



Saturday, April 10, 2010 10:00 am – 2:00 pm Melrose Middle School

#### Vendor Criteria / guidelines

The Healthy Melrose Family Wellness & Fitness Fair Committee along with Hallmark Health and the City of Melrose reserves the right to choose all vendors.

Vendors passionate about improving the health and wellbeing of their community should consider applying. Vendors participating in the Healthy Melrose Fair should possess a strong knowledge in their respected profession with credentials from a reputable university/organization.

- Vendors should be a legal business and provide their own liability.
- Vendors providing information should stick to facts that will assist community in making healthy choices in products and services and should never be based off sales or business marketing.
- Vendors should be a local provider of the content in our mission statement providing information, demonstrations or samples in improving the lifestyle of the attendees.
- Vendors must provide a clear description of services and/or products to be displayed at the event.
- Vendors must provide information on the product/samples they will be offering or if they will be selling any product the day of the event. All products/ food items must fall under the guidelines set forth by the HM Committee.
- Any sales offered by vendors the day of the event should also offer a special discount for the participants and community of Melrose.

#### Suggested Food Criteria (for samples or sales)

The Healthy Melrose Family Wellness & Fitness Fair promotes HEALTHY LIFESTYLE CHOICES. One goal of the event is to help people understand that healthy foods can taste good or better than unhealthy options. Helping people to recognize that food items are not always as they are marketed and some are not healthy at all.

- Please avoid fried or processed foods
- Please avoid trans fats & hydrogenated oils
- Please avoid high fructose corn syrup
- Please avoid artificial sweeteners, colors and flavors
- Please INCLUDE fruits, vegetables and whole grains
- Please INCLUDE locally grown and/or organic ingredients (when possible)
- Please INCLUDE fun, creative, healthy and appealing food options