



Sign Up Your Child for the *Fuel Up Challenge*

Dear Families,

In school, we have been talking about wellness with a program from the American Dairy Association North East (ADANE) and the curriculum specialists at Young Minds Inspired. The program includes information about mental health, such as taking brain breaks and using mindfulness practices to reduce stress.

Fuel Up, an 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.



Help your child eat right, stay active, and have fun with the *Fuel Up Challenge*. Your child can join — for free! — and complete challenges to earn badges and prizes while learning nutrition and wellness tips.

How to Sign Up

1. Visit the *Fuel Up Challenge Center* at fuelupchallenge.com to learn more about the program.
2. Click the blue “sign up” button on the top right corner of the website.
3. Complete the form using the details below to connect your child to the school’s group.

For the school’s name, write _____

For the teacher’s name, write _____

For the teacher’s email, write _____

4. Watch your email for announcements and encourage your child to complete the challenges.

We hope you join us on our health journey and continue conversations about wellness with your child!

