



# DIY Nutrition Fair: Tips & Tricks

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# Objectives

- Overview of MJUSD Annual Nutrition Fair
- Key Components of a Successful Student Event
- Detailed Timeline of Planning

# Welcome Your Students







# Opening Rally



# School Tradition is Good Nutrition



# Let the Day's Activities Begin!

- Teachers are provided a predetermined schedule
- 25 minute sessions



# Food Sampling Sessions





# Local Farmers & Ag Dept



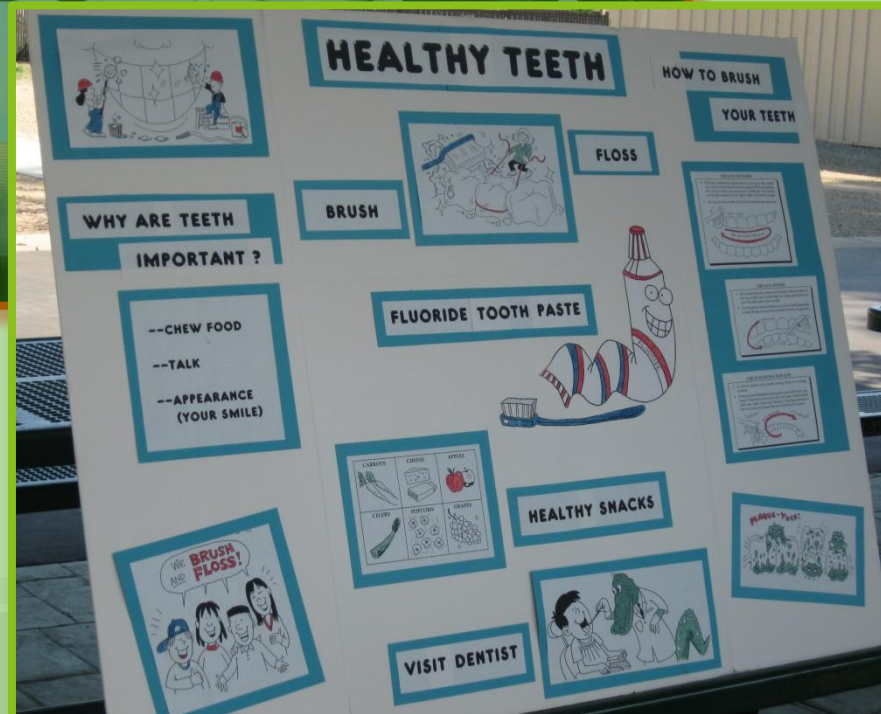


# Nutrition Education Sessions





# Health Habits Sessions





# Safety at School





# Nutrition Services





# Nutrition Services

## Nutrition Education Games

- MyPlate Bingo
- Name Game



# Nutrition Services

- Physical Activity Relays





# A to Z Salad Bar Lunch

- Planned cold lunch (food sampling vendors need to use ovens)
- Plan A to Z menu items
- Delivery & preparation of salad bar items (use other schools to help)
- Borrow salad bars/pans/supplies



# A to Z Salad Bar Lunch Menu



- A: Apples
- B: Broccoli
- C: Cucumber
- D: Daikon Radish
- E: Edamame
- F: Fig, dried
- G: Grapes
- H: Honeydew Melon



# A to Z Salad Bar Lunch Menu



- I: Iceberg Lettuce
- J: Jicama Sticks
- K: Kiwi
- L: Lemons & Limes
- M: Mango, fresh
- N: Nectarines
- O: Orange Wedges
- P: Snap Peas
- Q: Quinoa Salad



# A to Z Salad Bar Lunch Menu



R: Romaine  
S: Spinach  
T: Tomatoes  
U: Ultra Fancy Bell  
Peppers  
V: Veggie Sticks  
W: Watermelon Radish  
X: Xigua (Watermelon)  
Y: Yam Sticks  
Z: Zucchini Sticks





## Switch gears.....

- Where to start
- Who to include
- What you need
- When to start planning

# DIY



# Where to Start

- Direct cost
  - Salad bar produce
  - Marketing (banners, table cloth, shirts for staff)
- Staffing
  - Cover managers/staff at home school so they can support event
  - Seek volunteers from local college/high school
- Half day vs. full day event (establish a starting point)
- Partner w/ Community Organizations to help plan event





# Identifying Partners

- Produce/Milk Vendors
- Manufacturer/Brokers Reps
- Local farm to school reps
- Dairy Council & other nutrition education partners
- Local News/Media
- District Resources: Nutrition Dept, Indian Ed, Nurses, Transportation, Dental Van, High School Ag Dept
- Local Law Enforcement/First Responders



# Session Development

- Food Sessions (~3 items to sample per vendor)
- Educational Sessions (variety)
- Students will visit 6-8 sessions but not all
- Hands on activities (i.e. bingo games, hand washing w/ glow lotion & black light, tooth brushing, blender bike, planting projects, etc.)
- Age appropriate



# Promotion

- Theme for the event
  - Incorporate school mascot or motto (i.e. Arboga Cougars: Cougar Tradition is Good Nutrition)
- Invite Media (TV, Newspaper)
- Post/advertise on Social Media
- Phone message/flyer home to parents
- Meet with teachers/school staff



# Door Decoration

- Pick a theme
- Notify teachers with time to plan and participate
- Select judges
- Coordinate the judging time
- Establish a rating criteria
- Give prizes!!!





# NUTRITION FAIR ~ DOOR DECORATING CONTEST

THEME: "COUGAR TRADITION IS GOOD NUTRITION"



*Supporting learning...by promoting healthy habits that will last a lifetime!*

DOOR ART MUST INCLUDE AT LEAST:

1 MYPLATE FOOD GROUP AND 1 PHYSICAL ACTIVITY



*Judging Groups*

GROUP 1 - PK, K, & 1ST

GROUP 2 - 2ND & 3RD

GROUP 3 - 4TH, 5TH, & 6TH



CONTEST ENTRIES MUST BE COMPLETE BY NOON APRIL 13TH

*(THE DAY BEFORE THE NUTRITION FAIR)*

WINNERS WILL BE ANNOUNCED DURING THE GENERAL ASSEMBLY ON APRIL 14TH

THE WINNING CLASS IN EACH JUDGING GROUP WILL RECEIVE A CLASSROOM PHYSICAL ACTIVITY SET.



# Mascots

- School Mascot
- Fruit & Veggie Mascots
- Volunteers
- Students from local secondary schools





## Promotion, cont.

- Invite Media (TV, Newspaper)
- Post/advertise on Social Media





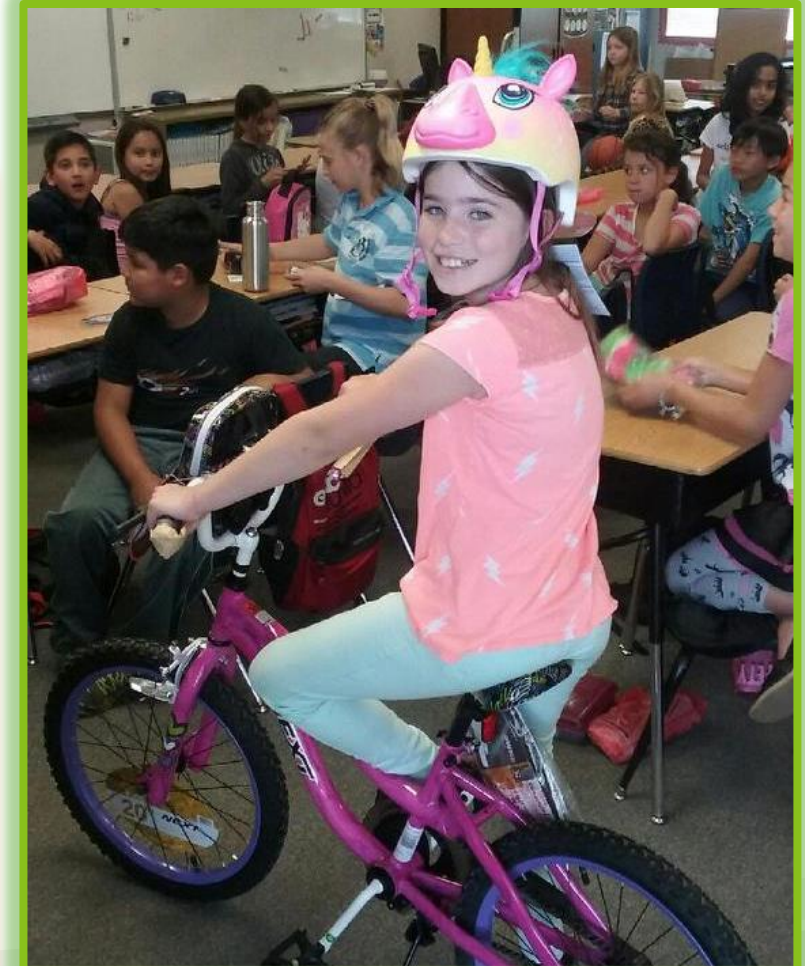
## Promotion, cont.

- Good Day Sacramento
- Live news coverage on their morning segment.
- <http://www.mjusdnutrition.com/index.php?page=custpage&pid=403&sid=2507121650061993>



# Student Prizes

- Donations from partners
- Cool School points
- Other rebates
- Goals:
  - 4-6 bikes w/ helmet
  - 4-5 prizes per class
    - Water bottles
    - Full size athletic balls
    - T-shirts, hats & aprons
    - Jump ropes & Frisbees





# Student Prizes

- Builds student excitement
- Community partners enjoy donating items
- Rally/Assembly vs. Individual Classroom







## After the Event

- Write Thank you letters to partners
- Write Poppy Seed article
- Share student thank you letters
- Submit local newspaper article



# Planning Schedule

- 12 month guideline of tasks to complete
- Time line of key components





## Lessons Learned

- Invite Principal to event the year prior
- Be thorough in selection of event date & have Principal block off date on master calendar
- Selection of your event Emcee
- Classroom facilities (sink)
- Consider weather & testing dates in selecting date
- Cooking facilities for vendors





# Contact Us!

## Marysville Joint Unified School District

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THANK YOU