



# SUCCESS AT THE *Minnesota State Fair*



## SUGGESTIONS

### TIPS:

- Share with spouse/family
- Only bring cash and leave the credit cards at home to limit the amount of food and drink you are buying
- Look at food choices beforehand online
- Eat a healthy snack before you head out
- Hydrate with lots of water/ bring water bottle in to fill up
- Opt for high protein foods to keep you fuller longer
- Set limits with splurges
- If you indulge too much, don't skip or skimp on your meals the next day to try to make up for the day before

### HEALTHIER FOOD ITEMS:

- Fire Cracker shrimp with stuffed avocado (shareable) at Hide Away Speak Easy
- Shrimp ceviche without chips at Shrimp Shack
- Pickle on a stick at Pickle Dog
- Salad on a stick at Giggles
- Campfire Grill

### EXERCISE:

- Set a step goal prior to arriving
- Wear comfortable walking shoes
- Find activities to do with the kids
- Park further away and walk in

### HEALTHY EATING WITH KIDS:

Go to "The Common Table" exhibit. This educational, interactive exhibit inspires Minnesotans to get connected to the food they eat. The actions we take every day matter, as we are directly linked to our food. Centering around six areas of action – Buy Local; Eat Local; Grow Food; Nurture Soil; Promote Justice; and Reduce Waste, The Common Table: Minnesota Eats exhibit provides a learning opportunity and takeaway for every age and interest. The exhibit features various garden types, including an aquaponics system, more than 200 edible plants, an interactive foodscape and waste reduction kitchen, as well as dirt and compost displays, all informed by members of the local food community. Located outside the south side of the Agriculture Horticulture Building.

### MORE INFO FOR KIDS AT THE FAIR:

**Food & Drink:**  
Fair guests are welcome to bring their own water bottles, as well as outside food and drink. No alcoholic beverages may be brought into the fair.  
*PLEASE NOTE: Coolers are not permitted in the Grandstand.*  
Water fountains are located throughout the fairgrounds. Water bottle refill stations are located at:  
4-H Building, Agriculture Horticulture Building, Eco Experience, Education Building Grandstand, Restroom south of Kidway on the west side of Cooper Street, Restroom on the north end of the fairgrounds on the south side of Murphy Avenue, Warner Coliseum  
Complimentary water is also available at some independent concessionaires, including Culligan and KARE TV.  
For a list of all water locations, visit any information booth. Fairgrounds map