



# PLAYBOOK

## PLAY GOALS AND DESCRIPTIONS

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### Highlight Healthy Foods — Go Nutritious!

Get students excited about school meals and snacks and help them to make the best choices! In this Play, Program Advisors, school nutrition professionals and students work together to make the school cafeteria and snack areas friendly, cheerful environments that encourage healthy choices.



### Fight Hunger — Nourish Your Community

Having access to nutrient-rich foods is important for students and for the entire community. This Play outlines four ways to reduce food insecurity in the school community. Teams select one of the options and implement it with an eye toward service learning. School meals, backpack programs and sharing tables — along with community resources like food banks and summer meal programs — can help!



### Food: Waste Less and Enjoy! It's Good for All of Us

Learning how to waste less by adopting the “reduce, recover, recycle” approach toward lessening food waste can promote health and well-being while making a difference in your community. Teams create awareness campaigns to reduce waste – and increase consumption – of nutritious foods like milk.



### Farm to School — Know Your Foods

There are two parts to this Play: education and implementation. Student teams learn more about where their food comes from, including milk and dairy foods, and work with school nutrition professionals to get local foods on the menu. Educators work with students to organize field trips and taste tests.



### Breakfast for Everyone — First Meal Matters

The morning is the perfect time to fuel up for success and start the day off right. Work with your school's nutrition manager to adopt one or more of the breakfast programs found in this Play. Get all students eating a nutritious breakfast to begin the day on a positive note!



### NFL FLAG-in-Schools — Get in the Game!

Program Advisors help their student teams to work with their school's administration to start an official NFL FLAG football league, encourage their PE department to include FLAG football in classes and set up after-school activities or clubs to help all students get in the game!



### All in, All Abilities — Activate Your School!

This Play is about looking at what barriers keep students from getting enough physical activity and finding ways to break those barriers down to make physical activity fun and doable for everyone. A kickoff event encourages students to try new activities that might be harder - but more fun - than they thought!



### In-Class Physical Activity Breaks — Good for Mind and Body

Take a break to sharpen students' minds! Teachers help students work with the administration to include short physical activity breaks in each class period so all students benefit from physical activity each day. Whether you choose stretching, strength work, workout videos or dance breaks, this Play will get everyone motivated to move more all day.



### Walk This Way! Start a Walking Club

Start a walking club to get students, teachers, administrators and community members to make walking part of their day — every day! Program Advisors help members set and reach goals, work with parents to create a "walking school bus" and help all participants feel like they are a part of something special.



### Recess Refresh — It's Not So Elementary

Make your playground or other physical activity areas recess-ready! This Play is designed to improve the physical activity environments and activities at school, no matter the age of students. Teams assess the school's current physical activity environments and then design and implement improvements. You'll use paint, equipment and volunteer effort to spruce up all the areas where students are active.