



Youth Wellness continues to be a key area of focus for American Dairy Association Indiana. Our team works with schools throughout the state to support their health and wellness efforts as they relate to food service, nutrition education, and fun resources. Below are just a few ways that our team can support your school!

Food Service support

- **Grants** – Available throughout the year to support efforts to grow ADP and dairy sales. We've supported new coolers, smoothie kits, smoothie bikes, insulated bags, mobile breakfast carts, and more!
- **Performance Pack** – Turnkey toolkit designed to increase breakfast participation within secondary schools, could be used with USDA Child and Adult Care Food Program (CACFP) dinner programs or a la carte menus. Additionally, it provides coaches and teachers a comprehensive nutrition education resource.
- **Recipes** – new materials [here](#), more recipes [here](#)!

Classroom Materials

- **School Standards** – Fun activities, videos and materials connected to Indiana [school standards](#)!
- **Virtual Farm Tour** – Each semester free, live [farm tours](#) bring the class to an Indiana dairy farm for 30-45 minutes to see the care cows receive and meet the farm families that produce nutritious dairy foods.
- **Adopt-A-Cow** – (Registration is over for this year. If you would like to be notified when registration opens for the 23-24 school year, please register for Discover Dairy at www.discoverdairy.com/register) – The [Adopt a Cow](#) program pairs you with a calf from an Indiana dairy farm. You'll receive progress about her growth and exciting updates – including photos, live chats from the farm, activity sheets, suggested lessons that follow Common CORE standards, and opportunities to write letters to your calf!

Fuel Up to Play 60

This leading national in-school health and wellness program was launched by the National Football League (NFL) and National Dairy Council (NDC) in collaboration with the United States Department of Agriculture (USDA). Fuel Up to Play 60's focus is to help schools meet their wellness goals, encourage youth to consume nutrient-rich foods (low-fat and fat-free dairy, fruits, vegetables, and whole grains), and achieve at least 60 minutes of physical activity each day. Here in Indiana, your local team consists of American Dairy Association Indiana and the Indianapolis Colts.

- **[Program Overview](#)**
- **[Ways to Fuel Up to Play 60](#)**



Get Inspired, Get Connected

- **Indiana School Newsletters** – Sign up for the monthly newsletter [here](#), under Fuel Up to Play 60.
- **FuelUpToPlay60.com** – The national website where staff can sign up is under the “Educator Dashboard.”
- **Follow Us** – The “[Indiana Fuel Up to Play 60](#)” Facebook page is a great way to connect and keep up with the local FUTP60 Team and fellow Program Advisors!

We are here and ready to help!

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