



# 2017-2018 PLAYBOOK

Funding is available to help implement all Plays in the 2017 - 2018 Playbook!

## Healthy Eating Plays



### 1 Breakfast for Everyone—First Meal Matters

This Play brings together multiple breakfast options—Breakfast in the Classroom, Grab and Go Breakfast and Breakfast after First Period—and ways to successfully implement them. The Play includes a focus on working with school nutrition professionals and involving students in the selection of foods and delivery methods.

### 2 Snack Smarter Schoolwide

With this Play, build a team of “Snack Smart Student Investigators.” Their mission: To identify nutritious snacks and “a la carte” foods to consider adding to your school’s offerings. Including all the foods sold in school stores and vending machines and at school-sponsored events and fundraisers is important to the success of the investigation. Special thanks to the Kids’ Safe & Healthful Foods Project for their input on this Play.

### 3 It’s All About Your Choices—Go Nutritious

Get students excited about school meals and snacks! Think about it this way—your school cafeteria might be the biggest, busiest “restaurant” in the area! The goal is to give students access to more nutritious food options and to encourage them to make nutritious choices! Thanks to Cornell Center for Child Nutrition’s Smarter Lunchrooms Program for their help in developing this Play.

### 4 Nourish Your Community

Seventy-five percent of teachers surveyed report their students regularly come to school without having eaten. Having access to nutrient-rich foods isn’t only important for students; it’s also vital for everyone in your community. School meals and community resources such as food banks and summer meal programs can help. Try one of the service-learning activities in this Play to help nourish your community.

### 5 Farm to School—Know Your Food

This Play helps students understand where their food comes from both through learning about local food sourcing and farm work. Using resources from the National Farm to School Network, USDA’s Farm to School Planning Toolkit and a variety of Dairy Councils, schools learn how to start small and build on their efforts. They also learn a bit about what it takes to get food from the farm to their school and how many people and careers are involved!

### 6 Food: Waste Less and Enjoy! It’s Good for All of Us

Helping to nourish food-insecure neighbors is just one reason to implement this food waste reduction Play! Learning how to waste less and what can be done with wasted food is an opportunity to serve as a leader in your classroom and your community to promote health and well-being. This also helps to better appreciate the resources that go into getting food onto your plate, all while making a positive difference in the lives of people, animals and the environment.





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## Physical Activity Plays



### 1 In-Class Physical Activity Breaks—Good for Brain and Body

This popular Play focuses on getting students active throughout the day—in the classroom! Teams are encouraged to get their principal and a small group of teachers on board to show that getting up and moving during class can be done without disrupting learning time.

### 2 NFL FLAG in Schools—Get in the Game!

Get in the game! With this Play, start an official NFL FLAG Football league or recruit teams from your school to join a league in your area. FLAG Football can be a great way to get students—both boys and girls—involved in a fun physical activity that will really keep them moving!

### 3 All In, All Abilities—Activate Your School!

Physical activity is important to help improve overall health in children. When looking at the data, though, only 42.2% of children aged 12 to 15 years of age have adequate levels of cardiorespiratory fitness. There are many reasons why we may not be as active as we should, and they can be different for each person. Not all kids like to play . . . not all kids like sports . . . not all kids can do the same things. This Play is about figuring out what keeps kids from getting physical activity and helping break those barriers.

### 4 Walk This Way! Start a Walking Club

Walking (and running) are great forms of exercise, and they're easy—you can fit them in whenever and wherever it works! With this Play, start a walking club to get students, teachers, administrators and the community to make walking part of their day—every day!

### 5 Recess Refresh

Take on this Play and get your playground “recess ready”! Work with your Fuel Up to Play 60 team to see what students like about recess time—and what could make it even better. A good solid recess period can help students get their daily physical activity, have some personal choice time and gear up for a positive, attentive afternoon for learning!

