



# Playbook Titles & Summaries

## Healthy Eating Plays

### **Breakfast for Everyone — First Meal Matters**

In this Play, Program Advisors will work with student teams to choose and implement one of three different types of alternative breakfast programs that can help increase breakfast participation at school. The dairy-focused Quickstart Guide provides teams with tips for working with their School Nutrition staff to offer grab-and-go smoothies that can count as reimbursable meals.

### **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 then work to get those foods on the school menu. Program Advisors can also work with students to organize field trips to local farms, invite farmers to their school and host taste tests.

### **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 will select one of the options and implement it with an eye toward service learning. The Play includes implementing The Great American Milk Drive or the #10 Gallon Challenge.

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

For this Play, Program Advisors help students identify what might lead to food waste at school and implement strategies to reduce, recover and recycle food that might otherwise go to waste. In the dairy-focused Quickstart Guide, Program Advisors guide students in creating an awareness campaign specifically to showcase milk/dairy as a nutrition powerhouse and to demonstrate how dairy farmers protect the land by putting food waste back into the environment as food or compost.

### **Highlight Healthy Foods — Go Nutritious!**

In this Play, Program Advisors, School Nutrition Professionals and students work together on ways to make the school cafeteria and alternative dining areas more inviting and fun — and find ways to get students to choose nutritious options. Program Advisors help students identify an area of the healthy eating environment to implement an improvement plan (with short- and long-term goals) and then work to find ways to keep making continuous improvements.

## Physical Activity Plays

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

Educators and students work as a team to identify barriers to students being physically active and then implement strategies in their school to overcome these barriers and get everyone of all abilities active. A kickoff event encourages everyone to try new activities that might be harder than they thought.

### In-Class Physical Activity Breaks

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. The Play highlights the new NFL Play 60 App and also integrates the CDC's new [Integrate Physical Activity in Schools: A Guide for Putting Strategies into Practice](#) (November 2018), which has great information and a planning template to help teachers think about how best to integrate physical activity with their teaching.

### 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! School adults and students work together to recruit players and coaches and attend to the logistics of setting up practice space and times.

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

This Play is designed to improve the physical activity environments and activities at school, no matter the age of the students. Teams assess the school's current physical activity environments and then design and implement improvements. They also work with the administration to get more students active before, during and after school.

### Walk This Way — Start a Walking Club

Starting a walking club is encouraged to get students, teachers, administrators and the community 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. There are three main steps to this Play: identify club meeting times and routes, set goals and grow the club membership.