



# Yuma County Department of Public Health

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David Brooks  
Director

July 9, 2004

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 4<sup>th</sup> 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

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