

Healthy Family Healthy You

Looking for a fun and healthy program for your school or camp?

Look no further than my interactive Fruit Funshops!

We absolutely love Natasha's fruit and veggie art funshop. Natasha is a gifted individual who is able to make the kids really excited about eating healthy food. The children love experimenting and playing with the fruit and veggies and most of all they can't wait to eat it. Natasha is extremely engaging and dynamic and has all the kids glued to her and carefully listening to what she's saying. The Instructions are very clear and simple and fun for the kids to do. The workshops are very hands on and multi-sensory. She chooses age appropriate activities that are both cool and delicious! Our campers are always asking when it's fruit and veggie art time. This funshop is truly every parents dream!

-Co-Director of Camp Gan Israel of Bethesda, Nechama Geisinsky



My daughter took this "selfie" of us with her watermelon "pizza".

Thank you for your interest in the Healthy Family Healthy You Fruit Funshops! I really enjoy working with young children in this capacity. In fact, I recently ran into a 3.5 year old child I've worked with twice this summer and he wouldn't stop hugging me! - *Natasha*

Results you can expect!

The children will laugh, learn and create fun projects; all while unconsciously creating a playful relationship with fruits and vegetables. This will increase the quality of their health and make their parents' lives much easier! They'll come home excited about what they created at the funshop and open to trying new foods.

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Top 5 Project options

I would estimate that each project will take approximately 15 minutes, so please choose 3 to 4. If you have other ideas in mind, or need me to provide additional ideas, just let me know.

Please note that I will substitute all items that are potential allergens for your students and will not bring in any products containing nuts, unless you specifically tell me to do so.

1. Apple "cookies" or sandwiches, pictured on previous page
(Using non-allergic items, such as honey and bananas)

2. Watermelon "Pizza"



3. Fruity Palm Trees



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4. Face plate – For example: matchstick carrots for hair, blueberries for blue eyes, green grapes for green eyes, half cherry tomato noses and a strip of red pepper for lips.

5. Rainbow plates – Each child will be given a fruit or vegetable in every color of the rainbow. They can place the items in rainbow order or make their own design.

Take home

Each child will take home a list of fun tips and healthy ideas for their parents to incorporate at home, including my super easy homemade granola bar recipe.

What's included?

I will do the shopping and bring all necessary supplies.

Set up, including washing, chopping and plating produce (produce is best cut on premise for optimal freshness)

The 45 minute to 1 hour interactive workshop

Clean up

The take home resource document emailed to you for printing

A fun time and delicious food!

Cost

Professional fees depend upon the number of students, length of workshop, number of projects, etc. Contact me to discuss your custom program and related fees.

Supply reimbursement: After you provide the number of students and projects chosen, I will provide you with an estimate for the costs. Receipts will be submitted the day of the presentation for reimbursement within 3 days.

What's next?

Confirm date and time.

Decide which projects would be best for your students.

Discuss the physical set up, prep space and staffing.

Thank you in advance for your consideration.

Sincerely,

Natasha Nadel

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