

# THE PLAYBOOK



## Healthy Oakland Partnership



## Fuel Up To Play 60 Toolkit

# HEALTHY OAKLAND PARTNERSHIP



## What is Healthy Oakland Partnership?

Healthy Oakland Partnership (HOP) is a partnership of 20+ local organizations, facilitated by Oakland County Health Division, who work together to achieve their purpose:

***Improve the health and well-being of Oakland County by collaborating to increase and promote healthy eating and physical activity opportunities.***

HOP has been working with Fuel Up to Play 60 and helping to implement the program in Oakland County since 2014. HOP hosts annual workshops and trainings for Oakland County schools participating in Fuel Up to Play 60. HOP members are available to personally meet with school's Fuel Up to Play 60 teams and/or Program Advisor(s) to aid in strategic planning as well as assisting Fuel Up to Play 60 teams with resources, networking, and help to accomplish **Plays**.



# THE GAME PLAN

## What is Fuel Up to Play 60?

Fuel Up to Play 60 is a student led, interactive program sponsored by the National Dairy Council (NDC) and the National Football League (NFL) in collaboration with the United States Department of Agriculture (USDA). In Michigan, it is sponsored by the United Dairy Industry of Michigan (UDIM) and the Detroit Lions. Healthy Oakland Partnership (HOP) is available to assist Oakland County Fuel Up to Play 60 teams create a helpful and successful program. Fuel Up to Play 60 empowers and equips students to fuel their bodies with healthy foods such as fruits, vegetables, whole grains, and low fat dairy and be active for at least 60 minutes a day. Fuel Up to Play 60 provides students with the necessary skills to create a healthier student body, school, and community.

## Why should schools participate in Fuel Up to Play 60?

Better nutrition, including eating a healthy breakfast each day, helps students get the nutrients they need and helps improve academic performance. Physical activity can also improve self-esteem, cognitive function, and test scores. Studies suggest that healthy, well-nourished, and physically active children are better students by staying more focused, retaining information, and more.<sup>1</sup>

Students are the leaders of the program. They put their ideas and plans into action to help their peers eat healthy and get active. Healthy students can have more fun by participating in Fuel Up to Play 60. Youth have the opportunity to enjoy physical activities and even earn rewards and prizes for their efforts. Fuel Up to Play 60 also helps encourage students to be leaders and role models. Researchers say peer group interaction may help influence healthy choices and student involvement, leading to motivation and engagement in learning.<sup>2</sup>

<sup>1</sup><http://www.actionforhealthykids.org/what-we-do/why-we-care/get-the-facts/healthy-kids-ready-learners>

<sup>2</sup><http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2678872/>

Birch, Leanne, Jennifer S. Savage, and Alison Ventura. "Influences on the Development of Children's Eating Behaviours: From Infancy to Adolescence." *Can J Diet Pract Res.* 68.1 (2007): 1-56.

# ON YOUR MARK, GET SET

## Where do we start?

Build a team and draft key players! A team can be created in many different ways, and each team will look different depending on the school's needs and strengths. Fuel Up to Play 60 is designed to fit each school's specific needs. Each school's team may look different in size, meet weekly or twice a year, or do a **Play** every month. Remember to do what works best for your school.

### What is needed to create a team:

- At least one **Program Advisor**. A Program Advisor is a teacher, parent, principal or Food Service Director who guides the student efforts within the program. It is recommended to have two Program Advisors.
- **Team of Student Ambassadors**. The Program Advisor can select a group of students (6 or more is best) to make up a Fuel Up to Play 60 team or utilize an already active group of students such as a life skills class, wellness committee, or student council. Fuel Up to Play 60 is student led, which means the students will work together to determine what **Plays** would be most beneficial to their school and their Fuel Up to Play 60 team.
- It is recommended that a Fuel Up to Play 60 student team consist of a few "upper class-men" such as 4th and 5th graders or a smaller representation of each grade within the elementary school. Fuel Up to Play 60 is offered to all K-12 grades, so invite middle and high school students to be involved with your efforts in your district.

# ...GO!



Invite parents to the kick-off!  
Even if the kick-off is smaller,  
it's nice to have the parents see  
FUTP 60 in action!

## Follow these steps for success!

1. After the team is assembled, Program Advisors and Student Ambassadors should host their first meeting.
2. The first meeting can be a brainstorming session where everyone expresses what they believe are healthy behaviors and activities (nutrition and physical activity focused) that could improve their school environment. In order for students to lead and be involved, they must share their thoughts, ideas, concerns, and needs. It is empowering to have their voice be heard and see their creative ideas come to life.
3. Complete a School Wellness Investigation and compile the results.
4. Don't bite off more than one can chew! After the brainstorming meeting, pick one top nutritional priority and physical activity priority, then find **Healthy Eating** and **Physical Activity Plays** that will match! **Plays** are activities that the students and teachers implement at the school. Focus on these priorities and **Plays** for at least one semester, or maybe a whole school year, before adding in a new **Play**.
5. Host a kick-off event! A kick-off will be different depending on the school and its needs. A kick-off can be as small as a Fuel Up to Play 60 table set up in a lunchroom or as large as a pep rally or parent engagement night. Include the students in the planning of the kick-off! This should be the first **Play** the students lead to get the entire student body excited for Fuel Up to Play 60.

# PLAYING FIELD

## When and where does Fuel Up to Play 60 take place?

**Fuel Up to Play 60 Plays** are made for schools.

The **Plays** can be implemented:

- During school
  - > In the classroom such as a brain break or brain booster
  - > Recess
  - > Lunchtime
  - > Gym class
- Before or after school
- During school day special events such as pep rallies, field days, assemblies and more
- An entire school year, a semester, or any duration of time as long as the **Play** is sustainable

There are no right or wrong with Fuel Up to Play 60! The best part about the program is the flexibility. The **Plays** can be tailored to any school and its environment. Most **Plays** are free or low cost and require little supplies.

Keep focused on the main goal: **students eating a healthy, balanced meal with fruits, veggies, whole grains and low fat dairy, as well as participating in 60 minutes of physical activity every day.**



# MAKE YOUR VOICE HEARD: PHOTOVOICE

## Fuel Up to Play 60 Photovoice: How to engage your students

The key to a successful Fuel Up to Play 60 program is a strong team of students and adults backed by administrative and community support. This template and training is designed to strengthen your Fuel Up to Play 60 efforts and make your voice heard by key stakeholders in your community.

Photovoice is a tool to help document and engage the perspectives and voices of people who are not typically invited to the table during community discussions and decision making. That makes it an obvious fit for empowering youth voice.

If you choose to complete a Photovoice project in your school, it can help implement Fuel Up to Play 60 **Healthy Eating** and **Physical Activity Plays** in your school and community. These **Plays** should address the opportunities documented and discussed through your Photovoice project.

Utilize your photography skills to document your **Plays**. The excitement and positive change Fuel Up to Play 60 can bring is important to keep record of and celebrate! A PowerPoint template is included in this toolkit, which can be used as a tool to celebrate all the work you've done in your school.

## Sharing your School's Story

**Why:** To inspire and challenge others to take a stand for their own school.

**How:** Use the template provided to outline the journey your school took with Fuel Up to Play 60 to make a difference in both your school's health and environment.

# LEADERBOARD

## How to receive teacher, physical education teacher, principal, and parent “buy in”/involvement

With small school budgets and high demands on teachers, adding more to the “do-to” list can seem daunting for some projects. Fuel Up to Play 60 is created to be tailored to the school’s abilities, be cost effective, and fit within the school day to enhance learning.

Use the motto: “**Ask, Connect, Build**” to start the Fuel Up to Play 60 conversation.

- **Ask** the principals, school boards, and other key stakeholders to meet and discuss the benefits of Fuel Up to Play 60.
- **Connect** ways to improve and empower the school and its student body with nutritious foods and physical activity in school by utilizing current research.
- **Build** a team of passionate individuals who are ready to create a change!

**You can use the same motto, “Ask, Connect, Build,” to seek help from other Fuel Up to Play 60 schools, Healthy Oakland Partnership (HOP) members, Food Service Directors, Physical Education Teachers, and more!**

Many scholarly articles state that when teachers’ needs are met, students are better able to learn, retain information, and have more energy. Physical activity stimulates the brain to have lasting effects on the student’s ability to learn. Make sure to check out the “Articles of Support” folder for resources to discuss with key stakeholders.



# LEADERBOARD

## Work with your School Food Service Director!

Most Food Service Directors (FSD) have great relationships with their distributor. This can help with your **Healthy Eating Plays**. Also, inviting a FSD to be on the Fuel Up to Play 60 team is a vital asset to a lasting behavior change within your school, so start the conversation today.

Large **Plays** Food Service Directors might be interested in:

- Smarter Lunchrooms
- Farm to School
- Breakfast- Anytime, Anywhere
- Snack Smarter in School
- Healthy Foods- Everywhere in School

## Team up with your Physical Education Teacher!

Physical Education (PE) teachers have the experience and passion to help students make healthy choices. They can provide expertise for your school's Fuel Up to Play 60 team. PE teachers are also known to boost students' excitement, which may bring a new energy level to your team.

## Who is involved in Oakland County?

The Fuel Up to Play 60 team is made up of the Program Advisor(s) and the Student Ambassadors working together to discover what areas need to be improved and which **Plays** fit best to make a sustainable behavior change within their school.

Oakland County Fuel Up to Play 60 teams can work with Healthy Oakland Partnership (HOP) members, including:

- United Dairy Industry of Michigan
- Oakland County Health Division
- Oakland Schools
- And more! See Healthy Oakland Partnership: FUTP 60 MVPs

# HEALTHY OAKLAND PARTNERSHIP &



## Healthy Oakland Partnership (HOP) Youth Team

HOP is a partnership of organizations, facilitated by Oakland County Health Division, working together to improve the health and well-being of Oakland County.

The HOP Youth Team members listed below are available to assist you at any time with the following:

- Provide FUTP 60 county-wide workshops & trainings
- Support schools by personally meeting with their FUTP 60 team and aids in strategic planning
- Assist FUTP 60 teams with resources, networking, and accomplishing **Plays**

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### Oakland County Health Division

Sam Bryant, Public Health Educator  
bryants@oakgov.com

Suzanne Weinert, Public Health Educator & HOP  
weinerts@oakgov.com

- Facilitate HOP FUTP 60 grant
- Lead design of locally created resources
- Communicate with FUTP 60 Program Advisors
- Provide health education presentations and resources through Public Health Speakers Team

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### United Dairy Industry of Michigan

Brianna Banka, School Wellness Specialist  
brianna@milkmeansmore.org

- Assist schools with Fuel Up to Play 60 implementation
- Provide technical assistance with Fuel Up to Play 60's steps for success
- Encourage deeper engagement with the program and offer rewards/prizes for participants
- Review national grant applications prior to submission to offer additional grant money to help implement **Plays**
- Provide additional nutrition education & physical activity promotional materials

# FUEL UP TO PLAY 60 MVPS

## **Oakland Schools**

Lori Adkins, Child Nutrition Consultant  
Lori.Adkins@oakland.k12.mi.us

Christina Harvey, Health Consultant  
Christina.Harvey@oakland.k12.mi.us

- Support the building of School Wellness Policy/Coordinated School Health Teams
- Provide training and technical assistance on utilizing data to develop action plans for school health & wellness activities
- Provide training and technical assistance towards Local Wellness Policy implementation
- Assist and provide technical assistance on school health and wellness grants
- Provide technical assistance and resources for school lunchroom self-assessment and benchmarking
- Provide consultation, training, assistance, and resources for K-12 comprehensive health education
- Support districts adopting evidence-based practices related to school health
- Coordinate Oakland Schools Health Education and Physical Education listservs

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## **Beaumont Health**

Shannon Szeles, Clinical Wellness Dietitian-Nutritionist  
Shannon.Szeles@beaumont.org

- Provide dietetic interns for FUTP 60 schools to assist Food Service Director & FUTP 60 Program Advisors

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## **Michigan State University Extension**

Robin Danto, Extension Educator, Food Safety and Nutrition  
dantor@oakgov.com

Kaitlin Wojciak, Community Food Systems Educator  
kaitwoj@anr.msu.edu

- Farm to School; local food sourcing, education, and sampling; and school gardens

## NOTES

[illegible]

# PICK YOUR PLAY

**“Eat your best to... Play your best”**



## Healthy Eating Plays

Breakfast Anytime, Anywhere\*

Farm to School\*

Snack Smarter\*

Veggie Bracket

Smoothies

Oatmeal Breakfast Challenge

Salad Bar

## Physical Activity Plays

Ramp up for Recess\*

Mileage Club\*

Before-School Lap

After-School Skills and Drills

In-Class Physical Activity Breaks\*

Family Fitness Monthly Challenges

Activity Zones



Work with your  
Food Service Director  
& Vendor!

# HEALTHY EATING PLAYS

## Fuel up: Nutrition Plays!

### Healthy Eating Plays

Breakfast Anytime, Anywhere\*

Farm to School\*

Snack Smarter\*

Veggie Bracket

Smoothies

Oatmeal Breakfast Challenge

Salad Bar



# HEALTHY EATING PLAYS

## Breakfast Anytime, Anywhere

Fuel Up to Play 60 says, “The morning is the perfect time to fuel up for success and start the day right. Work with your school’s dietitian to adopt these nutritious breakfast programs that are proven to work. After reading over Breakfast in the Classroom, Breakfast after First Period, and Grab and Go Breakfast, choose the program that works best for your school and start eating a nutritious breakfast every day.”<sup>1</sup>

- **Breakfast in the Classroom**<sup>2</sup>

Have a healthy breakfast (oatmeal or smoothies are good options) in the classroom during morning announcements.

- **Breakfast after First Period**<sup>3</sup>

Serve breakfast following first instructional period or during a dedicated nutrition break.

- **Grab and Go Breakfast**<sup>4,5</sup>

Create a meeting location for students to grab a bagged breakfast. This could be everyday, once a week/month, or on a special occasion. Add “Healthy Tips” for students to learn about the foods they are eating.



### Tips:

- Work with your Food Service Director- they are essential.
- Ask, connect, and build with local farmers and grocery stores to see if they would be willing to donate or provide produce and foods at a discounted rate.

<sup>1</sup>[www.fueleuptoplay60.com](http://www.fueleuptoplay60.com)

<sup>2</sup><https://www.fueleuptoplay60.com/playbooks/last-season-plays/breakfast-in-the-classroom>

<sup>3</sup>[http://www.fns.usda.gov/sites/default/files/toolkit\\_after.pdf](http://www.fns.usda.gov/sites/default/files/toolkit_after.pdf)

<sup>4</sup> <https://www.fueleuptoplay60.com/playbooks/last-season-plays/breakfast-grab-and-go>

<sup>5</sup><https://schoolnutrition.org/uploadedFiles/GrowingSchoolBreakfastParticipation.pdf>

# TEAM UP FOR SUCCESS

## Breakfast Anytime, Anywhere

### School:

- Showcase student-made posters promoting the program and its importance.
- Advertise your program during morning announcements.
- Create posters and flyers promoting the importance of a nutritious breakfast.

### Classroom:

- Have the teachers eat the healthy breakfast with their students because “they learn from watching you.”
- Eating breakfast in the classroom? Use this time to have a “Healthy Tip of the Day.” Let students come up with a tip and share it with the classroom.

### Cafeteria:

- Connect with your Food Service Director to help choose and prepare healthy breakfast menus that fit your school’s budget.
- Highlight featured foods in the cafeteria, lunch line, and menu.

### Community:

- Connect with your school’s PTA/PTO to let them know how they can help, and provide information from the “Articles of Support” folder of this toolkit.
- Connect with local businesses and parents for help with donations.

### Media:

- Highlight this **Play** on the school’s social media outlets: school’s website, blog or eNewsletter.

### Home:

- Send breakfast recipes home with the students.

# HEALTHY EATING PLAYS

## Farm to School

- Who:** Food Service Director, farmers, and Healthy Oakland Partnership (HOP).  
HOP can help connect you to resources- including farmers! To learn more about Farm to School, contact a HOP member from the [Fuel Up to Play 60 MVP Contact Sheet](#).
- What:** Local produce and foods being served in school as part of meals and snacks, and/or at special events.
- Why:** Local produce and foods are a great source for healthy eating. Learning about the work of farmers in producing healthy, nutrient-rich foods can help students better appreciate the variety of foods they might choose and where those foods come from.
- How:**
- Start small or go big! Starting with a featured produce item from a local farmer is best. You can highlight the item in the food line, menu, and/or calendar.
  - Want to step it up a notch? Ask the farmer to be there during lunch to meet the students or feature the produce item on a poster. HOP has Farm to School posters, resources, and connections with local farmers who are interested in Farm to School.



**HOP Tip:** Start by featuring a locally grown produce item such as Michigan apples. Print out a HOP apple poster and display it in the cafeteria and the menu.

# TEAM UP FOR SUCCESS

## Farm to School

### School:

- Organize a field trip to a local farm.
- Showcase student posters promoting the program and its importance.
- Announce it is a Farm to School meal day over the PA system.

### Classroom:

- Find a book or lesson from the “Farm to School Ideas” sheet in the toolkit that ties Farm to School to your current lesson.
- Have the students make posters for the program and write why they should eat local fruits and veggies.

### Cafeteria:

- Connect with your Food Service Director to create a plan together.
- Use HOP posters to highlight the featured produce throughout the cafeteria, lunch line, and menu.

### Community:

- Connect with your school’s PTA/PTO to let them know how they can help, and provide information from the “Articles of Support” folder of this toolkit.
- Host a Farm to School Community Event. Invite farmers, parents, students, and local business owners.

### Media:

- Highlight this **Play** on the school’s social media outlets: school’s website, blog or eNewsletter.

### Home:

- Include the featured produce item and the local farm in parent newsletters.

# HEALTHY EATING PLAYS

## Snack Smarter

**Who:** Huddle up with your Food Service Director, food service staff, nutritionist, other nutrition professionals and key players (stakeholders).

**What:** Offer healthy snacks at school whether it's during school hours, after or before school, in vending machines, at a holiday party, or at a parent engagement night. Try to make most of the foods offered healthy and incorporate school policies that require healthier snack options.

**Why:** Fuel Up to Play 60 reports, "Research shows that when less healthy snacks, a la carte foods, and beverages are replaced with foods that are healthier, students may consume more healthy food. Also, when healthier choices are priced better and promoted, students choose the healthier option more as snacks, from vending machines, and in the cafeteria."<sup>1</sup>

**How:**

- If your classroom has snack time, encourage students to bring in healthy snacks. Ask them to share what snack they have with the class. Provide fun nutritional tips or ask the students to share nutritional facts about the snack they brought in.
- During classroom parties, ask parents to supply healthy, kid-friendly snacks.



<sup>1</sup>[www.fuleuptoplay60.com](http://www.fuleuptoplay60.com)



# TEAM UP FOR SUCCESS

## Snack Smarter

### School:

- Have the FUTP 60 team help create a Snack Smarter school policy. Use the “School Snacking Investigation Checklist” sheet that is included in this toolkit.
- Create posters and flyers promoting the importance of snacking smarter.

### Classroom:

- Ask students and parents to supply healthy foods for classroom parties. Send home the “Dear Family, Healthy Snack Letter” sheet included in this toolkit to ask parents to provide healthy snacks for their children.

### Cafeteria:

- Connect with your Food Service Director to create a plan together.
- Use HOP posters to highlight the featured produce throughout the cafeteria, lunch line, and menu.

### Community:

- Connect with your school’s PTA/PTO to let them know how they can help, and provide information from the “Articles of Support” folder of this toolkit.

### Media:

- Highlight this **Play** on the school’s social media outlets: school’s website, blog or eNewsletter.

### Home:

- Send home the “Dear Family, Healthy Snack Letter” with ideas of fun healthy snacks that the kids would enjoy.



# HEALTHY EATING PLAYS

## Veggie Bracket

**Who:** Work with Food Service Director (FSD) and Vendor

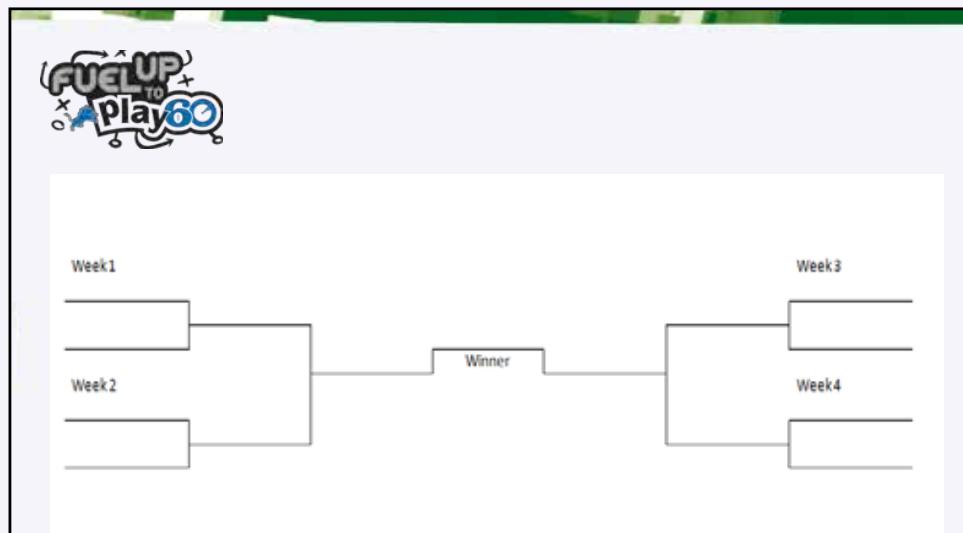
**Where:** Lunchroom

**When:** During a “sports season” such as March Madness or Homecoming Week

**What:** Taste two different vegetables at lunch throughout the week. Students then vote on which vegetable they like the best. Announce the winner the next day over the PA system.

**How:**

- Plan with your FSD and Vendor. They may be able to help reduce costs.
- Set up a plan to incorporate the winning vegetable in featured meals throughout the following weeks.



# TEAM UP FOR SUCCESS

## Veggie Bracket

### School:

- Announce the weekly winner of the Veggie Bracket over the PA system, during the morning announcements.

### Classroom:

- Teachers can incorporate this **Play** within their classroom during snack time or classroom parties.

### Cafeteria:

- Connect with your Food Service Director to create a plan together.
- Highlight the winning vegetable in future school meals, lunch line, menu, and poster throughout the cafeteria.

### Community:

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.
- Post the weekly winner on the school's social media pages.

### Home:

- Send home recipes featuring the winning vegetable.



OCHD has yogurt kits to accompany this play!

# HEALTHY EATING PLAYS

## Smoothies

**Who:** Work with Food Service Director (FSD) and Vendor

**Where:** Lunchroom

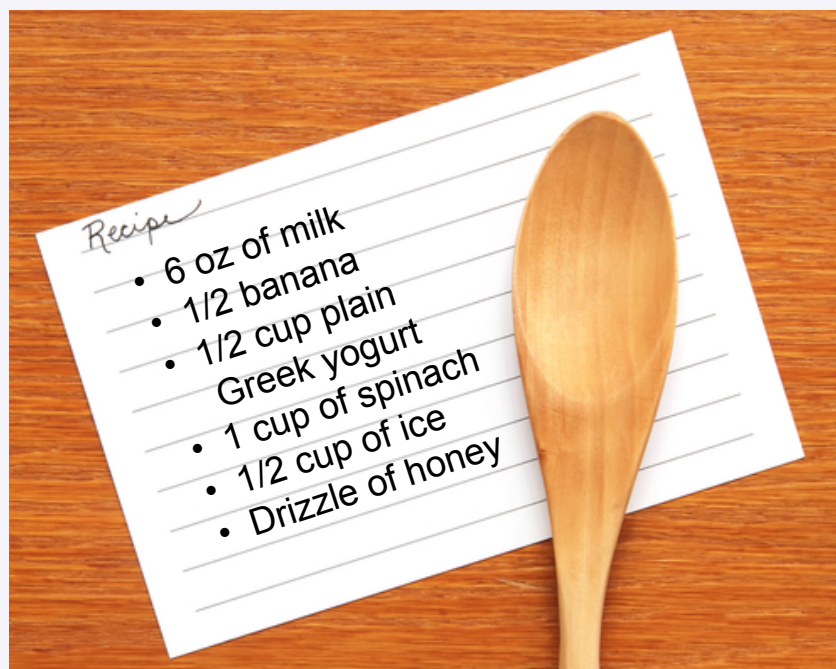
**Need:** Yogurt/milk, fruit/vegetables, and other smoothie supplies such as cups, gloves, napkins, and more. **Large item:** *blender*

**What:** Hold a smoothie tasting once a year or month to get kids to try to eat a healthy smoothie. This is a great **Play** to do at special school events.

**How:** Plan with the FSD and Vendor. Make them aware of the **Play**, and maybe they can help reduce costs. Also, set up a plan to incorporate a smoothie in a weekly breakfast, lunch or snack.

### Steps to make a kid-friendly smoothie:

- Start with a liquid - water, low-fat milk or yogurt, or juice.
- Add produce - canned, frozen, or fresh fruits and vegetables.
- Add protein - kids love peanut butter or use Greek yogurt!
- Honey can be used to sweeten up the smoothie.



# TEAM UP FOR SUCCESS

## Smoothies

### School:

- Have a school-wide challenge asking students to submit their favorite smoothie recipe. Let the other students taste a few and vote on their favorite.

### Classroom:

- Smoothies can be a great classroom snack. Have students bring in their favorite smoothie ingredients and have the teacher blend for a special treat.

### Cafeteria:

- Connect with your FSD to create a plan together.
- Feature a smoothie once a month during breakfast or lunch and include the recipe in the menu.

### Community:

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.
- During an assembly or parent teacher conferences, showcase the students smoothies for the parents and the community to taste.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.
- Post the smoothie recipes that the students enjoyed the most on the school's social media pages.

### Home:

- Send home smoothie recipes for students to try at home.

# HEALTHY EATING PLAYS

## Oatmeal Breakfast Challenge

**Who:** Work with Food Service Director (FSD) and Vendor

**Where:** Lunchroom

**Need:** Oatmeal, water/milk, fruit, honey, and other supplies such as cups, gloves, napkins, and more.

**What:** Ask students to submit a recipe for their favorite oatmeal. Set up a tasting and voting station at lunch for students to vote on their favorite oatmeal.

**How:** Plan with the FSD and Vendor. Make them aware of the **Play**, and maybe they can help reduce costs. Also, set up a plan to incorporate the winner in a weekly breakfast or snack!

### Oatmeal tips:

- Add low-fat milk instead of water for more flavor and nutrients.
- Add fruits - canned, frozen, or fresh.
- Add protein - kids love peanut butter or use Greek yogurt.
- Honey can be used to sweeten up the smoothie



**HOP tip:** Try this **Play** with smoothies too.



**Play submitted by Oakland County FUTP 60 School:** Greenfield Elementary, Birmingham, MI

# TEAM UP FOR SUCCESS

## Oatmeal Breakfast Challenge

### School:

- Have a school-wide challenge asking students to submit their favorite oatmeal recipe. Let the other students taste a few and vote on their favorite.

### Classroom:

- Oatmeal is a great snack for half days. Have students bring in their favorite oatmeal ingredients and create an oatmeal bar for a special treat.

### Cafeteria:

- Connect with your Food Service Director to create a plan together.
- Feature an oatmeal recipe once a month during breakfast, and include the recipe in the menu.
- Tried the challenge? Feature the winning oatmeal recipe in a school meal, and give credit to the winning student.

### Community:

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.
- Post the oatmeal recipes that the students enjoy.

### Home:

- Send home oatmeal recipes for students to try at home.



# HEALTHY EATING PLAYS

## Salad Bar

**Who:** Work with Food Service Director (FSD) and Vendor

**Where:** Lunchroom

**Need:** Healthy salad bar items. Be creative! **Large item:** *Salad Bar Cart*

**What:** Set up a healthy salad bar at least every week during lunch for the kids to make a salad with their lunch. Offer fun items that allow them to experiment with food preference, as well as increase their fruit and vegetable intake.

**How:** Plan with the FSD because they place the orders and have expertise. Create a salad bar and incorporate in your daily lunch menu.

Already have a salad bar? Add new items like chickpeas, beets, and other colorful and fun produce and healthy foods.

### Salad tips:

- Add fruits - canned, frozen, or fresh.
- Add fun items such as:
  - Cucumbers
  - Peppers
  - Strawberries
  - Beans
  - And more!



**HOP tip:** Hold produce and healthy snack taste tests during lunch. Work with the FSD or Vendor to save money.

# TEAM UP FOR SUCCESS

## Salad Bar

### School:

- Hold a “Salad Bar Try-out” - ask the students to try potential salad bar items and vote whether or not they enjoyed the item.

### Classroom:

- Teachers can incorporate this **Play** during a classroom party. Have the students bring their favorite salad toppings and make a salad bar.

### Cafeteria:

- Connect with your FSD to create a plan together.
- Try to have a salad option every day. Be sure to change up the toppings and be creative.

### Community:

- Connect with your school’s PTA/PTO to let them know how they can help, and provide information from the “Articles of Support” folder of this toolkit.

### Media:

- Highlight this **Play** on the school’s social media outlets: school’s website, blog or eNewsletter.
- Held a “Salad Bar Try-out”? Post the winning items on the school’s social media pages.

### Home:

- Have students write a salad recipe to take home to their parents. Challenge the students to eat the salad recipe they created with their families.

## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Encourage children  
to participate in 60 minutes  
of activity each day-  
in and out of school!

# PHYSICAL ACTIVITY PLAYS

## To Play: Physical Activity Plays!

### Physical Activity Plays

Ramp up for Recess\*  
Mileage Club\*  
Before-School Lap  
After-School Skills and Drills  
In-Class Physical Activity Breaks\*  
Family Fitness Monthly Challenges  
Activity Zones

# PHYSICAL ACTIVITY PLAYS

## Ramp Up for Recess

**Where:** The school playground. Amp up the playground as an exciting place for recess.

**Need:** Balls, hula hoops, jump ropes, and cones. Any gym equipment that can be brought outside for recess.

**What:** Recess isn't just a time to play. It's a time for students to receive a brain break, de-stress, and become physically active. If recess is after lunch, have the lunchroom teachers get children excited to play and move before going outside. Ask the recess teacher(s) to be involved by starting a walk or a game of kick-ball with the students. This **Play** is all about getting students moving during recess and having an activity for every student to participate.

**How:**

- Have a child help the recess teacher count the equipment before and after recess.
- Get the Fuel Up to Play 60 team included to help and lead activities.
- Indoor recess? Get the students moving by walking around the school, doing a few physical activity breaks, or utilizing the outdoor recess balls, jump ropes, and other equipment in the gym.



# TEAM UP FOR SUCCESS

## Ramp Up for Recess

### School:

- Have the Fuel Up to Play 60 team use the “Recess Review” sheet included in this toolkit to assess your school’s recess.
- Create a “Recess Suggestion Box” for students to submit items or games they would like to play at recess.

### Classroom:

- If lunch is before recess, lead the class in a physical activity break before they go to lunch.

### Physical Education:

- Connect with your school’s Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm ideas, build a schedule, and find equipment.

### Community:

- Connect with your school’s PTA/PTO to let them know how they can help, and provide information from the “Articles of Support” folder of this toolkit.

### Media:

- Highlight this **Play** on the school’s social media outlets: school’s website, blog or eNewsletter.

### Home:

- Encourage students to engage in recess-like activities outside of school.



# PHYSICAL ACTIVITY PLAYS

## Mileage Club

- Who:** An adult such as a Program Advisor, teacher, or parent or a peer such as middle school or high school students can act as the mileage club coach.
- Where:** Before or after school, during recess, or gym class.
- Need:** “Mile Markers” such as popsicle sticks, rubber bracelets, or a tennis shoe charm which can be as inexpensive as a plastic bead.
- What:** Students walk, run, or jog a few laps each day, or week to reach a goal the group has set. Goals such as a mile each week/month, 5K a semester/year or half-marathon a year. Use the “Mile Markers” to count out each lap students complete.
- Why:** Walking, running, or jogging is a great way to get children physically active. There’s no equipment required, participants do not need to be ‘physically fit’ to be involved, and the activity is able to work in any setting and time of the day.
- How:** You can post a local map in the school to show how far the students have ran or walked. Example: If they have completed 3 miles, pin a string at the school then connect another pin to a landmark or building they are familiar with that is three miles away from the school.

# TEAM UP FOR SUCCESS

## Mileage Club

### School:

- Before pep-rallies, assemblies, or spirit days, lead the students into the gym the long way around for exercise and a brain boost.
- Host an end-of-the-year 5K or mile walk. Invite parents and the community to join the students in reaching this exciting goal.

### Classroom:

- When students change classroom, lead them the long way around for exercise and a brain boost.

### Physical Education:

- Connect with your school's Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm new ideas.

### Community:

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.
- Decided to host a 5K? Invite parents and the community. This would be a great fundraiser too.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.
- Students completed a mile? Post the news on your school's social media page. Also, include a landmark that is a mile away from the school in order for the students and their parents to visualize how far they have walked.

### Home:

- Encourage students to walk or run with their families and friends outside of school.

# PHYSICAL ACTIVITY PLAYS

## Before-School Lap

**Who:** Latchkey students or make it a club.

**Where:** In the gym, or if weather permits, outdoors.

**What:** Take a lap or two around the school before the school day starts. You can do this daily, weekly or monthly.

**HOP Tip:** Start the day with a brain boost in the classroom, gym, or walk around the halls or building. One school holds a “Jump Start” program for some of their most energetic students. The children start their day playing in the gym. Teachers reported that the children who participate in “Jump Start” are more focused throughout the day.



# TEAM UP FOR SUCCESS

## Before-School Lap

### School:

- Reward students with a special time where they are able to start their school day in the gym with a lap and mini-recess.

### Classroom:

- During the morning announcements, have the students walk around the classroom like a track.
- Have a student lead the class in a physical activity break before school starts.

### Physical Education:

- Connect with your school's Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm new ideas.

### Community:

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.
- Offer parents the opportunity to lead a physical activity break before school.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.

### Home:

- Encourage students to walk, run, and play with their families and friends after school and on the weekends.

# PHYSICAL ACTIVITY PLAYS

## After-School Skills & Drills

**Who:** Latchkey students or make a club.

**Where:** In the gym, or if weather permits, outdoors.

**Need:** Sports equipment: balls, jump ropes, hula hoops, and other such items.

**What:** An after-school recess. Showcase a “skill” such as a lay-up with a basketball and then have the students practice the “drill” add on to the lesson the next session (daily, weekly or monthly) such as adding a dribble after the lay-up next time.

- Soccer: Kick the ball through cones. Time the kids to see if they can beat their own time after each drill.
- Volleyball: Toss the ball with open palms to a partner back and forth. Take a step back after every pass.
- Try to showcase different sports throughout the year. Try football, hockey, tennis, badminton, and more.



# TEAM UP FOR SUCCESS

## After-School Skills & Drills

### School:

- Reward students with a special time where they are able to end their school day in the gym with a lap and mini-recess.

### Classroom:

- During the morning announcements, have the students walk around the classroom like a track.
- Have a student lead the class in a physical activity break before school ends.

### Physical Education:

- Connect with your school's Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm new ideas.

### Community:

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.
- Offer parents the opportunity to lead a physical activity break at the end of the school day.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.

### Home:

- Encourage students to walk, run, and play with their families and friends after school and on the weekends.



# PHYSICAL ACTIVITY PLAYS

## In-Class Physical Activity Breaks

**Where:** Classroom between lessons/during transitions

**Why:** Three to five-minute breaks at the beginning or in the middle of class can get everyone energized and moving. It's proven to help students stay focused on learning too. Research has shown that short bursts of physical activity can help with students attention, memory, and cognition.

**What:** Quick breaks from sitting to sharpen the students' minds and stimulate their brain. Students can become physically active by adding short exercise breaks during class every day. Use online resources such as **GoNoodle**, **Cosmic**, **Kids Yoga**, **Jam School Program**, or **YouTube-Kids**. Also try doing easier moves that require little space such as jumping jacks, yoga poses, squats, and more.

**How:** Write down the physical activity breaks on popsicle sticks and have students take turns drawing the activity that the class will participate in that day.



# TEAM UP FOR SUCCESS

## In-Class Physical Activity Breaks

### **School:**

- Have a student lead the entire school body in a physical activity break over the PA system.

### **Classroom:**

- Set a goal to use in-class physical activity breaks when transitioning between activities, lessons, or subjects.

### **Physical Education:**

- Connect with your school's Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm new ideas.

### **Community:**

- Connect with your school's PTA/PTO to let them know how they can help, and provide information from the "Articles of Support" folder of this toolkit.

### **Media:**

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.

### **Home:**

- Encourage students to walk, run, and play with their families and friends after school and on the weekends.

# PHYSICAL ACTIVITY PLAYS

## Family Fitness Monthly Challenges

**Need:** Small kid-friendly prizes

**What:** Use the “Calendar Fitness” template in this toolkit. Fill out the calendar with fun and free fitness challenges families can do at home. Have parents star the days they participated in the activities, and have the students turn in the calendar at the end of the month to be entered in a raffle to win a prize.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		1  Are You In? Pledge Drive Challenge and Drawing for Program Advisors Open!	2	3	4
5	6  Practice a jump rope trick for 10 minutes	7  eat a new vegetable	8	9	10	11  play outside for 60 minutes
12	13	14	15  eat a new fruit	16  dance party with the family	17	18
19  5 push-ups and 15 jumping jacks	20	21	22	23	24  do not eat sweets	25  limit screen time to 60 minutes
26	27	28	29	30	31	

# TEAM UP FOR SUCCESS

## Family Fitness Monthly Challenges

### **School:**

- Encourage the Principal and/or teachers to showcase some of the activities during lunch or an assembly.

### **Classroom:**

- Highlight the activities featured in the calendar as in-class physical activity breaks.

### **Physical Education:**

- Connect with your school's Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm new ideas.
- Highlight the activities featured in the calendar in gym class.

### **Community:**

- Connect with your school's PTA/PTO and let them know how they can help.
- Give an award to the most active family at the end of the school year.

### **Media:**

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.
- Post the calendar on the school's social media pages or email a copy to encourage parents to join in the fun.

### **Home:**

- Send the monthly calendars home with the children. Give the students an extra raffle tickets if their family completed the activities with them.

# PHYSICAL ACTIVITY PLAYS

## Activity Zones

**Where:** At recess (indoor and outdoor), gym, or latchkey.

**What:** Set up activity zones at recess, gym class, or before/after school starts to help children be active.

**Need:** Hula hoops, sports balls, jump ropes, and more. You can use sports equipment the school already owns.

**How:** Need new equipment? Host a “sports equipment drive” (during a pre-existing parent engagement night such as conferences), ask and parents to bring a basketball or other items for the gym class and/or recess.





# TEAM UP FOR SUCCESS

## Activity Zones

### School:

- Use this **Play** for indoor recess. Create an indoor activity cart to store all of the equipment for an indoor recess.
- Create a day once a month where the Student(s) of the Month can go to the gym and participate in Activity Zones.

### Classroom:

- Designate a classroom activity zone for students to use when they are done with their work.

### Physical Education:

- Connect with your school's Fuel Up to Play 60 team, Program Advisor, Physical Education teacher, parents and other teachers to help brainstorm new ideas.
- Encourage Physical Education teachers to highlight activity zones during their gym class.

### Community:

- Connect with your school's PTA/PTO and let them know how they can help.
- Give an award to the most active family at the end of the school year.

### Media:

- Highlight this **Play** on the school's social media outlets: school's website, blog or eNewsletter.

### Home:

- Encourage students to walk, run, and play with their families and friends after school and on the weekends.





# ROOKIE PLAYS

## **Ask, Connect, & Build!**

Partner with local Parks and Recreation centers for equipment such as a rockwall or bounce house.

## **Easy and effective plays for a kick-off.**

**Where:** Lunchroom, after school, parent engagement night

**What:** A school-wide commitment to start participating in Fuel Up to Play 60. It can be as large or small as you'd like. Let the students lead the kick-off; they will have wonderful ideas to get their school and community on board.

### **Kick-off ideas:**

- Have students pledge their commitment to health and wellness by signing a Fuel Up to Play 60 pledge banner. Place a Fuel Up to Play 60 logo on the bottom of a few lunch trays and give a prize to the students who receive the lucky tray.
- Hold an assembly with your mascot.
- Apply for a grant to have Jump with Jill visit your school (offered through United Dairy Industry of Michigan).<sup>1</sup>
- Start a teachers vs. students flag football game or basketball game.
- Incorporate kid-friendly giveaways such as balls, hula hoops, and gym games, or have a rockwall, inflatables, or a milk-mustache booth.
- Milk-Mustache Booth: Create a homemade photo booth with props such as milk mustaches and milk cartons.

<sup>1</sup><http://www.jumpwithjill.com/win/>

# FUNDING BOOST FOR PLAYS

Fuel Up to Play 60 offers grants your school can apply for to receive up to \$4,000 to help implement your **Healthy Eating** and **Physical Activity Plays**. You must select **Plays** from the current Playbook<sup>1</sup>, be enrolled in Fuel Up to Play 60, and participate in the National School Lunch program to qualify.

Remember, Fuel Up to Play 60 funds are meant to support activities that lead to lasting change within your school environment. Be sure to review Funding Amounts and Limits and Use of Funding sections in the Eligibility and Guidelines to ensure your application qualifies.

Funds for Fuel Up to Play 60 are competitive and based on the quality of your application. Below are ideas to guide and inspire you to come up with your own ideas that will work best in your school.<sup>1</sup>



<sup>1</sup> <https://www.fueluptoplay60.com/playbooks/current-seasons-playbook>

# QUICK PLAY

## **Community Playtime - It's Good for Everyone**

Have students survey peers about physical activity opportunities they would enjoy outside of regular school hours. This **Play** was developed in collaboration with the Safe Routes to School National Partnership and focuses on active engagement of community - including students' families, local businesses, and local sports teams.

## **Let's Dance!**

Set up a series of fun dance activities, or start a dance club at your school. Implement special events that bring your community together to dance and have fun.

## **Healthy Breakfast, Healthy Lunch**

Work with school nutrition staff and administrators to create salad-bar-style breakfast and lunch meals. Select delicious, healthy options for your bar. Incorporating popular taste tests, this **Play** is focused on creating sustainable change to school menus.

# NO FUNDING NEEDED PLAYS!

**Milk Mustache Booth** - Host your own “milk mustache” photo booth, then post pictures of students with milk mustaches on your school website. Pass out materials that highlight the benefits of low-fat and fat-free dairy foods in students’ diets and let students sample dairy foods. The United Dairy Industry of Michigan can provide supplies you may need for the Milk Mustache Booth.

**Plenty of Time to Eat?** - Work with your school leaders to find ways to increase lunch periods, adjust the schedule and rethink the cafeteria culture so students can relax, socialize and have adequate time to eat a well-balanced, nutrient-rich lunch. Form a Fuel Up to Play 60 team of students, teachers, and school leaders to make lunch period changes. With your team, think about concerns that can interfere with a healthy lunch, such as lack of time and limited social time. Then, brainstorm ways these issues might be resolved:

- Can lunch periods be increased?
- Can tables be arranged differently to allow students to socialize while enjoying a healthy lunch?
- What can be done to help students relax and enjoy lunch in a limited time?
- How can the school schedule be changed to allow for more lunch time?
- Is there a way for students to move more quickly through lunch lines to allow more time for eating?

Consider surveying the student body about changes they’d like to see during lunch periods. In your survey, focus specifically on how changes to lunch periods can help students meet their healthy eating goals.

# NO FUNDING NEEDED PLAYS!

**How Many Can You...?** - Hold contests to see which classroom or grade level can eat the recommended number of servings of nutrient-rich foods from the food groups, including fruits, vegetables, whole grains, low-fat or fat-free dairy foods, and lean protein foods, every day for a month. Highlight the food of the month and give classroom rewards to those who “win” or all who reach their goal. Again, the United Dairy Industry of Michigan can provide the prizes for free or you can look for community donations.

**If You Ask Them, They Will Eat** - Work with the school nutrition staff to start a campaign of simply asking students if they want specific nutrient-rich foods. Preliminary research suggests that by simply asking students the question at the time they’re coming through the line, their consumption of the featured food item goes up. Meet with the school nutrition manager and principal to discuss the campaign and identify low-fat and fat-free dairy foods, fruits, vegetables, whole grain foods, and lean protein foods to target in the cafeteria.

**Meet Your Inner Chef** - Find exciting ways to get students, staff, and community members involved in helping to support your healthy school environment. Work with local restaurants to find chefs to volunteer their time to help get kids interested and spice things up in your school meals program. To find chefs who may already be signed up to partner with schools in your area, visit the Let’s Move! Chefs Move to Schools map or sign up to be matched with a chef.

**Point-of-Purchase Promo** - Make and place signs to highlight the nutrient-rich options in your cafeteria serving line. Working with the school nutrition manager, “rename” healthy foods on the menu so they are more appealing to everyone at your school. A simple renaming of foods can make these options more appealing and can make more students want to eat them! With your school nutrition manager, identify the nutritious choices in the cafeteria serving line, such as the salad bar or milk cooler. Ask the kids to submit notes and make it a contest. Think about how some foods might be “renamed” on the menu to make them more appealing, and also highlight the health benefits of a particular food. Be creative!