



FAMILY Fun, Food & Fitness

Event Planning Guide



This resource was developed by Kansas Team Nutrition, Child Nutrition & Wellness, Kansas State Department of Education. Resource content and activities were adapted from the following sources:

- <http://www.kidactivities.net/post/gym-games-for-school-age-kids!.aspx>
- http://www.aaps.k12.mi.us/northside.dekeon/northside.dekeon_skills/tag_games
- <http://www.nationaldairyCouncil.org/Recipes/Pages/Sunshine-Frothie.aspx>
- <http://www.choosemyplate.gov>
- <http://www.fns.usda.gov/tn/team-nutrition>
- <http://www.midwestdairy.com/>
- <http://www.nfsmi.org/documentlibraryfiles/PDF/20110831092328.pdf>
- http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/File/pdf/kids/kidzsmart/coloring/coloring%20pages_3.pdf
- <http://www.nourishinteractive.com/nutrition-education-printables/793-my-plate-kids-fun-protein-food-group-bookmarks-coloring-page>
- <http://school.fueluptoplay60.com/documents/NASPE-101-Tips-TeachingNutrition.pdf>
- National Food Service Management Institute—Introducing Culture to Nutrition
- <http://www.farmtoschoolmonth.org/october-25-kids-dig-farmers-day/>
- <http://www.pedagonet.com/PhysEd/game72.htm>
- <http://www.actionforhealthykids.org/success-stories/704-milk-a-milk-product-taste-test-ideas> http://healthymeals.nal.usda.gov/hsmrs/MI_Preschool_Booklist.pdf
- <http://www.michigan.gov/documents/mde/>
- Kansas Coordinated School Health 2009 Success Stories
- <http://gameshows.about.com/od/minutetowinitgames/>
- http://www.educationworld.com/a_lesson/03/lp315-01.shtml
- <http://www.weissice.com/fd.htm>
- Wiertsema, H. (2002) 101 Movement Games.
- <https://healthykidshealthyfuture.org/activities.html>
- <http://tots2tweens.com/2012/06/physical-activity-ideas-with-pool-noodles-and-beach-balls/>
- <https://www.valleyair.org/Programs/ActiveIndoorRecess/Active%20Indoor%20Recess%20Curriculum%20-%20Kindergarten%20-%206th.pdf>
- <http://school.fueluptoplay60.com/tools/view.php?id=15749467>



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Introduction



FAMILY **Fun, Food** **& Fitness**

Background Information

This comprehensive guide will help you plan one or more community events that engage parents, students, staff and community members. By hosting this kind of event, you can help participants practice healthful behaviors, encourage families to adopt a balanced diet and be more physically active together, and persuade adults to be healthy role models for the children they interact with each day.

The importance of family and community involvement in supporting a healthy school environment has long been recognized by government agencies and health professionals. Family and community

members are so important to the health and wellness of children that the Kansas School Wellness Policy Model Guidelines specifically address this group.

Families and communities play an important role in the health and wellbeing of a child. Adults, acting as healthy role models, can reinforce and support these healthy behaviors. By bringing parents, community members, and children together in a positive, healthy environment, schools can ensure that healthy messages extend beyond the school grounds.

TIME LINE AND REQUIREMENTS

Fall Grantees:

May 31, 2014—Applications Due

June 2014—Awardees Announced

September 2014 — Materials & Sub-Grant Funds Distributed

December 19, 2014—Event must be Completed

December 19, 2014—Online evaluations Due

Spring Grantees:

October 31, 2014—Applications Due

November 2014—Awardees Announced

December 2014 — Materials & Sub-Grant Funds Distributed

May 31, 2015—Event must be Completed

May 31, 2015—Online evaluations Due



Use of Sub-Grant Funds

The majority of sub-grant funds should be expended on:

Ingredients and supplies (napkins, cups, disposable flatware) for cooking/tasting activities at the event that promote one or more of the following Team Nutrition Messages:

- * Eat a variety of Foods
- * Eat more fruits, vegetables and whole grains
- * Eat lower fat foods more often
- * Get your calcium-rich foods
- * Be physically active

Team Nutrition funds **cannot** be used to provide a meal for participants or volunteers

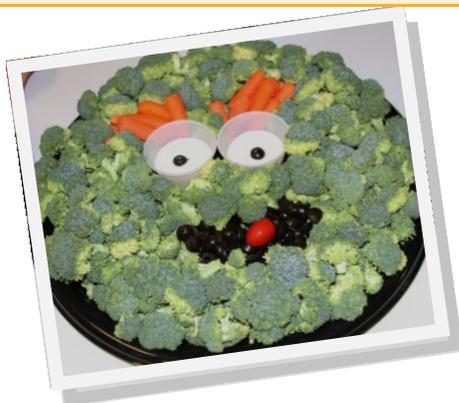
Guidance for spending remaining sub-grant funds:

Acceptable

- Small Mobile Kitchen Equipment—Up to \$25
(to be used for hands on food experiences at event)
- Incentive Items — Up to \$12
(items must reinforce Team Nutrition messages)
- Health Education Materials such as posters, pamphlets, and audiovisuals
- Small, Activity Supplies
(i.e. a few classroom jump ropes or hula hoops to help promote life-long physical activity habits)

Unacceptable

- Pedometers or Award Pins
- Playground Equipment
- Exercise/Sports Equipment to Supplement Physical Education Department
- Sports Lessons (swimming/skating)
- Services of a For-Profit Physical Fitness Organization
- Providing a meal to participants or volunteers
- Foodservice operation equipment



Questions?

Contact a Team Nutrition Staff Person

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Emily Brinkman, Team Nutrition Project Director

ebrinkman@ksde.org or 785-368-8039

Receipts should be kept on file in the event of an audit but do not need to be submitted to Team Nutrition staff as part of the evaluation.

