Other good things to know ...

- Cost is $100 per setup. Small schools can partner to share the cost. Up to 450 students can participate in Food Power per day.

- It takes approximately 45 minutes for each class to experience all the stations.

Food Power also includes:

Food Power Connects
K through 5th-grade classroom lessons aligned with the Missouri Grade Level Expectations that enable teachers to enhance and expand the concepts experienced in Food Power Adventure.

Food Power Digests
Colorful magazines reinforce the Food Power Adventure messages that can be used in the classroom and shared at home.

Food Power is a program offered by University of Missouri Extension in cooperation with the Department of Nutritional Sciences, College of Human Environmental Sciences. It adds unique activity-based experiences to the University of Missouri Family Nutrition Education Programs, which are funded in part by USDA SNAP.

For more information, call MU Extension’s Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dis.mo.gov/fsd/fstamp.

Family Nutrition Education Programs
Nutrition and life skills for Missouri families

Check out Food Power online at extension.missouri.edu/nes/foodpower

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University of Missouri Extension
Food Power Adventure is ... an interactive exhibit experience that takes children to the farm to learn where food comes from, and into the human body to learn how it gives them energy to grow and play. Stations include:

**Farm**
Many foods are raised on farms.

**Packaging/Labeling**
Learn about food packaging and labeling.

**Hands**
Wash hands to get rid of germs even though they can’t be seen.

**Cafeteria**
Choose a variety of foods.

**Mouth**
Food is tasted and digestion begins in the mouth.

**Stomach**
Food is broken down and mixed up in the stomach, then absorbed in the small intestine to go to all parts of the body.

**Muscles**
Choose healthy foods and exercise for your heart and other muscles.

**Bones**
Choose calcium-rich foods and exercise daily.

Bringing Food Power to your school means you need to ...

- Reserve a space that is 50-foot by 50-foot by 10-foot for the Food Power Adventure exhibit.
- Create a schedule for the classes to visit the exhibit.
- Recruit volunteers, such as parents or high school students to help set up, present and take down Food Power Adventure.
- Provide water and if possible, lunch for volunteer presenters.

How to schedule Food Power in YOUR school

Contact the University of Missouri Extension Food Power representative in your school’s region.

Regional Food Power Representatives

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Check out Food Power online at extension.missouri.edu/hes/foodpower