



You Look Funny: Finding Delight in Fruits and Vegetables

“What would it take to get you to eat more fruits and vegetables?” Students’ answers ranged from “ranch dressing” to “parental encouragement” to “one million dollars.”

-Heather Zinger, Artist Organizer
PartnerSHIP 4 Health & Springboard for the Arts



Getting teenagers excited about eating more fruits and vegetables can be a challenge. Heather Zinger, Artist Organizer with PartnerSHIP 4 Health and Springboard for the Arts, used felt, clothespins, a camera, and questions to creatively transform the attitudes and actions of some students related to healthy foods. During a visit to Linda Bowhall’s 7th grade Family and Consumer Science (FACS) classes at Kennedy Secondary School in Fergus Falls, Zinger engaged students in the art-making activity: *You Look Funny: The Delight in Fruits and Vegetables* which focused on healthy eating and collaboration.

The students made felted fruit and vegetable clothesline clips to display fun photos taken by Zinger featuring them eating or interacting with fruits and vegetables. The students laughed while striking creative poses with the fruits and vegetables against brightly colored backgrounds.

During the activities, the students responded to questions such as, “What would it take to get you to eat more fruits and vegetables?” Students’ answers ranged from “ranch dressing” to “parental encouragement” to “one million dollars.”

In addition to the felted clips and the photos, students paired up with their classmates to make informative and entertaining [videos](#) communicating the benefits of eating more fruits and vegetables.

To view the videos, scan the QRC codes below the images in the art display at Kennedy Secondary School using the [QR Code app](#) for iPad or Smartphone.

Zinger’s inspiration for the project came from the *Fruit Machine* project by the art collective, [Fallen Fruit](#) ([fallenfruit.org/projects/](#)), who use fruit as a medium to engage the public in art-making and relationship building. “I believe that participating in active art-making around fruits and vegetables creates an enjoyable and visceral sensory experience that is then enhanced by seeing the colorful photo display. I hope it shows a more favorable view of fruits and vegetables that will lead to their consumption.”

Zinger was hired in October 2013 as part of Springboard for the Arts’ newly launched Artist Organizer program, where artists are embedded into community-invested organizations to contribute their creative skills to making change and strengthening vibrant places. Springboard currently has six Artist Organizers in Minnesota. Zinger is working with PartnerSHIP 4 Health staff and regional artists to develop arts engagement projects about public health issues over the next year, including a project that will explore screen time and its affect on health through improvisational comedy, performance and literature.

Springboard for the Arts is an artist-led community and economic development organization based in St. Paul and Fergus Falls. PartnerSHIP 4 Health is a collaboration of community and public health partners in Becker, Clay, Otter Tail and Wilkin counties working to prevent chronic disease through sustainable changes that increases physical activity and healthy eating as well as reduces tobacco use and exposure. Springboard’s Artist Organizer program is funded by the Surdna Foundation and the Bush Foundation.

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