



# FUEL GREATNESS IN YOUR SCHOOL!

Focus on healthy eating in your school with Fuel Greatness from February 5 – March 16! Refer to this guide to get involved with healthy eating activities and find out how your school could **win a visit from an NFL player!**\*

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## ABOUT FUEL GREATNESS

Fuel Up to Play 60's "Fuel Greatness" activation runs from February 5 to March 16. Fuel Greatness aims to get everyone focused on healthy eating through the Fuel Up to Play 60 [Playbook](#), and offers fun activities plus great chances to win! Check out the healthy eating activities on the next page of this guide, and don't forget about the great [Tools](#) available as you Fuel Greatness!

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## EDUCATORS

Work with other adults and students at your school to Fuel Greatness – be sure to take the following steps to get the most out of Fuel Greatness in your school:

1. Work with your students to review the Fuel Greatness Activities on the next page.
2. Based on the activities you select, take it further and complete the corresponding Healthy Eating Play in your school! Already done a Healthy Eating Play? The activities are a great way to promote the healthy eating improvements that you have made!
3. [Log in](#) to your Dashboard and mark the "Eat Healthy" Step as complete! When you do, your school will automatically be entered for a **chance to win a visit from an NFL player!**\* (Psst... complete all the Six Steps and become a Touchdown School by April 1, 2018, to receive a Touchdown School banner!\*\*)

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## STUDENTS

Team up with your friends and your teacher to make a difference at your school – plus get Bonus Points and chances to win awesome prizes!\*

1. Check out the list of Fuel Greatness Activities on the next page to get inspired and figure out what works best for your school.
2. Report a Healthy Eating Play on your Dashboard to earn Bonus Points and achieve Ambassador Status (Level Three)!
3. Complete Challenges, Mini-Lessons and other Healthy Eating activities on your Dashboard for a chance to win a Fuel Up to Play 60 Prize Pack!\*\*\*

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## GRAB YOUR CHANCE TO WIN

All schools that have an educator mark the "Eat Healthy" Step of the Six Steps as complete on the school's Dashboard by March 16, 2018, will be automatically entered for a **chance to win a visit from an NFL player!** (If you've already done this Step, great! You're in!) Students have additional chances to win a Fuel Up to Play 60 Prize Pack when they report Healthy Eating Plays and activities on their Dashboards from February 5 – March 16!



\*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 sweepstakes in any way.

\*\*Touchdown School banners are distributed while supplies last. Limit one banner per school.

\*\*\* NO PURCHASE NECESSARY. Many will enter; few will win. See Official Rules for the [Monthly Themed Sweepstakes](#) and the [Rapid Rewards Sweepstakes](#).



# FUEL GREATNESS ACTIVITIES!

Review the activities below with your team to activate Fuel Greatness and make a BIG impact in your school. While you're at it, check out the corresponding Plays from the Playbook to ramp up your healthy eating efforts! Ready? Fuel Greatness!



## Put together a team and work together to reduce food waste!

1. Tackle the [Waste Less Cafeteria Checklist](#) with your team — be sure to get food service employees involved!
2. Meet with your team and review the great [resources](#) related to this Play that cover topics such as [composting at school](#) and [leftovers for livestock](#), then share what you learned!

**Play: [Food: Waste Less and Enjoy! It's Good for All of Us](#)**

## Learn more about your food!

1. Take a virtual field trip and explore 360-degree views of a dairy farm with your class — go “beyond the barn” and learn more about modern dairy farming, cows, communities and where your dairy foods come from with [Discovery Ed](#).
2. Work with your team to learn about all of the different jobs people do to get food from the farm to you. Check out the [Agriculture Workforce Roster](#) — it's a great place to start learning about the different careers in agriculture.

**Play: [Farm to School — Know Your Food](#)**

## Healthy snacks help students stay focused for test-taking.

1. Refer to [MyPlate](#) as a guide to creating your own “test-ready” healthy snack chart that will help your team fuel up for test-taking.
2. Get school staff on board by coordinating with nutrition and cafeteria staff to hold smoothie days or to offer specials on options from your “healthy snack chart” for students on testing days.

**Play: [Snack Smarter Schoolwide](#)**

## In honor of National School Breakfast Week:

1. Pledge to eat breakfast every day (*no excuses!*). Before class, plan to meet up with your team in the cafeteria if your school offers breakfast or work with your team to host breakfast in the classroom.
2. Collaborate with your team on a class presentation about why school breakfast is so important to help students succeed.

**Play: [Breakfast for Everyone — First Meal Matters](#)**

## Make over your cafeteria to put an emphasis on the importance of healthy eating during Heart Month!

1. Create and hang posters that will help your team keep healthy foods top of mind every day.
2. Gather your team together and host a milk toast in your cafeteria! Don't forget to take a selfie of your milk toast and post it to social media using the hashtag #FuelGreatness.

**Play: [It's All About Your Choices — Go Nutritious](#)**

## Milk is one of the most requested, but least donated, items at [food banks](#). Here are some activities you can do to help raise awareness:

1. Work with your team to learn more about [The Great America Milk Drive](#) — a national program with Feeding America to help deliver nutrient-rich milk to children and families who need it most. Share what you learn with your school and community!
2. Hold a rally at your school to raise money and donate to your local Feeding America food bank at [milklife.com/give](#). Check out the Feeding America [website](#) to find a food bank near you.

**Play: [Nourish Your Community](#)**

