



FOODPLAY[®]
productions

Turning kids on to healthy habits!

Pre-Show PACKET

1-800-FOODPLAY / (413) 247-5400

info@foodplay.com

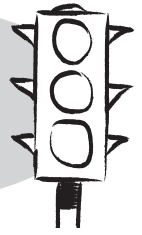
www.foodplay.com







Preparing for FOODPLAY! — Checklist

1. Get **READY...** for **FOODPLAY!**

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



Today!

- Promote the event to your school community:
 -  **Staff and School Food Service Memos** – Distribute to school staff.
 -  **Hallway Poster** – Copy on colored paper and hang in your hallways!
 -  **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 stage manager before the show. Please do not tell the students – it's a surprise!

Encourage all staff to follow up with these resources:

FOODPLAY School Resource Kit

Featuring:

- **NEW!** MyPlate Activity Kit
- FOODPLAY's Top 15 Quick and Easy Follow-Up Activities
- The FOODPLAY Teachers' Activity Guidebook

Available for download at:

www.foodplay.com/resourcekit

(username: SchoolResources, password: HealthyKids)

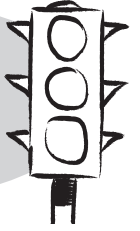
Turn page over to **GET SET!**



2. GET SET!

The day of FOODPLAY...

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



- Greet the FOODPLAY troupe (two performers and one stage manager) upon arrival for set-up, 60 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 to stage manager. Remember, it's a surprise, so don't tell the students!
- 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 to read from.
- Make sure that all children are seated and ready by the performance start time.
- After the show, distribute FOODPLAY snack cards (stage manager will provide) to students.

3. GO...to the show!

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





To: Staff

From: _____

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:

FOODPLAY Follow-Up!

- **NEW! MyPlate Activity Kit** — 8 follow-up activities!
- **The FOODPLAY Follow-Up Resource Kit**
 - * **For Teachers:** Fun, standards-based activities integrate nutrition into reading, writing, math, and health!
 - * **For Nurse, Food Service, and Parents:** Engaging ways to reinforce nutrition and health messages throughout the year, and create a healthy school environment.

Available for download at:

www.foodplay.com/resourcekit

(username: SchoolResources, password: HealthyKids)

(Or, see me for a hard copy!)

To assist you in lesson planning, FOODPLAY addresses these topics:

- The importance of eating breakfast every day
- How to choose a balanced diet using MyPlate
- How to increase intake of fruits and vegetables
- How to cut down on sugar and fat
- How to read food labels to choose the healthiest options
- The importance of daily physical activity
- How to promote positive body image



To: School Food Service Staff

From: _____

Re: Get Ready for FOODPLAY

For Food Service

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.

FOODPLAY can help you:

- Increase school breakfast and lunch participation.
- Trigger school-wide excitement, getting everyone on board to work together to create healthy schools.
- Market healthy food offerings and get kids to try new foods.
- Meet requirements for TEAM Nutrition and the HealthierUS School Challenge.

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.)
3. Follow up with FOODPLAY's great resources:
 - **NEW! MyPlate Activity Kit**
 - **Follow-Up School Resource Kit** (including School Food Service section)
 - **The FOODPLAY Teachers' Activity Guidebook**

Download
Resources



FOODPLAY School Resource Kit:

www.foodplay.com/resourcekit

(username: SchoolResources, 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 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



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

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

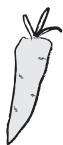


FoodPlay's Top 10

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.



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.

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.



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.

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.

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!

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!



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.

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?”



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/store.



www.foodplay.com

To: School Contact

Re: How to Get Media Coverage

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 the positive things your school is doing.

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.

- **FAX:** Send the press release via fax to local media. You can use the attached version or download and customize a PDF copy at: www.foodplay.com/press/press-releases-images-downloads
- **EMAIL:** To email the press release, copy and paste the PDF press release (www.foodplay.com/press/press-releases-images-downloads) directly into an email and send it to your media contact (media outlets prefer this method over attachments).

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 IMMEDIATE RELEASE

Local School teams up with FoodPlay to “Turn Kids on to Healthy Habits!”

Contact: Patti Dougherty / Program Director / 413-247-5400 / patti@foodplay.com / www.foodplay.com

Date: _____ Time: _____ School Contact: _____

School/Venue: _____ Phone: _____

Address: _____ City: _____ State: _____



Schools around the country are teaming up with FOODPLAY to empower children with the skills they need to take charge of growing up healthy and fit. FOODPLAY, a national award-winning theater show promoting healthy eating and exercise habits, will be bringing its cast of colorful characters, fantastic feats of juggling, motivating messages, music, magic, and fun to

in _____, _____, thanks to

While FOODPLAY makes good eating great fun, its messages are very serious. So serious, in fact, that First Lady, Michelle Obama, has launched the nation’s first childhood obesity task force, designed to tackle the alarming rise in the number of overweight children. In the last 25 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 sugars a year, missing out on recommended levels of fruits, vegetables and whole grains needed for optimal health.

During the fun-filled performance, children follow the antics of Johnny Junkfood, whose dream is to become a national juggling star, but keeps dropping the balls. The problem – his poor eating habits! With the help of the “Coach” of the National Junior Juggling Team and the audience of enthusiastic elementary school children, Johnny learns how to juggle the foods he eats to wind up with a balanced diet. FOODPLAY introduces USDA’s new MyPlate food guide, helping children learn to fill half their plates with a rainbow of colors from fruits and vegetables, choose GO foods from all five food groups, and cut down on soda and sweetened drinks. Children learn how to see through TV commercials, decipher food labels, and make choices that are good for their health and good for the health of the planet. As the children walk away 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!

“We have to fight fire with fire,” says FOODPLAY creator and Executive Director, Barbara Storper, MS, RD. A leader in children’s nutrition, Storper has reached over four million children at schools across the country with FOODPLAY, using the power of live theater to make nutrition come alive. “We need to use the same techniques advertisers use in order to get kids excited about healthy foods and healthy practices!” says Storper. “And, schools are the perfect setting to model healthy behaviors and educate students on how to make their choices healthy ones. Once kids get the facts, they become the most effective health advocates, bringing the message back home!”

More →

FOODPLAY: Background Information

Proven Results – FOODPLAY Works!

FOODPLAY receives [rave reviews](#), [top national awards](#), and [outstanding evaluations](#) showing dramatic improvements in children’s eating and exercise habits. According to USDA-sponsored evaluations, over 75% of children reported increasing their fruit and vegetable intake, cutting down on soda and sweets, reading food labels more often, eating breakfast more regularly, and being more physically active after taking part in FOODPLAY. Educators report that FOODPLAY triggers school-wide excitement for healthy habits, getting everyone on board – students, teachers, parents, food service, health staff, and administrators, to work together to create healthy schools and healthy communities.

Keepin’ the Messages Alive

To extend the lessons throughout the year, schools receive a comprehensive Follow-Up Resource Kit, filled with hands-on nutrition education materials for teachers, parents, school food service, health staff, and students. Teachers receive activity guidebooks to help integrate nutrition into core subject areas and link cafeteria with classroom learning. And, students take home healthy snack cards to post on their fridge. To make good eating great fun at home, Storper has recently published a new children’s book, *Janey Junkfood’s Fresh Adventure!*, available online and in bookstores nationwide.

About FoodPlay Productions

FoodPlay Productions was founded in 1982 by nutritionist, Barbara Storper, MS, RD, under original sponsorship by the US Department of Agriculture. FOODPLAY has reached over 4,000,000 children from New York to Alaska, and received a host of awards including an Emmy Award when made for TV. Considered among the most effective and innovative nutrition organizations in the country, FoodPlay Productions offers several school assembly programs and produces media campaigns, video kits, children’s books, and curricula to make nutrition come alive. Widely featured in the national media including ABC, CBS, CNN, PBS, and Nickelodeon, FoodPlay Productions is committed to helping the nation’s youth take charge of growing up healthy and fit.

For more information, free snack recipes, and tips for kids and families: <http://www.foodplay.com/>

Note: High-resolution images and digital press releases are available online at: www.foodplay.com/pres/press-releases-images-downloads



###



Fall 2011: Who's Who in FOODPLAY

Please note: We have two 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.

TROUPE 1

Joseph Bromfield (Coach) Born and raised in Chattanooga, this tall Tennessean is honored to be joining *FOODPLAY* for a second tour. Joseph is a recent graduate of Rollins College in Winter Park, FL, where he received his BA in Theatre Arts. Following his time at Rollins, he was named a Fulbright Scholarship Finalist for study and research in the UK, where he took a post-graduate year at the London Academy of Music and Dramatic Art to earn a Post Graduate Diploma in Classical Acting. Outside of his theatrical ambitions, Joseph loves playing tennis, exploring the great outdoors, and sharing a laugh with his amazing friends and family.

Alexandra Moore (Janey Junkfood) is a recent graduate of Texas Tech University with an MFA in Theatre Performance and Pedagogy. Alex has grown up in a theatrical family; both her parents are actors and continue to support her through her career on stage. Her last appearance in Texas had Alex in the chorus of *Annie* with Lubbock Moonlight Musicals. Her favorite role to date is the Marquise de Merteuil from *Les Liaisons Dangereuses*.

Travis Gawron (Stage Manager) is thrilled beyond words to be joining FoodPlay Productions for a second tour. A Massachusetts native, Travis has worked internationally both as a Stage Manager and as a performer. International credits include *M. Butterfly* (Zuloo Productions, UK), *A Midsummer Night's Dream* (STPE, Germany) and *Les Contes d'Hoffman* (STPE, France), and the original American cast of China's first long-running Broadway show, *Hollywood to Broadway* (CD International Ent.). Other credits include *The Ugly Duckling* (LRW Touring Company), *Showboat, 42nd Street* (NSMT), *Miss Nelson is Missing* (Boston Children's Theatre), *Willy Wonka and the Chocolate Factory* (JZ Performance School) and *Henry V* (Shakesperience Productions Inc.). He sends all the love in the world to his family.

TROUPE 2

Jenna Hoff (Coach) is an actor, director, and drama teacher based out of NYC and (sometimes!) her homeland of Northern California. She has a BA in theater arts from Eugene Lang College, and has studied with the American Conservatory Theatre in San Francisco, Shakespeare & Co. in Lenox, MA, and under François Lecoq with Footsbarn Theatre in France. Some of her favorite recent theater performances include *Is He Dead?* (Marie Leroux) with Cinnabar Theatre in northern CA, and *A Midsummer Night's Dream* (Helena) and *Two Gentlemen of Verona* (Launce), both with Shakespeare in the Valley in New Hampshire. Jenna loves dancing, yoga, and all other opportunities for movement – like juggling! She hopes to inspire her audiences to make healthy lifestyle choices and express their creativity, and is excited to be on tour with *FOODPLAY*!

Keith Allen (Johnny Junkfood) is a recent graduate from Pennsylvania State University with a BA in Theatre and is joining *FOODPLAY* for a second tour. He was born in Queens, NY, and grew up in the beautiful Pocono Mountains of Pennsylvania. Previous credits include *Shakespeare Abridged* (Adam), *Dog Sees God* (CB), *The Musical of Musicals: The Musical* (Jitter), along with *A Midsummer Night's Dream* (Puck), earning him the NEPTA award for Best Juvenile Actor. Along with his newly acclaimed hobby of juggling, Keith has also served two years as captain of his high school varsity step team, as well as the Penn State University's Ballroom Dance team. He would like to thank FoodPlay Productions for the opportunity, and his entire family, both here and overseas, for all the love and support.

Katie Chai (Stage Manager) is a stage manager and technician originally from Dallas, TX, currently working in New York City. A graduate of Marymount Manhattan College, she has worked on many productions in NYC, including work with American Globe Theatre, Coyote Rep Theatre, Ateh Theatre Group, SoHo Think Tank, and others. She has also worked on the Planet Connections Festival, West Village Musical Theatre Festival, and spent two years with the NYC Fringe Festival. For more information, please visit www.wix.com/katiechai/home.

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

Paul Baswell (Director) started directing for FoodPlay in January of 2011 after numerous tours with the company. He is a graduate of North Carolina School of the Arts, but now currently resides in New York City. Recently, Paul was in Maine performing for guests at the Quisisana Resort. It was there that Paul was given the opportunity to sing for over 60,000 people with the Portland Symphony for their Fourth of July celebration. Paul is thrilled to be back in Massachusetts working with the all of his friends at FoodPlay Productions.

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 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.

FOODPLAY[®] is coming!

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

Date: _____

Time: _____

Where: _____

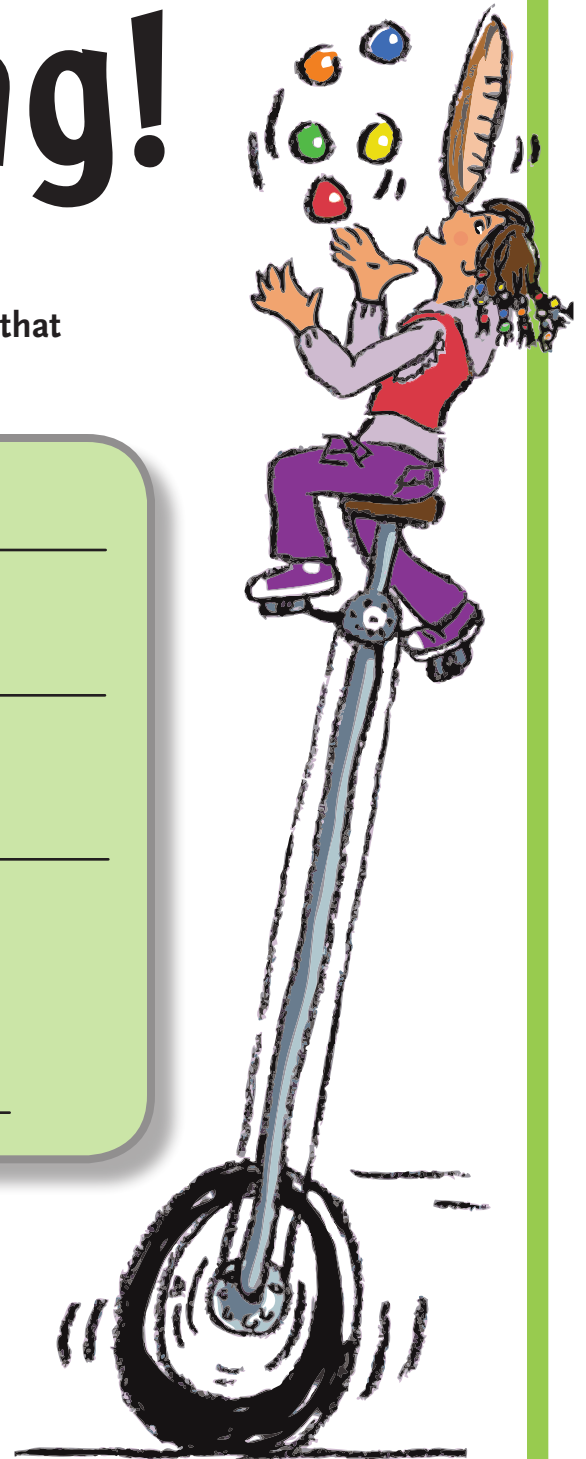
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www.foodplay.com



FOODPLAY[®]
productions

Turning kids on to healthy habits!

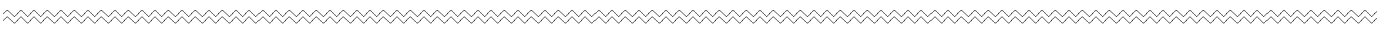




FOODPLAY Contact Person's Evaluation

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: _____ 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: _____
--	--



(Please select one)

	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.)					
MyPlate Activity Kit					
Teachers' Activity Guidebook					
Student Snack Card					
Parent Letter					
Nurse & School Food Service Sections					
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!



FOODPLAY'S Top 15 Quick and Easy Follow-Up Activities

For All 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 (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; try to fill half your plate with fruits and veggies; 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 Production at 1 Sunset Avenue, Hatfield, MA 01038, or email info@foodplay.com. We love to get feedback from the students and teachers! **(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 representing all five food groups 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:** 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 GO snacks every day. Your choice! **(Health)**
- 12. 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. 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)**
- 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)**

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