



strong bodies healthy minds

Healthy Lifestyle School Assembly

Getting children excited about healthy behaviors and nutrition should be a top priority at schools today. With the New Jersey Model School Nutrition Policy and other state policies in effect, it's equally important to educate the importance of good nutrition as well as offer better choices at school. 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 high energy assembly was developed by **HealthBarn USA, Inc.**, a proven leader in healthy-lifestyle educational programs for children and their families and featured on **The Rachael Ray Show, CNN House Calls** with Dr. Sanjay Gupta, **CBS-TV New York**, and **FOX Good Day, New York**. The interactive program was created by the **HealthBarn USA** team in collaboration with Rutgers Cooperative Extension and with guidance from our esteemed advisory board. Importantly, the assembly meets the NJ Core Curriculum Content Standards, 2.1, 2.2, 2.6, 5.4, and 9.2 (inquire about standards for your state) and can simply be reinforced by teachers in their lesson plans to **help students incorporate healthy behaviors into their daily lives at school and at home**. Parents can learn too, their participation is welcomed!

The fun and educational assembly encouraging children to try new foods is conducted by **Stacey Antine, MS, RD**, founder of HealthBarn USA or a high-energy HealthBarn USA educator!

What: 1.5 hour (50 minutes for educational format; and 30-40 minutes for food tasting) format includes:

- Pre-assembly meeting at school to review allergies and logistics
- Introduction to healthy-lifestyle and the USDA's MyPlate
- Physical activity-lead exercises
- Five interactive food* tasting activities (reflecting the USDA's MyPlate) that children volunteer to participate in with leader including the Rainbow Swirley Smoothie recipe (all food served is free of nuts and wheat)
- All students visit each of the 5 tasting stations to try new foods from the 5 food groups
- HealthBarn USA recipe and educational materials are available for take-home.

* Natural and organic food provided by Whole Foods Market and Cabot Creamery.

Who: Children, ages 3-15 (encourage parent participation when possible)
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

Fee: \$950** (1.5 hour program, 2 additional team members on-site, all food, supplies and recipe);
\$700 for second program at the same school on same day.

**Travel expenses to be covered for team at locations outside of Bergen County, NJ.
Food expenses will be reimbursed in locations not serviced by Whole Foods Market stores.

Contact Information: Please contact Molly Fallon, RD at 201-891-2066
or molly@healthbarnusa.com.



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