



2018 - 2019 PLAYBOOK

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It's All About Your Choices — Go Nutritious

Get students excited about school meals and snacks! The goal of this Play is to give you and your classmates access to the most nutritious foods in a friendly and cheerful environment and to encourage everyone to make the best choices!



Fight Hunger — Nourish Your Community

Having access to nutrient-rich foods isn't important for just students. It's vital for *everyone* in your community. School meals, backpack programs and sharing tables — along with community resources like food banks and summer meal programs — can help!



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

Learning how to waste less by adopting the “reduce, recover, recycle” approach toward lessening food waste can promote health and well-being while making a difference in your community. This Play is an opportunity for you to serve as a leader in tackling food waste in your school and at home.



Farm to School — Know Your Food

Fresh, local foods — including school milk! — can be a great addition to nutritious meals and snacks. That's one of the reasons it's a great idea to organize a “farm-to-school” program to learn about where your food comes from. Getting to know farmers and having farm-fresh food served in your school is an excellent way to get everyone at school eating nutritious, delicious food!



Snack Smarter Schoolwide

Eating smart isn't important only at meal time. Snacking smart is important, too! This Play will help you build on what your school is already doing to promote nutritious snacking and help you establish new ways to snack!



Breakfast for Everyone — First Meal Matters

The morning is the perfect time to fuel up for success and start the day right. Work with your school's nutrition manager to adopt one or more of the breakfast programs found in this Play.



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

Start an official NFL FLAG Football league, encourage your PE department to include FLAG in classes and set up after-school activities or clubs to help all students get in the game!



All in, All Abilities — Activate Your School!

This Play is about looking at what barriers stop you or others from getting enough physical activity and finding ways to break those barriers down to make physical activity fun and doable for everyone.



In-Class Physical Activity Breaks — Good for Mind and Body

Take a break to sharpen students' minds! Whether you choose stretching, strength work, workout videos or dance breaks, you'll get everyone motivated to move more all day.



Walk This Way! Start a Walking Club

Start a walking club to get students, teachers, administrators and community members to make walking part of their day — every day! You'll help students set and reach goals, create a "walking school bus" and help all students feel like they are a part of something.



Recess Refresh — It's Not So Elementary

Make your playground or other physical activity areas recess-ready! Work with your Fuel Up to Play 60 team to learn what students like about recess (for elementary) or physical activity time (for middle and high schools) — and what could make it even better. Use paint, equipment and volunteer effort to spruce up all the areas where students are active!