

## Ideas for displaying the 4<sup>th</sup> H for Health Challenge at a table or booth

1. **Interactive Sugar Quiz display** (see Sugar Detectives Activity in Leader Packet for setup instructions) – You can do this simply by purchasing a box of sugar packets and having booth visitors guess how many packets/teaspoons of sugar are in each beverage. If you have someone crafty in your office, you can also create a poster board with the empty drink containers attached and the correct amount of sugar measured out and have people guess which sugar amount goes with which drink.
2. **4<sup>th</sup> H for Health PowerPoint slideshow** playing on a computer screen – See attached.
3. **Spa water** – Add cut up citrus slices, frozen fruit, cucumbers, and mint to pitchers of water and people love it. It's a fun taste test and a refreshing alternative to sugary drinks on a hot day! See attached photo from one of our events.
4. Printed **Leader Guides** on table, or one copy of guide/activities in clear sleeve
5. **Signage** with your website, etc. – Stating where staff/volunteers should go to access the materials
6. **Creative ideas** welcome!