



Eat Healthy. Be Active.

Teaching kids how to “fuel up” with nutrient-rich foods and be active for at least 60 minutes each day helps them develop healthy habits that will last a lifetime. Read the examples below about how Fuel Up to Play 60 is making a healthy difference in the lives of Rhode Island students today.

Tiverton Middle School, Tiverton, RI-

Program advisor and health teacher Jeff Heath at Tiverton Middle School made learning about nutrition fun with an experiment about the benefits of fat-free dairy. Students placed five teeth into separate cups, each holding a different beverage including soda, an energy drink, sports drink and milk. Over a few weeks, the students observed that every tooth except the tooth in the milk continually decayed teaching them about the importance of good nutrition for healthy bones.

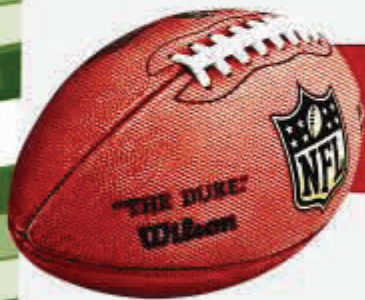
Sherman School, Warwick, RI –

Program advisor and school nurse, Donna Rainone, started an after-school yoga program. The yoga instruction is led by one of the student’s parents and yoga mats are provided for the group. The students learned how yoga can be used to get their 60 minutes of physical activity in every day, and to increase their strength and flexibility every week.



Sarah Barnes School, Johnston, RI—

Program advisor and food service director, Jessica Patroliia, introduced new nutritious menu offerings, such as nutrient-rich “Power Mac & Cheese” with fresh butternut squash, “Vegetarian Chili “ and “Vegetarian Nachos” packed with iron-rich beans , fresh corn, tomatoes, squash and low-fat cheese during their Fuel Up To Play 60 Wellness Week. These low-fat, nutrient-rich lunch entrees were an immediate hit and continue to remain on the menu for the 2011-2012 school year.



Visit NewEnglandDairyCouncil.org or FuelUpToPlay60.com

Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council and National Football League, in collaboration with United States Department of Agriculture. The program encourages youth to consume nutrient-rich foods (low-fat and fat-free dairy foods, fruit, vegetables and whole grains) and achieve at least 60 minutes of physical activity

A PROGRAM OF



NATIONAL DAIRY COUNCIL

THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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