

Wellness Principle: Nutrition Education & Health Education

Promising Practice: Family Food, Fitness and Fun Night

Aim: To highlight and promote the importance of healthy eating and physical activity and to demonstrate how students, families and the community can eat and play together in a healthy way.

Family Food, Fun and Fitness Night

Plan an afternoon or evening at school where families can participate in fun activities which promote healthy eating and physical activity.

Getting Started How To's :

1. Form a team to develop the Family Food, Fitness and Fun Night (FFFFN) event. Team members should include students, faculty and staff, parents, PTO members and administration to help make your event happen. Schedule the date, time and location of the event.
2. Have a theme such as *Passport to Good Health*, where families journey to each station.
3. Identify which teachers, food service staff, parents and community leaders will be able to assist with the event.
4. Select the physical activities, displays and food tasting stations. Consider all ages when planning stations. Plan activities for adults and both older and younger siblings of students.
5. Identify and order materials needed based on activities selected.

Stations:	Person Responsible for set up and break down	Materials needed. Items and quantity	Costs

6. Publicize your event. Put up posters in high traffic areas, make PA announcements, use the school website, newsletter and distribute flyers. Post the date and time for the FFFFN event in the front of the school.
7. Invite community partners (hospital, YMCA, fitness center, local businesses) and guest speakers who can provide health information for

families. Invite celebrity guests (local professional athletes, radio personalities, pro team cheerleaders and mascots).

8. Take pictures and make notes. Document the good and the bad for planning purposes next year.
9. At the entrance have a sign-in by grade level to document attendance, distribute a schedule of events and registration for door prizes.
10. Conclude the night on a high note (group fitness class demonstration of aerobics, step, line dance, etc.).
11. Consider providing a feedback form for participants to give feedback on the night's events.
12. Send home sample activities with students whose families could not attend.
13. Send pictures and captions to the school and district website and include articles in the school or community newspaper. Create a bulletin board of FFFN pictures and highlights.
14. Send thank you notes to those that helped and donated items for the event.
15. Sample Event Activities: Health information handouts, health screening for adults, rock climbing, wall jump, hand weights, photo station, obstacle course, label reading, wii fit station. Smoothie for a Snack (taste testing). Also see the [Louisiana Family Nutrition Night](#) for more station activities.

Keys to Success: Secure faculty and staff buy-in and be sure to advertise the event and create incentives to promote the event.

More Information: [Family Nutrition Night](#)
[Fuel Up to Play 60](#)

References: [Fuel Up to Play 60](#)

