


USING YOUR TOOLS

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SIT TO LEARN, DON'T MOVE!



FUEL UP TO PLAY 60



FUTP WEBSITE



PITTSBURGH KIDS!



Grab some friends and family to try the new “Host a Healthy Tailgate Party” Promotion Play!

[Visit the Playbook ▶](#)

Fuel Up to Play 60



- Student Team
- Conduct a School Wellness Investigation
- Kick-off Event
- Select Healthy Eating & Physical Activity Programs
- School Wellness Investigation

Fuel Up to Play 60

Fuel Up to Play Youth

- Engages/empowers youth to action for self and peer health
- Empowers youth to implement long-term, positive changes in th



Fuel Up to Play 60

Nutrition Goal



- Increase access to and consumption of foods that kids need to increase in their diets



Fuel Up to Play 60

Physical Activity Goal



**Be physically active for 60 minutes a day,
every day – before, during and after school**

Call To Action

- **In 500 schools in Maine already**
- **Build awareness of FUTP 60**
 - Share information on program with members, local schools, patients/clients
- **Become a champion for FUTP 60**
 - Encourage local schools to participate
 - Offer support to local schools already signed up
 - Join School Wellness Committees

Kids Eat Right – The First Joint Initiative from ADA and ADAF

- Member-driven campaign
- Purpose: re-frame childhood obesity prevention to add quality nutrition
- Aims to:
 - Ensure quality nutrition and healthy weight for all youth
 - Elevate the role of ADA members in advocating for children's health
 - Mobilize its 71,000 members toward a quality nutrition approach



Welcome to KidsEatRight.org

your source for scientifically-based health and nutrition information you can trust to help your child grow healthy. As a parent or caretaker you need reliable resources and you can find them here, backed by the expertise of nutrition professionals.



shop smart

To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.



cook healthy

Involve your child in the cutting, mixing and preparation of all meals. Even a snack can be healthy.



eat right

Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another.

Join our online communities



★★★★★
reviews (3)

article of the week

Your Pre-Teen's Weight

Parents may become concerned by a child's weight increase, but remember a major growth spurt often occurs during the pre-teen (middle school) years and kids will often become heavier before...

[more »](#)

[more articles](#)



★★★★★
reviews (3)

hot tip

What Do You Know?

Do you buy into food myths? Here are three true-or-false questions to test your thinking. [more »](#)

[more tips](#)



recipe of the week

Rainbow Swirley Smoothie

This smoothie is easy, refreshing and vitamin-packed. Blend it up for breakfast or share it with friends for a high-energy after-school snack. [more »](#)

[more recipes](#)

featured video



★★★★★
reviews (4)

Cauliflower Popcorn

Try this popcorn treat for your next family movie night. It has crunchy goodness without the added fat or calories you find at the local cinema. [more »](#)

[more videos](#)

Public Website

www.kidseatright.org

How can I get involved?

- Become a campaign volunteer and bring attention to the issue

- To join the movement, visit...

www.kidseatright.org/volunteer

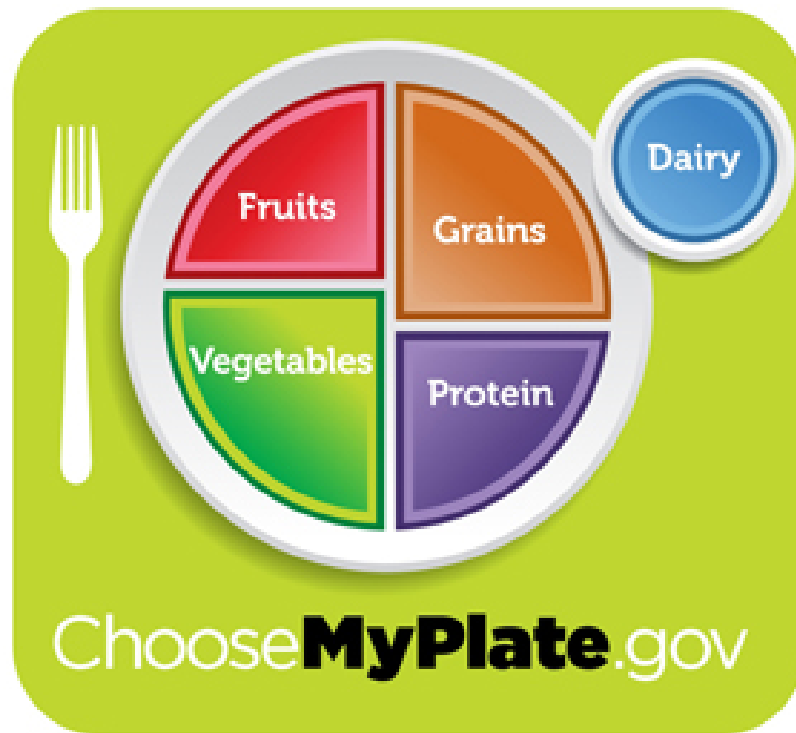
- Find useful tools, communications materials and resources
- Build an action plan that fits you
- Record your activities and share ideas
- CEU course for campaign volunteers:
Prevention Strategies for Childhood Obesity



How can RDS help?

- **Sign up to be a Kids Eat Right campaign volunteer**
- **Recruit local school district to apply**
- **Review Menus and Nutrition Fact Labels**
- **Provide Nutrition Education Opportunities**
- **Communicate to parents and the community**

PIZZA AS A VEGETABLE?



MyPlate Top 10

- Balance calories
- Enjoy your food but eat less
- Right size , don't oversize portions
- Eat certain foods more
- Make half your plate fruits and veggies
- Switch to fat-free or low-fat milk
- Make half your grains whole
- Eat certain foods less
- Compare sodium in foods
- Drink water instead of sugary drinks

ISN'T ORGANIC BETTER?



Defining Nutrient-Rich Foods



Whole, fortified
and fiber-rich
grain foods



Vibrantly colored
vegetables and
potatoes



Brightly colored
fruits and 100%
fruit juice



Low-fat and fat-free
milk, cheese and
yogurt



Lean meats, skinless
poultry, fish, eggs,
beans and nuts

IMPLEMENTATION

- **Think Nutrient Rich at home and at grocery store**
- **NUTRIENT RICH CHECKLIST**
 - ✓ **What takes up the most room in the cart/refrigerator/cupboard**
 - ✓ **Is the cart/refrigerator colorful?**
 - ✓ **Are the dairy foods low in fat**
 - ✓ **IS the meat lean**
 - ✓ **Are the grain choices WHOLE and high fiber?**

NUTRIENT RICH MEALS

- Bundling: baked potato, chopped tomatoes, kidney beans, low-fat plain yogurt
- Rice Bowl: Brown rice, salad, pineapple, chopped chicken, almonds, dressing
- Scrambled egg burritos: eggs, salsa, tortilla, frozen vegetables, shredded cheese

EATING WELL IS \$\$\$\$\$



HOW TO SAVE \$

- LEARN AND PLAN
 - Shop for a week at a time
 - Know what you already have
 - Watch for sales/specials
 - Grow vegetables or join a co-op
 - Use coupons

HOW TO SAVE \$

- In your kitchen
 - Learn how to cook
 - Use a slow-cooker or Crock pot
 - Make your own soups/chili
 - Learn how to cut up a chicken
 - Put more plant based foods on the plate
 - Make lunches and bring to work
 - Use non fat dry milk powder in recipes that call for milk

HOW TO SAVE \$ AT THE STORE

- Shop with a list
- Shop alone
- Buy fresh produce-in season
- Buy frozen vegetables
- Buy store brands
- Buy beans, pasta, in bulk if your store carries items sold that way

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LOWER COST FOOD SWAPS

- Use pulled or diced chicken (freezer section) for fajitas, stir-fries, soups
- Mock crab for crab cakes, crab salad
- Broccoli/cauliflower florets for salads, use stem in soups
- Black bean rice mix and add canned diced tomatoes, and diced cooked chicken
- Buy spices in bulk instead of jars/cans

LOWER COST FOOD SWAPS

- Buy quart yogurt and add your own flavorings
- Buy store brands of cereals
- Buy cheese in large block, slice in 8 oz portions and freeze
- Shred cheese to make it last longer
- Buy canned tomatoes, beans, corn

DINING OUT TIPS

- Split items
- Share desserts
- Try for early bird specials
- Watch the alcohol out- it is very pricey

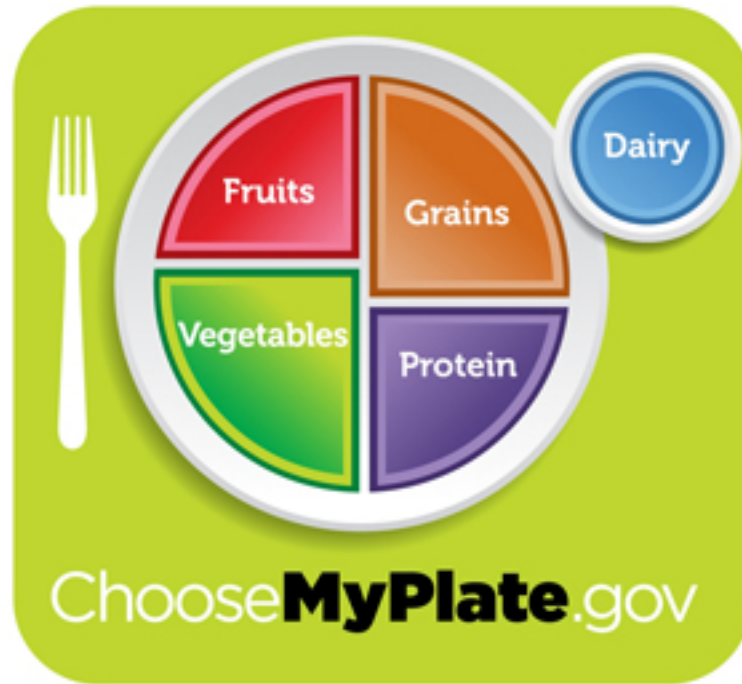
SNACKS

- Make your own rather than buying 100 calorie snack packs
- Use snack size bags or small plastic containers that you can re-use

FLAVORED MILK IN SCHOOLS?

A decorative graphic on the left side of the slide consists of a light green square at the top left, a white rounded rectangle below it, and a dark blue horizontal bar extending across the width of the slide below the white rectangle.

BEVERAGES



HISTORY

- 1900'S School Lunch Committee of the Home and School League in Philadelphia showed a serving of milk or cocoa offered every day

CHOCOLATE MILK

- Taste
- Nine essential nutrients
 - Calcium, potassium, phosphorus, protein, Vitamins A,D,B12, riboflavin, niacin
- Helps kids to get 3-a-day
- Better Diet quality
- Top choice in schools

If there was no chocolate milk?

- Without flavor options milk consumption drops- up to 35%
- Milk consumption in those schools who eliminated flavored milk stayed low
- 3-4 items to replace what provides
- More fat and calories
- Increased cost

CHOCOLATE MILK AND SPORTS

- Recovery beverage
 - Fluid
 - Carbohydrate
 - Protein
 - Sodium/Potassium
 - Inexpensive
 - TASTE

BOTTOM LINE

- If we resist- our community will not eat well
- If we persist- we can help people to eat well and stay well
- If we insist- we create families that
 - eat well
 - stay well
 - play well
 - live well

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