For your next health fair from NutritionEducationStore.com

PRIZE IDEAS

Inexpensive | Health & Wellness Oriented | $1 or less

- 40 ideas for prizes

1. apple
2. bag clip
3. baking potato
4. beach ball
5. bean bag
6. bookmark
7. box of raisins
8. bread mix
9. brown bag
10. bulk foods
11. cereal boxes
12. cereal or granola mix
13. chalk to play outside
14. cups with motivational note
15. disposable salad containers
16. dried fruit
17. fig Newton snack pack
18. frisbee
19. gardening seeds
20. garlic
21. granola bar
22. index cards
23. jump rope
24. lemon
25. lime
26. orange
27. paper plates and crayons
28. party favors
29. pear
30. peeler
31. recipe cards
32. rice cake treats
33. scoop of seasoning mix
34. stickers
35. sticky pad and pencil
36. sunglasses
37. tea bags
38. toys to play outside
39. travel toothbrush
40. water bottle

Shopping for prizes

Are you looking for inexpensive prizes for your next wellness fair or health fair? Guess what? Check out your grocery store the next time you go shopping. Most grocery stores have a lot of items you can use for health and wellness fair prizes. Costco and other bulk food centers are also great places, to look, too. Bulk bags of fruits, potatoes, cereals, and snacks can yield health-oriented prizes that are less than $1 each. And they help people try new produce items, too. Consider a theme like brown bagging, breakfast, flavors, fruit snacks, playing outside, healthy beverages, or seasonings to make it more fun. Check out the party aisle, school aisle, paper aisle, spice aisle, and cooking tool aisle, too. And don't forget to visit the prize section at nutritioneducationstore.com, too. Our stickers, bookmarks, and recipe cards are all under $1 with free shipping.

Here is a fun game everyone can play to win a chance at a bigger prize. Place dried beans in a large clear canister or jar. Did you know that one pound of dried pinto beans contains 71 grams of fiber? Have them guess how many beans are in the jar or how many grams of fiber are in the jar. The winner of the contest will win the beans.

Raffle tickets are also great. Consider using index cards to have them write their name and a short essay like what do you like to put on your salad. It gets them thinking about healthful foods and you can use the answers for your next social media posts. Plus you can offer one big prize to one or more people. This creates excitement!