

# Race Prizes

At the beginning of the race, all children will receive a NJ Race to Good Nutrition Race Track Road Map (page 3) and a NJ Race to Good Nutrition plastic pencil case with the "Fuel Up with 5" race logo (photo on page 173).

Each day of the six weeks "race" children should be encourage to eat all five components of the school lunch meal or to consume lunches from home that contain all five components of the meal plan. When they have achieved this goal for five days, they will reach a checkpoint on the Race Track Road Map. Each checkpoint corresponds to the lesson focus for that week. For example, the first checkpoint occurs at the end of the Pyramid Power pavers in the road map.

As they complete each checkpoint of the race, they will be awarded prizes to reinforce lessons learned on that part of the race track. All reinforcement items fit into the pencil case for safe keeping.

Pre-Race Week	Plastic pencil case (Fuel up with Five logo)
Week One:	Bookmark (Pyramid your Power!)
Week Two:	Pencil (Get in the Grain Lane)
Week Three:	Fruit Straw
Week Four:	Pencil Sharpener (Veg up!)
Week Five:	Eraser (Protein Pit Stop)
Week Six:	Ruler (Bone up on Milk)

Overall race winners (those who complete all checkpoints of the race and reach the finish line by consuming all five components of the meal for all six weeks of the race will be awarded a License Plate suitable for a bicycle or for use as wall placket with the "Fuel up with 5" and NJ Race to Good Nutrition logos.

When every child in a particular classroom consumed all five components of the meal for all six weeks of the race, we recommend that the class plan a special event to acknowledge their achievement. For example, they might have a "Dairy Sundae Drive"(ice cream topped with fresh fruit and nuts). Or they might decorate their classroom door with checkered "winner" flags (these are often available free from gas stations or auto supply stores).

When every child in every grade (that is, all children in a school) consumed all five components of the meal all six weeks of the race, we think that this merits a photo in your local newspaper! Contact us for help in planning a media event for your school if every child in your school wins in the race to good nutrition!

**Prizes are available free from the NJ Bureau of Child Nutrition on a first come, first served basis until supplies are exhausted. Thereafter supplies can be ordered at very minimal cost per child from our vendor. Please see page 173 for details.**