



Healthy Eating Play

Fight Hunger – Help Nourish Your Community

PLAYBOOK HIGHLIGHT

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**.



Complete this Play

Here are a few ideas

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

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.

Check off the Play from the Touchdown Steps on your FUTP60 dashboard [HERE](#)

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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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