

# FIELD DAY

## Treat Ideas

### Fruit and Veggie Tray

- 1 pint pre-cut cucumbers
- 2 pints pre-cut strawberries
- 2 pints pre-cut watermelon
- 2 pints pre-cut bell peppers, various colors
- 2 pints grapes
- 2 pints carrots

Serve all fruits and veggies on a party platter. Serves 20.



### Trail Runner Trail Mix

- 48 oz. nuts – peanuts, walnuts, almonds, etc.
- 48 oz. whole grain pretzels OR 16 oz. whole grain Chex cereal
- 24 oz. sunflower seeds
- 48 oz. raisins

Mix ingredients and package trail mix into snack-sized bags. Serves 20-25 students. Alternative option: parents can purchase single-serving trail mix bags from Walmart, Costco, or Sam's Club.



### Fruit or Yogurt Cups

- 25 applesauce or fruit cups, packed in 100% fruit juice OR 25 non-fat vanilla or strawberry yogurt cups
- 50 spoons

### Cheese Sticks

- 25 low-fat mozzarella cheese sticks

### Veggies and Dip

- Five 16 oz. bags baby carrots
- Low-fat ranch dip (see recipe)

Portion carrots (about 9 carrots) into 25 snack bags. Serve with dip. Serves 25.

Snack ideas and recipes are original or were adapted from:

1. Breene, Sophia. "21 Healthier Trail Mix Recipes to Make Yourself." Greatist. N.p., 14 May 2014. Web. 06 July 2017. <<https://greatist.com/health/21-healthier-trail-mix-ideas>>.

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## Non-Food Related Activities

The purpose of field day is to get outside and get active! Between events, however, kids may spend the majority of their time sitting down with friends. See the activities below for ideas to keep kids active during downtime on Field Day.

### Warm-Up Exercises

1. Have the students spread out at least an arm's length apart from each other.
2. Guide them through a series of stretching movements. Repeat each movement three times before moving to the next one.
3. Spend about 2-3 minutes on your warm-up routine. Choose from the following list of exercises, or lead the students in your own exercises. Each exercise should last for about 20 seconds.
  - Reach up to the sky and down to the ground.
  - Bend over and swing side to side.
  - Do the twist.
  - Jump up and down.
  - Kick your bottom.
  - Wiggle and jiggle.
4. Demonstrate each movement as you call it out.
5. Start slowly, and gradually quicken the pace so energy levels increase.

### Cool-Down Exercises

1. Have the students spread out at least an arm's length apart from each other.
2. Guide them through a series of stretching movements. Repeat each movement three times before moving to the next one.
3. Spend about 2–3 minutes on your cool-down routine. Choose from the following list of exercises or lead the students in your own exercises. Each exercise should last for about 20 seconds.
  - March in place with high knees.
  - Twist gently like a rag doll.
  - Pick apples: reach up and down.
  - Do Hula-Hoops.
  - Do shoulder circles.
  - Wiggle and Jiggle it out.
4. Demonstrate each movement as you call it out.
5. Do the exercises at a nice, slow, fluid pace.

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## Non-Food Related Activities

### Walking Contest

Offer non-food prizes (water bottles, classroom coupons, books, stickers, gym bags, etc.) to students who walk the most laps around the outside of the track during time between their organized events. This will require 1-2 volunteers to tally the laps that students walk.

Activity ideas are original or adapted from:

1. "Warm Up." *New York Road Runners*. N.p., 21 July 2014. Web. 06 July 2017. <<http://www.nyrr.org/youth-and-schools/running-start/pe-lesson-plans/elementary-school/fundamental-athletic-skills/warm-up>>.
2. "Cool Down." *New York Road Runners*. N.p., 21 July 2014. Web. 06 July 2017. <<http://www.nyrr.org/youth-and-schools/running-start/pe-lesson-plans/elementary-school/fundamental-athletic-skills/cool-down>>.

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## Field Day Grocery Checklist

Cost estimates were calculated using Bloomington Cub or Walmart prices in July 2017. Please note that prices may change over time and could be higher or lower if parents/teachers purchase ingredients from other grocery stores. Items marked with an asterisk (\*) were priced at Walmart.

### Fruit and Veggie Tray – Serves 20

- 1 pint pre-cut cucumbers, \$4.99
- 2 pints pre-cut strawberries, \$11.98
- 2 pints pre-cut watermelon, \$9.98
- 2 pints pre-cut bell peppers, various colors, \$9.98
- 2 pints grapes, \$6.00
- 2 pints carrots, \$3.00

### Trail Mix

- 48 oz. nuts – peanuts, walnuts, almonds, etc., \$11.00
- 48 oz. whole grain Chex cereal, \$5.98
- 24 oz. sunflower seeds, \$3.99
- 48 oz. raisins, \$11.00

### Fruit or Yogurt Cups

- 25 applesauce or fruit cups, packed in 100% fruit juice, \$9.30 for applesauce or \$19.14 for fruit cups
- OR
- 25 non-fat vanilla or strawberry yogurt cups, \$24.95
- 50 spoons, \$2.84\*

### Cheese Sticks

- 25 low-fat mozzarella cheese sticks, \$10.47

### Veggies and Dip

- Five 16 oz. bags baby carrots, \$7.50
  - low-fat ranch dip, \$10.00
- Recipe: Greek Yogurt Ranch Dip mix (2 packets), 2 containers (12 oz.) plain fat-free or 1% Greek yogurt, blend well. Serving size: 2 T.