



## Funding Ideas for 2018-2019

Check out the great Funding Ideas below — use them as a reference as you jumpstart 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 2018-2019 Playbook (available at [FuelUpToPlay60.com](http://FuelUpToPlay60.com)). The examples below come from the creative ideas of schools like yours — and they work!

The ideas 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 *Funding Amounts and Limits* and *Use of Funds* sections in the [Eligibility and Guidelines](#).

### 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 preparation of food
  - Smoothie machine or blender
  - Yogurt pumps
  - Food prep equipment
  - Start a 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 or beverages
  - Breakfast cart
  - Kiosk
- Environmental improvements
  - Permanent signs
  - Menu boards/bulletin boards
  - Recycling bins

Page 1 of 7

- 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 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!

Some ideas for how to use Funds include:

- Cafeteria equipment for preparation of food
  - 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 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
  - Stipend for farmers to visit the school
  - Stipend for a virtual farm tour
- 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 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.

Some ideas for how to use Funds include:

- Environmental improvements
  - Educational posters and flyers
- Food recovery and rescue supplies
  - Labels
  - Boxes, bags and other containers for packaging and transporting food
  - Gloves
  - Insulated bags for cooler 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

## **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!

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 or 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
- Cafeteria equipment for preparation of food
  - 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 for the cafeteria
  - Bulletin boards to promote nutrient-rich options served, or creative “Foods of the Week” to encourage students to try them

### **Fight Hunger - 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.

Some ideas for how to use Funds include:

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

### **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.

Some ideas for how to use Funds include:

- Cafeteria equipment for preparation of food
  - Smoothie machine or blender
  - Small food prep equipment
  - Portioners for dividing food portions easily and equally
  - Sectioners for slicing and wedging fruits and vegetables

- Equipment for transporting or serving food or beverages
  - Bags and carts
- Equipment for cold storage of milk or other perishable items
  - Refrigerated, glass-front or vending machine for nutrient-rich snacks
  - Portable cooler barrels
- Environmental improvements
  - Permanent signs or menu sign holders promoting nutrient-rich choices
- Permanent Point of Sale equipment/sale systems
- Nutrient-rich foods and supplies for taste tasting to help students select foods to add to the school menu (suggested budget of \$0.60 per student)

## Funding Ideas for Physical Activity Plays

### 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.

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, water, 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\*
  - 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

#### **\*NFL FLAG-IN-SCHOOLS KIT OPPORTUNITY!**

- **Consider applying for an opportunity to receive a FREE Fuel Up to Play 60 NFL FLAG-In-Schools Kit. The FLAG Kit application is available from April 25 through June 13, 2018. [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 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!

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 kits/footballs
  - Equipment carriers

- Large fitness equipment
  - 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, cones
- Tracking/monitoring equipment
  - White board/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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