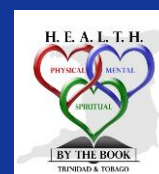


Supplies Needed Per Station



Station	Supplies needed	#	Notes
Registration	Health Fair Booklet		# needed based on expected turnout
	Health Fair Booklet Kids		
	Health Fair Booklet Preschool		
	Registration List	1	
	Pens	2	
	Small bags to hold handouts/samples		if within budget
	Biometric Scale	1	
	Extra AA batteries for scale	2	
	Biometric Scale Instructions	1	
	Alcohol Soaked Cotton Balls		
	Height / Tape Measure	1	
	Registration Instruction Folder	1	
Water	Water Instruction Folder	1	
	Hot Foot Bath Instructions	1	
	Heating Compress Instructions	1	
	Water Cooler	1	
	Water Cups		
	Tub for Hot Foot Bath	1	
	Water Banner	1	
	Water Pitcher	1	
	Large Hand towel / Small Towel - wool/flannel	1	
	Clothes Pin or Safety Pin	2	
	Plastic Wrap	1	
	T-Shirt Material	1	
	Waste Basket	1	
	Pen	1	
	Water Sign	1	
Exercise	Exercise Instruction Folder	1	
	3 Minute Step Test Instruction Sheet	1	
	Exercise Banner	1	
	8-9 Inch Step	1	
	Chair for Resting In	1	
	Timer/Stopwatch	1	
	Pen	1	

	Exercise Sign	1	
Live Temperately	Temperance Instruction Folder	1	
	Instructions for computer health age program	1	
	Laptop with Computer Health Age Software	1	
	Printer	1	
	Extension Cord	1	
	Power Strip	1	
	Discover Your Health Age Result Sheet		
	Live Temperately Banner	1	
	Pens	4	
	Waste Basket	1	
	Live Temperately Sign	1	
Lots of Fresh Air	Air Instruction Folder	1	
	Lots of Fresh Air Banner	1	
	Peak Flow Meter	1	
	Alcohol Cotton Balls		
	Balloons (in case no peak flow meter)		
	Peak Flow Handout 1/2 Sheet		
	How to Stop Smoking Trifold Handout		
	Why Stop Smoking Trifold Handout		
	Waste Basket	1	
	Pen	1	
	Peak Flow Instructions	1	
	Lots of Fresh Air Sign	1	
Nutrition	Nutrition Instruction Folder	1	
	BMI Chart Boys	1	
	BMI Chart Girls	1	
	Ideal Weight Conversion Sheet	1	
	Body Fat % Chart	1	
	Brown vs. White Rice Sheet	1	
	Brown Rice in ZipLock	1	
	White Rice in ZipLock	1	
	What's In An Apple Sheet	1	
	Apple Juice Bottle	1	
	Fresh Apple	1	
	What's In A Potato Sheet	1	
	Potato Chip Bag	1	
	Potato	1	
	Whole Wheat Flour vs. White Flour Sheet	1	
	Whole Wheat Flour in ZipLock	1	
	White Flour in ZipLock	1	

	Principles of Nutrition Handout		
	Weight Loss Trifold Handout		
	Pens	2	
	Nutrition Banner	1	
	Best Oat Burger Recipe		May use any other healthy recipe of choice for samples
	Best Oat Burger Samples		
	Platter to put Oat Burgers On	1	
	Nutrition Sign	1	
Entire Trust in God	Trust Instruction Folder	1	
	Free Books/Magazines		as available
	Plan For Stress Handout		
	Promises For Stress Handout		
	Pens	2	
	Entire Trust in God Banner	1	
Sunshine	Sunshine Instruction Folder	1	
	Sunshine Banner	1	
	Exploring Diabetes Trifold Handout		
	Treating Diabetes Trifold Handout		
	Lowering Your Cholesterol Handout		
	Blood Glucose Monitor	2	
	Cholesterol Monitor	2	if within budget
	Lancets		
	Glucose Test Strips		
	Cholesterol Test Strips		
	Alcohol Cotton Balls		
	Cotton Ball Container	2	
	Sharps Container	2	
	Box of gloves	1	
	Pens	2	
	Sunshine Sign	1	
Sufficient Rest	Rest Instruction Folder	1	
	Sufficient Rest Banner	1	
	Sphygmomanometer (Blood Pressure Cuff)	1	
	Stethoscope	1	
	Automatic BP Machine	1	if possible
	Extension Cord (or extra batteries)	1	
	Lowering Your Blood Pressure Handout 1/2 Sheet		
	Pens	2	
	Instructions for chair massage	1	
	Chairs for chair massage		If enough personnel
	Sufficient Rest Sign	1	

Checkout	Checkout Station Instruction Folder	1	
	Health Seminar Interest Form	24	
	Pens	3	
	Giveaway Books/Magazines		for participants that have completed all stations
	Clipboards	2	For Interest Forms
	Checkout Station Sign	1	
General Supplies	Table Cloths	11	
	Table Cloth Clamps	44	if needed
	Paper Clamps	16	if needed
	Tape (packing tape and masking tape)	1	
	Name Tags		
	Pens	5	
	Scissors	1	
	Permanent Marker	1	
If Presentation	Projector	1	
	Projector Screen	1	
	Laptop Computer	1	
	Extension Cord	2	
	Power Strip	2	
	Speakers	1 or 2	
	Speaker Stands	1 or 2	
	Microphone / Lapel	1	
	Microphone cord / wireless system	1	
	Mixer / Amplifier	1	

