Healthy Eating Play

HIGHLIGHT

HEALTHY FOODS - GO NUTRITIOUS

PLAYBOOK HIGHLIGHT

Find and try different healthy foods for snacks or meals. Then, add them to your list of go-to foods.

You can request new foods at home and school, or help make new recipes. Be sure to include nutrient-rich dairy for your 9-essential vitamins.

Programs from Fuel Up to Play 60 Program Advisors

Food Samples

Courtney McGurr, Food Service Manager
Oakland Elementary (Lafayette, IN)

Courtney created “Much Madness” Field Day with the help of a FUP60 grant. Her students voted for various fruits and veggies with a dairy dip to then advance through a bracket in the month of March. Once a winner was crowned, she incorporated the healthy snack as a station during Field Day. Not only did her students get to have a healthy delicious snack, but they were able to fuel themselves for the activities to come.

Smoothies

Stephanie Zimmerman, Food Service Coordinator
South Harrison Community School Co. (Corydon, IN)

Stephanie has engaged elementary, middle, and high school students in the FUTP60 program. She has held a smoothie taste testing events with three recipes that incorporated fruits, veggies, and of course dairy. Her students had a blind taste test of each smoothie, then guessed the ingredients and voted for their favorite. The votes were tallied with the winning smoothie added to the regular menu to help fuel students for the school days ahead.

Complete this Play

Here are a few ideas

Find a new smoothie flavor each month HERE

Find 10 more recipes for school or home HERE

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

Share the great work your students do and keep us posted #FuelGreatness #WinnersDrinkMilk

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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