



FUTP 60: The Basics





Fuel Up to Play 60 is...

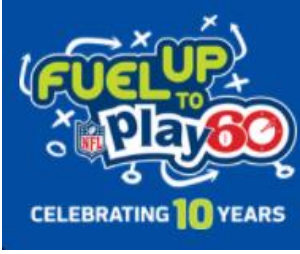


the nation's largest school wellness program founded by National Dairy Council and the NFL, in collaboration with USDA, that empowers students – with the support of adult champions – to take the lead in making small, sustainable wellness improvements in their schools and communities.



Why Fuel Up to Play 60

Why Fuel Up to Play 60?



- **Encourages 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 every day.**
- **The program is customizable** and non-prescriptive (so you can **make it your own** in your school, no matter how big or small) and offers amazing **grant and contest opportunities.**
- Its components are **grounded in research** with youth.
- **The program is free** and offers a **website full of resources** and information including **“The Homeroom”** – a new digital program resource packed with great content to help **keep students engaged with wellness during hybrid learning.**

The Learning Connection



Why Healthy Eating Matters

- Better nutrition, including eating a healthy breakfast each day, helps students get the nutrients they need and may help improve their academic performance.
- School wellness is necessary in ensuring a school environment that helps to improve academic performance.

Why Physical Activity Matters

- Being physically active may help students improve self-esteem, cognitive function and test scores.
- It's important to learn about the connection between physical activity and brain activity so students can begin to make improved physical activity choices.



Digital Program Resources



NEW VIDEOS AND ACTIVITIES FOR FUN & LEARNING AT HOME

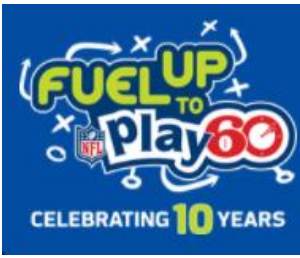


Visit the FUTP 60 Homeroom

**Welcome to the
Homeroom!**

About The Fuel Up to Play 60 Homeroom

Look for “FUTP 60 Homeroom” in the top navigation bar of FuelUpToPlay60.com!



- The Homeroom is a **new digital program resource** that was launched during Back to School 2020.
- With topic areas including “Total Health and Wellness,” “Building Strong Communities,” and “A Greener Planet,” the Homeroom **aims to keep kids engaged with the Fuel Up to Play 60 program** focus on what’s good for them, good for their community and good for their planet.
- Created using Google Slides, the Homeroom is **easily integrated into popular online learning platforms.**
- The URL to the Homeroom does not change – but the content does! **Every Thursday there is new content added** to the Homeroom for students to enjoy.

Highlight Healthy Foods — Go Nutritious!



Healthy Eating

In this Play you will work on ways to make your cafeteria and snack areas more inviting and fun — and find ways to get students to choose nutritious options.

[Quick Start Guide](#)[View Play ▶](#)

Food: Waste Less and Enjoy — It's Good for All of Us!



Healthy Eating

For this Play you'll help students identify what might cause food waste at school and implement strategies to reduce, recover, and recycle food that might otherwise go to waste.

[Quick Start Guide](#)[View Play ▶](#)

Fight Hunger — Help Nourish Your Community



Healthy Eating

Having access to nutrient-rich foods is important for students and for the entire community. This play outlines four ways to reduce food insecurity in your community.

[Quick Start Guide](#)[View Play ▶](#)

Farm to School — Know Your Foods



Healthy Eating

There are two parts to this Play: education and implementation. You'll help students learn more about where their food comes from and work to get local foods, including milk, on the school menu.

[Quick Start Guide](#)[View Play ▶](#)

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Healthy Eating

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Healthy Eating

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[Quick Start Guide](#)[View Play ▶](#)

Breakfast For Everyone — First Meal Matters

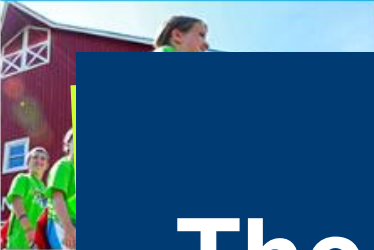


Healthy Eating

In this Play you will choose and implement one of three different types of alternative breakfast programs that can help increase breakfast participation in your school.

[Quick Start Guide](#)[View Play ▶](#)

Walk this Way — Start a Walking Club



Physical Activity

In this Play you will help students start a walking club at your school to encourage people to become more active and walk on a regular basis.

[Quick Start Guide](#)[View Play ▶](#)

Recess Refresh — It's Not So Elementary!



Physical Activity

In this Play you will help students improve the physical activity environments and activities at your school, no matter the age of the students.

[Quick Start Guide](#)[View Play ▶](#)

NFL FLAG-in-Schools — Get in the Game!



Physical Activity

In this Play you will help you get a FLAG football league started, or help you get your school into an existing one.

[Quick Start Guide](#)[View Play ▶](#)

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The Playbook The Heart of the Program

The Fuel Up to Play 60 Playbook

- The Fuel Up to Play 60 Playbook is **full of action strategies – or “Plays”** – that are implemented by Program Advisors and their student team.
- The Playbook is a collection of different **Physical Activity Plays and Healthy Eating Plays**.
- Plays are **filled with resources**, and are **intended to help you** decide which activities are right for your team.
- The main focus of Plays in the Playbook is to **increase access to (and selection of) nutrient-rich foods** on the school menu, and to **increase opportunities to be physically active** for at least 60 minutes a day.
- **Plays can be adapted for at-home as needed!**

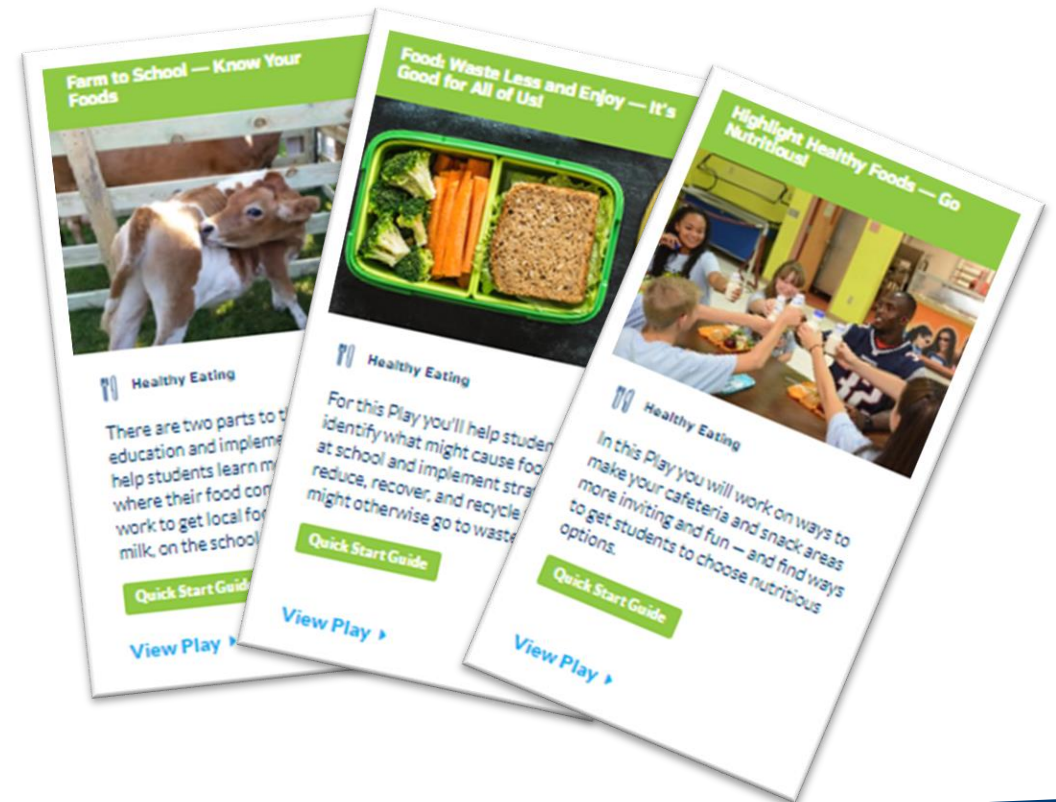
The Fuel Up to Play 60 Playbook

Implement a Healthy Eating Play

✓ Pick a Play that suits your team, use it as a guide and be creative!

✓ **Examples**

- Grab and Go Breakfasts
- Dairy farmer visit to school
- Food waste reduction committees
- Cafeteria makeovers
- Summer feeding programs
- Healthy Snack choices



The Fuel Up to Play 60 Playbook

Implement a Physical Activity Play

- ✓ Pick a Play that suits your team, use it as a guide and think of creative ways to integrate more movement throughout the day!

- ✓ **Examples**

- Walking clubs
- In-class activity breaks
- Recess games
- Activities for all abilities
- Start an NFL FLAG league

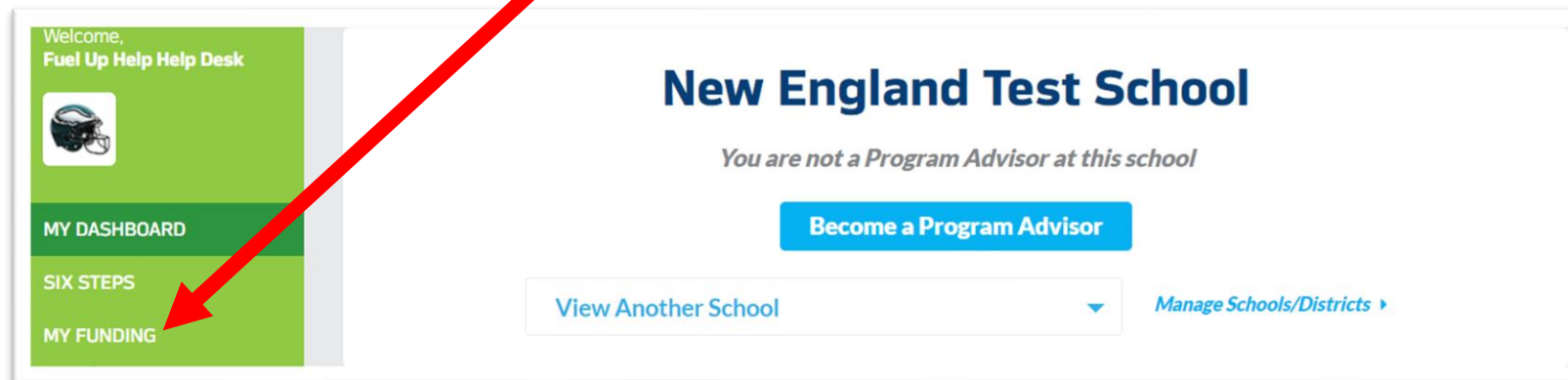


The Fuel Up to Play 60 Playbook



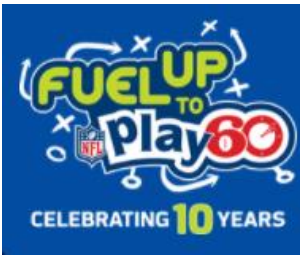
Funds for Fuel Up to Play 60

- ✓ Through Funds for Fuel Up to Play 60, you can **apply to receive funding** in support of implementing some of the Plays in the Playbook!
- ✓ You must select one fundable Healthy Eating Play, and one fundable Physical Activity Play to implement.
- ✓ You can view more about this opportunity, as well as which Plays are fundable by accessing the “**My Funding**” area of your **Dashboard**.





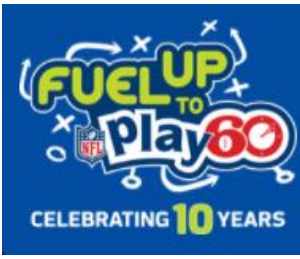
Implementing Fuel Up to Play 60



Fuel Up to Play 60 School Team Includes:

- **Educators** who take on the role of **Program Advisor** to support and encourage students *(the more PAs a school has, the better)*.
- **Student leaders** some of whom step up to become **Student Ambassadors** of the program.
- **Other school staff**, i.e. school nutrition staff, principal, etc. *(support from administration is key)*.

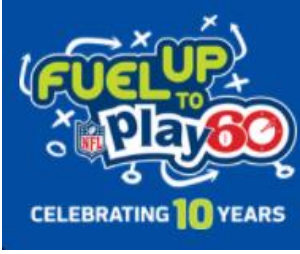
Become a Program Advisor! Here's How:



- **Decide** you want to lead Fuel Up to Play 60 in your school!
- **Register** on FuelUpToPlay60.com
- **Click the blue “Become a Program Advisor” button** at the top of your online Dashboard
- **Check the box** under the manage Schools/Districts heading and you're in!

The screenshot shows the Fuel Up to Play 60 dashboard. At the top, there's a white box titled 'New England Test School' with the message 'You are not a Program Advisor at this school'. Inside this box is a blue button labeled 'Become a Program Advisor' and a link 'View Another School'. Below this, there's a search bar for 'School/District Zip Code' and a dropdown menu. A red arrow points from the text 'Click the blue “Become a Program Advisor” button' to this button. Below the search bar is a table titled 'Manage Schools / Districts'. The table has four columns: 'School / District', 'Program Advisor', 'Default', and 'Remove'. The 'Default' column has a note 'only one school can be default'. The first row shows 'New England Test School' with an unchecked checkbox in the 'Program Advisor' column, a checked checkbox in the 'Default' column, and an unchecked checkbox in the 'Remove' column. A red arrow points from the text 'Check the box' to the unchecked checkbox in the 'Program Advisor' column. At the bottom of the table is a blue 'Submit' button.

Become a Program Advisor! Here's Why:



- **Students need an in-school adult champion** who will support them as they take the lead
- **Program Advisors** are considered to be a **Hero** for their students and their school
- **Schools with an educator registered as a Program Advisor are eligible** for special opportunities, rewards, contests and prizes!



Become a Program Advisor!

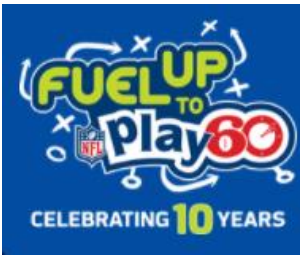


Program Advisors...

- Engage and empower students to launch initiatives and take charge
- Encourage other adults in the school to get involved and help support students
- **Support** the school in participating in **contests** and applying for various **funding and grant opportunities!**
- Lead the school in earning **Touchdown Status** by completing the **Touchdown Steps** (*Touchdown Schools get a poster to proudly display!*)



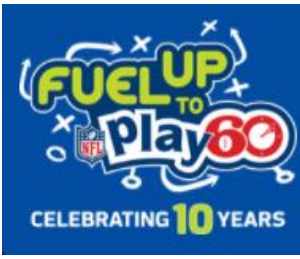
Become a Program Advisor! Touchdown!



Earn Touchdown Status for your School:

- Only educators that are registered as a Program Advisor can mark Steps as complete!
- The Touchdown Steps are **designed to help educators** get, and keep, Fuel Up to Play 60 running with their students, year after year.
- The Touchdown Steps are located on your **online Dashboard** where they can be marked as complete towards achieving a Touchdown each school year.
- **NOTE:** Steps and required activities can be adapted for hybrid learning as needed!
- **Touchdown Posters** are shipped to schools that achieve this status each school year (while supplies last)
- Nearly **1,300 posters were shipped** out in 2020!

Become a Program Advisor! Touchdown!



About the Touchdown Steps:

Kickoff Step

Kickoff is all about marking the start of a new school year by celebrating Fuel Up to Play 60! Though there are suggestions offered on your Dashboard for how you might kick off, you can also **create your own kickoff!** How you kick off is completely up to you and your FUTP 60 team of students and adults – have fun!

Eat healthy Step

Eat healthy asks you to work with your school team to select and implement a healthy eating play from the playbook! **NOTE:** It is OK to adapt your Play for at-home learning!

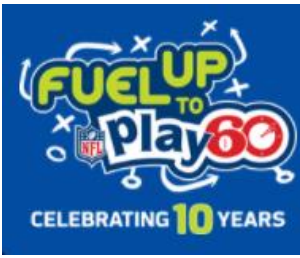
Game time Step

Game time asks you to work with your school team to select and implement one physical activity play from the playbook! **NOTE:** It is OK to adapt your Play for at-home learning!

A group of four young people are playing flag football on a grassy field. In the center, a Black man in a red jersey with the number 26 and 'FALCONS' on it is looking towards the left. To his right, a young man with glasses in a red 'FUEL UP TO PLAY 60' shirt is smiling and looking towards the camera. On the far left, a young woman in a blue 'FUEL UP TO PLAY 60' shirt is looking towards the center. On the far right, another young man in a blue 'FUEL UP TO PLAY 60' shirt is looking towards the center. They are all wearing blue and white flag football gear. In the background, there are other people and a brick building.

**Rewards, Recognition,
Contests and Prizes!**

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Throughout the school year there are opportunities for educators and students to be eligible for rewards when they demonstrate their program participation by:

- ✓ Reporting activity on the online Dashboard
 - Students can:** Wrack up Points by reporting activities on their online Dashboard
 - Educators can:** Become a Program Advisor to report Touchdown Steps on their online Dashboard
- ✓ Program Advisors, become a Touchdown School
- ✓ Students, become Ambassadors
- ✓ Stay up to date on Campaigns, contests and sweepstakes by:
 - Updating your account to sign up for communications from the FUTP 60 Team (email and text)
 - Keeping your eyes on the “contests” landing page on FuelUpToPlay60.com



Quick Start Tips!

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Getting started with Fuel Up to Play 60 in your school is perhaps the hardest part! So, start somewhere EASY. Here is a list of thought-starters/quick start tips to help you take that first step:

✓ **Go to the FUTP 60 Homeroom and Explore**

- The Homeroom is new digital program resource that aims to keep kids engaged with FUTP 60 – from anywhere!

✓ **Log in and explore your Dashboard:**

- Explore your Dashboard, read your messages and check out the Touchdown Steps!
- Select ONE THING from the Touchdown Steps that you can tackle this month with your team.

✓ **Take this deck to your administration and get them on board:**

- Support from school administration staff can help springboard you for success.
- Having a strong team of adults, especially your administration and school nutrition staff, is key!



We are here to help...

If you have any questions, you can always contact the Fuel Up to Play 60 Help Desk team – we are here to help you!

Click below to email us your questions:

**[HTTPS://WWW.FUELUPTOPLAY60.CO
M/ABOUT/CONTACT-US](https://www.fueluptoplay60.com/about/contact-us)**



THANK YOU.