Having access to nutrient-rich foods is important for students and for the entire community. Families dealing with hunger struggle with “Food insecurity.” Homes that are “food-insecure” are not sure if they will have enough food at various times in the year. This play outlines four ways to reduce food insecurity in your community.

**Serve Options for Breakfast**

If your school is not already offering an alternative breakfast program, consider the “Breakfast for Everyone – First Meal Matters” Play. Making breakfast cool and easy to access can increase participation and nourish more students for the day.

**Support a Food Bank**

Find a local food bank and find out how best to assist them with their food drive efforts. Organize your team and determine the number of themed food drives you can run to provide nutritious foods for your community.

**Start a Backpack Program**

Build on a food drive and use the Feeding America Backpack Program as a resource to supply food for your students after school and on weekends. Hunger-Free Colorado has a helpful Backpack Food Program Starter Tool Kit.

**Work on a Summer Meals Program**

Find the nearest summer feeding site in your area. Enlist volunteers to help at the sites and/or to consider having your school sponsor a site.

**Tips for Your Program**

- Spread the word on food donation or volunteer opportunities through school communication channels.
- Spare change collected with food drives can support milk. Milk is one of the least donated but most desired foods. - The #10 Gallon Challenge encourages you to buy and donate milk directly to your local food pantry. - The Great American Milk Drive takes donations and turns them into vouchers for families to purchase milk.
- Think MyPlate for request food donations. Student leaders could assign a food group to each class to help balance what’s collected.

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**Healthy Eating Play**

**Fight Hunger – Help Nourish Your Community**

**Complete this Play**

Here are a few ideas

1. Breakfast Options
2. Food Banks
3. Backpack Program
4. Summer Meals

**Check off the Play** from the Touchdown Steps on your FUTP60 dashboard HERE

**Share the Great Work** your students do and keep us posted #FuelGreatness #WinnersDrinkMilk

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Be Social - Great Resources to follow for ideas:

- American Dairy Association Indiana
- Fuel Up to Play 60
- Indiana Fuel Up to Play 60 Program Advisors
- National Fuel Up to Play 60 Program Advisors

Your Indiana Fuel Up to Play 60 Team

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