



Ideas for Using Funds for Fuel Up to Play 60

Here are some ways schools have used Funds for Fuel Up to Play 60 (FUTP60). Use this list as a starting point, and build onto it to support your school's needs. Use your creativity, but check out the funding guidelines at www.futp60.com for terms and restrictions that might limit how you may spend the funds. The categories are divided into sections according to how you will fill out your budget on the funding application.

Healthy Eating

Tip: Make sure your school nutrition staff is on the team, so all your food service related expenses will be cleared with the district office.

- FUTP 60 Kiosk or cart for breakfast
- POS Equipment
- Food Service serving equipment
- Menu boards/ TV monitor
- Milk recycling bins and signage
- Paint for murals or posters
- Bulletin or white board
- Class set of aprons for cafeteria tours
 - Making bread or other breakfast items during cafeteria tour
- Healthy eating and physical activity assemblies (up to \$500) - Must have pre and post programming and education to supplement assembly
- Cafeteria decorations to promote breakfast and/or to promote school meals
- Carts for transporting insulated bags with food
- Bins for breakfast in the classroom
- Milk cooler barrels
- Containers for food drives
- Smoothie machines or blender
 - Blender Bikes: www.rockthebike.com that would include:
 - Dairy based smoothie tastings
 - Commit to having it at X amount of breakfast events for breakfast promotion
 - Commit to having it at no less than one parent/ family event
 - Can be split between Healthy Eating & Physical Activity budget
- Insulated cooler bags
- Breakfast bar equipment
- Tabletop or cafeteria line signage promoting healthy choices
- Tables, chairs, patio seating for making space for additional students to participate in school meals
- Portion-sized food models
- Nutrition and wellness books for the library
- Equipment to enhance summer meal offerings

Physical Activity

This category must support improved access to and participation in physical activity, not just in physical education class.

Tip: Consider materials and equipment that will reach the largest number of students in your school.

- Physical activity equipment that can be used in the classroom or for classrooms to share
 - Recess bags
 - Geomats
 - GeoMotion TV subscriptions
- Sound system
- Fitness room equipment such as: mats, bikes, weights, steps, etc.
- Flag football kits/footballs
- Paint, signs, cones, jump ropes
- Stretchy bands, balance beam set, beach balls, hula hoops, yoga mats, etc.
- Zamzees (activity monitors for kids)
- Walking Club tracking software (up to \$500)
 - For tracking laps in running clubs
- Heart rate, body fat and blood pressure monitoring equipment



Physical Activity, Cont.

- Exercise DVDs, CDs
- Pedometers (if they remain on campus)
- Gaming systems/ Tablets (up to \$500- including games)
- Mobile equipment cart
- Bike rack
- Bulletin or white board
- Culture specific instruments
- Stability balls with bare
- Sports ball, nets and/or goals

Kick Off & Promotion

This category includes rewards and prizes to recognize and encourage participation in the program.

Items requested should be placed in the budget under funding category they will be used for.

Any items needed to kick off the program such as:

- FUTP 60 store items such as pencils, pens, bracelets, water bottles, pedometers and t-shirts
- Footballs, basketballs, soccer balls, frisbees, jump ropes and Florida NFL team items
- Items to make posters or zerox copies
- Charms for necklaces (feet, food group) for participation in walking clubs or breakfast
- YMCA/ gym membership or pass, smoothie gift certificates (up to \$200)

Staff Stipends

Stipends and incentives are available for school staff assisting with the program or additional staff brought in. Be sure to check with the rules of your district on restrictions. Stipend requests should be placed in the budget under the funding category it relates to.

Tip: Many parents will volunteer their time for a good cause. All stipends must be justified in grant under the budget section.

- Stipend for adult Program Advisor(s)
- Every person listed needs to be a Program Advisor
- Additional staffing for dance instructors and healthy eating events

Questions?

**Contact Lori Nelson at lorin@floridamilk.com
or Toll Free at 1.800.516.4443**