



Yuma County Department of Public Health

2200 W. 28th Street, Yuma, Az. 85364

Telephone: (928) 317-4550 Fax: 317-4591

Environmental Health Division
Office: (928) 317-4584
Fax: (928) 317-4583

Nursing Division
Office: (928) 317-4540
Fax: (928) 317-4501

Preparedness & Response
for Bio-Terrorism
Office: (928) 317-4580
Fax: (928) 317-4570

David Brooks
Director

Willow Cohen
Food PLAY
221 Pine St.
Florence, MA 01062

Dear Willow,

The Yuma County Health Department brought Food PLAY to Yuma, Arizona to present this fantastic performance to over 8,000 students over the course of one month. This program was an incredible way to reach thousands of students with positive nutrition messages in a creative, entertaining way that kids can identify with and enjoy.

Of 269 4th grade students surveyed, over 70% of them reported eating more healthfully, eating more fruits and vegetables, and drinking less soda during the week after seeing Food PLAY. When asked what changes they're noticed in their students' attitudes and/or behaviors, teachers made written comments like, "They're talking about eating healthy", and when asked what changes they've noticed among teachers and administrators in teaching nutrition and/or improving the health environment at their school, teachers made written comments like, "It gave teachers a connection to tie in nutrition," and, "We're discussing program parts and lesson planning." Here are some other comments we've received from the schools that had the Food PLAY performances:

- One principal said she was very thankful that we brought such a great show to their school and said the teachers were very pleased because this show wasn't a waste of time like other shows that they have had.

- During lunch, after the school had seen Food PLAY, a group of students told their teacher that she shouldn't drink soda since it had 10 tablespoons of sugar. The teacher promised them it would be her last and that she would start eating healthy.

We continue to receive comments from teachers and parents to this day (four months later) about how much their students and children enjoyed the program, which may be our best method of evaluation!

Food PLAY will long be remembered by thousands of students from Yuma County schools thanks to this innovative program!

Sincerely,

Lisa M. Medrow, RD
Nutrition Program Coordinator

Health Promotion (928) 317-4580 Fax: 317-4570	HIV Program (928) 317-4580 Fax: 317-4512	Immunizations (928) 317-4559 Fax: 317-4575	Nutrition (928) 317-4580 Fax: 317-4570	Public Fiduciary (928) 317-4590 Fax: 317-4591	STD Program (928) 317-4580 Fax: 317-4570	T.B. Program (928) 317-4585 Fax: 317-4575	Vital Records (928) 317-4530 Fax: 317-4591	WIC (928) 317-4500 Fax: 317-4501
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The Commonwealth of Massachusetts
Executive Office of Human Services
Department of Public Health
Bureau of Prevnt. Child and Adolescent Health
150 Tremont Street, Boston 02111

Dear Parent or Principal,

We're pleased to recommend FOODPLAY, an award-winning nutrition education performance which has been bringing nutrition to life for elementary school children throughout the country. FOODPLAY helps children learn about good nutrition and how to make healthy food choices through a theatrical show with juggling, puppets, music and audience participation.

Health experts now recognize the importance of nutrition for the present and future health and well-being of our nation's children. Encouraging healthy eating habits early in life can help develop eating habits that will promote health and prevent disease over the long term. Yet, surveys of our nation's children show troubling trends. All too often, TV advertisements, peer pressure, the wide availability of high-fat, high-sugar food products, combined with our fast-paced lifestyle encourage the wrong food choices. Kids desperately need sound nutrition information.

FOODPLAY addresses the major nutritional problems facing elementary school children and helps them take charge of growing up healthy and fit. Fortunately, it does so in a wonderfully entertaining way which delights students, teachers, and parents alike. As Director of the state Office of Nutrition, I have seen this fine play performed on numerous occasions. The play teaches, inspires and involves children to think about what they eat and the food choices they make.

It would be a treat for all for you to bring the FOODPLAY show to your school this year and help transform our children into healthy eaters.

Sincerely,

Ruth Palombo

Ruth Palombo, MS, RD
Director, Office of Nutrition