



## Getting Families and Community Involved

### Activities Idea Sheet

#### Family Food and Fitness Day

Host a family day picnic to highlight the importance of healthy eating and physical activity. Through fun physical activities and healthy eating opportunities, help families learn how they can eat and play together in a healthy way.

- Plan a picnic that includes fun activities, such as races or contests that families can do together. Form a team and meet with the principal to decide on the best day, time and school location for the event. The picnic could also be held inside, in a location such as the school gym or cafeteria.
- Work with your school dietitian and other nutrition professionals to decide which nutrient-rich foods to have at the picnic. Select several fun physical activities that everyone can do together and organize the events.
- Invite guest speakers who can provide information for families. Some possible guests might be the school nurse, a local celebrity (such as a health news broadcaster) or a local chef.

#### Host a Healthy Tailgate Party

Host a series of tailgate parties throughout the year to highlight the importance of healthy eating and physical activity. Use the "tailgate" theme to build excitement, provide opportunities for taste tests of different healthy snacks and meal choices, and get kids thinking about healthy choices.

- Plan a series of lunch-time tailgate parties that include quick and easy — but healthy — snacks and meal choices. Work with the school dietitian and other nutrition professionals to highlight healthy new options on the school menu. Showcase options that exist but aren't always chosen.
- Form a team and meet with the principal to decide on the best days, times and school location.
- Decorate the area you select with your school's favorite NFL team colors and have students dress in their favorite team jersey/t-shirt.
- Hold taste tests during the parties to get kids to try new, healthy food options that they might not otherwise select and that can be added to the school menu.
- Consider hosting family-friendly tailgate parties before school events, like Back to School Night or a school concert. Take the opportunity to highlight Fuel Up to Play 60 at each event.
- Get volunteers from the PTA or school nutrition staff to help run a grill and serve the foods. Include student volunteers to help with food and organize the activities.
- Plan fun activities, such as relay races or obstacle courses that students and families can do together. Contact local businesses for possible prize donations to give to winning groups.

## Kickoff Pep Rally

Spark your school's interest in the Fuel Up to Play 60 program by planning a pep rally that introduces the program and all its benefits. Encourage students to sign up and take the [Fuel Up to Play 60 Pledge](#).

- Arrange for a special guest you can invite to participate in the pep rally. You might consider local celebrities such as news broadcasters.
- Plan for a sign-up area during the pep rally and encourage students to take the [Fuel Up to Play 60 Pledge](#), improve their own healthy eating and physical activity, and help your school earn rewards!
- Make regular PA announcements to update the whole school on how many students are participating and your school's progress in the Fuel Up to Play 60 program.

## Lunch-Time Launch

Launch your school's participation in Fuel Up to Play 60 by setting up your cafeteria with promotional materials that get everyone interested. Encourage students to sign up and track their own healthy eating and physical activity.

- Work with teachers and the principal to select the best day for your school's launch.
- Prepare promotional materials with friends or enlist help from interested students. Materials might include table tent signs, posters or flyers.
- Prepare a PA announcement about the program to deliver during lunch. Encourage students — and adults — to take the [Fuel Up to Play 60 Pledge](#) and improve their healthy eating and physical activity participation.