

# EVENT IN A BOX

ADULT AND SENIOR EDITION



## GET EXCITED ABOUT DRINKING 1% MILK AND BEING A CHAMPION FOR CHANGE.



### WHO IS THIS FOR?

Adults and seniors.

### WHY IS THIS A GOOD IDEA?

1% milk is a healthy choice for adults and seniors because it strengthens bones and teeth.

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at

[EatWellBeWell.org/partners](http://EatWellBeWell.org/partners).

### DAIRY WORD SEARCH

Included is a fun activity for adults called Dairy Word Search. Please make as many copies as needed. There are 15 healthy dairy words hidden throughout the puzzle. Encourage each person to find all the words in the search and offer to give them a blank copy so they can play with their kids or grandkids.



### WORD SCRAMBLE

Make copies of the Word Scrambler sheet provided and hand one out to each person. Each word in the puzzle is about dairy or dairy activities. Encourage each person to unscramble the words listed and take it home to share it with their families.

### MOOMORY FOR ADULTS

Included are 36 memory cards so the adults can play a memory game. Lay the cards facedown and flip a card over one at a time and then try to find its match. Each time a pair is found, take the two matching cards out of the game and continue until all the cards are gone.

### MILKTIIONARY

Use strips of paper and write one word about 1% milk on each strip. Put them in an emptied 1% milk carton. Gather everyone together and have one person at a time pull a strip of paper out of the jug, and draw the word given on a chalkboard/large sheet of paper. The others have to guess what he is drawing.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 5/10.