

**Now Available!**

# Learn to Eat, Eat to Learn



**\$35 (Binder +  
CD w/Resources)**

**\$25 (CD version of  
Binder & Resources)**

**A Guide to Planning  
and Coordinating a  
Healthy Food Fair  
at Your School**

## **The Guide Includes Sections on:**

**Overview Planning  
Week-by-Week Planning  
Advertising/Communications  
Games  
Displays**

**Room Preparation  
Staffing  
Resources  
Evaluation  
Debriefing**

**Also included are detailed lists of materials needed and “how-to” information for games and displays — plus over 20 information sheets you can use at your information table.**

**The Guide is based on the experience of Food Fest '06, held at Pierce Downer Elementary School in Downers Grove, Illinois, in April 2006. The food fair was created by a small group of parents to help educate students, parents and teachers about healthy eating.**

**The event was held in the school's gym on the night of the annual Open House, with 250 families in attendance. The gym was a buzz of activity, with nutrition-themed games and displays, staffed by both parents and health professionals. Healthy food samples were available to eat and drink!**

**While some had been skeptical about “other people telling them what to feed their children,” the response was overwhelmingly positive. Parents, who thought their children would not eat healthier foods, were surprised when their children asked them to buy the healthier food choices they sampled!**

**Sponsored by  
The Green Earth Institute  
Naperville, Illinois**

**For more information and to obtain a copy of the Guide,  
Contact Michelle Hickey-Fouts at  
Nutrition@GreenEarthInstitute.org**