



How to Sign Up Your Class for *Fuel Up*

What is *Fuel Up*?

Fuel Up, a FREE in-school dairy farmer-supported health and wellness initiative created by the National Dairy Council in collaboration with ADANE, encourages students to fuel up with nutrient-rich foods like dairy, fruits, vegetables, and whole grains, and to get at least 60 minutes of physical activity every day to help keep their minds and bodies healthy. **Learn more at fuelup.org.**

How does it work?

- Educators who sign up for *Fuel Up* gain access to a wide range of resources, from ready-made lesson plans to nutrition resources and fun, creative ideas to get your students moving.
- Educators can also apply for grants for their schools to broaden access to good nutrition and overall wellness. Thousands of schools have received grants to implement everything from programs encouraging breakfast at school to purchasing playground equipment.
- Students who sign up for the program under their school and teacher's name can win badges and prizes by completing challenges such as working out by lifting a milk jug, practicing mindfulness, and "fueling up" with nutritious dairy recipes.

How do we sign up?

- First, you or a school administrator must sign up your school at educator.fuelup.org/login.
- Next, every participating teacher at your school must create a classroom account using the same link. (Or go to fuelup.org and click "log in/create an account" in the top right corner of the site.)
- This classroom account will be where you access the *Fuel Up* platform to manage your class's participation in the program.

How do students sign up?

- Once you register your class, parents and guardians can sign up their children for the *Fuel Up Challenge* at fuelupchallenge.com/sign-up-form/.
- Use the reproducible family letter to get the word out. Fill in your account information (school name, your name, and your email address), and then copy and send home the letter or post it on your class website.



How do I use the *Fuel Up* resources?

- Use the classroom-ready activities to enrich your class lessons.
- Watch your email for notifications for the *Fuel Up Challenges* as they become available, and encourage your students to complete them.
- Explore "The Road to School Breakfast" at fuelup.org/resources/the-road-to-school-breakfast for ways your school might expand its school breakfast program to help students start their days with the nutrients needed to help them reach their full potential.
- Use the "Fuel Up Playbook" at fuelup.org/resources/playbooks for nutrition and physical activity ideas to help students eat healthy and get active.

Thank you for your effort to build a healthier and stronger school community!



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