

Healthy Family Healthy You

Looking for a fun and healthy program for your school or camp?
Look no further than my interactive Fruit Funshops!

Your children will learn how and why to “eat a rainbow” every day!



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, open to trying new foods and eager to participate in food prep at home!

These are my 2 most popular projects.

1. 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.
2. 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, usually using an age-appropriate kabob stick.

Additional options: Green smoothies; Fruit/veggie cars, flowers, pizza, cake, tongues, fruit rollups, trail mix, hearts.

A longer cooking series can involve homemade granola bars, appetizers and nachos.

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

The 30 minute interactive workshop, including a rainbow worksheet for the children to color

Clean up

The take home resource document emailed to you for printing and distribution

A fun time and delicious food!

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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. For a frame of reference, smallest programs are \$75 and largest are \$250.
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. You also have the cost-saving option to ask parents to bring in the required produce.

What's next?
Confirm number and age of students; date and time; associated fees.
Decide which projects would be best for your students.
Discuss the physical set up, prep space and staffing.

I look forward to speaking with you.

Sincerely,
Natasha Nadel

Author of "Healthy Family, Healthy You: The Healthy Mama's Guide to Feeding your Family Well – Simply and Sanely" and "The Healthy Family, Healthy You Cookbook."

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We absolutely love Natasha's fruit and veggie art Funshops. 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 parent's dream!

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

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 specifically asked to do so.