

Jump Into Foods and Fitness

JIFF

A Michigan State University Extension Program
for children aged 8 to 11.

Build strong bodies

SNACKING CHOICES:

- Fresh fruit
- Dried fruit
- Crunchy vegetables
- Whole grain crackers, tortillas or pita bread
- Cheese chunks or yogurt
- Granola, nuts or cereal



Build your muscles

CHOOSE TO:

- Play games with friends
- Jump rope or hula hoop
- Play basketball or baseball
- Bike, skate or skateboard
- Dance or play hopscotch

**VOLUNTEERS CAN HELP KIDS
HAVE FUN, GROW HEALTHY, BE FIT, RUN AND
JUMP INTO FOODS AND FITNESS**

MICHIGAN STATE UNIVERSITY EXTENSION

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A fun program for kids aged 8 to 11: Jump Into Foods and Fitness!

Join the JIFF Team!



Kids will
experience:
"Muscle Mania"
"Ready, Set, Eat"
"Keep It Cool"



Kids need to:
POWER UP
with nutrition foods
GET ACTIVE
to build strong bodies
**MAKE HEALTHY
DECISIONS!**

*"Participants did not want JIFF to end.
Volunteers, both youth and adults, said
they had a great time."*

– JIFF Facilitator

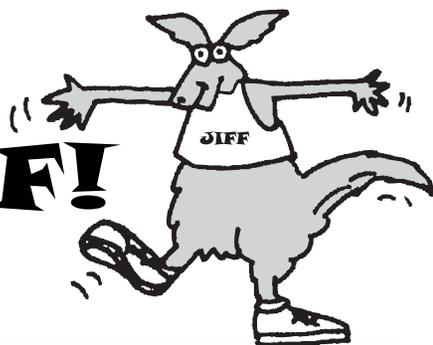
Michigan State University Extension's Children, Youth, Families and
Communities (4-H Youth Development
and Family and Consumer Sciences)

Michigan State University
Department of Kinesiology

MICHIGAN STATE
UNIVERSITY
EXTENSION



Join the Fun of JIFF!



Date: _____

Time: _____

Place: _____

Now is the time to improve our children's health for a lifetime!

Jump Into Foods and Fitness (JIFF) is a research-based curriculum that features eight "Kangaroo Jumps" or sessions that help kids aged 8 to 11 (grades 3 to 5) learn the importance of nutrition, increased physical activity and food safety.

Jiff the Joey invites kids and teen volunteers to experience a fun way to a healthier lifestyle! Your child will participate in fun new physical fitness and nutrition activities while he or she:

- Increases strength, flexibility and endurance.
- Tastes new foods.
- Prepares tasty snacks.
- Learns how to keep foods safe.

Most of all, kids will have fun while they jump, learn and run!

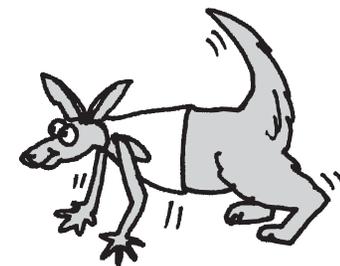
For more information, contact:

"The earlier children begin to practice healthy lifestyle habits, the longer they are likely to practice them."

- Jump Into Foods and Fitness, page 1

Application

I would like my child to attend the JIFF sessions to learn about fun physical activities, nutritious food choices and food safety.



Child's name: _____

Address: _____

Phone: (_____) _____ Age: _____

Parent's or Guardian's Name: _____

Does your child have any allergies, take any medications or have other limitations we should know about? Please specify here (add more sheets if necessary). _____

Please read the following information and sign below to indicate your approval. Thank you for your cooperation.

Michigan State University Extension's Children, Youth, Families and Communities is offering a nutrition and fitness curriculum called "Jump Into Foods and Fitness" for kids aged 8 to 11 (grades 3 to 5).

Jump Into Foods and Fitness Evaluation Consent

We would like your permission to allow your child to participate in the evaluation of this program. We will be asking them to fill out a short survey before and after the program to see if the program makes a difference in what they know about nutrition and fitness and if they improve their eating habits or increase their physical activities. The survey will take about 15 minutes to complete each time. All information collected in the evaluation will be anonymous; no names will be collected with the evaluation and your child's privacy will be protected to the maximum extent allowable by law. If you do not want your child to participate in the JIFF evaluation they may still participate in the JIFF program.

I agree to allow my child, _____, to participate in the evaluation of Jump Into Food and Fitness.

Parent/Guardian name (please print): _____

Parent/Guardian signature: _____ Date: _____