



Colorado Parents for Healthy Kids Wellness Project Kits

Taste Test & Nutrition Promotion Kit

For Elementary and Secondary Schools

This kit contains everything you need to host a fun and successful taste test for 500 students. You will receive equipment to prepare fruits and vegetables, a professional-grade smoothie blender with recipes, serving cups and utensils, and items to create an attractive presentation. Nutrition posters and activities will help to reinforce and support ongoing nutrition education and healthy eating messages in your school. Resources will be provided to help your school create a sustainable and successful taste testing and nutrition education program.

Contents: colander, cutting boards and utensils, gloves, professional-grade blender and cookbook, tablecloth, serving dishes and utensils, disposable cups and tasting spoons, toothpicks, bingo chips, student incentives (stickers or bookmarks), MyPlate posters and activities, bulletin board kits, nutrition education posters and games, gift card for food/supplies

Suggested Game On activities

ActionforHealthyKids.org/Game-On/Find-Challenges

Host a Taste Test, Farm to School, Food Art, Offer Healthy Snacks, Rethink Your Drink, Nutrition Education, Nutrition Promotion, Coloring Sheets and Activities, Celebrate National Nutrition Month, School Garden, Understanding Nutrition Facts Labels

Healthy Cooking Kit

For Elementary and Secondary Schools

This kit provides basic cooking equipment for preparing simple and healthy recipes with families and students in the classroom. Use this kit in connection with a school garden program, an after-school healthy cooking club, nutrition education initiative, individual classroom cooking activities and for family cooking events. Resources will be provided to help your school find lesson plans, food safety tips, nutrition education materials and recipes that kids will have fun cooking and eating.

Contents: Induction cooktop and cookware set, professional-grade blender, recipe cards/cookbook, measuring cups and spoons, colander, strainer set, knives* and peelers, cutting boards, mixing bowls and spoons, cooking and serving utensils, salad spinner, oven mitts, gift card for food/equipment

*Elementary schools will receive kid-sized cooking utensils, nylon knives and disposable chef hats.

Suggested Game On activities

ActionforHealthyKids.org/Game-On/Find-Challenges

Healthy Cooking Club, School Garden, Farm to School, Food Art, Nutrition Education, Offer Healthy Snacks, Understanding Nutrition Facts Labels

Active Recess Cart

For Elementary Schools

This kit encourages physical activity during indoor or outdoor recess, before or after-school activity programs or as an option for healthy classroom celebrations and rewards. You will receive a heavy-duty rolling cart filled with a variety of play equipment such as balls, hula hoops and jump ropes as well as free resources on best practices related to increasing physical activity in your school. This kit can be used in a variety of ways to encourage increased physical activity during the school day which can increase classroom attentiveness, decrease disruptive behavior and improve test scores.

Contents: jump ropes, hula hoops, dodge balls, utility balls, basketballs, footballs, soccer balls, tetherballs, vinyl spots, vinyl cones, heavy duty rolling rack with basket

Suggested Game On activities

ActionforHealthyKids.org/Game-On/Find-Challenges

Activity Clubs, Active Indoor Recess, Active Outdoor Recess, Fitness Circuit Course, Family Fitness Night, Intramural Program, Open Gym, Physical Activity Leaders (PAL) Club, Open Facility to the Community, Playground Circuit Challenge, Healthy & Active Non-Food Rewards, Healthy & Active Classroom Parties

Healthy Games, Celebrations & Rewards Kit

For Elementary and Secondary Schools

This kit provides classroom teachers and volunteers with fun and active games and rewards that can be used as healthy alternatives to traditional classroom parties and food rewards. Elementary schools will receive four small kits to distribute to multiple classrooms OR one large kit to share across grade levels. Middle and high schools will receive one large kit. The kits contain a variety of games, activities and a Bluetooth music speaker; elementary kits also include a rewards treasure box. All kits include resources on how schools can implement additional low or no-cost healthy rewards and celebrations programs.

Elementary school small kit: giant Get Knotted game, Velcro catch game set, egg & spoon game set, treasure chest with trinkets, birthday bookmarks, Bluetooth speaker

Elementary school large kit: contains everything in the small kit plus karaoke machine, celebrations game book, hopscotch rug, team ring toss game, storage bin

Secondary school kit: variety sports balls, jump ropes, frisbees, hula hoops, Bluetooth speaker, giant Jenga game, giant checkers game, rubber horseshoe set, Velcro catch game, mesh storage bags

Suggested Game On activities

ActionforHealthyKids.org/Game-On/Find-Challenges

Elementary: Healthy & Active Non-Food Rewards, Healthy & Active Classroom Parties

Secondary: Healthy & Active Non-Food Rewards, Brain Breaks, Instant Recess and Energizers, Student Wellness Team

Classroom Physical Activity Kit

For Elementary and Secondary Schools

This kit contains easy-to-use items for teachers and volunteers to promote frequent movement breaks throughout the school day so that students stay active, focused and ready to learn. Activities can be used as fun and fast brain energizers, in connection with in-class learning opportunities or to get kids moving during indoor recess days. Schools will receive four kits to distribute to multiple classrooms and free resources regarding best practices and professional development tools for teachers that will help make movement a regular part of the school culture.

Elementary school kit: fitness dice, fitness spots, yoga cards, FitDeck exercise cards, juggling scarves, countdown timers, Energizing Brain Breaks books, storage bins

Secondary school kit: foam dice, fitness spots, yoga cards, FitDeck cards, fleece balls, Bluetooth speakers, juggling scarves, countdown timers, storage bins

Suggested Game On activities

ActionforHealthyKids.org/Game-On/Find-Challenges

Elementary: Active Indoor Recess, Active Learning Opportunities, Brain Breaks, Instant Recess and Energizers, Songs and Stories with Movement, Get Your Groove On

Secondary: Active Learning Opportunities, Brain Breaks, Instant Recess and Energizers, Student Wellness Team



Game On is a no-cost, online guide that provides all the resources your school needs to host a successful school wellness program and become a health-promoting school. With over 80 nutrition and physical activity challenges, Game On can help your students be healthy, active and ready to learn.

Individual items in these kits may be substituted based on availability. Items may ship from different vendors and arrive in multiple shipments. Part of this project will be to physically assemble the kit(s), determine where items will be stored and how kits will be checked out for use. Your school should determine how additional funds will be raised to purchase additional or replacement equipment that might be needed to fit your school's individual needs and make this project a sustainable part of the school wellness culture.

For more information about the Colorado Parents for Healthy Kids Wellness Kit Program, contact: Denise Marques, Program Coordinator, dmarques@actionforhealthykids.org.

