

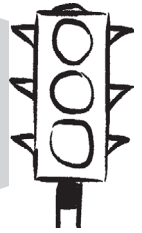


Preparing for FOODPLAY! — Checklist

1. Get READY...

(2-3 weeks prior to program)

1. Ready...
2. SET...
3. GO!



COMPREHENSIVE

Today!

- Promote the event to your school community:
 - Staff, Food Service Memos, and Student Activity Sheets** – Distribute to school staff.
 - Hallway and Cafeteria Posters** – Copy and hang up in your hallways and cafeteria.
 - Parent Letter** (English and Spanish) and **Tips** – Reproduce and send home with students.
 - Press Release** – Contact media and send out to your local newspapers and TV stations. (See note on Press Release for details).
- Add the FOODPLAY performance date to your school calendar.
- Check with custodian that the necessary preparations will be made to the performance space (see reverse side for details).
- Prepare a list of four students from different grades, whom you feel would be excited to participate in the Game Show. These children should be allowed to be photographed, in case media is present. Give this list to our troupe before the show. Please do not tell the students – it's a surprise!

Encourage all staff to follow up:

Please share the following links and resources with your staff: FOODPLAY School Resource Kit

Featuring:

- **FOODPLAY Teacher's Follow-Up Activity Kit** - *Standards-based activities integrate nutrition into core subject areas for year-round lessons! (Online)*
- **FOODPLAY Video Shorts** - *Bring FoodPlay back to the classroom with 14 fun-filled short videos (only 3 - 6 minutes each) that make nutrition and physical activity come to life! (Online)*

Available for download at:

www.foodplay.com/resourcekit

(Click on Healthy School Package - Password: HealthyKids)

Plus ... After the assembly, please distribute the following:

- **Fruit & Veggie Tracker Bands** - *Fun tools help kids eat more fruit and vegetables throughout their day! (Office will send)*
- **FOODPLAY Snack Cards** - *(Troupe will provide) Encourage kids to take home and post on their fridge.*

For more fun resources go to: www.foodplay.com/shop
For more free materials go to: www.foodplay.com/free-materials/

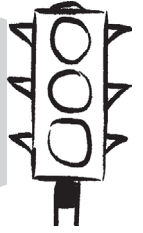
over →



2. GET SET!

The day of FOODPLAY...

1. Ready...
2. SET...
3. GO!



- Greet the FOODPLAY troupe (two performers) upon arrival for set-up, **90 minutes before showtime.**
- Have prepared:
 - ✓ A cleared and swept performance area (at least 18 x 18 feet) in auditorium, cafetorium, gym, or large room. If in your school's gym, please raise the basketball hoop.
 - ✓ Access to stage and/or house lights and electrical outlets.
 - ✓ One 5-6 foot table and three chairs placed in performance area.
- Give list of four student Game Show participants (that can be photographed) to stage manager. Remember, it's a surprise, so don't tell the students!
- The school representative (usually the principal, PTO representative, or food service director) will introduce the show. Our troupe will provide an intro card to read from.
- Call down classes at least 10-15 minutes before show time to make sure show can start on time. Please have all children seated and ready by performance start time.
- After the show, distribute to students - **FOODPLAY Snack Cards** (*troupe will provide*) and **Tracker Band kits** (*office will send*) to students.
- Make sure final payment has been sent to: FoodPlay Productions, 1 Sunset Ave, Hatfield, MA 01038

3. GO...to the show!

...And encourage staff to keep the FOODPLAY messages alive all year long!

Check out our free materials at: www.foodplay.com/free-materials/

Check out FOODPLAY Store at: www.foodplay.com/shop/

www.foodplay.com





To: Staff
From: _____

For Staff

Re: Get Ready for FOODPLAY

We are pleased to announce that our school will be seeing FOODPLAY

on (date)_____ at (time)_____

FOODPLAY is a national award-winning theater show that uses the power of live theater to turn kids on to healthy eating and active lifestyles.

Keep the messages alive all year long with these great follow-up materials:

Available for download at:
www.foodplay.com/resourcekit
 Click on Comprehensive Healthy Schools Value Program
 Password: HealthyKids

For Quick and Easy Follow-Up:

- Top 15 Quick and Easy Follow-Up Activities
- Take the FOODPLAY Challenge! Coloring Sheet

For Fun, Standards-Based Nutrition Lessons Throughout The Year:

- **FOODPLAY’s Teacher’s Follow-Up Activity Kit** – Features fun, standards-based activities to integrate nutrition into core subject areas! Complete with lesson plans and reproducible student activity sheets.
- **FOODPLAY Video Shorts** – An exciting and easy way to bring the magic of FOODPLAY back into the classroom! 14 fun-filled short videos (only 3-6 minutes each) are perfect ways to make nutrition come alive in bite-size lessons. Show on their own, or combine with activities from the FOODPLAY Activity Kit!

Plus - After the FOODPLAY Assembly, please distribute the following:

- **FOODPLAY Snack Cards** – Distribute and review healthy snacks and tips from “Take the FOODPLAY Challenge!” and encourage students to bring cards home, share with their families, and post on their fridge. See if you can challenge your students to try to improve their eating and physical activity habits, pick one habit a week!
- **Fruit + Veggie Tracker Bands** – These fun tools help kids eat more fruits and vegetable throughout their day. Each kit comes with a bookmark with fun tips, a tracking chart, and six colorful wristbands. Have students put five bands on their left wrist, and every time they eat a fruit or vegetable, they get to move a band to their right wrist. The bands remind them throughout the day to strive for FIVE! Students can keep track on the bookmark logs or you may want to create a classroom chart. Be creative – have a contest, plan a 5-A-Day week-long challenge, check in at the end of each day!

For more free materials: www.foodplay.com/free-materials
For more nutrition resources: www.foodplay.com/shop

To assist you in your lesson planning, the FOODPLAY Program addresses the following topics:

- | | |
|---|---|
| <ul style="list-style-type: none"> • How to Treat Your Body Right to Last a Healthy Lifetime • The Difference between an Apple and a Fast Food Apple Pie • Sugar Energy Doesn’t Last • Start Your Day with Breakfast • Every Body is Different and Different Is a Great Thing • Balance Your Diet with My Plate | <ul style="list-style-type: none"> • How to Choose A Health Snack • How to Eat More Fruit & Veggies • Have Fun Being Active • The Scoop on Soda • How To Read Labels - Read It Before You Eat It! • Make Choices that are Good for Your Health and the Health of the Planet • Take the FoodPlay Challenge! |
|---|---|



For Food Service

To: School Food Service Staff

From: _____

Re: Get Ready for FOODPLAY

We are pleased to announce that our school will be seeing FOODPLAY
on (date) _____ at (time) _____

FOODPLAY can help you:

- Increase school breakfast and lunch participation.
- Market healthy food offerings, especially fruits and vegetables, and get kids to try new foods.
- Trigger school-wide excitement, getting everyone on board to work together to create healthy schools.
- Meet nutrition education requirements for TEAM Nutrition, HealthierUS School Challenge, and school wellness programs.
- Put the spotlight on school nutrition!

What to do:

1. Introduce FOODPLAY and your staff at the school assembly! (We'll even give you a suggested intro – see reverse side.)
2. Serve an extra special school breakfast and lunch on FOODPLAY Day – with fresh fruits and veggies! (See a lunch menu idea in SFS section of Resource Kit.)
 - 15 Quick Activities to Follow Up
 - Teacher's Follow-Up Activity Kit
 - FOODPLAY Video Shorts
 - Resource Packets for Nurse, Food Service, and Parents

Download
Resources



FOODPLAY School Resource Kit:

www.foodplay.com/resourcekit

(Click on Healthy School Package -- Password: HealthyKids)

FOODPLAY is an evidence-based program shown to dramatically improve children's nutrition and health knowledge, attitudes, and behaviors, according to USDA-sponsored evaluations.

INTRODUCING THE SHOW....

Intro to FOODPLAY for School Food Service Director:

Hi, we're very excited to present to you today, a show that has been touring schools throughout the country. It's even been on TV, and won a host of awards, including an Emmy! I hope you have lots of fun and learn too. Today's show is called FOODPLAY, and it's all about making good eating great fun. FOODPLAY is brought to you by _____.

My name is _____, and I'm your school food service director. I'd like to take this opportunity to introduce you to the wonderful people who work so hard preparing your school breakfasts and lunches. (Introduce your staff, if possible.) Let's give them a warm round of applause. We're looking forward to serving nutritious and delicious meals this year! And we invite all of you to come and take part in our school breakfast and lunch program.

(If you'd like, insert any special initiatives or programs here) This year, we're excited to _____.

Now, let's give a big round of applause for Coach and Johnny/Janey in FOODPLAY!

Or, have a school representative introduce your staff and the the show!

Intro to FOODPLAY for School Representative:

My name is _____, and I am _____ (position with school).

I'd like to take this opportunity to introduce you to the wonderful people who work so hard preparing your school breakfasts and lunches. (Introduce staff, if possible.) Let's give them a warm round of applause. We're looking forward to serving nutritious and delicious meals this year! And we invite all of you to come and take part in our school breakfast and lunch program.

(If you'd like, insert any special initiatives or programs here) This year, we're excited to _____.

Now, let's give a big round of applause for Coach and Johnny/Janey in FOODPLAY!

CLOSING THE SHOW....

Thank you, you've been a great audience. Teachers, we hope you'll use FOODPLAY's Teacher Activity Guidebook to follow up on today's assembly. It's filled with fun activities to keep the nutrition messages alive all year long. Please check with your assembly coordinator to access the guidebook online. Students, you'll each receive a FOODPLAY snack card to bring home and post on your fridge.

And, we hope we'll be seeing you at school breakfast and lunch, and that you'll try the new healthy foods we'll be serving, now that you learned all about them today at FOODPLAY!

Thanks again and let's be sure to treat our bodies right to last a healthy lifetime!



Dear Parent,

Your child will be seeing FOODPLAY, a fun-filled, national award-winning theater show that teaches kids about healthy eating and active lifestyles, on _____.

We know how hard it is in today's fast food world to raise healthy eaters. We hope, when your child comes home after the show, s/he will be more excited about choosing healthy snacks, eating more fruits and vegetables, cutting down on sugar (especially soda and sweetened drinks), and having fun being physically active every day.

You can help keep the messages of FOODPLAY alive all year round. Here's how:

- 🍏 After the show, ask your children how they liked it and what they learned. They will be bringing home a snack card with delicious and nutritious snack ideas and tips to "Treat your body right!" We hope you'll post this on your fridge and go over these snacks and tips together.
- 🍏 Check out the new MyPlate food guide – found at www.ChooseMyPlate.gov. It shows how to create a balanced diet with all five food groups. Let your kids get involved in planning and preparing healthy meals with you – the more they take part, the more likely they are to try new foods! And, try to eat together as a family whenever you can.
- 🍏 Stock up on healthy GO foods – foods that are rich in nutrients, like fruits, vegetables, whole grains, lean protein foods, and dairy. Try to serve fewer WHOA foods – highly processed food products that contain added sugars, fats, salt, and artificial additives. (See next page for "Making Fruits and Veggies Fun!")
- 🍏 Have fun being physically active as a family – take a walk after dinner, reward kids with a fun activity instead of giving sweets, go to the park, join the Y or local youth club, dance together on rainy days, go for a hike, and create fun physically active family traditions!

Eating healthfully and being physically active is good for everyone!

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
Nutritionist, Executive Director

For tips, activities, handouts,
and fun-filled resources:

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 saludables. 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 saludables, y que juntos con ellos gocen de un estilo de vida activa.

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

Atentamente,

Barbara Storper, MS, RD
Nutritionist, Executive Director

For tips, activities, handouts,
and fun-filled resources:

www.foodplay.com



FoodPlay's Top 10

Making Fruits and Veggies Fun!

by Barbara Storper, MS, RD

1 Make fruits and veggies kid-friendly. Kids often prefer the bright colors and crunch of raw veggies to cooked ones. Rather than serving fruits and veggies whole, cut them into fun shapes and name them carrot "coins," zucchini "pick-up sticks," broccoli "trees," and red pepper "pinwheels." Cut apples and oranges into "smiles" and bananas into "wheels." Kids love to dunk, so serve veggies along with a dip like hummus or salad dressing, and dip fruits into flavored yogurt or peanut butter.



6 Create refreshing alternatives to soda. Each year, the average child drinks over 500 cans of soda, and at 10 teaspoons of sugar per can, children are consuming more than 50 pounds of sugar from soda every year! Instead, have kids make their own 'natural soda.' Fill a glass halfway with 100% fruit juice and top off with seltzer. Encourage kids to create their own combinations, and think up a fun name or even an advertising jingle!

2 Make fruits and veggies easy to grab. Make "Veggie Grab Bags" with your children—plastic bags of crunchy veggies like baby carrots, cherry tomatoes, snow peas, or whatever is in season. Keep bags in the fridge, and invite kids to grab a few on their way out. They're great to munch on throughout the day, especially when you're on the run and would be tempted to buy a junk food snack when you're hungry.

7 Involve kids in the preparation of healthy fruit and veggie snacks. The more they've helped, the more likely they'll be to eat them up! Even the youngest of children can lend a hand, from washing an apple to tearing a piece of lettuce. Kids can create their own fruit smoothies, or put together a "Rainbow Stick" with pieces of cut up fruit on a chopstick or popsicle stick!



3 Start a fun family food ritual! Invite your children to go food shopping with you and create a tradition like "Freaky Fruit Friday" or "Veggie of the Week Club" where each child chooses a new fruit or vegetable to try. Create an ongoing family cooking show where your kids prepare and serve a fun fruit or veggie snack.



8 Sneak veggies into sauces, soups, and stews for more resistant children. Sauté or stir-fry veggies in olive oil with a bit of garlic and soy sauce to make them irresistible! Encourage children to at least take one bite of an unfamiliar food. Studies show that it can take from 10 to 15 tries for a child to come to like a new food.

4 Help kids discover where foods come from by visiting local farms or farmers markets, celebrating the seasons by going apple picking in fall or strawberry picking in summer, or growing a garden together—even if it's only a windowsill herb garden. Try to buy fresh fruits and veggies in season, and when possible, locally grown. They'll taste better and cost less.

9 Be a good role model. Show your children how much you like eating fruits and vegetables. Don't pass on the peas, and be enthusiastic when you munch on carrots. Serve healthy food when kids are at their hungriest—after school or before dinner. Promote choice, but limit choices to two options, and make them healthy ones. Instead of asking an open-ended question – "what do you want for a snack?" Ask "do you want a banana or a pear?"



5 Explore cultural and ethnic food traditions. Help kids discover how different cultures use fruits and vegetables in their cuisines. Instead of serving sugary treats for celebrations, try treats from other countries such as 'mango-on-a-stick' from Mexico, or edamame (soybeans in pods), a Japanese favorite.

10 For more tips and snack recipes, visit www.foodplay.com! For more food fun, check out our new children's book, Janey Junkfood's Fresh Adventure!, our Fruit + Veggie Tracker Bands, and more at www.foodplay.com/shop.



To: School Contact

Attached is a press release to send to your local newspapers and TV stations. Inviting the media is a great way to spread the word about

1 Call your media contacts.

About two weeks in advance, call your contact to have them add the event to their calendar. If your school does not have a media contact, you can call the health, education, or general editor.

2 Send the Press Release.

- **To FAX** the press release to your local media: download, print and fill in a PDF copy at: <http://foodplay.com/press/press-releases-image-downloads/>
- **To EMAIL** the press release, scan a customized copy and send to your contacts. (<http://foodplay.com/press/press-releases-image-downloads/>)

3 Follow up before the show.

It helps to follow up with a phone call or two to remind them to cover the show. Make sure they bring a photographer along — there are wonderful photo opportunities!



FOR PRESS

FOR IMMEDIATE RELEASE

Local Schools Team Up with FOODPLAY to “Make Good Eating Great Fun!”

Contact: Barbara Storper / Executive Director / 413-247-5400 / barbara@foodplay.com / www.foodplay.com

DATE: _____ TIME: _____ CONTACT: _____

SCHOOL/VENUE: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____



This year is going to be the healthiest school year yet! Schools across the country are serving up healthier school lunches with more fresh fruits, vegetables, and whole grains... and FOODPLAY is coming to town! Complete with a cast of colorful characters, fantastic feats of juggling, music, magic, and audience participation, FOODPLAY, a national award-winning theater show, will be bringing its magic to turn kids on to healthy eating and active living at the:

Thanks to: _____

While FOODPLAY makes good eating great fun, its messages are quite serious. In the last 30 years, childhood obesity rates have doubled among elementary school children and tripled among teenagers. One in three children are overweight, and less than two percent of the nation’s youth are meeting their daily nutritional requirements. Kids, on average, are drinking over 600 cans of soda and consuming more than 150 pounds of sugar a year, missing out on recommended levels of fruits, vegetables and whole grains needed for optimal health. According to the Centers for Disease Control and Prevention, over one-third of the nation’s youth will develop diabetes if current eating and exercise habits don’t improve.

FOODPLAY’s fun-filled performance puts healthy eating and active lifestyles center stage. Along with a school-wide assembly performance, schools receive extensive follow-up resources to keep the messages alive in the classroom, cafeteria, and at home, all year long. The highly spirited program helps get everyone at school excited and on board to work together to create healthier schools and improve children’s eating and physical activity habits.

During the school-wide assembly program, children meet “Janey (or Johnny) Junkfood,” whose dream is to become a juggling super star. The problem – s/he keeps dropping the balls because of her/his poor eating habits. Like many of today’s children, JJ skips breakfast, fills up on soda and candy, zones out in front of the TV and computer, and then wonders why s/he’s sick, tired, and out of practice.

With the help of the “Coach” of the National Junior Juggling Team, and the audience, JJ discovers how to juggle the foods s/he eats to wind up with a balanced diet. Kids learn the importance of fueling up with breakfast, and if they don’t get breakfast at home, they can get breakfast at school. They learn how to eat to win using USDA’s MyPlate food guide, filling half their plates with fresh fruits and vegetables, and choosing whole grains, low-fat calcium-rich sources, and lean protein foods. Students take back a host of fun ways to be physically active every day including participating in sports, de-stressing with yoga, dancing indoors on a rainy day, and taking walks with their families.

The program empowers kids with the skills needed to make sense of a confusing food marketplace by seeing through TV commercials and deciphering food labels. While health experts recommend that people consume less than six teaspoons of added sugar a day, kids are amazed to discover that there are ten teaspoons of sugar in one can of cola, and that for many sports drinks, sugar is the main ingredient! Coach teaches kids how to “Read It Before You Eat It!” and explains that the main ingredient is listed first on ingredient labels. And while a food or beverage may be advertised as “natural” or “nutritious” – there are tricks along the way. There are, for example, many names for sugar, including “high fructose corn syrup,” and several can be found in one food product.

To test their nutrition smarts, kids participate in the "Super Star Snack Attack!" The challenge for the three game-show contestants is to choose the healthiest snacks from a variety of fresh and processed packaged items. The winning snacks turn out to be the ones that they can prepare themselves such as popcorn, veggie grab bags, yogurt parfait, rainbow fruit sticks, and natural soda made by mixing half fruit juice, half seltzer. Kids discover that choosing fresh foods is not only good for their health, but it's good for the health of the planet. The contestants receive "FoodPlay Fruit + Veggie Tracker Bands" – a fun tool that encourages kids to eat more fruits and veggies throughout their day, and the audience receives snack cards to bring home and post on their fridge.

As students return to their classrooms to the beat of "Treat Your Body Right!" - FOODPLAY's message comes in loud and clear: feed healthy foods to your body, positive messages to your mind, and have fun being active every day.

"Studies show that healthy eaters make the best learners, and we're so pleased to be able to help kids develop healthy habits to last a healthy lifetime - all in a spirit of fun and celebration! Schools are the perfect setting to model positive behaviors, and we love bringing FOODPLAY to help get everyone on board, excited to work together to create healthy schools, healthy families, and healthy communities," says Barbara Storper, MS, RDN, FOODPLAY creator and Executive Director of FoodPlay Productions.

For more information, free nutrition resources, recipes, and tips, visit: www.foodplay.com

Take the FOODPLAY 5! Challenge:

- 5 - Eat at least **5** fruits and vegetables a day!
- 4 - Read It **Be4** You Eat It!
- 3 - Fuel up with **3** square meals a day – starting with **BREAKFAST!**
- 2 - Remember – I can do this, and you can **2!**
- 1 - Get up and **PLAY** for at least **1** hour a day!

www.foodplay.com

About FoodPlay Productions

FoodPlay Productions was founded in 1982 by nutritionist, Barbara Storper, MS, RDN, to use the power of live theater to turn kids on to healthy eating and active living. Since then, the FOODPLAY program has reached over five million children across the country, and received a host of awards including an Emmy Award when made for TV. Evidence-based with proven results, FOODPLAY has been shown to dramatically improve children's eating and physical activity habits, according to USDA-sponsored evaluations. FoodPlay Productions creates national touring theater shows, media campaigns, curricula, video kits, children's books, and fun tools to make nutrition come alive. www.foodplay.com

Note: High-resolution images and digital press releases are available online at: <http://foodplay.com/press/press-releases-image-downloads/>





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

Fall 2017: Who's Who in FOODPLAY

Our nationally touring troupes feature two professional actors/performers supported by a dedicated staff based out of Hatfield, MA.

FOODPLAY Fall Tour 2017:

Benjamin David Knight (Coach) is a NYC based actor from Windsor, NJ and is very excited to join his first FOODPLAY tour! Benjamin received his BA in Theatre Arts from Pace University. Having performed both Off and Off-Off Broadway, he has most recently appeared on tour as part of the National Theatre of the Deaf, as 'The Todd' in *Scrubs: My Cabaret*, and as 'Matt' in *Dog Sees God*. He's thrilled to bring his two passions of juggling and nutrition together for children across the country!

Courtney Megaro (Janey) is so excited to be joining her second FOODPLAY tour! Previous credits include *Dog Sees God* as 'Van's Sister', 'Lucy' in *Mr. Marmalade*, and 'Rainbow Sprinkles' in *The History of Toys*. She is also a resident actor with the Secret Theater in Queens. She holds her BFA in Musical Theater from The New School.

ARTISTIC STAFF:

Ian Wentz Young (Director) is a theatre artist based in New York City. He is a graduate of NYU's Tisch School of the Arts where he studied acting. As a director and writer, his work has been seen at The Atlantic Theater Company's Stage 2 as part of the Atlantic Farm Team as well as at 13th Street Rep. Ian is a founding member of the New York based Joust Theatre Company where he was recently seen in their workshop production of *Incorruptible* by Jacob Marx Rice. Ian is thrilled to be returning as the Director after playing 'Coach' in FOODPLAY's National Tour in fall 2016. He is very excited to help the magic and message of FOODPLAY reach kids all around the country!

Michael Karas (Juggling Coach) 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.

Regina Diemand (Production Manager) specializes in theater and film production. Graduating from UMass Amherst with a degree in Sport Management, Regina went on to work with the Dew Tour (a live televised sporting event), and then with one of the largest live entertainment companies in the world (Live Nation Motorsports/Feld Entertainment). While on tour promoting shows at venues across the country, she quickly realized the parallels between sports, live entertainment, and theater/film. Since performing has been a lifelong passion (particularly in musical theater), she began working in theater and film when she relocated back to Massachusetts. She has worked with Fox Sports, Comedy Central, and several other companies throughout New England, as well as many passion projects as a Producer and Casting Director. FoodPlay has been a blessing and she is so happy to help kids lead better lives through the power of theatre!

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."

FOODPLAY[®] is coming!

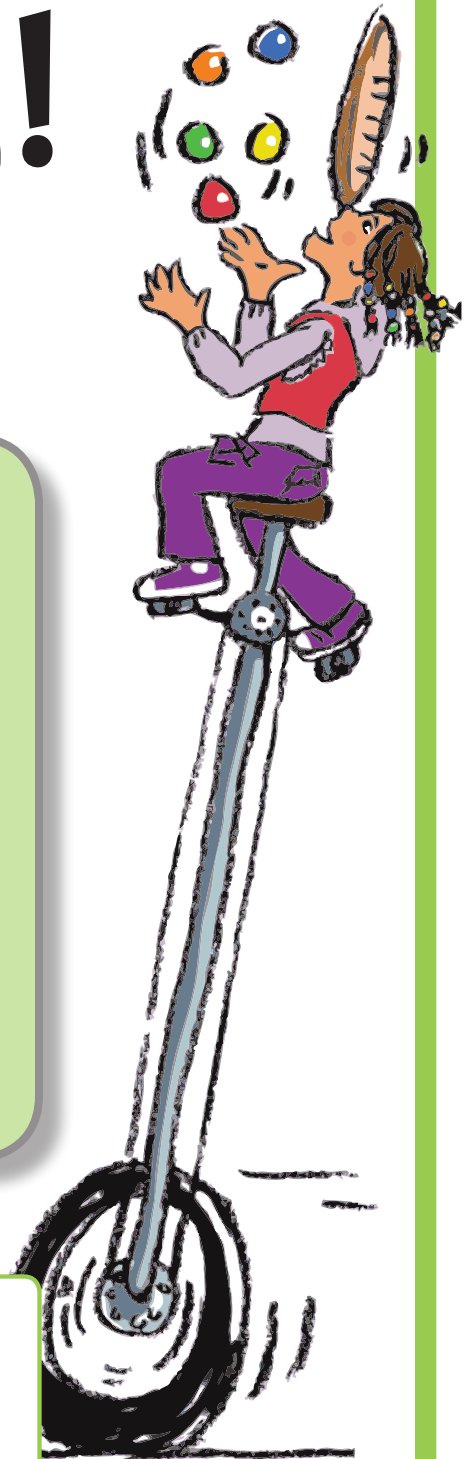
Don't miss this national award-winning show that
makes good eating great fun!

Date: _____

Time: _____

Where: _____

Brought to you by:



FOODPLAY[®]
productions
Turning kids on to healthy habits!



www.foodplay.com

www.hannaford.com



Take the
FOODPLAY 5
Challenge!

Eat at least **5** FRUITS + VEGGIES a day!



Read It Be**4** You Eat It!



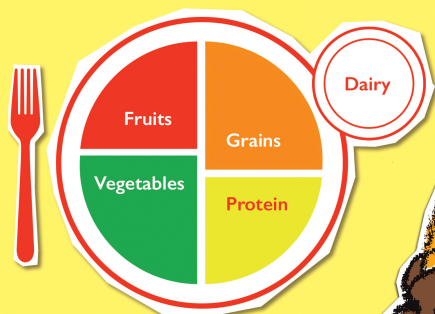
Fuel up with **3** square meals starting with **BREAKFAST!**

Remember - I can do this, and **YOU CAN 2!**



Get up and **PLAY** for at least **1** hour a day!

Cut down on soda - Refresh with **H2O!**



For more food fun, visit:
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!

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

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

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 physical activity habits? (Please check all that apply.)

- Increased awareness of healthy eating and exercise habits
- Increased interest in learning more about foods and nutrition
- Trying to make healthier food choices
- Trying to eat more fruits and vegetables
- Trying to eat 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, food, and weight issues
- 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 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!

Any suggestions about the show? _____

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FOODPLAY'S

Top 15 Quick and Easy Follow-Up Activities

For Staff

Here are some quick and easy activities to help keep the FOODPLAY messages alive in class. A complete **Teachers' Activity Guidebook** is available for download: www.foodplay.com/resourcekit (Click on Healthy School Package, 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; fill half your plate with fruits and veggies; it is important to eat breakfast every day; have fun being physically active every day).

- **Will you be doing anything differently after seeing FOODPLAY?**

(Examples: Eat breakfast more often; try to eat more fruits and vegetables; cut down on sugary snacks; drink more low-fat milk; exercise every day; watch less TV; read food labels; use MyPlate to get a balanced diet).



2. Healthy Snacktime: 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 us at FoodPlay Productions, 1 Sunset Avenue, Hatfield, MA 01038, or email: info@foodplay.com. We love to get feedback!


(Writing)

4. Power Up with MyPlate: Check out the website www.ChooseMyPlate.gov, for more information, downloads and activities. Put up a large poster of MyPlate (use a poster or draw an outline on the chalkboard) and have students create one at their desks on paper or on a paper plate. 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 and appropriate portion sizes. On the new MyPlate, sugary and fatty WHOA foods don't belong, but can be considered as once-in-a-while foods. The more physically active a person is, the more wiggle room s/he has for extras. **(Health)**

5. Art Activity: "You Are What You Eat!" On big sheets or rolls of paper, make a life-size outline of each student. Or, make a smaller poster. Have each child fill theirs up with cut-out pictures of their favorite healthy foods representing all five food groups from magazines and newspapers or have them draw their own pictures. Hang posters up throughout classroom. **(Art)**

6. 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 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)**

- 7. FOODPLAY Raps:** Invite children to create their own songs, raps, or poems celebrating healthy foods or their favorite fruit or vegetable. Perhaps groups of children can sing these over the loudspeaker at morning announcements, or when the food is being served at lunch. **(Music)**
- 8. 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)**
- 9. 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)**
- 10. 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)**
- 11. 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)**
- 12. 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 GO snacks every day. Your choice! **(Health)**
- 13. Pin the Food on MyPlate!** Collect food pictures and make or purchase a MyPlate Poster. 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.ChooseMyPlate.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 each walk into a scavenger hunt by giving 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 more
FoodPlay fun 

Free Materials: <http://foodplay.com/free-materials>
FoodPlay Store: <http://foodplay.com/shop>
FoodPlay Home: www.foodplay.com

Your friends at **FOODPLAY** want to hear from you!



First name: _____

Name of your school: _____

Draw us a picture!

Send us a note!

How did you like the show? _____

What were your favorite parts? _____

What did you learn? _____

Thanks so much — we love getting your letters!
FoodPlay Productions - 1 Sunset Avenue - Hatfield, MA 01038



Take the

FOODPLAY 5

Challenge!

Eat at least **5** FRUITS + VEGGIES a day!



Read It **Be4** You Eat It!



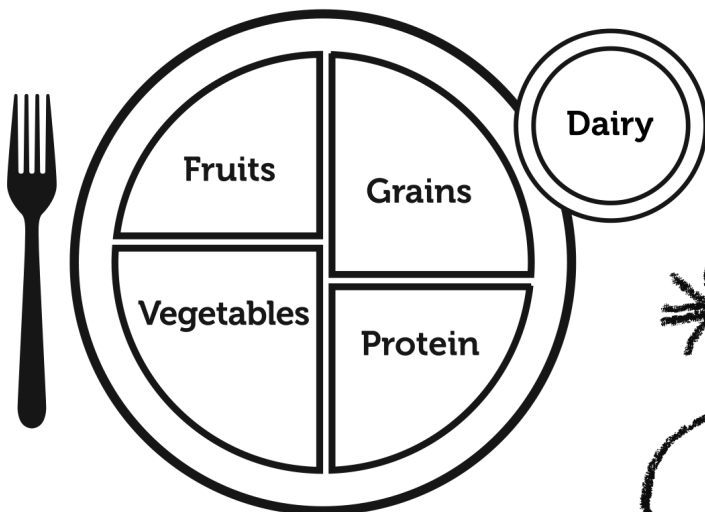
Fuel up with **3** square meals starting with **BREAKFAST!**

Remember - I can do this, and **YOU CAN 2!**



Get up and **PLAY** for at least **1** hour a day!

Cut down on soda - Refresh with **H₂O!**



For more food fun, visit:
www.foodplay.com