

Breakout Session – Fruit & Veggie Activity Partner Brainstorming Partner Meeting 8/25/11

What Fruit & Veggie Activities are you doing?

- Taste test (schools, after school, recreation programs, community centers)
- Food demonstrations (schools, after school, recreation programs, community centers, clinic waiting rooms, supermarkets)
 - Using unique foods that aren't usually purchased
- Mystery Produce (exotic)
 - See, feel, taste (maybe)
- Train the Trainer with teachers
 - ID your veggies (health fairs, parent nights)
- Nutrition Clubs in schools
- Grants for school gardens
- Veggie Rap Song (YouTube)
 - Serve veggie wraps
 - Some liked this activity, but started getting complaints from parents (changing words)
- Hydration taste test
 - Taste test with foods high in water content
 - Show how much water is in the fruit
- Color Me Healthy Curriculum
- EIAB color sheets
 - Works for 4-5 years for fruit and vegetable identification
- Themed school assemblies
- Adult vegetable bingo
- Fruity Friday or Veggie Friday at schools using district recipes
- Teach youth ways to eat fruit
 - i.e.: celery with peanut butter
- Finger puppets in classrooms
- Fruit and veggie show and tell
 - Rainbow Interactive and fun
 - MyPyramid
- Rainbow poster
 - Shows visual for benefits of eating fruits and veggies
- Take over story time at childcare centers
 - Fruit and veggie story
 - Hand puppets

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- Food demos
- Taste tests
- Add fruit and veggie theme to standard active games (i.e.: dodgeball)
- Educational taste test
- “Cooking with Kids”
 - Incorporate different foods from different cultures
- Help sell fruits and veggies to middle school taste test (from fruit and veggie grant)
- All materials purchased are color of fruit and veggies so any/most activities can incorporate fruits and veggies
- Fiber Tube Relay Race
 - Very cool hands on fruit and veggie lesson
- More Matters Bingo
- Fruit and veggie video lessons
- Food demonstrations involving kids
- Incorporate fruit and veggie lessons for smart board use
- Veggie rap song
- Display veggies of the month in schools, events, community center
- Google docs

What can AzNN do to help you?

- More recipes
 - AzNN should supply recipes (new, updated, fresh ideas – NOT the partners)
 - Colors
 - Pictures
 - Health literacy appropriate
 - Easier
 - Non-cooking
- Ability to download larger print/font recipes
- Healthy adaptations of ethnic recipes
- Bumper stickers
- Nutrition education messages on ERI’s
- Curriculum
 - More lesson plans
 - Portion control
 - Nutrient lessons
 - Fresh stuff more often
- Worksheets

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- Activity sheets
- Fix downloadable to print so formatting will come out correctly
- Quantities for promo posters
- Posters have what we already know (fun food news) increase variety of unknown and add more color
- Make a new cookbook
- F/V promotion (schools, recreation programs, after school)
 - Team nutrition poster challenge
 - Supplemental materials (facts, jokes, etc.)
- More games and activities
 - Make them more interesting
 - Make more for different age groups (school age, middle school, high school, adults, seniors)
 - Activities for teens
 - Activities for people with disabilities
- Increase nutrition integrated physical activity provided
- Provide resource book with lessons **monthly**
- Encourage F/V food demos
- Monthly themes and lessons align with F/V
- More fruit and veggie fact sheets (additional fruits/veggies not already done)
 - History and background (harvest)
- Reports
- Interesting ways to incorporate ethnic and cultural activities
- Make games and activities more interesting
- Place on the website to post creative ideas that partners are implementing (make easy to access) Green Room?
- Give partner's options to choose ERI's
 - More reliable ERI's
 - Qty
 - Availability
 - Build quality "microwave/dishwasher safe"
 - Age appropriate
- More teaching tools like whole grains post test
- MyPlate – a good way to teach
 - More MyPlate materials
 - MyPlate activities with pictures
- Incentives that can be used to teach nutrition education

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- Color sheets for preschoolers do not work – stories are better
- Update links on the website for materials to purchase for classrooms
- Make the website more friendly
- More school gardening information – AzNN doesn't provide enough and the funding doesn't cover
- More networking opportunities with similar partners (physically not “discussion board”)
 - Share recipes relative to culture
- Eat Smart Eat Right – Univ. Florida
- Funds to purchase produce food supplies
- Attractive display items
- How fruits and veggies impact the body
- Engage more interactive with participants (especially with kids)
- Team work
- More resources for partner training
- Webinars on basic nutrition (because we are not all dieticians) powerpoint, teleconference
- MORE Native American food
- Resources using native foods
- Better gardening policies
- More physical activity
- Better and easier access to incentives and ERI's
 - Related directly to food and physical activity
 - Measuring cup and spoon
 - Color coded measuring cups following attainment guidelines
 - Standard for special Ed
 - Sealed spinners
- More displays, games, mascots (current ones are old, worn out and smell)
- AzNN state needs more input from practitioners on how the reporting should be done
- More trainings and resources at quarterly meetings and **less** about reporting
- **EASIER** reporting – too much
 - Focus on spreadsheets – less complicated
- Resource items
 - Posters
 - Giveaways for teachers
- USDA Fruit and Veggie (Seniors) 4 sessions:
 - Why, incorporating shopping, preparation