



FUEL UP TO PLAY 60 : FUELING UP GREATNESS IN SCHOOLS



Meet the Presenters!

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Learning Objectives

At the conclusion of this activity, participants will be able to recognize why nutrition and physical education programs like Fuel Up to Play 60 are so important.

At the conclusion of this activity, participants will be able to describe the objectives of Fuel Up to Play 60.

At the conclusion of this activity, participants will be able to identify how Fuel Up to Play 60 helps to promote the Wellness Policy

A young boy with short dark hair, wearing a blue t-shirt with the 'Play 60' logo, is smiling as he serves food. He is using a metal spoon to scoop food from a large stainless steel pot into a white paper food container. The pot contains a colorful mixture of vegetables like tomatoes and green peppers. In the background, other people are visible, some wearing similar blue t-shirts, suggesting a community event or school activity. The scene is brightly lit, likely outdoors.

ABOUT THE PROGRAM



About Fuel Up to Play 60

- Nation's largest in-school health and wellness program, launched by National Dairy Council and NFL, in collaboration with the USDA.
- The goal of the program is to:
 - Support educators and students in taking the lead on making healthy changes to their school's wellness environment; specifically aiming to improve in-school access to healthy eating and physical activity.
- The key to Fuel Up to Play 60's success in school:
 - Strong student interest
 - Team of committed educators
 - Community support

NDC and NFL

The National Dairy Council and the National Football League both have a long history of helping youth make healthier choices.





NDC and NFL



NDC

- On behalf of U.S. dairy farmers, NDC provides science-based nutrition information and resources, including those in the Fuel Up to Play 60 program, and works with health and wellness partners to help foster a healthier society.
- Dedicated to healthy foods, healthy people, healthy communities and a healthy planet — now, and for future generations.





NDC and NFL



NFL

- NFL's "Play 60" Program is committed to making the next generation of youth the most active and healthy.
- The National Football League brings NFL excitement to school wellness!
- All 32 NFL teams are involved with the Fuel Up to Play 60 program.
- Since the program's launch, over 1,300 player visits have taken place at schools involved in the program.

Powerful Partnerships





FUEL UP TO PLAY 60 INCENTIVES TO FOLLOW WELLNESS POLICY



Funds for Fuel Up to Play 60

Up to \$4,000 per year is available to support implementing Plays from the Fuel Up to Play 60 Playbook. Plays are actions strategies that help increase access to Healthy Eating and Physical Activity opportunities in your school.

Upcoming Dates:

Application Opens: Wednesday, March 6, 2019

Application Deadline: Wednesday, April 10, 2019

Sandy Searles Miller ES



Pepsico Foundation



National Dairy Council Super Bowl Contest



A promotional image for the National Dairy Council Super Bowl Contest. On the left, a man in a black and white referee's uniform and a white NFL cap holds a football. Next to him, a young girl in a white t-shirt with "LIII" and "60 SUPER BOWL CONTEST" logos is smiling and waving. The background is dark blue with silhouettes of cheering fans. On the right, the text "play60 SUPER BOWL CONTEST" is written in a stylized font, with "play60" in white and "SUPER BOWL CONTEST" in blue. Below this, it says "PRESENTED BY" followed by the "DANNON" logo and the "Danimals" logo in yellow. At the bottom right, the text "YOUR KID COULD WIN AN AWESOME EXPERIENCE AT SUPERBOWL LIII" is written in white. At the very bottom right, in small white text, it says "NPN. Ends 11/15. Rules & Entry: NFLRush.com/SuperKid".



Dairy Council of Nevada Super Bowl Contest



**Our Program Advisor at
Forbus Elementary School
won:**

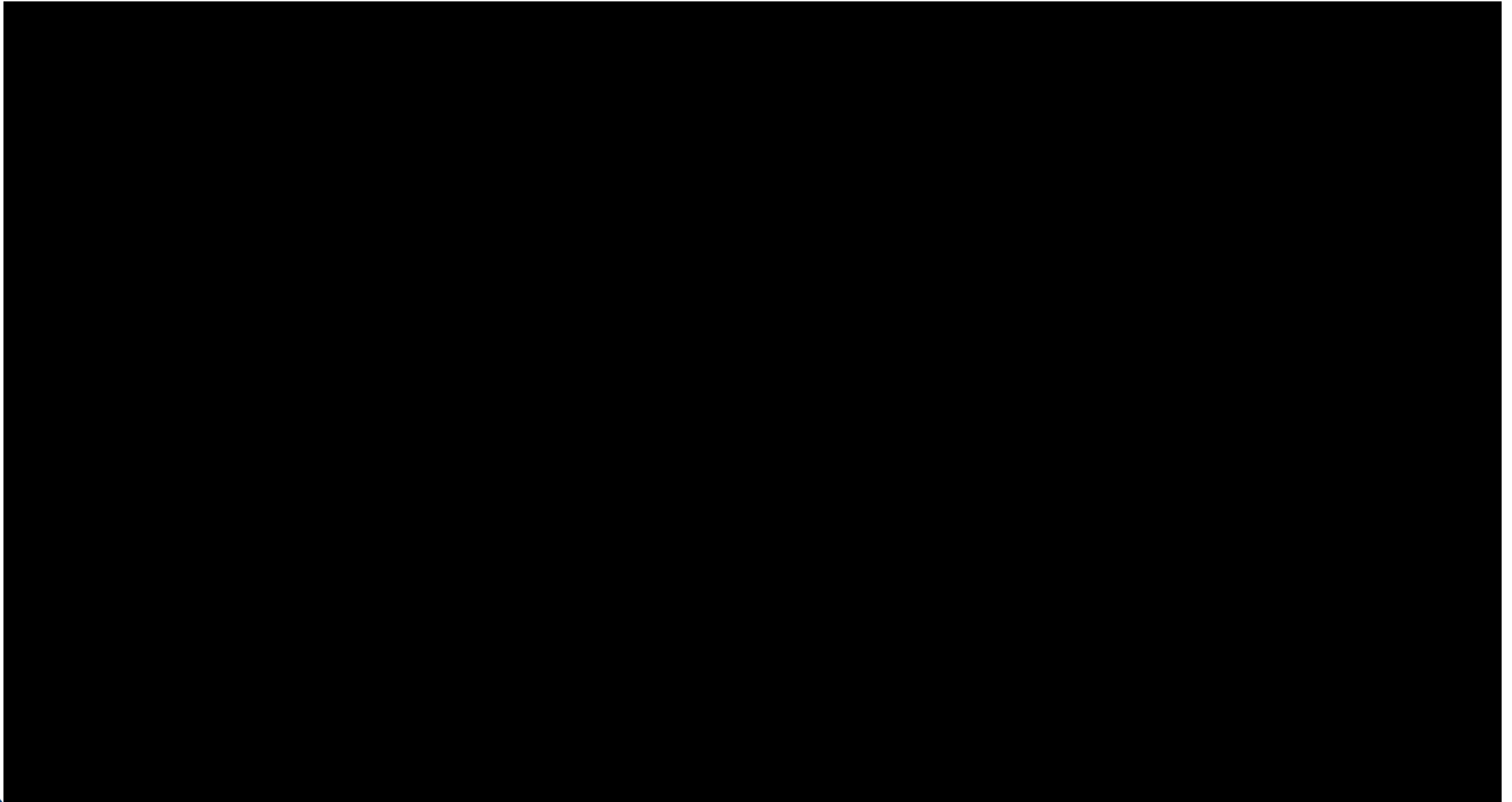
- **2 tickets to the Super Bowl Game and access to the pregame party**
- **Airfare & three –night hotel stay**
- **Tickets to Saturday night concert featuring Bruno Mars and Cardi B**

Who Wants To Go To The Super Bowl?!
Here is YOUR Chance!





Summit Highlights Video





Become a Hero like Jeanine!





HOW TO JOIN!

How to Join:

- Visit FuelUpToPlay60.com and click the join button in the upper right corner. →
- During registration, check the orange box that says “Become a Program Advisor” and gain access to special opportunities on your Dashboard! →
- Special opportunities include:
 - Access to the Funding application and other special offers as they arise. *(more on Funds to come!)*
 - Access to exclusive printable materials including posters and even a Program Advisor business card! →

Join FUTP 60 Now!

Program Advisor



What's a team without a coach? Check the box below to be a Program Advisor at your school! Schools can have more than one Program Advisor, and as a "PA" you'll empower students to be masters of wellness!

Read More ▶

Become a Program Advisor

**PROGRAM
ADVISOR**



Name: _____

Email: _____

Phone: _____

FuelUpToPlay60.com





2018 - 2019 PLAYBOOK

Click [here](#) to view the full FUTP 60 Playbook



It's All About Your Choices — Go Nutritious

Get students excited about school meals and snacks! The goal of this Play is to give you and your classmates access to the most nutritious foods in a friendly and cheerful environment and to encourage everyone to make the best choices!



Fight Hunger — Nourish Your Community

Having access to nutrient-rich foods isn't important for just students. It's vital for everyone in your community. School meals, backpack programs and sharing tables — along with community resources like food banks and summer meal programs — can help!



Food: Waste Less and Enjoy! It's Good for All of Us

Learning how to waste less by adopting the "reduce, recover, recycle" approach toward lessening food waste can promote health and well-being while making a difference in your community. This Play is an opportunity for you to serve as a leader in tackling food waste in your school and at home.



Farm to School — Know Your Food

Fresh, local foods — including school milk! — can be a great addition to nutritious meals and snacks. That's one of the reasons it's a great idea to organize a "farm-to-school" program to learn about where your food comes from. Getting to know farmers and having farm-fresh food served in your school is an excellent way to get everyone at school eating nutritious, delicious food!



Snack Smarter Schoolwide

Eating smart isn't important only at meal time. Snacking smart is important, too! This Play will help you build on what your school is already doing to promote nutritious snacking and help you establish new ways to snack!



Breakfast for Everyone — First Meal Matters

The morning is the perfect time to fuel up for success and start the day right. Work with your school's nutrition manager to adopt one or more of the breakfast programs found in this Play.





NFL FLAG-in-Schools — Get in the Game!

Start an official NFL FLAG Football league, encourage your PE department to include FLAG in classes and set up after-school activities or clubs to help all students get in the game!



All in, All Abilities — Activate Your School!

This Play is about looking at what barriers stop you or others from getting enough physical activity and finding ways to break those barriers down to make physical activity fun and doable for everyone.



In-Class Physical Activity Breaks — Good for Mind and Body

Take a break to sharpen students' minds! Whether you choose stretching, strength work, workout videos or dance breaks, you'll get everyone motivated to move more all day.



Walk This Way! Start a Walking Club

Start a walking club to get students, teachers, administrators and community members to make walking part of their day — every day! You'll help students set and reach goals, create a "walking school bus" and help all students feel like they are a part of something.



Recess Refresh — It's Not So Elementary

Make your playground or other physical activity areas recess-ready! Work with your Fuel Up to Play 60 team to learn what students like about recess (for elementary) or physical activity time (for middle and high schools) — and what could make it even better. Use paint, equipment and volunteer effort to spruce up all the areas where students are active!

Six *easy* Steps!

The program's Six Steps are designed to support educators in getting, and keeping, the Fuel Up to Play 60 program running in their school, each school year.

Mark them as complete on your Dashboard! →

Mark as Complete

SIX STEPS PROGRESS: Do Them in Any Order



KICKOFF

**DRAFT
PLAYERS**

**SURVEY
THE FIELD**

**EAT
HEALTHY**

**GAME
TIME**

**SHARE
SUCCESS**

TOUCHDOWN!





Hit Your Milestones!

Earn milestones and reward certificates on your Dashboard as you work towards Touchdown Status:

- **First Down:** Having completed any 3 of the Six Steps
- **Field Goal:** Having completed any 5 of the Six Steps
- **Touchdown:** Having completed all Six Steps



First Down

Congratulations! You've scored a First Down! Keep moving those chains down the field. Two more Steps to a Field Goal!

[Get Certificate ▶](#)



Field Goal

Congratulations! You've scored a Field Goal! One more Step to a Touchdown!

[Get Certificate ▶](#)



Touchdown

Congratulations! You've scored a Touchdown! Click here to see your school's name among the best of the best!

[Get Certificate ▶](#)





GET INVOLVED WORKSHEET



Q&A



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