



# Food and Fitness Fair

Adapted from “Planning for Parent Engagement: A Guidebook for Parents and Schools” developed by the Council of Ontario Directors of Education

## Things to do Ahead of Time:

- ✓ Choose a time and location.
- ✓ Advertise and send out invitations for your Food and Fitness Fair.
- ✓ Invite parents to participate in the fair by contributing samples of a traditional food dish to the event. Provide families with a copy of the Canada Food Guide so they can see how the dish they choose to prepare fits into these guidelines.
  - Copies of the Canada Food Guide can be found here: [www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#a1](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#a1)
- ✓ Invite community groups who specialize in health and recreation to help organize activities for the fair. This might include nutritionist, staff from a fitness centre, yoga instructors, sports coaches, or local athletes.
- ✓ Ensure that families who do not contribute meal samples know that they are still invited to attend the fair and join in on the activities.
- ✓ Create a program that highlights the different foods and fitness activities represented at your fair, including a copy of the Canada Food Guide.

**Recommended Time:** Evening or weekend; allow approximately two hours for this event

**Recommended Location:** School gymnasium

## Recommended Materials:

- ✓ Canada Food Guide
- ✓ Small paper plates and plastic forks
- ✓ Tables and chairs

## Set-Up:

- ✓ Arrive early at your venue to set up tables and chairs for different stations. You may choose to organize food stations based on the culture represented by different food contributions to demonstrate how meals from diverse cultures meet the Canada Food Guide requirements.
- ✓ Have volunteers at the door to hand out programs, answer any questions, and provide name tags to parents as they come in.
- ✓ You may ask parents to sign-in with their name and contact information if they wish to be invited to more events in the future.
- ✓ Allow families to wander through the stations as they wish, sampling foods and taking part in the activities.