

FOR IMMEDIATE RELEASE

For immediate release, please use any time until 05/27/18

Stauth Memorial Museum Contact:

Kim Legleiter, Director,

620.846.2527,

stauthm@ucom.net

www.stauthmemorialmuseum.org



Children's Exhibit to Explore the World of Healthy Eating

Montezuma, KS. - Visitors of all ages will get a full serving of helpful, practical advice on how to plan healthy meals when they go through a new [Purdue Extension](#) exhibit on display at the Stauth Memorial Museum from **March 11, 2018** through **May 27, 2018**.

The exhibit "**To MyPlate and Beyond**" illustrates the U.S. Department of Agriculture's tool that emphasizes the five food groups that are part of a healthy diet: fruits, vegetables, grains, proteins and dairy.

"Visitors will learn how easy it is to shop for food, grow their own, plan meals and eat together," said Lisa Graves, Extension specialist in the College of Health and Human Sciences' Department of Nutrition Science. "From child to adult, the exhibit will feature tips and ideas for everyone to build a healthy plate."

Participants will "travel" with seven-year-old Max and his dog, Munch, in a flying saucer as they explore simple reminders and other information about eating well. Included are hands-on interactive games that help visitors understand the exhibit's key messages, such as make half of your plate fruits and vegetables, switch to fat-free or low-fat milk, and enjoy your food but eat less.

Max & Munch first visit a very cool **supermarket** and run around to the five areas of **MyPlate** – fruits, vegetables, grains, proteins and dairy – each featuring fun hands-on activities. Next stop, a **community garden** where Max learns that even in an urban setting you can use large containers to grow vegetables in your backyard or on your balcony. From there they spy **drive-thru** and **sit down restaurants**: these areas encourage family conversation about making healthy choices when eating out. And for some exercise Max and Munch try their turn on the "**Hot Plate**" to see what they've learned on their journey so far.

What's on MyPlate?, a video from Purdue University, will accompany the exhibit. It provides practical, everyday examples of how to follow the United States Department of Agriculture's **MyPlate** nutritional guidelines. Appx. 36 min.

The *Purdue Agricultural Communication Exhibit Design Center* specialists and faculty in the Department of Nutrition Science created the exhibit. **MyPlate** was funded by the American Dairy Association and Indiana's Dairy Farm Families.

The Stauth Memorial Museum was awarded a grant by the ***Community Foundation of Southwest Kansas*** to help fund the **To MyPlate & Beyond** exhibit.

We are expecting many tours for this exhibit so please call in advance for groups of 5 or more! Tours/groups welcome by appointment, contact 620-846-2527 for information or to set up a tour. Business hours for the Stauth Museum, 111 N Aztec Street, Montezuma KS are Tue -Sat 9-12 1-4:30, Sun 1:30-4:30. We are closed on Mondays and all major holidays. Admission is free, but donations are gratefully accepted to help pay for this incredibly important exhibit!

Feel free to print out the flyer and share!