

WAYS TO FUEL UP TO PLAY 60



TOUCHDOWN STATUS

- ✓ Kickoff Event
- ✓ Healthy Eating Play
- ✓ Physical Activity Play

Get Others Involved

- Student Leaders
- Create District-wide Program
- High School Mentors
- PTO Involvement
- Create Wellness Team

Kickoff Event or Celebrations

- FUTP60 Spirit Day
- Milk Mustache Booth
- Student vs Teacher Events
- Host a Health Fair
- Door Decorating Contest
- Family Fitness Night
- Field Day

Share It Out

- Newsletters
- School Social Posts
- PA Announcements
- Locker Decorations
- Posters
- Share with American Dairy Association Indiana

HEALTHY EATING PLAYS

Highlight Healthy Foods – Go Nutritious

- Themed foods: Spirit Days, Holidays, Seasonal
- Smoothie Pilot Program: Add to breakfast, lunch, snack or rewards
- Taste Test Table with Rewards
- Healthy Snacks During Testing
- In-school Cooking Demos
- Garden to Grub with Dips

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

- Reduce, Recover, Recycle

Fight Hunger – Help Nourish Your Community

- Breakfast Options
- Food Bank Support
- Backpack Program
- Summer Meals
- Support "The Great American Milk Drive"

Farm to School – Know Your Foods

- Take a Field Trip
- Watch Virtual Farm Tours (American Dairy Association Indiana hosts Colts and other special guests on farms!)

Breakfast for Everyone – First Meal Matters

- Grab n' Go Breakfast
- Breakfast in the Classroom
- Teachers Eat with Students

PHYSICAL ACTIVITY PLAYS

NFL FLAG-In-School – Get in the Game!

Walk this Way – Start a Walking Club

- Ongoing: Walking Club or Running Club
- One time: 5K Walk / Run or Turkey Trot

Recess Refresh – It's Not So Elementary!

- Dance Party
- Build Fitness / Ninja Course
- Use Blacktop for Activities
- Small Equipment to Create Games

In-Class Physical Activity Breaks Good for Mind & Body!

- Chair Aerobics
- Workout Videos
- Stations Around the Room

All In, All Abilities – Activate Your School!

- Inclusive Play
- Buddy bench



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