WAYS TO FUEL UP TO PLAY 60

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

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

American Dairy Association Indiana
WinnersDrinkMilk.com