How to use the 5 A DAY shy at events

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This resource pack is based on information from the East Sussex 5 A DAY project
1. Contents of this pack

The Eatsome 5 A DAY Fruit Shy should contain:

- A 5 A DAY stepped shy
- 2 supporting legs with wingnuts
- Carry bag
- 6 fruit beanbags: apple, strawberry, watermelon, orange, lemon, pear
- 6 vegetable beanbags: potato, pea, corn, carrot, tomato, celery
- These guidance notes
- “this week I’m going to try…” stickers

Items not supplied with the shy but useful:

- fruit to give away
- 5 A DAY resources; stickers, cards, posters. These are available separately through the Health Promotion Service Resource Centre or the 5 A DAY website: [www.5aday.nhs.uk](http://www.5aday.nhs.uk)

2. What is the purpose of the shy?

The purpose of the shy is to encourage both children and adults to eat more fruit (and vegetables) in a fun and rewarding way. Using the shy will help to communicate the 5 A DAY message. Coupled with leaflets and the “This week I will try…..” stickers, the knowledge around healthy eating and the motivation to try new/unliked foods should increase.
3. What are the benefits of the shy?

- It is visually appealing and fun to use. It therefore attracts even the hard to reach groups
- It raises awareness of the 5 A DAY message both visually (through the shy) and practically (via the fruit)
- Once using the shy you can engage people in dialogue about healthy eating and the motivation to change
- It is lightweight and portable.
- It can be used both indoors and outdoors
- It creates interest and desire to eat fruit (and through the messages, vegetables)
- The free fruit encourages individuals (especially children) to try fruits and in turn encourages families to try this at home.

4. How to use the shy

- Order a few boxes of fruit e.g. apples, bananas, clementines. Wholesale suppliers can be found in the WFU leaflet supplied with this pack (Real Cornish Food), or in the phonebook. You will need to estimate how much fruit might be needed at the event.
- At the event put the legs on the shy and stand on a sturdy table. Mark a point from where the bags must be thrown (note: younger children might need to get closer).
- Put 5 of the beanbags on the shy.
- Make sure the shy is balanced and the bean bags don’t fall off when the shy (not the bags) is hit.
- Each person has 3 throws using the remaining beanbags. However many they knock off they win the equivalent number of pieces of fruit (make sure the fruit is washed first)
- Establish a system whereby the participants collect the beanbags after their go. This will reduce the stress on your back from continually bending down to pick up bags!
- After their turn has ended ask each person if they are willing to try a fruit or vegetable they don’t currently like/haven’t eaten in a while this week. Use the beanbags as examples. Write this on their “I will try” sticker as a reminder.
Communicating the message

- The whole purpose of the shy is to promote the 5 A DAY message. Take every opportunity to re-enforce the message.
- Stress that tastes change and that our minds control how we feel about foods. We can therefore make changes by changing attitudes. We don’t know whether we like a food or not until we’ve tried them 10 times. There are many mental blocks to trying new foods but overcoming these bit by bit opens us up to fabulous new tastes and experiences.

5. Conditions of use

In booking this resource you agree to use it in a considerate and careful manner returning all resources in the condition they were given. If, for any reason, the shy or any other part of the resource pack is damaged or lost you must inform the resource centre staff.

6. Contacts

Eatsome Project

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Resources
5 A DAY website with free resources www.5aday.nhs.uk
Order resources from Prolog on 08701 555455
Comic Company - health resources including stickers, cards etc. for healthy eating: www.comiccompany.co.uk

Health Promotion Service Resource Centre

01209 313218
www.healthpromcornwall.org