Materials and Supplies
WIN Kids Fun Days

Quantities based on 25 participants in a session

Re-usable Supplies
Safety Pins (25) – *What Am I?, It All Counts*
Markers that write on paper and plastic (10 to 15)
Pencils (25) – *It’s In the Bag, Flavor Roller Coaster, Legume ID and Beads*
Stop watch – *Fruit and Veggie Match*
Whistles (2)
Index cards (20) – *Legume ID and Beads*
Needles with large eyes (25) – *Legume ID and Beads*
Balls of Yarn or String (4) – *Friendship Web*
Hula Hoops (10) – *Sizing It Up, Blow Up Games, Noodle Nonsense, Move That Hula*
Tape Measures (5) – *Sizing It Up*
Rope, 50 feet long (1) – *All Creatures Big and Small*
Magazines (6 to 8) – *Magazine Poses*
Step Counters (25) – *It All Counts*
Blow-up or Foam noodles (25) – *Noodle Nonsense*
Footbags (25) – *Footbag Mania*
Measuring spoons and cups (5 sets) – *Portion Scavenger Hunt, Portion Investigators, Calcium in Our Bones, snacks*
Empty milk carton (2 quart) – *A Body of Water*
Blind folds (13) – *Blind (or not) Taste Tests*
Portable Stereo and upbeat music – *Human Knot, Move to the Beat, and for use throughout the session*
Bags or old sweatshirt sleeves (10) – *It’s In the Bag*
Mixing supplies (bowls, spoons, spatulas) – *snacks*
Blenders or potato mashers, or rotary beaters – *Smoothies*
Cookie sheets or mini-loaf pans – *Bread in a Bag*
Objects for marking a course – *Heart Power*
Box, bag or hat – *What are you Doing?*

Consumable Supplies
Brown paper sacks with WIN the Rockies stickers to hold take home items (25)
Masking tape (1 roll) – *What Am I*
Soap and paper towels for washing hands
Paper Plates (200) – *Blind (or not) Taste Tests, Portion Scavenger Hunt, Portion Investigators, Let’s Go Fishing, Plate Race*
Napkins (50)
Water to drink
Cups for drinking water (25 and have kids label their cups)
Small 3-ounce cups (100) – *Conscious Eating, Take the Pop Challenge*
Sandwich-size resealable bags (50) – *Flavor Roller Coaster, Portion Scavenger Hunt, Calcium in Foods*

Gallon-size resealable bags (50) – *Calcium in Our Bones, Calcium in Foods, Smoothies, Bread in a Bag*

12-ounce cups (10) – *Portion Scavenger Hunt, A Body of Water*

Elastic Cording (25 feet, 1 foot per person) – *Legume ID and Beads*

Balloons (50) – *Friendship Web, Blow Up Games*

Flip chart or posters (6 or 7 pages) – *Sticker Friend, and Write-Ups Evaluation*

Small stickers (325) – *Sticker Friend, and Stick-Ups Evaluation*

Footbags (25 to take home) – *Footbag Mania*

**Photocopying for Take-home Information**

Handouts and take home slips for selected activities (25)

**Food Items**

Potatoes or Peanuts (25) – *Potato or Peanut Pal*

Variety of fresh fruits and veggies for identification (up to 10) – *It’s in the Bag*

Firm, white, fresh produce (4 or 5 types) – *Blind (or not) Taste Tests*

Raisins (small cupful per person) – *Conscious Eating*

Chocolate Kisses (25) – *Pleasure of A Kiss*

Spice Gum Drops (one of each flavor per person) – *Flavor Roller Coaster*

Sample of actual spices (optional, re-use) – *Flavor Roller Coaster*

Portions from a fast food Restaurant and a convenience store – *Portion Scavenger Hunt*

4-gram sugar cubes (2 boxes, re-use) – *Portion Scavenger Hunt*

Shortening (small can) – *Portion Scavenger Hunt*

Variety of foods (real or models) for measuring – *Portion Investigators*

Cola-type soft drinks, 3 types – *Take the Pop Challenge*

Variety of legumes and dry beans – *Legume ID and Beads*

10 pounds of white flour – *Calcium in Our Bones*

Miniature Marshmallows – *Calcium in Foods*

Ingredients for *Let’s Go Fishing* snack – See recipes in *Snacks* section

Ingredients for *Smoothies* – See recipes in *Snacks* section

Ingredients for *Bread in A Bag* – See recipes in *Snacks* section

Banana (1) – *Banana Split*