

# School Health and Wellness Resources

## Action for Healthy Kids

Action for Healthy Kids fights childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives.

[actionforhealthykids.org](http://actionforhealthykids.org)



## Harvest of the Month

This is a free program that offers educational materials on Florida grown products each month. To download, visit:

<http://bit.ly/2apOCsG> and choose **Harvest of the Month** link.



## Growums

Growums are themed garden kits that encourage healthy eating by providing a fun, educational, step-by-step way for children to grow their own herbs and vegetables.

Kids and adults learn gardening (from seed to harvest) through over 125 free, online, interactive animated videos.

[growums.com](http://growums.com)

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## Florida Agriculture in the Classroom

Florida Agriculture in the Classroom, Inc. (FAITC) is a non-profit organization that develops and trains teachers and agriculture industry volunteers in its agricultural curricula and materials, which they use to educate students about the importance of agriculture.

They also provides grant money to teachers and volunteers for projects that teach students where their food comes from, and the important contributions Florida Farmers make to their communities and their state. For more information, visit [agtag.org](http://agtag.org).



## Parents for Healthy Schools

The Centers for Disease Control has developed a set of resources to help schools and school groups engage parents to create healthy school environments.

[cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm](http://cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm)

## MilkPep

Order free posters, banners and educational materials for your school.

[milkdelivers.org](http://milkdelivers.org) and  
[ymiclassroom.com/lesson-plans/milklife/](http://ymiclassroom.com/lesson-plans/milklife/)



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## Dairy 101 Resources

Dairy 101 is free, educational materials that uses videos, lessons, white board, activity sheets and games to teach children about the health benefits of milk, and how dairy products get "From the Farm to the Fridge."

These resources meet Florida standards on math, science, language arts and social studies.

All of the materials can be found on **FloridaMilk.com** under **In the Schools**.

## Fuel Up to Play 60 Grants

**School and district level grants available.** This student led program focuses on healthy eating habits, starting the day with a healthy breakfast and increasing physical activity.

Contact Dairy Council of Florida at **[fueluptoplay60@floridamilk.com](mailto:fueluptoplay60@floridamilk.com)** for further assistance.

## Mooga

Mooga is our cow inspired yoga. Free resources include videos, poster, PowerPoint of poses and music.

All materials can be downloaded from **FloridaMilk.com**, under **In the Schools**.



## Huddle Up for Breakfast

Huddle Up for Breakfast is a promotional campaign for schools in Florida designed to improve academic performance by increasing participation in the School Breakfast Program. This campaign is sponsored by the Florida Department of Agriculture and Consumer Services and the Dairy Council of Florida. For free breakfast resources visit **[huddleupforbreakfast.com](http://huddleupforbreakfast.com)**.

## Dairy Resources

For additional information on dairy farming, dairy health and nutrition, Facebook contests, school resources and kids' section and recipes, visit:



FloridaMilk.com



Florida FUTP 60



@Dairy Council of Florida



Florida FUTP 60



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