



WASHINGTON'S LOCAL PLAYBOOK

Use these healthy eating ideas to complete Step 4 and increase your chances of winning prizes for your school!

BREAKFAST FOR EVERYONE

75% of teachers report their students regularly come to school without having eaten.

Everyone Eats Breakfast

Work with your school nutrition director to run Washington State Dairy Council's Breakfast program to encourage students to try healthy breakfast at school.

Breakfast Taste Test

Organize taste tests at your school. Allow students to vote on their favorites. Involve your student team and your school nutrition manager and choose healthy foods to try.

Breakfast Assessment

Use Washington State Dairy Council materials to find out how many students fuel up with breakfast, and share the value of eating breakfast every day.

SNACK SMARTER SCHOOLWIDE

Not a Washington State Local Play

FOOD: WASTE LESS AND ENJOY

Not a Washington State Local Play

IT'S ALL ABOUT YOUR CHOICES

Go nutritious! Get students excited about school meals and snacks!

Teach It

Use and encourage the use of Fuel Up To Play 60 unit curriculum in health and P.E. classes at your school.

Smart Advertising

Work with your school's nutrition manager to help promote school breakfast and lunch. Create new materials, posters, commercials, etc. and order free educational materials from eatsmart.org to assist.

NOURISH YOUR COMMUNITY

Promote Summer Meals

Determine if there are any summer meal sites in your neighborhood. Then, in the spring, get the word out about free meals during the summer. Ask Washington Dairy Council for banners to decorate the meal site, and consider planning activities during the summer at your local site.

FARM TO SCHOOL: KNOW YOUR FOOD

What does it really take to get the food you eat to your plate?

Celebrate Taste WA Day

Ask how you can help your school nutrition manager celebrate the local foods being served in your school.

Be Incr-Edible

Show your students Washington's amazing local foods with a teacher guide, worksheets, bookmarks and posters from eatsmart.org's Incr-Edible series.

Dairy Farm to School

Share eatsmart.org's Dairy Farm to School tools and resources with a 3rd, 4th or 5th grade teacher. Your student team can help raise awareness of where food comes from by posting signs and posters around school too. Try the National Farm to School Network and USDA's Farm to School Planning Toolkit for even more ideas.

Invite a Dairy Ambassador

A Dairy Ambassador can visit your school, classroom or cafeteria to share firsthand about dairy farming with students and teachers alike.

Choose a Play at
FuelUpToPlay60.com

