



Bring a Lunch, Play a Bunch

A healthy living, physical activity campaign to support recess in low income schools.

Did you know that you could provide 20 children with a day of recess for just \$8.00? That's the average amount a person spends going out to lunch!

That's right! For just .40 per day, Playworks, a non-profit organization, is providing safe, healthy and inclusive recess at low income schools throughout metro Detroit. We are the only organization in the country focused solely on maximizing the educational impact for recess and play!

Instead of going out to lunch, join the Playworks Bring a Lunch, Play a Bunch Campaign by donating your lunch money to Playworks and in return, we will provide you with a lunch bag, healthy eating tips, and easy lunch recipes. Use your lunch bag to "Bring a Lunch" on June 4th, Detroit Recess Day, to show your support for physical activity and pledge your support to end childhood obesity. In addition, join us for Recess Day with the Mayor at Campus Martius Park on June 4th at 11:30AM to eat your lunch and have recess with Playworks!

Playworks Detroit is seeking individuals, businesses and corporations to participate in this much needed campaign. Contact Sommer Brock at 313-879-4934 or sbrock@playworks.org for more information or to sign up.

When your company signs up for the "Bring a Lunch, Play a Bunch" Campaign you will receive:

- Lunch bags to distribute to your employees in exchange for their lunch money donation (min. donation of \$8.00 per person)
- Healthy lunch recipe ideas to help your employees make better lunch decisions.
- Ideas for physical activity and exercise to keep your employees motivated and energized.
- A free corporate recess for up to 100 employees, for companies raising at least \$1,000.
- 15 minute recess break, led by Playworks for your employees.