

Fuel Up to Play 60

Fuel Up to Play 60 is one of the leading in-school nutrition and physical activity programs in the United States. The program, launched by the National Dairy Council and the NFL, in collaboration with the USDA, encourages today's youth to learn how they can "Fuel Your Good" by eating healthy, nutritious foods like low-fat and fat-free dairy foods, fruits, vegetables, and whole grains and to exercise for at least 60 minutes every day. By teaming up with educators to transform their school environment, students also have the opportunity to develop important leadership skills. Wisconsin **Fuel Up to Play 60** is proudly sponsored by Wisconsin's dairy farmers.

We have opportunities, rewards and resources available to help you build a healthier school and healthy, high-achieving students this school year! Contact us at FUTP60@WisconsinDairy.org to learn more.

Opportunities and materials are available to help support your school's health and wellness goals this school year. Contact us at FUTP60@WisconsinDairy.org or visit our website at WisconsinDairy.org/FUTP60 to learn more.

Become a Touchdown School!

Form a student team and work with them to complete and check off these Easy 3 Touchdown Steps at FuelUpToPlay60.com to make your school a healthier place!

#1 – Kickoff!

Your school's kickoff is a great way to get everyone at your school excited to get involved!

#2 – Eat Healthy!

Encourage everyone to make healthy, nutritious food choices by implementing a Healthy Eating Play with your student team.

#3 – Game Time!

Get your school active and moving by implementing a Physical Activity Play and with your student team.

Fuel Up to Play 60 Playbook

Choose school-tested strategies from the online Playbook and work with your student team to make healthy, dairy-focused and sustainable changes at your school.

Healthy Eating Plays

Breakfast for Everyone – First Meal Matters
Highlight Healthy Foods – Go Nutritious
Farm to School – Know Your Foods
Fight Hunger – Nourish Your Community
Food: Waste Less and Enjoy

Physical Activity Plays

NFL FLAG-in-Schools
In-Class Physical Activity Breaks
Walk This Way – Start a Walking Club
Recess Refresh – It's Not So Elementary
All in, All Abilities – Activate Your School

Find more
information
about each play at
FuelUpToPlay60.com

Opportunities and Rewards to Motivate and Inspire!

Great things happen with **Fuel Up to Play 60**! The program empowers students to build leadership skills, eat healthier foods, move more, and inspire their schools and communities to do the same. A variety of campaigns and other opportunities are available throughout the year to customize your program and keep your school and students motivated and engaged:

Prizes, rewards and incentives

NFL/Green Bay Packer excitement

Funding – to jumpstart healthy school improvements and dairy focused activities

Dairy Farm Tour opportunities

Student Leadership Development – recognition, opportunities and events

Educator Resources – to support your wellness efforts