



October 26, 2009

Dear School Nurse:

Texas Action for Healthy Kids, with funding from the National Dairy Council, is announcing the availability of eight \$500 micro-grants to support student led physical activity and healthy eating projects that are part of the school's *Fuel Up to Play 60* program implementation.

*Fuel Up to Play 60* is a free in-school program developed in partnership between National Dairy Council (NDC), its local dairy councils and the National Football League (NFL) to tackle the sedentary lifestyles and poor nutrition that have helped spur the current health and nutrition crisis among America's youth.

*Fuel Up to Play 60* is designed to engage and empower youth to get 60 minutes of physical activity each day and choose better foods including low-fat and fat-free dairy, whole grains, and fruits and vegetables as recommended by the 2005 Dietary Guidelines. This program also provides youth engagement ideas, as well support and resources designed to help schools reach their wellness policy goals



Schools that enroll in *Fuel Up to Play 60* will receive:

- ✓ A menu of lessons and activities to support healthy eating and physical activity
- ✓ Colorful materials for display in the school, such as hallways, classrooms, gymnasiums, and cafeterias
- ✓ Ideas and tips for engaging the entire school community in the program
- ✓ A web site to inform students of the importance of healthy eating and physical activity
- ✓ Digital communication, including an e-newsletters for enrolled school personnel
- ✓ A nation-wide contest for students to help their schools win prizes based on student involvement and activation

Grant applicants must be enrolled in *Fuel Up to Play 60* and adhere to all requirements listed on attached grant application. To enroll in *Fuel Up To Play 60* for the free activation kit visit: [www.fueluptoplay.com](http://www.fueluptoplay.com).

The deadline for grant applications is December 1, 2009 and grant award recipients will be notified on January 5, 2010.

The grant process is simple. Just complete the attached application, sign the agreement and email or fax to Nan Cramer by December 1, 2009. Grant applications will be reviewed by the Texas Action for Healthy Kids steering committee.

Sincerely,

Nan Cramer  
Program Director of School Marketing and Nutrition for Dairy MAX, Inc.  
Texas Action for Healthy Kids Liaison