

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 and Health Teacher



Get Involved

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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/cnslp.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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Investing In Student Leaders, Healthier Schools And Stronger Communities.





Who We Are

What We Do

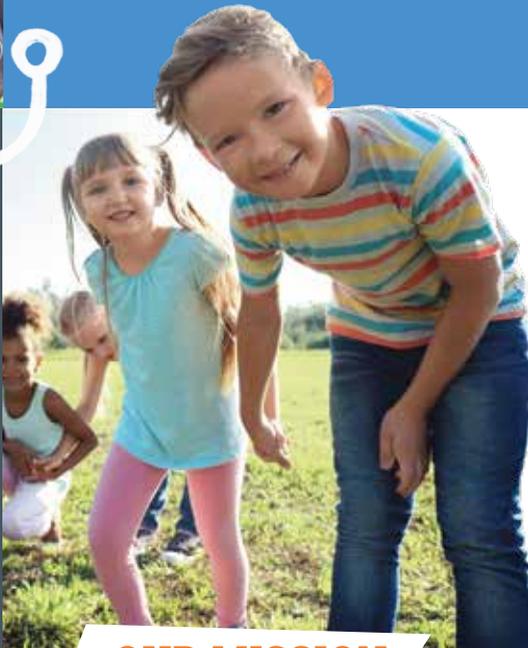
Our primary youth wellness initiative, **Fuel Up to Play 60**, is a comprehensive program schools can use to make sustainable **healthy changes** to their wellness environment. We partner locally with the **New England Patriots** to ensure that students in more than 3,600 schools across New England have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

Why it's Important

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

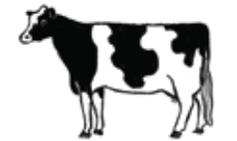
ABOUT US

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 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



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

OUR MISSION

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**.

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

Fuel Up to Play 60's adaptability helps schools implement the program and meet their wellness policy goals. ³

62% of participating schools report students taking on **leadership roles**



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

