



Help Students Make Smarter Choices with Fuel Up to Play 60

New England Dairy & Food Council
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New Meal Standards Call for...

- More fruits and vegetables
- Lower sodium
- More whole grains
- Low-fat and fat-free milk

How do we encourage students to fuel up on these healthy foods?



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...Smarter Lunchrooms

Concept:

Guide students to making the healthy choice

- Make it more convenient/accessible
- Make it look delicious
- Create an appealing environment
- Sustainability
- No cost/Low cost solutions



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How can FUTP60 Help?

- Ideas (Playbook Plays)
- Funding for equipment, coolers, baskets
- Resources & Tools
- Student engagement strategies



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Playbook

The Playbook

Home > The Playbook

Welcome to the Fuel Up to Play 60 interactive Playbook! Here you'll find *dozens* of action strategies for teachers and students to help get more people.

Search Plays:

Select Type of Play

All Types

Subcategory

All Subcategories

Student Interest / Area of Skill

All Interests

Grade Level

All Grades

Level of Involvement

All Involvements

SEARCH PLAYS

[New Search >>](#)



Milk Mustache Booth



Viewing Play 35 of 68

skip to play

GO

Did you know...?

Plays are strategies that schools can choose to implement. The **Playbook** provides an online database of ideas.

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!

[View Play](#)

[Print Play](#)

[Send to my Dashboard](#)

Cafeteria Restyle

Smarter Lunchroom Concept: Environment Focus

Cafeteria Restyle

This set of Plays is based on recommendations by health professionals and authoritative bodies that a pleasant place to eat, appealing signs and foods and time to enjoy friends encourages student participation in school meals and may influence healthier choices in the process. They include ideas from redesigning the menus and brightening up the atmosphere, to seating and scheduling improvements.

- o [A Little Paint Can Go a Long Way](#)
- o [Plenty of Time ... to Eat?](#)
- o [Cafeteria Culture](#)
- o [Menu Makeover](#)
- o [In the "Hot" Seat](#)



Making Nutritious Foods Fun

Smarter Lunchroom Strategy: Promoting Healthy Foods

Making Nutritious Foods Fun

These Plays provide ways to help students make healthy food choices through nutrition promotion strategies. Simple approaches — like contests — can influence student food choices and may help improve their consumption of nutrient-rich foods.

- o [Milk Mustache Booth](#)
- o [The Power Behind the Play](#)
- o [Meet Your Inner Chef](#)
- o [Taste \(Test\) a Rainbow](#)
- o [How Many Can You ...?](#)
- o [Raise the \[Food\] Bar!](#)
- o [Big Game Training Table](#)
- o [Drink Milk and Recycle](#)
- o [Vending Revamp](#)
- o [From Farm to School: Know Your Foods](#)
- o [From Farm to School: Farms Deliver](#)
- o [If You Ask Them, They Will Eat](#)
- o [Point-of-Purchase Promo](#)

The Name Game

- Renaming healthy foods increases appeal
- Incorporate descriptions (like creamy or savory), regions (California Vegetable Medley) or even cartoon characters or superheroes for the younger grades.
- How creative are you?



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For a PRIZE...

Rename these menu items!

- 1.) Meatloaf (middle school)
- 2.) Black Bean & Corn Salad (high school)
- 3.) Spinach (elementary school)



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Try it, you'll like it!

Smarter Lunchroom Strategy: low/no cost solutions

- Help forming a student nutrition advisory team
- Resources for school-wide events
- Student-led taste tests
- Renaming menu items
- Menu and Cafeteria line makeovers



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FUTP60 Funds

Smarter Lunchroom Strategy: Sustainability

- ✓ Enroll your school in Fuel Up to Play 60.
- ✓ Complete the School Wellness Investigation.
- ✓ Get support from your principal and your P.E. department chair.
- ✓ Choose Healthy Eating & Physical Activity Plays.
- ✓ Submit your funding application!
 - Up to **\$4,000** per school/year



Next Deadline:
Oct. 1, 2012



What types of items are funded?

- ✓ Foodservice materials and equipment
- ✓ Baskets, coolers, etc.
- ✓ In-school promotions
- ✓ Giveaways to encourage participation
- ✓ Stipends for staff/professional involvement





How do I make my lunchroom smarter?

Become a program advisor!



Students are at the heart of Fuel Up to Play 60, as they work with adults to make their school a healthier place.

To be successful, students need a strong adult leader – the *Program Advisor*.

You're the program champion – the "coach" who works with students and adults to make it all happen.

Every school needs one – or more!

(Multiple adults can sign up as Program Advisors for their school)



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What role will I play?

Coach, Recruiter and Cheerleader!

Coach- You're the go-to person for resources. Start by getting familiar with **FuelUpToPlay60.com**, especially:

- The Six Steps
- Playbook
- Adult and student Dashboard

Recruiter- Many schools find it helpful to form a team. Start with a core group of motivated students and build from there.

Cheerleader- You keep the program moving, check off the **Six Steps** and “unlock” digital badges to show school progress and download rewards.



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Recruit a winning team

- Invite other adults to get involved- PE & classroom teachers, administrators, parents, etc.
- Round up a group of student leaders- you'll need their input
- Fill out a school wellness investigation to learn where efforts should be focused



Choose your Plays!

- Menu Makeover: Redesign menus, cafeteria signage, and placement of foods
- Grab-n-Go Breakfast: Increase student access to reimbursable breakfast by bringing it out of the cafeteria
- Point of Purchase Promo: Get students involved in creating signage and creative names for healthy foods

Many more ideas in the Fuel up to Play 60 Playbook!



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Next Steps

- Sign up as a Program Advisor
- Recruit a Team of Students and Adults
- Explore the Playbook on www.FuelUptoPlay60.com
- Complete the School Wellness Investigation
- Next funding deadline: October 1, 2012



Success Stories

- Pat Gadoury, Fitchburg
- Rachel Oliviera, Blackstone Valley
- Janet Volker, Andover



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Ideas?

**Have you noticed a small change
that makes a big difference?**



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Contact Us!

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THE NFL MOVEMENT FOR AN ACTIVE GENERATION

Helpful Websites:

www.NewEnglandDairyCouncil.org

- monthly cafeteria promotions, nutrition education materials, bulletin board ideas, etc.

www.FuelUptoPlay60.com

www.SmarterLunchrooms.org



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