



## Funds for Fuel Up to Play 60: Funding Ideas for 2016-2017

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 2016-2017 Playbook (available at [FuelUpToPlay60.com](http://FuelUpToPlay60.com)). The examples below come from the creative ideas of schools like yours — and they work!

These ideas are meant to be a guide and inspire you to come up with your own ideas that will work best in your school. You will want to make sure your application addresses the specific actions you are planning, the size of your school, your school’s needs and more. As you put together your budget, think about the specific items Funds will help you purchase. Remember, Fuel Up to Play 60 monies are meant to fund activities that lead to lasting change within your school environment. Be sure to review Funding Amounts and Limits and Use of Funding sections in the Eligibility and Guidelines.

**Funds for Fuel Up to Play 60 are competitive and based on the quality of your application.** You may want to review the information found under the “Funding” area in the top navigation bar on [FuelUpToPlay60.com](http://FuelUpToPlay60.com). You will find tools there that will help you decide what your school will work on and how much funding you might need: Eligibility and Guidelines, a Sample Application, the School Wellness Investigation and a link to Success Stories showing how other schools have utilized Funds.

### Funding Ideas for Healthy Eating Plays

#### **Breakfast – Anytime, Anywhere**

The morning is the perfect time to fuel up for success and start the day right. Work with your school’s dietitian to adopt a healthy breakfast program like Breakfast in the Classroom, Breakfast after First Period, or Grab and Go. Create a system for increasing breakfast participation by delivering reimbursable meals to classrooms for student consumption before or during class.

Some ideas for how to use Funds include:

- Cafeteria equipment for preparation of food
  - Smoothie machine or blender
  - Yogurt pumps
  - Food prep equipment



- 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
- Promotional items (capped at \$250)
  - Posters
  - Banners
  - Flyers
- Nutrient-rich foods for taste tasting to help students select foods to add to the school menu (suggested budget of \$0.60 per student); consider oatmeal or yogurt toppings

### **Farm to School**

Fresh, local foods can be a great source for healthy eating. Team up with the people in your school and community to learn more about the benefits of eating fresh dairy and farm-raised foods from your area. By exploring how farmers take care of the land and grow the food you eat, you will learn a lot about making healthy eating choices and can raise awareness about the great work that's probably being done right in your school's backyard.

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
- 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
- Nutrition education materials, such as farming-focused DVDs
- Locally sourced nutrient-rich foods for taste testing (suggested budget of \$0.60 per student)
- Transportation for students to visit a local farm

### **Fuel Up Your Community**

Having access to nutrient-rich foods isn't only important for students. Having the knowledge and resources to make healthy eating choices is vital to everyone in your community! To help achieve that goal, start a learning program in your school or district. You could work with a local food bank to begin a school donation pantry. Make sure all families have access to nutritious school breakfast and weekend meals, and build awareness about summertime meal programs in your area.

Some ideas for how to use Funds include:

- Equipment for cold storage of milk or other perishable items
  - Milk coolers or insulated bags for keeping milk cold at remote summer meals sites
- 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
- Environmental improvements
  - Permanent signs or menu sign holders promoting hunger resources and the summer meals program
- Promotional items, such as supplies and copying costs for informational flyers to send home to families about the backpack program and summer meals



### **Highlight Healthful Foods – Everywhere in School**

Help the members of your school and community feel the excitement by giving your cafeteria and other places food is served a makeover. The goal is to give students access to healthy foods 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 healthy 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 healthy options served or creative “Foods of the Week” to encourage students to try them

### **Snack Smarter in School**

Build a team of “Snack Smart Student Investigators” to identify nutritious snack and “a la carte” foods that should be offered in your school. This should include all the foods sold in school stores and vending machines, and at school-sponsored events and fundraisers. Students and adults must work together to make sure the most nutritious offerings possible are available at school.

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/carts
- Equipment for cold storage of milk or other perishable items
  - Refrigerated or glass-front cooler for healthy snacks
  - Portable cooler barrels
- Environmental improvements
  - Permanent signs or menu sign holders promoting healthy 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

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

Your entire community should be up and active! Partner with local community groups and organizations to offer physical activity opportunities outside regular school hours. Make your school a great, safe place for everyone to exercise.

Some ideas for how to use Funds include:

- Environmental improvements
  - Signs and cones to mark off different activity areas
  - Fuel Up to Play 60 playground stencils and/or stencils to recognize community partners
  - Bike rack and other equipment to encourage families to bike to school
  - Items to create a walking trail
  - Trash cans
  - Renovation costs to refurbish an area such as a soccer, softball or baseball field or playground
- Small fitness equipment
  - Sports equipment to support chosen activity
  - Sports balls



### **In-Class Physical Activity Breaks**

Take a break to sharpen students' minds! All students can get active by adding short physical activity breaks during class every day.

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
  - Indoor/rainy day recess boxes
- Classroom activity books or software packs for smart boards
- Activity CDs or DVDs

### **Marathon Kids**

Challenge students with a simple goal: walk, jog or run the equivalent of four marathons (104.8 miles) in a single school year. Get moving every day with Marathon Kids while you set goals and create team spirit!

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
- Marathon Kids
  - Budget \$20 per student for registration in Marathon Kids. Registration includes an exclusive Nike T-shirt (26.2 miles), custom Nike shoelaces (52.4 miles), custom Nike shoe



tags (78.6 miles) and a Marathon Kids exclusive Nike 104.8 finisher bracelet. Schools interested in learning more about participant rewards should visit [MarathonKids.org](http://MarathonKids.org)

### **Ramp Up for Recess**

Make the playground a great place for recess! Work with your Fuel Up to Play 60 team to see what students like about recess time — and what could make it even better.

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

### **You Can Do It – We All Can**

Work with your student team to address barriers to physical activity — ALL barriers, whether they are physical, intellectual, emotional, psychological, financial, safe places to play or something else — and find ways to break those barriers down. Help all students be included and feel motivated to participate.

Some ideas for how to use Funds include:

- Environmental improvements
  - Art supplies for motivational posters
  - Renovation costs to refurbish an area such as a soccer, softball or baseball field or playground



- Small fitness equipment
  - Jump ropes
  - Sports balls
  - Nets and/or goals
  - Flag football kits/footballs
  - Equipment carriers
  - Sensorimotor equipment
- Large fitness equipment
  - Playground equipment: consider specialized equipment such as adaptive swings
  - Recess carts/equipment carriers or racks
- Active recess idea books/resources