

# Choosing Health!®

Facilitated by the Capital Area Health Alliance  
In partnership with Community Partners in Health

## Kids' Creation Healthy Snack Contest

At the

## Choosing Health!® Rally

MSU Coach Mark and Becky Dantonio  
will join us!

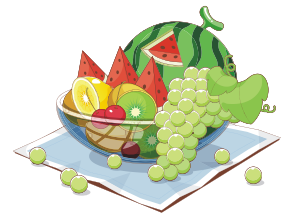
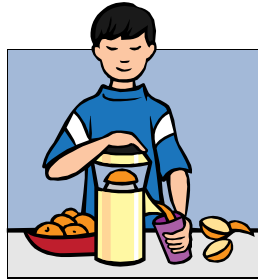
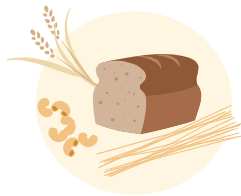
May 20, 2012

2:00 pm – 4:00 pm

Hawk Island Park at Red Tail Shelter

1601 E. Cavanaugh Rd., Lansing, MI 48910

**(Free Parking and Free Admission to Hawk Island Park for Rally Attendees)**



- ❖ For children ages 6-13
- ❖ Your healthy snack will be evaluated by **celebrity and nutritional expert judges, and awards will be given** based on healthfulness, appearance, and recipe (see back for details).
- ❖ Your snack should include **at least two of the 5 food groups:** (FRUIT, VEGGIES, GRAIN, PROTEIN, DAIRY) *Please bring one snack sample to display and a written recipe.*

All entrants will receive a participation certificate, an extra free book, and a chance to win a prize!

Set-up begins at 2:15  
Judging from 2:30 to 3:40

**CONTEST & SIGN-UP DETAILS ON THE OTHER SIDE**

### Other activities at the Choosing Health!® Rally:

- **'Free Books'-Book Fair** *Everyone will leave with a free book for their summer reading!*
  - Visit displays from area programs and retailers working to make **Healthy Lifestyle Resources** available to the community.
  - **Take a Walk in the Park** organized by *Community Partners in Health*
  - Meet **local celebrities**
- 
- Contestants meeting the most standards will be entered into a drawing for **3 iPod (2GB) Shuffles!** (details on back)
  - All contestants will be eligible for the general prize drawing for gift certificates from area fun parks!  
Prizes will be awarded at 3:45 pm.



**The Healthy Snack Contest and Choosing Health! Rally are FREE!, but registration is requested by May 17. Pre-registration will earn you an extra book at the Book Fair!**

To register, contact the Capital Area Health Alliance at 517-347-3377, email CAHealthAlliance@aol.com, by fax at 517-347-3693, or by mail at:

**Capital Area Health Alliance  
2123 University Park Dr., Ste. 160  
Okemos, MI 48864**

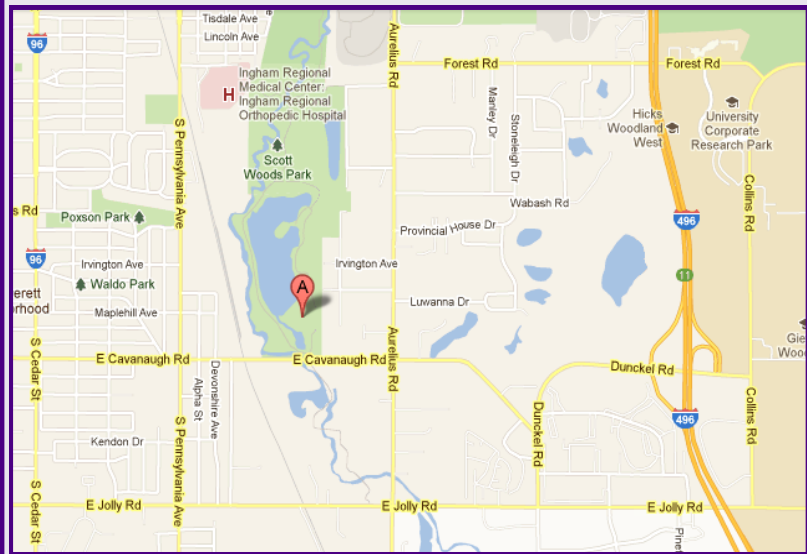
REGISTRATION FORM	
First Name	_____
Last Name	_____
Organization, if applicable	_____
Address	_____
City/State/Zip	_____
Phone/Fax	_____
Email	_____
<input type="checkbox"/> I (or my child) am participating in the Kids' Creation Healthy Snack Contest AGE _____	

**Your snack will be evaluated by celebrity and expert judges! They'll be looking to see...**

1. That two or three of the five food groups were used
2. If a sample is available for the judges to view
3. If a recipe is provided
4. If a grain is used, that it's whole grain
5. If dairy is used, that it's low-fat dairy
6. If it's low in added sugar
7. If it's homemade
8. If it's easy to prepare
9. That it looks tasty!

Go to [CAHealthAlliance.org](http://CAHealthAlliance.org) for some great snack ideas!

**Hawk Island Park – Red Tail Shelter**  
1601 E. Cavanaugh Rd, Lansing, MI 48910  
Near the corner of E. Cavanaugh Rd. and Aurelius Rd.



Thank you to the following organizations for donating prizes: Dietz Creek, ED RU Skat-A-Rama, EL Family Aquatic Center, FunTyme, Lansing Community College, Marvel Lanes, Playmakers, and Zap Zone

Thanks to the generosity of our sponsors, attendance at **Choosing Health!** is Free!



For more information, please visit [CapitalAreaHealthAlliance.org](http://CapitalAreaHealthAlliance.org) or call (517) 347-3377.