



Top 10 Fun Ways to Celebrate National Nutrition Month (March) with JANEY JUNKFOOD'S FRESH ADVENTURE!

For more information: www.foodplay.com/janeybook

1. Kick off National Nutrition Month (NNM)—read Janey Junkfood's Fresh Adventure! together in your class, after school program, youth club, or library.
2. Use the companion "Teacher's Activity Guide" to extend the nutrition lessons throughout the month or throughout the whole year! (downloadable at www.foodplay.com/janeybook)
3. Create "Snack Stations" using the "Tickets to Fresh Adventure!" snack recipe cards (found inside the book and at www.foodplay.com/janeybook), where children can visit different tables and create and taste the various snack offerings.
4. Download the "Tickets to Fresh Adventures!" snack recipe cards and have kids make their own "snack cookbook" to take home to share with their families.
5. Arrange a special "Healthy Snack Day" each week or each month, and as a class, create and taste the various snacks included in the "Tickets."
6. Make a colorful classroom, hallway, or cafeteria display with colorful books about food (such as the JANEY book!), copies of some pages enlarged, and an array of healthy snack ideas including colorful fruits and veggies.
7. Have kids create their own healthy food "raps" or use the one Janey wrote (p. 13) and sing them over the loud speaker during morning announcements. Invite the principal to join in!
8. Have children create posters or murals for the hallway or cafeteria promoting their favorite healthy foods.
9. Create a "Fresh Adventure!" Snack Party and invite families to come and enjoy the snacks featured in the "Tickets."
10. Work with your school food service to create a school-wide or class-wide "Snack-Attack" contest—groups of children come up with their favorite healthy snacks, create a name, ad campaign, jingle, or poster and compete with other groups in the school. The winning snacks can be served at a special NNM lunch!

