition Programs  
Hospitals + Health Centers  
Community Organizations  
Wellness Initiatives  
SNAP-Ed, WIC, CACFP, EFNEP



## Fun-Filled Video Kits

Make nutrition come alive...anytime, anywhere!

## Hands-On Tools

Motivate kids to build healthy habits and promote your message throughout the community!

## Colorful Children's Books

Teach nutrition through reading, eating, writing, and 'rithmatic!

## Nutrition Activity Guidebooks

Make it easy to teach nutrition with hands-on activities, standards-based lesson plans and reproducible activity sheets.

## Ask About Our:

- Award-Winning Live Nutrition Theater Shows
- Inspiring Conference Presentations, Dynamic Trainings, and Creativity Workshops
- Do-It-Yourself FOODPLAY Script Kits

**Visit: [foodplay.com/shop](http://foodplay.com/shop)**



**Welcome to FoodPlay Productions!** We're a national award-winning nutrition education company that produces evidence-based programs and innovative resources to turn kids on to healthy eating and active living. Recipient of over 10 national nutrition and media awards, plus an EMMY, FoodPlay's creative approach helps educators make good eating great fun for kids. Our programs have reached over 5,000,000 children across the country to rave reviews and outstanding evaluations showing dramatic improvements in eating and physical activity habits. All resources are created by Barbara Storper, MS, RD, a national leader in children's nutrition.



Turn Kids on to Healthy Habits!

# FOODPLAY<sup>®</sup>

ON THE  
**BIG SCREEN**

(50 minute live-action video)

Plus: FOODPLAY Activity Guidebook

**Now, for the 1st time, bring the Emmy Award-winning magic of FOODPLAY into your classrooms and homes – all year long!**

Show FOODPLAY's fun-filled performance to empower kids with the skills they need to make healthy food choices and have fun being active. Featuring live action video, amazing feats of juggling, music, magic, and audience participation, kids have so much fun, they don't realize how much they're learning! **Ideal for Grades K-5**

“Our kids learned more in an hour of FOODPLAY than in a whole year of health classes, plus they had a lot more fun!” —Margaret Strayer, Teacher, Jackson School, York, PA

“Thanks for the wonderful show! Now I started eating better and healthier foods. P.S. My mother says thank you, too!” —Sasha Zaitchik, 3rd Grader, CT



**Winner of 10 National Awards!**

**Reached over 5,000,000 children across the country!**

**Evidence-Based with Proven Results!**

FOODPLAY dramatically improves children's eating and physical activity habits, and they take the messages home – according to USDA-sponsored evaluations.

## **FOODPLAY ON THE BIG SCREEN**

Video Kit includes Flash Drive with FOODPLAY video (50-minutes)

## **Plus: FOODPLAY Activity Guidebook**

Hands-on lesson plans and reproducible activity sheets make it easy to reinforce nutrition lessons through core subject areas.

[www.foodplay.com/shop](http://www.foodplay.com/shop) • [info@foodplay.com](mailto:info@foodplay.com) • 1.800.FOODPLAY (1.800.366.3752)

Prices subject to change, Please visit: [www.foodplay.com/shop](http://www.foodplay.com/shop)



Created by Emmy Award-Winning  
FoodPlay Productions

# FOODPLAY®

## VIDEO SHORTS

**Fun Nutrition in Bite-Size Videos!**

Use these exciting short videos  
to make nutrition come alive!

14 Videos (3 – 6 minutes each)

**A Complete Nutrition Unit for Grades K-5**

Spark excitement for nutrition with these fun-filled video shorts that make it easy for teachers to fit nutrition into their teaching. Just select a topic, and watch kids take charge of growing up healthy, active, and fit!

### Kids learn how to:

- Fuel up with breakfast at home or at school!
- Balance their meals with MyPlate!
- Read It Before You Eat It!
- Discover the difference between Whole Foods and Foods with Holes!
- Celebrate Fruits and Veggies!
- Choose healthy snacks or make their own!
- Have fun being physically active!
- Feed their minds with healthy messages!
- Make choices that are good for their health and the health of the planet!

**“A fabulous video series! Makes it easy, fun, and exciting to teach nutrition and inspire kids to improve their eating and physical activity habits!”**

—Cindy Coughlin, Health and Physical Education Teacher, Springfield, MA

### FOODPLAY SHORTS

Video Kit includes Flash drive with 14 short videos (3-6 minutes each)

### Plus: FOODPLAY Follow-Up Activity Kit

A complete set of discussion questions, standards-based lesson plans, hands-on activities, and reproducible activity sheets to teach nutrition all year long!



Sneak Preview and Order:  
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# FOODPLAY®

GET UP and PLAY  
For 1-Hour-A-Day!

## TRACKER BANDS

“Brilliant Idea—It’s like a super fun, super low-cost ‘FitBit’ for kids! What a great way to remind kids throughout their day to Get Up and Play! They’re not only cool for students to wear—but they challenge each child to set and meet their daily physical activity goals!”

-- Cindy Coughlin, Physical Education + Health Teacher,  
Alice B. Beal Elementary School, Springfield, MA

### How to use:

Kids put 6 colorful bands on one wrist. For every 10 minutes that they’re physically active, they get to move a band to the other wrist. Throughout the day, the bands remind them to get up and play - for at least 60 minutes or 1 hour a day!



**Only \$1.95 per kit**  
(For orders over 100 kits)  
**PLUS: We can add your LOGO + MESSAGE!**

And, at the end of the day, they can record their progress on the bookmark or on our free downloadable Activity Tracker Log.

**Get Up + Play! Tracker Bands Kit Includes:** 6 colorful tracker bands, bookmark with fun tips and tracker chart, and downloadable Activity Tracker Log Poster.

**Plus:** We can add your LOGO + MESSAGE to promote your programs!



# FOODPLAY®

## 5-A-DAY

### TRACKER BANDS

“Kids LOVE Fruit + Veggie Tracker Bands!  
A totally fun and effective way to get kids  
to go for fruits and veggies!”

—Sherri Stevens, Community Relations Specialist, Hannaford Supermarkets

#### How to use:

Kids put five colorful bands on one wrist. Every time they eat a fruit or vegetable, they get to move a band to the other hand. Throughout the day, the bands remind them to eat 5-A-Day! Then, they can track their progress on their tracker chart.



**Only \$1.95 per kit**

(For orders over 100 kits)

**PLUS: We can add your LOGO + MESSAGE!**

#### Ideal Tools + Giveaways for:

- \* Health Fairs
- \* Nutrition Classes + Youth Clubs
- \* School Food Service Programs
- \* Farmers Markets + Farm to School
- \* Gardens + Salad Bar Initiatives
- \* Summer Meals
- \* Worksite Wellness



MORE INFO + ORDERS AT:  
[www.foodplay.com/shop](http://www.foodplay.com/shop)

#### Fruit + Veggie Tracker Bands

**Kit Includes:** 5 colorful tracker bands and bookmark with fun food tips and tracker log.

**Plus:** We can add your LOGO and MESSAGE to promote your programs!

“Kids love wearing FOODPLAY Tracker Bands, and they work!  
Our kids are eating more fruits and vegetables,  
and they bring these healthy messages back to their families!  
A great way to promote our nutrition work throughout our communities!”

—Barbara Struempfer, PhD, Program Leader, SNAP-ED & EFNEP, Alabama Cooperative Extension System

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# Janey Junkfood's Fresh Adventure!

## CHILDREN'S BOOK

Make Good Eating Great Fun!  
Get kids off the junk food track and turn healthy eating into a fresh adventure!

Featuring 32 highly illustrated pages  
**PLUS:** 16 fun snack recipe cards for kids  
+ Free downloadable Teachers Guide! (Ideal for grades K-6)



“Simply stated, Janey Junkfood’s Fresh Adventure! should be a part of every school and community library collection in the country!” —Midwest Book Review

Kids of all ages LOVE reading JANEY! Its enchanting illustrations, playful storyline, and interesting detective cases make this book a hit with children at home or in class! Janey inspires kids to juggle the foods they eat to wind up with a balanced diet! Follow as Janey discovers the missing ingredient to her juggling success – healthy foods! Kids learn how to see through advertisements, read food labels, and uncover the difference between whole foods and foods with holes. And, after reading the book, they get to celebrate by making the fun snack recipes that helped JANEY eat to win!

“This creative book is a painless way to get kids interested in healthy food—the most important lifestyle choice for their physical and mental well-being.”  
—Dr. Andrew Weil, Founder and Director, Program in Integrative Medicine, University of Arizona



+16 Nutritious and delicious snack recipe cards kids love to make and eat!

“This book shows you how to eat healthy in a fun way, and I need to know that!”  
—Yordann, 5th Grade, Springfield, MA



“This book is a parent’s dream! My daughter keeps asking for JANEY! She’s also asking for healthier snacks.” —Joan Griswold, Director, Be Your Best! Health Services, Northampton, MA

**Special Classroom Set: 25 Books**  
SAVE 10% + Get a Free Classroom Poster + Teachers Guide!  
Hardcover: Regularly \$398 – Special price: **\$359**  
Softcover: Regularly \$248 – Special Price: **\$219**

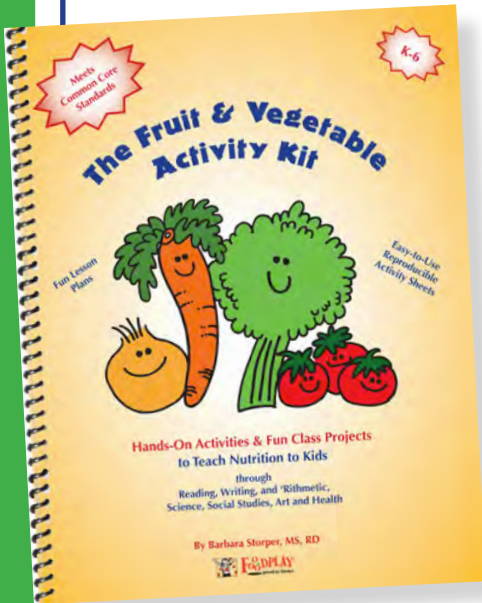
**Price:**  
Hardcover: \$15.95  
Softcover: \$9.95

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# NUTRITION ACTIVITY GUIDEBOOKS

## The Fruit & Vegetable Activity Kit



(Ideal for grades K-6)

132 pages filled with everything you need – fun class projects, hands-on activities, standards-based lesson plans, and reproducible activity sheets to engage children in life-long learning.

From creating seasonal food wheels to fun morning announcements, preparing healthy snacks to exploring cultural cuisines, kids will be inspired to eat more fruits and vegetables as they learn all about them, from seed to plate! **Ideal for Grades K–6.**

**“A fabulous resource for involving kids in creative food and nutrition activities all year long!”**—Deborah Barbe, Food Educator, *Cooking with Kids*

**Meets Common Core Standards and Teaches Nutrition through Core Subject Areas!**

### Price:

Spiral Bound: \$34.95

E-book: \$19.95

## Hands-On Health: The Activity Guidebook for Working with Teens



Ideal for middle schools, high schools, and youth groups, this popular sourcebook provides hundreds of engaging, hands-on activities, role plays, reproducible activity sheets, and handouts to empower adolescents to make healthy choices regarding nutrition, physical activity, body image, media literacy, tobacco use, and stress. (200 pages)

**“I wish every classroom teacher, parent and health educator could have a copy of this excellent guidebook. Projects for making a difference in the world, relaxation techniques, role playing, plus lots of activities and discussion questions are what make this guidebook such a wonderful resource.**

**HIGHLY recommended.”**—*Human Environmental Sciences Extension’s Resource for Food Science and Human Nutrition Information*

**Price:** \$39.95 Spiral Bound (200 pages, ideal for grades 5th-12th)

## MyPlate Activity Kit

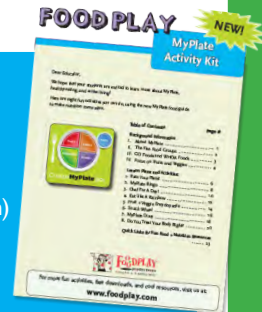
(Ideal for grades K – 5th)

Easy to use activities, fun lesson plans, and reproducible activity sheets help students explore how to build a balanced diet with MyPlate for breakfast, lunch, dinner, and snacks. Keyed to lower and upper elementary grades and core subject areas. (25 pages)

### Price:

\$12.95 Spiral Bound

\$9.95 E-book



For more fun tools, resources, and cool stuff... visit: [www.foodplay.com/shop](http://www.foodplay.com/shop)

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