

# Healthy Fair Everywhere

Support nutritional eating and active living at local events by providing information and materials to residents. Town events such as sports games, festivals or school programs are a great place to engage residents. Use the opportunity to hand out information about how to live healthy. You'll reach a large audience and be able to get your message out in an easy way.

**Develop Materials** – Think about what type of information you want to hand out (i.e. healthy food flyers, exercise plans, healthy heart information, local health clinic information, etc). Partner with local health care or fitness organizations that have these materials or design your own.

**Build Support** –Partner with local organizations (i.e. hospitals, gyms, local businesses) to help provide the materials or subsidize your printing costs. Allow them to be sponsors and supporters by adding their logos on the materials.

**Get Help** – Get a group of volunteers to promote the message at various town events. Recruit students, hospital volunteers or local service groups to pass out materials.

## Resources –

[American Heart Association Health Fair Kit](#)

[Health Fair Resource Guide](#)

[Sources of Free and Low-Cost Materials](#)

[Healthy NJ- Information for Healthy Living “Diet Food and Nutrition”](#)

[Healthy NJ- Information for Healthy Living “Exercise and Fitness”](#)

[Chose My Plate “10 Tips Nutrition Education Series”](#)

## MWC Success Stories:

**Be the first MWC town Healthy Fair success story!**

