

## ON THE MENU: ToBe Fit—The Juggling Nutrition Magician Show

### ToBe Fit—The Juggling Nutrition Magician Show

A fun-filled show featuring fantastic feats of juggling, circus arts, music, magic, and audience participation to make GOOD EATING – GREAT FUN! Kids learn how to juggle the foods they eat and wind up with a balanced diet! This healthful balancing act makes nutrition come alive for young audiences as they learn how to be fit...with ToBe Fit!

**Comes complete with:**

- Invitational Flyer – to publicize event to your community
- Press Packet – attract media coverage for your program
- Snack Cards – children take home and post on fridge
- Fun Activity Sheets – keep messages alive all year long
- Web Activities + Downloads – kids can even learn to juggle!
- Optional – healthy snacks with ToBe after the show!*

<b>Suggested ages:</b>	Pre-K to 4th Grade
<b>Ideal for:</b>	Schools, libraries, camps, childcare centers, youth clubs, museums, and fairs
<b>Audience size:</b>	Up to 50 children + adults (up to 100 as space permits)
<b>Running time:</b>	30 - 45 minutes (tailored to your needs)
<b>Fee:</b>	Contact Us! Fees depend on # shows, add-on's, and travel <i>*Discounts provided for block booking + library shows within touring area.</i>

#### Add a Play-Shop:

*Kids build skills thru fun, hands-on play!*

**\* Circus Arts Play-Shops: Learn to Spin Plates, Balance, and/or Juggle!**

—Kids are amazed when they learn how – step by step! And, use this confidence when trying something new – reading a book, learning a skill, trying a new food!

**\* Food-Play-Shops: Snack Making + Snack Tasting!**

—Delicious and nutritious snacks kids love to make...and eat! Kids have fun in the kitchen with the Juggling Nutrition Magician, and take back a set of colorful recipe cards to make their own fruit and veggie snack creations at home.

*Contact us for more info + pricing*

#### Add Hands-On Tools:

*Keep the messages alive all year long!*

- **Fruit + Veggie Tracker Bands** - Kids track their fruit + veggie eating progress with cool wrist bands
- **Passports to Fresh Adventures!** - Fill up fun passports with colorful fruit + veggie stickers
- **Tickets to Fresh Adventures!** - Set of delicious and nutritious fruit + veggie snack recipe cards
- **Janey Junkfood's Fresh Adventure!** - Popular children's book autographed by ToBe Fit

*For more info + pricing, visit [www.foodplay.com/store](http://www.foodplay.com/store)*

#### Dates fill up fast – Call today!

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visit: [www.foodplay.com/tobefit](http://www.foodplay.com/tobefit)



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