



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.

Try a new smoothie flavor each month **HERE**

Complete this Play

Here are a few ideas

Find 10 more recipes for school or home **HERE**



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 FUTP60 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.

WATCH VIDEO

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

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.

WATCH VIDEO

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



AMERICAN DAIRY ASSOCIATION INDIANA INC.
WinnersDrinkMilk.com

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

- Josh Leitman | Youth Wellness and Communications Coordinator
- Meg Magsamen | Youth Wellness Community Manager
- Hanna Kelley, RD, LD | Director of Health and Wellness
- 317-842-7133 WinnersDrinkMilk.com