

WHAT TIPS

would you give to other programs?

shared by Indiana Program Advisors



Tips to Start Your Program:

“Find that great team – Nutrition, Nurse, teachers, PE, Custodian, Community, Parents!”

“It’s ok to start small. Small steps well done can give you big results!”

Example – Highlight Healthy Foods Play: Get students and families excited for the fresh food and options being served by offering a tour of the kitchen during orientation or a Health Fair. Let your Fuel Up to Play 60 Team provide samples of new menu items and track feedback. Do more the next year!

“Find students who have a passion for leadership to also build this characteristic!”

“Allow students to take the lead of the program and always say, “Yes!” Then ask them to develop a plan.”

“Just dive in. Have students write down what they do for exercise.”

Example: Have interested students form a Fuel Up to Play 60 club that meets regularly during the day or after school to make posters, write announcements, run events / sampling.

“Make it positive and fun.”

Example: There is a lot of support, so stay connected! Be sure the Program Advisors and students are logged into FuelUpToPlay60.com and check the dashboard regularly for challenges and contests. Follow INdairy and Fuel Up to Play 60 on social media and to see what other programs are doing.

Tips to Grow Your Program:

“Advertise your program! Discuss it in parent newsletters, Facebook pages, etc. and encourage families to talk about what their child has learned.”

“Recruit building nurses, wellness leaders and school student groups to participate and play in Fuel Up to Play 60 events.”

“Find resources in your community to help with ideas and support.”

“Try for the grants to help the program.”

“Get students to recycle more food.”

“Lead by example – let students see you eating healthy and exercising and exploring new activities.”

“Share information!”