



# Fuel Up to Play 60



Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council (NDC) and National Football League, in collaboration with United States Department of Agriculture (USDA).



The program is helping make schools healthier by increasing students' access to nutritious foods-like low-fat and fat-free milk, yogurt, and cheese, fruits, vegetables and whole grains-and also increasing opportunities for physical activity.



Fuel Up to Play60 is a real solution for childhood health and wellness. In fact, research has shown that it has positive effects on the school environment.

To find out how you can support Fuel Up to Play 60 schools, please visit [www.fueluptoplay60.com](http://www.fueluptoplay60.com).



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