

Schools get \$17,000 food grant

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WINDHAM - Six schools in Windham have been chosen to receive a total of \$17,624 to support their Fuel Up to Play 60 initiatives, the New England Dairy & Food Council has announced.

These schools were selected from among hundreds of schools across the country that applied for funding to help them jumpstart and sustain healthy nutrition and physical activity improvements.

This nationwide funding program offers individual schools up to \$4,000 to help them increase awareness of, and access to, nutrient- rich foods and physical activity opportunities for students. Funding for this competitive program is provided by New England Dairy & Food Council and the dairy farmers of New England.

Funds for Fuel Up to Play 60 provides support for a variety of activities and tools, such as foodservice materials and equipment, nutrition and physical education materials, student and staff incentives, staff development and overall Fuel Up to Play 60 implementation.

All of the Windham schools have been working with FoodCorps service member Kate Callahan to incorporate school **gardens**, cooking clubs, recipe development and taste testing new menu items for the school meals programs.

The six schools that received funding are Natchaug School, North Windham School, W. B. Sweeney School, Windham Center School, Windham High School and Windham Middle School.

North Windham School, Windham Center School and Windham High School will use the funds to purchase salad bars that can also be used as grab-and-go breakfast carts in the morning.

"The Windham food service program is committed to the health and nutrition of our students through the continued promotion of fresh fruit and veggies, whole grains, and an overall well balanced diet," said Samantha Hinebaugh, director of food services at Windham Public Schools.

"I am very excited about the funds we have received, as we will be able to introduce a lot of great things to our students."

More than 70,000 schools across the United States are participating in Fuel Up to Play 60.

Developed by National Dairy Council, local Dairy Councils and National Football League (NFL), in collaboration with U.S. Department of Agriculture (USDA), the program encourages youth to consume nutrient- rich foods and achieve at least 60 minutes of physical activity every day.

Multiple health organizations and several major corporations also support Fuel Up to Play 60.

"Fuel Up to Play 60 has really taken off in Connecticut. Wellness champions and students in more than 3,600 schools in New England, including more than 1,000 in Connecticut have embraced the program, and these funds will help many of the participating schools do even more," said Amanda Aldred, RD, SNS, nutrition specialist for New England Dairy & Food Council.

Schools, parents and students can learn more about Fuel Up to Play 60 at FuelUpToPlay60.com.

Schools can learn more about eligibility requirements, and find the Funds for Fuel Up to Play 60 application, at FuelUpToPlay60.com.