

Score Big with Dairy!

Milk, cheese and yogurt pack a powerful punch, providing nine essential nutrients, making dairy foods an important part of a healthy diet. Getting at least three servings of dairy each day is a deliciously easy way to help build and maintain strong, healthy bones, muscles and teeth!

Milk:

Flavored milks, such as chocolate and strawberry, contain the same nutritional benefits as white milk and are a great choice for children who might not otherwise drink milk.

Cheese

Wisconsin cheese is the perfect way to power up with protein. It's a great on-the-go snack for all ages—combine it with fruits, veggies, whole grains, nuts or lean meats for a balanced snack.

Yogurt:

Parfaits are the coolest dairy treats going! Mix toppings such as whole grains cereals, fruits, and nuts with low-fat yogurt and layer to score a nutritious touchdown!



www.FuelUpToPlay60.com



A PROGRAM OF



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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**Eat Healthy. Get Active.
Make a Difference.**



Jordy Nelson, #87
Wide Receiver
Green Bay Packers

Get started today.
www.FuelUpToPlay60.com



Teaching students healthy habits is important for growth and development and to help maintain a healthy weight.

Kick It Off For Fuel Up To Play 60!

1. Designate a Program Advisor for your school at www.FuelUpToPlay60.com
2. Form a student team and be sure each member takes the pledge at www.FuelUpToPlay60.com
3. Fill out the school wellness investigation at www.FuelUpToPlay60.com

It's game time! Take action at your school by participating in Challenges and implementing Plays.

Student Challenges

Upload a 60-second video or photo story to www.FuelUpToPlay60.com. Students have a chance to win awesome prizes such as Green Bay Packers tickets.

- Fuel Up to Play 60 Back to School, Back to Football Challenge
Deadline: October 10th, 2011
- Cooking Show Challenge
Deadline: January 2nd, 2012
- Physical Activity Skit Challenge
Deadline: March 26th, 2012

www.FuelUpToPlay60.com



Fuel Up to Play 60 focuses on the consumption of nutrient-rich foods such as low-fat and fat-free dairy, fruits, vegetables and whole grains while encouraging at least 60 minutes of active play daily.



Follow the Playbook

Healthy Eating, Physical Activity and Kick Off Plays to guide the school team are easy to find online. Log onto www.FuelUpToPlay60.com to find Plays and ideas to implement at your school.

School Funding

Wisconsin schools have a chance to receive up to \$1,000. Score a Fuel Up To Play 60 grant by completing an online application at www.FuelUpToPlay60.com.

Application deadlines are:

- October 1, 2011
- February 1, 2012
- December 1, 2011
- June 1, 2012

If you have questions or would like help getting started, contact Wisconsin Dairy Council at: wdc@wmmb.org or 1-800-373-9662, ext. 214.

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