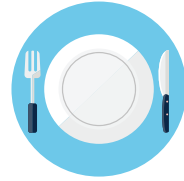




Resources for Home Use

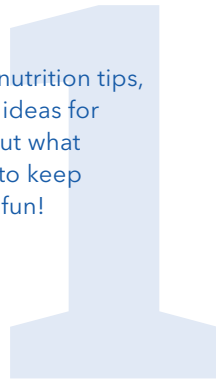
Healthy Eating



Fuel Up to Play 60 Resources

Monthly Fun Facts

This series of handouts includes nutrition tips, recipes you can try at home, and ideas for physical activity. Don't worry about what month it is –use this information to keep your family engaged and having fun!



[CLICK HERE](#)

Meal Planning: Information for Parents

Planning healthy meals should be easy. Work with your kids and follow these tips to have fun while you're home!



[CLICK HERE](#)

Mix & Match Breakfast Ideas

This resource includes ideas for quick and easy breakfasts that can be served at home or taken on the go as you hit the park together!



[CLICK HERE](#)

Healthy Food Choices

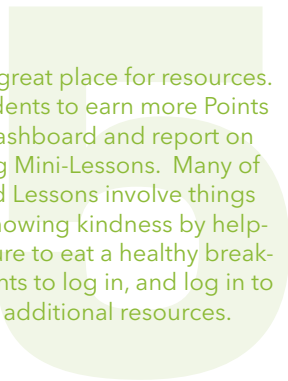
It's important for children to adopt a healthy lifestyle starting at a young age. This is an opportunity for you to play an essential role in helping shape your children's eating habits. Try these simple tips to help your children eat well and learn to enjoy nutritious foods.



[CLICK HERE](#)

Online Dashboard

The online Dashboard is a great place for resources. Now is a great time for students to earn more Points when they log in to their Dashboard and report on Challenges and completing Mini-Lessons. Many of the student Challenges and Lessons involve things they can do at home like showing kindness by helping a sibling and making sure to eat a healthy breakfast. Encourage your students to log in, and log in to your Dashboard as well for additional resources.



[CLICK HERE](#)

Student Zone App

The Student Zone app makes it easy for students to keep up with everything happening with Fuel Up to Play 60 and provides a ton of activities they can do at home. With a simple tap on your mobile device – you or your child can easily access FUTP 60 updates and reminders, view and interact with social content and stay up-to-date on the latest activities and opportunities.



[CLICK HERE](#)

Healthy Eating



More from Our Partners

Find Out Where Your Food Comes From

Join Discovery Education and take your kids to a dairy farm – virtually! Find out where the nutritious and delicious foods they love to drink and eat like milk, cheese and yogurt come from. Additional activities, lesson plans and an interactive map help you explore dairy across the country!

[CLICK HERE](#)

10 Tips: MyPlate Snack Tips for Parents

This list of tips from USDA's MyPlate gives suggestions for great snacks, ways to swap ingredients for healthier choices, and more.

[CLICK HERE](#)

10 Tips: Be a Healthy Role Model for Children

You are the most important influence on your child, and you can do many things to help him or her develop healthy eating habits for life. Cook together, eat together, talk together, and make mealtime a family time!

[CLICK HERE](#)

MyPlate Kids' Place

From the USDA, this site includes games, activity sheets, videos, songs and recipes geared toward helping students build a better plate.

[CLICK HERE](#)

MyPlate for Teens

Young people experience many changes during their tween and teen years. Building healthy food and physical activity habits will help them now and as they enter adulthood. These USDA resources, tips and ideas can help them take charge and learn to make their own choices.

[CLICK HERE](#)

Breakfast Recipes

Get the family together to make a nutritious breakfast using these recipe ideas from the National Dairy Council.

[CLICK HERE](#)



Resources for Home Use

Physical Activity



Fuel Up to Play 60 Resources

Parents' Guide to an Active Family Lifestyle

Use this guide to get active with your kids while they're home! Parents and caregivers can play a key role in keeping children healthy and active. Try these simple tips to keep your family moving.

[CLICK HERE](#)

Farm Food Field Fun! Games: Builder Toolkit

The Farm Food Field Fun! Games: Builder Toolkit is designed for school-wide use, but you can use it as a family, too. The guide includes instructions for building various games and challenges, such as trivia questions on the topic of healthy eating, that can make your time at home a blast!

[CLICK HERE](#)

Video 101: How to Make a Great Video

A video can be a great way to inform others about the value of healthy eating and physical activity. Use these tips to help you make a video your kids can share when they get back to school!

[CLICK HERE](#)

Fuel Up to Play 60 Training Camp Videos

These videos can help your family learn football skills at the park or in the backyard. Check them out to learn how to catch, throw and master other football techniques.

[CLICK HERE](#)

More from Our Partners

10 Tips: Be an Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2.5 hours a week of physical activity and children need 60 minutes a day. Follow these tips from USDA's ChooseMyPlate to add more activity to your family's busy schedule.

[CLICK HERE](#)

Society for Health and Physical Education: Teacher's Toolbox

This comprehensive resource provides information and guidance for educators and coaches, but it can easily be adapted for home use. There are interesting and fun activities, health education, and more. Activity calendars are also included.

[CLICK HERE](#)