



Middle School Kit Description

Contents

Teacher Materials

- Campaign Flyer
- Campaign Posters
- Chart of Fruits & Veggies by Color
- Trivia Questions and Key
- Six Frisbees
- One Gift Certificate
- Campaign Feedback Form

Student Materials

- Campaign Flyer
- Personal Tracking Log packet
- Incentives (Pencils)
- Fruit and Vegetable Recipe Sheet

Recommendations

1. **Prior to the campaign:** Review **campaign flyer** and website information at www.energizeecc.com. Put **posters** up.
2. **Introductory Week:** Introduce the campaign to your class. Pass out the **pencils** to all the students. Have your students start tracking the fruits and vegetables they eat on a daily basis using the paper log or the on-line log.
3. **Paper Tracking Logs:** You will find paper **tracking log packets** in your kit if you indicated “paper tracking” on the survey. Have your students track the fruit and vegetable servings they eat each day using this log and the pencils provided. You can complete them in class or you can send them with your students to complete at home.
4. **On-Line Tracking Logs:** If you prefer to use the on-line tracking log, you and your students will need to register at www.energizeecc.com. Remember, children age 12 and under need to be part of a team with an adult captain to use the online tracking log. Click on *Eat Smart & Win Campaign* and you will find the link to the tracking log. Once you have helped the students log on, they should be able to complete the log for themselves. A printable log is available to keep track of fruits and vegetables eaten before entering the information online.

5. **Chart of Fruits & Vegetables by Color**: Help students think of different fruits and vegetables to eat each week. Encourage them to try fruits and vegetables that correspond to the color of the week (i.e. red fruits and vegetables during week 2). You can also send a copy of this chart home with the students. All fruits and vegetables they eat count on their tracking log even if they are different from the color of the week. You can help the students set a weekly goal to increase their servings of fruits and vegetables.
6. **Trivia Questions**: Use these questions in your classroom or have them announced over the loudspeaker during “Daily Announcements”. The questions are coordinated by color; there are 2 questions – one fruit and one vegetable – for each color to use in the corresponding week. A Trivia Question Key is also provided.
7. **Six Frisbees**: Use throughout the campaign as rewards. Have a weekly drawing for correct answers to the trivia questions or for weekly log completion.
8. **Gift Certificate**: Use for a final prize drawing at the end of the campaign for all students completing their tracking log.
9. **Fruit and Vegetable Recipe Sheet**: This sheet contains sample breakfast, lunch, and dinner recipes that can be made in the classroom or the sheets can be sent home with the students.
10. **Eat Smart & Win Feedback Form**: Please complete and return the enclosed form by fax or mail. Your feedback is very valuable to us as we plan for future campaigns.

If you have questions, please contact
Lisa Eierman, RD, Eat Smart & Win Project Assistant,
at 839-4796 or lisa.eierman@co.eau-claire.wi.us.

