Investing In Student Leaders, Healthier Schools And Stronger Communities.





Student Leadership

Fuel Up to Play 60 gives students the opportunity to strengthen their teamwork, project planning, and public speaking skills. Our Student Ambassador Program empowers student leaders to champion healthy eating and physical activity improvements in their schools by motivating and informing their peers. These experiences connect students to their communities by teaching them about local foods and encouraging lifelong healthy habits.



"Thanks to Fuel Up to Play 60, I use my voice to make our school a healthier place."

– Kaden, MA Student Ambassador





"(The) three main components of what I think is the best part about FUTP60: number one student leadership, number two nutrition, and number three physical activity."

– Joe Pearce, Program Advisor, Physical Education & Health Teacher



New England Dairy & Food **Council** (NEDFC) is a non-profit 501c3 nutrition education organization supported by the dairy farmers of New England. For almost 100 years, NEDFC has built a legacy of supporting **healthy** kids and student academic success through science-based nutrition education resources and wellness programs.





Our mission is to **build healthier** schools and communities throughout New England by supporting student-led wellness initiatives that **promote healthy** eating and physical activity.

75% of New England students are eating healthier and are more **physically active** through the program

What We Do

Our primary youth wellness initiative, Fuel Up to Play 60, is a comprehensive program schools can use to make sustainable healthy changes to their wellness environment. We partner locally with the New England Patriots to ensure that students in more than 3,600 schools across New England have access to the healthy foods they need to succeed in the classroom and beyond.

Our staff of registered dietitians work in Connecticut, Massachusetts, New Hampshire, Rhode Island, and Vermont to equip schools with the resources needed to:

- Increase student participation in healthy school meals
- Encourage 60 minutes of physical activity each day
- Empower students to become leaders of positive change in their schools and communities

How We Do It

- ➡ Improve the appeal and quality of school meals by providing resources such as:
 - Carts and kiosks to make breakfast more accessible outside the cafeteria
 - Coolers and kitchen equipment
 - Farm to School resources

- Promote physical activity with:
 - In-class physical activity breaks
 - Indoor and outdoor low-cost makeovers
- Support after school and summer meals, which provide:
 - Healthy meals to students in need
 - Educational and physical activity programs

Why it's Important



Fuel Up to Play 60's adaptability helps schools implement the program





1 in 6 children may not have consistent access to enough food for an active, healthy life. 1



Studies show that proper nutrition improves a child's behavior, school performance, and overall cognitive development.²

and meet their wellness policy goals.³





62% of participating schools report students taking on leadership roles



Get Involved

617-734-6750 development@newenglanddairy.com www.newenglanddairycouncil.org @NewEnglandDairy



¹ Gundersen, Craig, et al. Map the Meal Gap 2018. Report. Feeding America. 2018. https://www.feedingamerica.org/sites/default/files/research/map-the-meal-gap/2016/2016-map-the -meal-gap-all-modules.pdf.

² Facts National School Lunch Program. Report. Food Research & Action Center. November 2016. http://frac.org/wp-content/uploads/cnnslp.pdf.

³ Beck J, et al. (2015). Implications of Facilitators and Barriers to Implementing Fuel Up to Play 60. Health Behavior & Policy Review, 2(5), 388-400. DOI: https://doi.org/10.14485/HBPR.2.5.7. Available at http://www.ingentaconnect.com/

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