



Healthy Lifestyle School Assembly



TWO
Thumbs Up!

Eat your fruits
and vegetables!
HealthBarn USA Rocks!
Jamil



Dear HealthBarn USA, thank you for coming to my school because you changed my life. Now all I want to do is eat healthy foods. And, hopefully you can change other kids lives' like you changed mine. I used to be tired all the time and I did not want to go outside.

After the assembly, all I want to do is play, play, play! So go out there to other countries and states and change those kids' lives.

Your friend, N. Priscilla, Garfield, NJ

Helping students incorporate healthy behaviors into their daily lives at school and at home.

Getting children excited about healthy behaviors and nutrition is a top priority at schools today. Engage your student body in **HealthBarn USA's one-of-kind, hands-on healthy-lifestyle experience** that empowers children of all ages to try new foods, be active, participate in family meals, and much more. This fun and educational assembly, encouraging children to try new foods, is conducted by **Stacey Antine, MS, RD**, founder of HealthBarn USA, and the high-energy HealthBarn USA educators!



Gearing Up

- Pre-assembly meeting at school to review allergies and logistics
- Parent letter with recipe provided for take home
- Pre- and post-assembly, healthy-lifestyle activity suggestions for teachers

The Big Day 1.5 hour format includes: (50 minutes/educational format; 30-40 minutes/food tasting)

- Introduction to the five healthy habits and the USDA MyPyramid for Kids
- Physical activity-lead exercises
- Six interactive expert taste-tester activities (reflecting the USDA MyPyramid) that children volunteer to participate in, including the Rainbow Swirley Smoothie bar (all food served is free of nuts and wheat)
- All students visit each of the 5 tasting stations to try new, natural, and organic, foods from the 5 food groups

Who: Children, ages 3-15 (parent volunteer involvement)
Maximum of 300 students; (format will be adjusted to meet the needs of your age group)

When: By appointment, mornings and afternoons, year-round

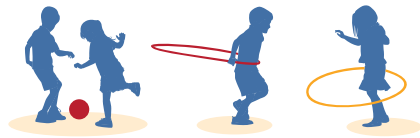
Where: At your school or other educational institution

Natural and organic food provided by Whole Foods Market and Cabot Creamery. Food expenses will be reimbursed in locations not serviced by Whole Foods Market stores.

TRAVEL EXPENSES TO BE COVERED FOR TEAM AT LOCATIONS OUTSIDE OF BERGEN COUNTY, NEW JERSEY.

Dear HealthBarn USA, when some of your staff members came to our school and taught us about healthy foods and exercising it really opened my eyes to start eating right. Stacey was so much fun and we all loved her. When I was there I tried the rice milk and it was so great that I suggested to my dad that we buy it when we were food shopping, so now we all love it!

**Thank you for opening my eyes,
Maria, Garfield, NJ**



Featured on
The Rachael Ray Show,
CNN, CBS-TV and
FOX Good Day New York
and in *The New York Times*
and *Women's Health*
Magazine



We just wanted to thank you for coming to Forest Avenue and doing such a fantastic assembly. All the children and staff enjoyed the presentation, especially the tastings. Many parents remarked in the days that followed, how their children really "got it" and are now asking for healthier food choices. The Puffins were the biggest hit!

Sincerely, C. Reilly, RN and D. Bendin



strong bodies **healthy minds**

700 Lawlins Road

Wyckoff, New Jersey 07481

Please contact:

201-891-2066 or

info@healthbarnusa.com

**CALL
TODAY!**



www.healthbarnusa.com

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