How Will You Help Your Students Fuel Their Good and milk it! FORWARD?

Good For the Community
Milk is one of the most requested, yet least donated items at food banks—join forces to help supply milk to kids and families who need it most in your community. Plan a fundraiser to raise money that will go to your local food bank or other shelters in your community. Here are some ideas to get you started. Also, check out the Fight Hunger—Nourish Your Community Play for more ways you and your students can make a difference.

Deadline: April 22, 2020

Good For You
Help your students feel better and learn better by starting their day with breakfast and milk. Studies have shown that skipping breakfast and experiencing hunger impair a child’s ability to learn. Start by picking a program. Will you try Breakfast in the Classroom, Grab-and-Go Breakfast or Breakfast after First Period? Each Play is different and fun, and can help increase breakfast participation, consumption and ultimately, learning!

Good For the Planet
Most people don’t realize how much food they throw away every day—from uneaten leftovers to spoiled produce—leading to overcrowded landfills. By reducing our waste, we can help save money, provide for those who do not have enough to eat, and conserve resources. Want to make a positive difference in the lives of people, animals and the environment for future generations? Take a look at the Food: Waste Less and Enjoy—It’s Good for All of Us! Play for ideas.

Report a Healthy Eating Play under the Eat Healthy Step and be entered for a chance to win an NFL FLAG-In-Schools kit or a Milk It Forward kit!

*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. ©2020 National Dairy Council®. Fuel Up is a service mark of National Dairy Council.