



Healthy Eating Play

FARM TO SCHOOL – KNOW YOUR FOODS

PLAYBOOK HIGHLIGHT

Understanding where your food comes from and trying new, nutritious options is a great start to healthy eating habits.

This Play is about two things:

- **Education:** learning where food comes from
- **Implementation:** getting more local foods, including dairy, at school and home



Visit a Farm

In-person or Virtually
Dairy farm field trips are always a good idea, and now, we've brought the cows to you. Live virtual tours allow your class to ask the farmer questions. Or, watch a past virtual tour any time.

Complete this Play

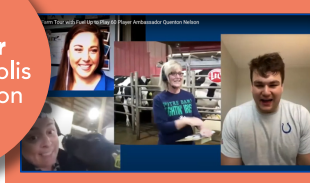
Here are a few ideas

Local Schools Buyer's Guide

Farm to School Activities

Dairy Farm Tour
with Indianapolis Colts' Quenton Nelson

Cow to CALF-eteria
with Colts mascot Blue



Programs from Fuel Up to Play 60 Program Advisors

Food Day

Dana Cassidy, Principal
Batesville Intermediate (Batesville, IN)

Batesville Intermediate School created a Food Day celebration. Each year, a food is highlighted and added into student meals. This year it was spinach. Not only did students grow their own spinach, but they also enjoyed different recipes over the course of the year (from smoothies with spinach to spinach alfredo pasta). As a celebration, students visited stations like carrying hay bales, trying different yogurts, watching a virtual dairy farm tour and more. A local farm the cafeteria buys from and hospital joined in to support healthy, local nutrition.

[WATCH VIDEO](#)

Tour a Dairy Farm

Richelle Miller, Principal
Aboite Elementary (Ft. Wayne, IN)

The "Farm to School" Play was a great fit for Aboite Elementary with one of their own teachers being part of a local dairy farm family at Kuehnert Dairy Farm. Like any group, they coordinated a visit and over two days the entire school toured the farm to see firsthand where milk comes from. Kuehnert family members hosted the tour, answered questions and provided the students with a nutritious, delicious snack of white or chocolate milk afterwards.

[WATCH VIDEO](#)

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

Share the Great Work your students do and
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Be Social - Great Resources to follow for ideas:

American Dairy Association Indiana [f](#) [t](#) [i](#)
 Fuel Up to Play 60 [f](#)
 Indiana Fuel Up to Play 60 Program Advisors [f](#)
 National Fuel Up to Play 60 Program Advisors [f](#)

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