



BRING YOUR **SMOOTHIE A-GAME!**



From March 1 – April 30, 2021

[View Official Rules.](#)

CALLING ALL STUDENTS!

Break out your blenders and favorite smoothie recipes for the Fuel Up to Play 60 Smoothie Blitz Contest! Share your smoothie recipe in a creative video using **#SmoothieBlitzContest** for a chance to win some big prizes, like being named the official **2021 Smoothie Ambassador** and **making your own smoothie video with an NFL player!**



HOW TO ENTER

Entering is easy! Students 13 and older can **post their video publicly to their Instagram feed** using **#SmoothieBlitzContest**.

Students under 13 or with a private Instagram account can email their video to StudentAmbassador@FuelUpToPlay60.com.



*NO PURCHASE NECESSARY. Many will enter; few will win. See [Official Rules](#). The NFL Entities (as defined in Official Rules), National Football League Players Association and National Football League Players Incorporated have not offered or sponsored this contest in any way.

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SMOOTHIE BLITZ RECIPE GUIDE

Check out the tips on the next page to help you plan your contest entry!



GAME-PLAN YOUR SMOOTHIE RECIPE

Use the next two pages to brainstorm how you will make your smoothie video stand out!

FIRST: PLAN YOUR INGREDIENTS



FRUITS

Maybe you could try to include some unusual fruits like kiwi and mango!



VEGGIES

Carrots, beets, broccoli, kale, chard and spinach all make for great smoothie additions!



DAIRY

Plain milk and yogurt make a great base for smoothies, but there are lots of flavored options to try!



EXTRAS

Here's where you can get REALLY creative. Your extras are a chance to truly stand out!

NEXT: PLAN YOUR VIDEO SHOOT

Review the Requirements and *Official Rules* with a Parent or Guardian

Keep in mind these important requirements:

- **Ingredients:** Your smoothie must include real dairy ingredients, fruits and vegetables.
- **Length:** Your video must be no longer than 60 seconds.
- **Content:** Your video should show you making your smoothie including real dairy and fruits/vegetables.
- **Restrictions:** Do not show any brands or logos, and do not play any music while filming your video.

Practice Makes Perfect: Do a Test Run

Make sure you have good audio, good lighting and all the ingredients you need before you hit record!

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SMOOTHIE BLITZ NOTES

Use the space on the next page to help you write out your recipe and your video notes!



NOTES FOR MY SMOOTHIE GAME-PLAN

Use the notes section below to keep track of your ingredients and how you plan to capture your video!

INGREDIENTS:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

INSTRUCTIONS:



VIDEO SHOOT NOTES:



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