

# Healthy Kids, Healthy Schools

## Addressing Childhood Obesity in Ohio

a collaborative of



### What's In It for Schools

#### American Dairy Association Mideast will:

- Provide a youth-led, in-school nutrition and physical activity program called Fuel Up to Play 60 that empowers youth to take action for their own health.
- Offer a “playbook” of nutrition and physical activity strategies designed to engage, educate and improve the environment for students.
- Support schools with grant money to help motivate youth and adult stakeholders to create sustainable change in both the nutrition and physical activity environment by increasing the access to nutrient rich foods and opportunities for physical activity.
- Engage school food service distributors and manufacturers to support Fuel Up to Play 60 by increasing the availability of affordable, nutrient rich foods at school.
- Challenge and reward youth and schools throughout the year as they showcase via [schooltube.com](http://schooltube.com) the positive changes they have made.
- Provide fun tracking and other tools for students and adults at [FuelUptoPlay60.com](http://FuelUptoPlay60.com).

#### Children's Hunger Alliance will:

- Work collaboratively with school(s) to increase participation in school breakfast.
- Observe and analyze the existing breakfast program and practices.
- Review and analyze the current financial status of the breakfast program.
- Assist in education of administrators, teaching and support staff and parents on the importance of breakfast.
- Connect the district with successful model programs in other school districts which will assist the effectiveness and success of the breakfast program.
- Assist in the implementation of breakfast strategy options to best fit the school and district (*i.e. Breakfast in the Classroom, Grab and Go, Breakfast after First Period or Breakfast at No Cost [Universal Breakfast]*).

#### Ohio Action for Healthy Kids will:

- Assist school teams in developing effective school wellness policies (*i.e. individualized meetings with your school health team and school administration*).
- Engage parents to become advocates for healthy eating and physical activity at home and school (*i.e. presentations at local PTA/PTO meetings, assist with implementing a parent-led project*).
- Develop action strategies to create sustainable healthy school environments. (*i.e. walk to school, energizers during school, healthy ideas for classroom rewards, parties and other ideas*).
- Showcase best practices to local schools and the community (*i.e. press releases to local community on the positive work in your school*).

American Dairy Association Mideast  
Scott Higgins, President and CEO  
[www.drink-milk.com](http://www.drink-milk.com)

Children's Hunger Alliance  
Mary Lou Langenhop, CEO  
[www.childrenshungeralliance.org](http://www.childrenshungeralliance.org)

Ohio Action for Healthy Kids  
Shelly Beiting, Chair  
[www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org)