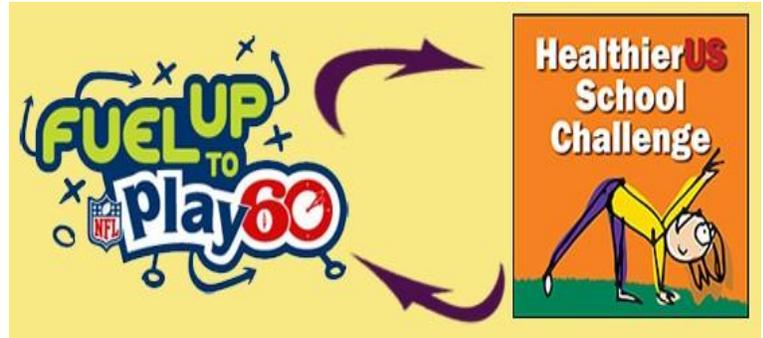


# Fuel Up to Play 60 Helps Schools Win The HealthierUS School Challenge Award

Fuel Up to Play 60 (FUTP 60) is an in-school nutrition and physical activity program that helps students and staff decide how to make their school a healthier place by offering free resources and [competitive funding](#) to schools. The Food and Nutrition Service and FUTP 60 have formed a partnership, which recognizes FUTP 60 as a great resource for schools wanting to become [HealthierUS School Challenge \(HUSSC\)](#) award winners. The HUSSC is one of the highest honors given to schools who have achieved nutrition and physical activity excellence.



The following chart shows challenges schools face in meeting the HUSSC criteria and provides links to FUTP60 resources that can help schools meet those challenges.

Criteria	Challenge	FUTP60 Resources
<p><b>Menu Requirements</b></p>	<p>Difficult to find recipes and ideas for incorporating whole grains, dark green and orange vegetables, and dry beans/peas into the menu.</p>	<p><b>Plays:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Build a Better Breakfast</a></li> <li>• <a href="#">Recipe Contest</a></li> <li>• <a href="#">Creative Cooking</a></li> <li>• <a href="#">Build Your Own Shake-Up</a></li> <li>• <a href="#">Raise the [Food] Bar</a></li> <li>• <a href="#">Menu Makeover</a></li> </ul> <p><b>Other Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Mix &amp; Match Breakfast Ideas</a></li> <li>• <a href="#">Monthly Fun Facts</a></li> <li>• <a href="#">Game: Food Force One</a></li> </ul>
<p><b>Physical Activity &amp; Education</b></p>	<p>Not enough time during the school day to meet the minutes per week requirement.</p> <p>Insufficient resources or support for physical education.</p>	<p><b>Plays:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Make Your Case for Quality Physical Education</a></li> <li>• <a href="#">In-Class Physical Activity Breaks</a></li> <li>• <a href="#">All the Right Moves</a></li> <li>• <a href="#">Create Your Own Fitness Center</a></li> <li>• <a href="#">Activity Zones</a></li> </ul> <p><b>Other Resources:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Physical Activity School Resource</a></li> </ul>

		<ul style="list-style-type: none"> <li>Physical Activity Research Resources</li> </ul>
<p><b>Nutrition Education</b></p>	<p>What counts as nutrition education?</p> <p>Need help finding resources for up-to-date, accurate information?</p> <p>Looking for new ideas to promote nutrition in the classroom, cafeteria, home, and community.</p>	<p><b>Plays:</b></p> <ul style="list-style-type: none"> <li>Breakfast in the Classroom</li> <li>Make Your Case for School Breakfast</li> <li>Build a Better Breakfast</li> <li>Promoting Popular Choices</li> <li>Family, Food and Fitness Day</li> <li>School and Community Health Fair</li> <li>A Hero's Breakfast</li> <li>Farm to School: Know Your Foods</li> <li>From Farm to School: Farms Deliver</li> <li>Recharge! P.E. with Nutrition</li> <li>Breakfast in the Classroom</li> </ul> <p><b>Other Resources:</b></p> <ul style="list-style-type: none"> <li>Nutrition Education Lessons</li> <li>From Our Teammates</li> </ul>
<p><b>Competitive Food &amp; Beverages</b></p>	<p>Schools, especially middle and high, have issues with a la carte items not meeting HUSSC nutrition requirements.</p> <p>Beverages like carbonated juice and sports drinks are not allowed.</p>	<p><b>Plays:</b></p> <ul style="list-style-type: none"> <li>Vending Revamp</li> <li>How Many Can You...?</li> </ul> <p><b>Other Resources:</b></p> <ul style="list-style-type: none"> <li>Right Here, Right Now - Point of Decision Prompts</li> </ul>
<p><b>Building a Team to Support Changes</b></p>	<p>Getting enough people on board and actively helping is critical for long-term success. Building a team in the school, district, and community is challenging.</p>	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>Build Teams and Draft Key Players</li> <li>Build Teams Video</li> <li>Who Can Help and How</li> <li>Tips for Teambuilding</li> <li>Quick Start Resources</li> </ul>