



# 2016-2017 PLAYBOOK

Funding is available to help implement all Plays in the 2016 – 2017 Playbook!

# Healthy Eating Plays



## 1 Breakfast – Anytime, Anywhere

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. A stronger emphasis this year is on both smoothies and showing schools in action.

## 2 Farm to School

This Play helps students understand where their food comes from both through learning about local food sourcing and starting a school garden. Utilizing resources from the National Farm to School Network, USDA's Farm to School Planning Toolkit and resources from a variety of Dairy Councils, schools learn how to start small and build on their efforts.

## 3 Fuel Up Your Community

With a focus on hunger, this Play provides students with multiple opportunities for service learning, leadership and community volunteer work. Information and guidance for starting a breakfast program, instituting a weekend backpack meals effort and building awareness about summer meals programs are provided. Schools will learn how to connect with local food pantries, encourage more family and community involvement, and hold virtual food drives. Additional information is provided on the Great American Milk Drive and students can learn about sustainable farming projects helping to try to end hunger worldwide.



## 4 Highlight Healthful Foods – Everywhere in School

This Play incorporates resources for improving the whole school nutrition environment, both in the cafeteria and in other locations where food is available. Teams work on both the physical makeup of food service and on the social and marketing aspects of developing healthy eating habits. Schools are encouraged to start in one area and engage the community by sharing regular updates as they build out to other areas of the school. Friendly design competition ideas are included, as well as an emphasis on student leadership.

## 5 Snack Smarter in School

This Play helps with healthy food selection both in snack, vending and a la carte food offerings and in improving the school meals program. Students conduct investigations into what's already offered, what can be changed and how to do things like create reimbursable meals that can be offered through vending machines.



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# Physical Activity Plays



### 1 Community Playtime – It's Good for Everyone

This Play focuses on active engagement of community – including students' families, local businesses and local sports teams/leagues. By conducting community surveys to find out what students and their families are interested in, schools can create partnerships with existing organizations to develop these activities and programs further. This year's version features more information on joint use agreements, reciprocal student involvement in community activities and student leadership in service learning.

### 2 In-Class Physical Activity Breaks

This ever-popular Play continues its focus on getting students active throughout the day. Teams are encouraged to get buy-in from the principal and a small group of teachers to show that it can be done without disrupting learning time. With a continued emphasis on the **NFL PLAY 60 Challenge**, the Play also incorporates ideas for inclusion, an emphasis that is threaded through all Physical Activity Plays this year as well as highlighted in the Play "You Can Do It – We All Can!" (see below).

### 3 Marathon Kids

This Play builds off the successes of previous years' FUTP 60 walking/running clubs and the nationally-recognized, evidence-based approach of Marathon Kids. Schools will set goals of running/walking the equivalent of four marathons (104.8 miles) over the course of the year. Cross-promotion with *Let's Move! Active Schools* highlights opportunities for mini-grants and ideas for self-funding.



### 4 Ramp Up for Recess

This popular Play highlights finding ways to improve play areas and get all students active at recess. One of its goals is to find ways to encourage students to choose physical activity rather than make it a demand. With a strong tie between school wellness and recess, this Play highlights ideas for better playground engagement strategies and inclusion of all students.

### 5 You Can Do It – We All Can!

This Play focuses on ways to be sure that all students are encouraged and feel welcome to participate in physical activity. By focusing on student leadership, and without stigmatizing any particular group, the Play incorporates ideas for students with disabilities, limitations, body image issues and other "blockers" – the Play invites participation from all.