Reach for the Stars
Ideas for Today and Tomorrow

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FuelUptoPlay60 Ambassador for New Jersey
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What?

- Nation’s largest in-school health and wellness program, created by the National Dairy Council and National Football League in collaboration with the U.S. Department of Agriculture.
- This free program offers funding opportunities for schools and empowers students to take the lead in making healthy changes and to have a positive impact in their communities.
- Over 73,000 schools are involved, and 38 million students have been reached through the program nationwide.

Why?

- Healthy students are better students! A growing body of evidence indicates that access to better nutrition and physical activity in school is directly associated with higher levels of school achievement.
- FUTP60 Ambassadors are top leaders who serve as examples and role models for fellow students and entire communities.
- There’s so much in it for educators and their schools! Acting as the “team coach,” the Program Advisor supports students as they work to make small, healthy changes that have a big impact.
Who Can Get Involved?

Everybody! The key to Fuel Up to Play 60’s success is having a strong student foundation, a team of committed educators and community engagement. Together we can continue to build a healthy, high-achieving generation of youth!

**Students**
- Get Active
- Collect Points
- Win Cool Prizes
- Become an Ambassador

**Educators**
- Become a Program Advisor
- Empower Students
- Create a Healthy Change at your School
- Meet Health and Nutrition Goals
How To Be Involved?

State & School Ambassadors
Student Ambassador Summit
Youth Council
Touchdown School
Contests/Innovation Challenges

Visit [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com) for Ideas from their Playbook, Funding Opportunities, Tools, Stories, and more!
What can you do to support students, schools, and FUTP60?

Parents and Community members can support in a number of ways. Local, state and regional Dairy Council representatives can put you in touch with their schools and community leaders and you can:

- Spread awareness about FUTP60.
- Support students and educators by becoming FUTP60 Program Advisors.
- Volunteer to support students and educators at FUTP60 events.
- Help students and educators develop and implement healthy eating and physical activity ideas in their schools and communities.
- Provide materials to help students eat healthier and get more active.
MY JOURNEY...
MY JOURNEY CONTINUES...
LAUNCHING THE NJ CHAPTER, AMERICAN ACADEMY OF PEDIATRICS’ (NJAAP) YOUTH ADVISORY COUNCIL

▪ Spearheaded the creation of the NJAAP’s Youth Advisory Council (YAC).

▪ YAC will be a forum for youth to work on health projects that align with the goals and programs of NJAAP.

▪ YAC will convene the winners of NJAAP’s Children's Ball and work to set up a process for other youth leaders in health to join the YAC.

▪ YOU CAN HELP! by providing opportunities and grants for projects, as well as mentoring and internship opportunities for YAC members.
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