



notebook

## OVERVIEW OF BISTRO KIDS/GNFF GOOD FOOD FAIR – 11/17/09

ACADÉMIE LAFAYETTE – 6903 Oak St. KCMO - 816.361.7735 – total students: 480 (grades 1<sup>st</sup>-8<sup>th</sup>)

### WHAT IT IS

The good food fair is a fun filled nutrition education event that reinforces the importance of sustainable agriculture through the consumption of locally grown foods. Through various games, activities, taste test opportunities, and meetings with local retailers and food producers the format allows children to become familiar with good food.

The purpose of the fair is to expose teachers, children and their parents to different fruits, vegetables, and local foods in fun, interactive, and active ways. This helps to increase awareness of sustainable agriculture and foster life long healthy habits.

### STATION LAYOUT

1. Pumpkin Bowling – Chef Katy
2. Meet The Farmer: New Grass Bison (samples to taste) – Jeff Adair
3. Meet The Farmer: Anthony's Honey (bees and honey stix) – Tony Schwager
4. Meet The Farmer: Prairie Land Dairy (milk mustache photo) – Terry Landes
5. Meet The Farmer: Chestnut Charlie (samples to taste) – Charlie&Debbie NovoGradac
6. Fresh Mozzarella Demo: Hen House Markets – Shayla 22
7. Cowgirl Kate – Denise Cummings
8. Buy Fresh Buy Local: Hen House Produce – Del Housworth

GNFF reps: Diana Endicott, Otavio Silva – BK reps: Chef K, Merrill Gobetz, Jodi Hodges – Hen House: 2 demo reps to fill in for honey and milk pics

### HOW IT WORKS

Students travel between booths in designated groups. Students continue between the activity stations in intervals, until they have participated in as many events as time allows. (30 minutes per group). Hen House bags filled with vendor information and nutrition goodies will be given to each child to take home.