



Funds for Fuel Up to Play 60 Idea Sheet

Check out the great Funding Ideas below — use them as a reference as you jump-start your thinking about how you can use Funds for Fuel Up to Play 60 to support your school’s Healthy Eating and Physical Activity Plays. The Plays are from the Fuel Up to Play 60 Playbook (available at FuelUpToPlay60.com). The examples come from the creative ideas of schools like yours — and they work!

The items below are suggestions — you can also come up with your own ideas that will work best in your school. Remember, Fuel Up to Play 60 monies are meant to fund activities that lead to lasting change within your school. Be sure to review the *Funding Amounts and Limits* and *Use of Funds* sections in [Eligibility and Guidelines](#).

And don’t forget to check out the downloadable [Fuel Up to Play 60 Equipment Catalog](#) for equipment that can help promote healthy eating at your school.

**NOTE: Funds for Fuel Up to Play 60 is a competitive program.
Funding priorities vary by state and region.**

Funding Ideas for Healthy Eating Plays

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.

Some ideas for how to use Funds include:

- Cafeteria equipment for food preparation
 - Smoothie machine or blender
 - Yogurt pumps
 - Food prep equipment
 - Grab-and-go breakfast smoothie bar
- Equipment for cold storage of milk or other perishable items
 - Portable cooler barrels and/or insulated bags
 - Refrigerators or freezers
- Equipment for transporting or serving food and beverages
 - Breakfast cart
 - Kiosk
 - A sharing table for students to share unused food and reduce food waste. Consider including a table-top refrigeration unit for perishable items.

- Environmental improvements
 - Permanent signs
 - Consider [Love Your Lunchroom Cafeteria Signage Kits](#)
 - Menu boards/bulletin boards
 - Recycling bins
- Promotional items
 - Posters
 - Banners
 - Flyers
- Incentives and/or rewards for students related to healthy eating
 - Reward tracker, such as punch cards to record the number of times students eat breakfast, so they can earn prizes
- Food for taste-test activities
 - Nutrient-rich foods for taste tasting to help students select foods to add to the school menu; consider oatmeal or yogurt toppings (suggested budget not to exceed \$0.60/student)

Farm to School — Know Your Foods

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!

Some ideas for how to use Funds include:

- Cafeteria equipment for food preparation
 - Smoothie machine or blender
 - Portioners for dividing food portions easily and equally
 - Sectioners for slicing and wedging fruits and vegetables
 - Additional kitchen equipment to help with “scratch cooking” on site
- Equipment for cold storage of milk
 - Glass-fronted coolers or large bins for milk presentation
- Equipment for serving food or beverages
 - Colorful plates and bowls for promotional food display
- Environmental improvements
 - Artwork and printing for promotional signs, decals and other decorative elements for building awareness and promoting farm-to-school food options
 - Posters depicting dairy cows or dairy farms
 - State/county maps to mark the locations of area farms

- Stipends for outside professionals
 - Stipends for farmers to visit the school
 - Stipends for virtual farm tours
- Food for taste-test activities
 - Locally sourced nutrient-rich foods for taste testing (suggested budget not to exceed \$0.60/student)
- Transportation for students to visit a local farm
- Nutrition education materials, such as farming-focused DVDs

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 Play also highlights the resources that go into getting food onto our plates, all while making a positive difference in the lives of people, animals and the environment.

Some ideas for how to use Funds include:

- Environmental improvements
 - Educational posters and flyers
 - A sharing table for students to share unused food and reduce food waste. Consider including a table-top refrigeration unit for perishable items.
- Food recovery and rescue supplies
 - Labels
 - Boxes, bags and other containers for packaging and transporting food
 - Gloves
 - Insulated bags for cold items
- Composting supplies
 - Compost collection bins
 - Food scrap buckets for measurement
 - Compostable trash bags
 - Heavy-duty or kitchen-grade scale
 - Gloves
 - Clear, colorful signage and bin labels
 - Red wiggler worms (for vermicomposting or school garden composting)
- Camera for photo-documenting your success
- Waste tracking logs

Highlight Healthy Foods — 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!

Some ideas for how to use Funds include:

- Equipment for cold storage of milk or other perishable items
 - Cooler barrels
 - Refrigerated, glass-front cooler or vending machine for nutrient-rich snacks
 - Glass-door merchandisers
- Equipment for transporting or serving food and beverages
 - A breakfast food bar or kiosk that can be repurposed at other times of the day
 - Small wares such as pans and trays for the food bar or kiosk
 - A sharing table for students to share unused food and reduce food waste. Consider including a table-top refrigeration unit for perishable items.
- Cafeteria equipment for food preparation
 - Blenders for creating milk, yogurt, fruit and vegetable smoothies
 - Portioners for dividing food portions easily and equally
 - Sectioners for slicing and wedging fruits and vegetables
- Environmental improvements
 - Paint and supplies to make your cafeteria look more inviting
 - Bulletin boards to promote nutrient-rich options served or to encourage students to try creative “Foods of the Week”
 - Consider [Love Your Lunchroom Cafeteria Signage Kits](#)

Fight Hunger — Nourish Your Community

What do we mean by “hunger”? Well, here in the United States, we’re talking about food insecurity. If a household is “food-insecure” it means you and your families are not always sure if they will have access to food or to enough food at various times throughout the year. 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.

Some ideas for how to use Funds include:

- Equipment for cold storage of milk or other perishable items
 - Milk coolers, insulated bags, and holding equipment for hot foods for a summer meals program
- Equipment for transporting or serving food and beverages
 - A separate storage locker for foods intended for weekend distribution
 - Equipment necessary to enhance or improve the summer meals menu offerings, such as holding equipment for cold and hot foods

- Portable picnic tables
 - Containers and tables for food drive donations
- Environmental improvements
 - Permanent signs or menu sign holders promoting resources and the summer meals program
- Promotional items
 - Supplies and copying costs for informational flyers to send home to families about the backpack program and summer meals
 - Supplies for posters to put up in your local grocery stores inviting donations to your local food pantry or your school's backpack program
- Backpacks for a weekend meals program. Consider small insulated coolers so dairy products and other perishable items can be part of the weekend meals.

Funding Ideas for Physical Activity Plays

All In, All Abilities — Activate Your School!

Physical activity is important to help improve overall health in children. There are many reasons why kids may not be as active as they should, and there can be different reasons for each child. 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.

Some ideas for how to use Funds include:

- Various fitness/playground equipment (e.g., jump ropes, sports balls, nets and/or goals, Flag football kits/footballs, cones, ropes, kettle bells, hand weights, yoga mats, Hula-hoops, rubber stretch bands, mini-trampolines etc.)
- Recess carts/equipment carriers or racks
- Indoor or rainy day recess boxes
- Activity CDs or DVDs
- Resources for staging a Kickoff event (e.g., prizes, nutrient-rich snacks like fruit and low-fat milk or cheese, etc.)

In-Class Physical Activity Breaks — Good for Mind 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.

Some ideas for how to use Funds include:

- Small fitness equipment
 - Jump ropes
 - Kettle bells/hand weights
 - Yoga mats
 - Hula-hoops
 - Juggling scarves
 - Beach balls
 - Soft balls
 - Rubber stretch bands
 - Mini-trampolines
 - Indoor/rainy day recess boxes
- Classroom activity books or software packs for smart boards
- Activity CDs or DVDs

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!

- FLAG Football Kit and/or supplies
 - FLAG Football Kit*/footballs
 - Cones and field lining equipment
 - Additional sports apparel for students who need it
 - Water bottles
 - Carry bags for footballs, FLAG belts, and other practice and game equipment
- Storage equipment for keeping on-field snacks cold

**FLAG FOOTBALL KIT OPPORTUNITY! Consider applying for an opportunity to receive a FREE Fuel Up to Play 60 NFL FLAG-In-Schools Kit! The application will be available in April 2019. Click [here](#) for more details.*

Recess Refresh — It's Not so Elementary

Take on this Play and get your playground “recess ready”! Work with your Fuel Up to Play 60 team to identify areas of the school that could use an update. Just as younger students will enjoy the new playground features, so too will older students benefit from having better physical activity environments.

Some ideas for how to use Funds include:

- Environmental improvements
 - [Fuel Up to Play 60 stencils](#); supplies to use the stencils (paint, etc.)
 - Cones
- Small fitness equipment
 - Jump ropes
 - Sports balls
 - Nets and/or goals
 - Flag football kit/footballs
 - Equipment carriers
- Large fitness equipment
 - Walking trail physical activity stations (pull-up bars, sit-up benches, etc.)
 - Playground equipment
 - Recess carts/equipment carriers or racks
- Active recess idea books/resources

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!

Some ideas for how to use Funds include:

- Environmental improvements
 - Items to create a walking trail, such as paint, signs and cones
- Tracking/monitoring equipment
 - Whiteboard/bulletin board to track participants' progress
 - Pedometers
- Small fitness equipment
 - Items for activities to do along your walking route such as hand weights, jump ropes, etc.
 - Water bottles

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