



## 5 A Day and School-Age Children

# 5 A Day Health Fair

A school-based health fair can be a fun and creative way to draw attention to 5 A Day at your school!

**Supplies:** Multi-purpose room, tables, community displays, tickets, door prizes, donated produce, posters, taste-test materials.

### Two months ahead

- Designate an on-site health fair coordinator.
- Form a group/committee.
- Brainstorm ideas that focus on both 5 A Day and physical activity.
- Assign some responsibilities to the students. For example, put groups in charge of music, advertising or set-up. Use an older student or teacher advisor to work with the students.
- Ask supermarkets, farmers' markets and produce boards to donate fruits and vegetables.
- Ask an aerobics instructor to volunteer time to conduct fun physical activities at the fair.
- Solicit participation from parents and community health organizations, such as the American Cancer Society, American Heart Association, YMCA, LPAN or local hospitals. See the **Create the Team** portion of this kit for more ideas.
- Schedule the event.
- Make raffle tickets and arrange for door prizes. Many local businesses are willing to donate prizes for community organizations.
- Promote the health fair to youth organizations and parents.
- Designate a master of ceremonies.
- Arrange to borrow fruit and vegetable costumes and recruit students, parents and teachers to wear them.

### One month ahead

- Promote the health fair with flyers and posters distributed to parents, local businesses and community organizations.
- Work with teachers to encourage students to create slogans. For example: "Get Fit with 5 and \_\_\_\_\_(your school's name)". Advertise the slogans over local radio stations or cable channels.
- Elicit parent participation by arranging for parents to support a booth with educational activities.

### The day of the fair

- Have students perform a 5 A Day-related song or routine at the health fair.
- Demonstrate ways to prepare fruits and vegetables that are easy and great after physical activity.
- Set up a taste-testing section or booths throughout the room.
- Decorate the room with posters of fruits and vegetables and those encouraging physical activity.