



## Host Your Own Breakfast Games!

This interactive **Fuel Up to Play 60** event gets your students moving and increases participation in your school breakfast program.

**FUN.** Host an indoor obstacle course with a nutritional message, and invite local celebrities such as star high school athletes.

**EASY.** Free step-by-step instructions and scripts.

**TOUCHDOWN FRIENDLY.** Check off both your Healthy Eating Play and your Physical Activity Play in a single event – then Light Up the Scoreboard by recapping the event on social media or in your school newsletter. That's the bulk of the program!

### What's in this kit?

#### PLAN IT.

- Sample planning timeline
- Editable event script
- Suggestions for obstacle course and P.E. equipment

#### PROMOTE IT

- Sample letter to invite district administrators
- Idea sheet: 4 Ways to Spotlight Breakfast Before the Breakfast Games
- Printed poster (shipped to you free)

“The students were ecstatic! Afterward, several of them hugged me and thanked me for bringing the event to our school.”

**Laura Mathus**  
Program Advisor  
Anderson Elementary

### Questions?

Connect at [DairyMAXRepFinder.org](http://DairyMAXRepFinder.org)



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