



The affiliate of National Dairy Council in Missouri.



MISSOURI



## Summer Fun Challenge 2017

### Table of Contents:

- Page 1-** Introduction
- Page 2-** Summer Fun Challenge Week One and Two
- Page 3-** Summer Fun Challenge Week Three and Four
- Page 4-** Summer Fun Challenge Week Five and Six
- Page 5-** Weekly Random Prize Pack Items
- Page 6-** Who Can Help in Your Community
- Page 7-** Ideas for Giveaways, Prizes and Incentives
- Page 8-** Resources for Week Two and Three
- Page 9-** Resources for Week Four
- Page 10-** Resources for Week Five and Six
- Page 11-** Farm to School Resources
- Page 12-** June Dairy Month Ideas



The affiliate of National Dairy Council in Missouri.



MISSOURI

## Summer Fun Challenge 2017

This summer, Midwest Dairy Council and No Kid Hungry Missouri challenge you to Fuel Up for Summer Fun by taking the six-week Summer Fun Challenge for a chance to win prizes and incentives for your summer site.

### Step 1. Get Enrolled:

[Click here](#) or visit <https://goo.gl/forms/9ATbrd0ANI02j6H32> sign up your site in the contest. Each site enrolled will be placed in a random drawing for one (1) Fuel Up to Play 60 Transportable Cooler Bag with cart to keep milk cold at your site.



### Step 2. Submit photos of your enrichment activity:

Each site is encouraged to implement six weeks of summer fun activities to boost participation and keep the excitement high. Submit a photo of your enrichment activity each week by using the hashtag **#MOSummerFun** on social media or email your photo or post to [nokidhungry@mofact.org](mailto:nokidhungry@mofact.org).

### Step 3: Chance to win free prize pack and \$100 Visa Card:

Each photo received will count as one entry into a weekly random drawing. The more summer fun your site offers, the greater your chance to win! Each week, a site will be drawn at random from those who sent their photos for a \$100 prize pack compliments of Midwest Dairy Council and Fuel Up to Play 60. In addition, any site who engages in all six (6) weeks of enrichment activities will be entered into a grand prize drawing for a \$100 Visa Gift Card!

## Summer Meals Volunteer Champion!

We are seeking nominations for the first annual Missouri Summer Meals Volunteer Champion Award. Make your nominations here to recognize yourself or peer.





The affiliate of National Dairy Council in Missouri.



MISSOURI

### Summer Fun Challenge Week One:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spread the word:</b> Share a photo of your marketing and summer meal promotion efforts! #MOSummerFun	<b>Spread the word:</b> Share a photo of your marketing and summer meal promotion efforts! #MOSummerFun	<b>Spread the word:</b> Share a photo of your marketing and summer meal promotion efforts! #MOSummerFun	<b>Spread the word:</b> Share a photo of your marketing and summer meal promotion efforts! #MOSummerFun	<b>Spread the word:</b> Share a photo of your marketing and summer meal promotion efforts! #MOSummerFun
<b>Who Can Help?</b> Local media Newspaper Radio Station School Newsletter Church Newsletter Kids Club YMCA Library Pediatrician office Swimming Pool	<b>Who Can Help?</b> Local media Newspaper Radio Station School Newsletter Church Newsletter Kids Club YMCA Library Pediatrician office Swimming Pool	<b>Who Can Help?</b> Local media Newspaper Radio Station School Newsletter Church Newsletter Kids Club YMCA Library Pediatrician office Swimming Pool	<b>Who Can Help?</b> Local media Newspaper Radio Station School Newsletter Church Newsletter Kids Club YMCA Library Pediatrician office Swimming Pool	<b>Who Can Help?</b> Local media Newspaper Radio Station School Newsletter Church Newsletter Kids Club YMCA Library Pediatrician office Swimming Pool

### Summer Fun Challenge Week Two:

Tip: Check out the Resource Page for additional information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Summer Fun Kickoff!</b> Invite local partners, vendors to showcase fun summer activities. Invite the media to spread the word!	<b>My Plate Relay Race</b>	<b>Shout It! Shout It! Read all about it!</b> Reading challenge announced for summer! Read book and discuss as a group	<b>Summer Fruit and Veggie Bingo-</b> Challenge participants to Bingo with prizes and fun	<b>Fun Friday!</b> Make a splash- water balloon toss game
<b>Who Can Help?</b> Library YMCA Hospital or Clinic Dentist Office County health dept.	<b>Who Can Help?</b> Extension Students 4H members Local dietitian WIC dietitian Health Department	<b>Who Can Help?</b> Local library School librarian Local rotary or Kiwanis member Parents Teacher	<b>Who Can Help?</b> Local farmer Master Gardener Extension Parents Students YMCA Staff	<b>Who Can Help?</b> Anyone willing to help out and get wet!



**FOR SUMMER FUN**  
Eat Smart. Play Hard.™



The affiliate of National Dairy Council in Missouri.



MISSOURI

### Summer Fun Challenge Week Three:

Tip: Check out the Resource Page for additional information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Farm to Summer!</b> Get to know a local farmer. Invite a farmer or master gardener to talk about where food comes from. Plant a seed to grow over the next few weeks	<b>You CAN do it!</b> Healthy snack recipe challenge with prizes for best recipe	<b>60 Minute Series:</b> Bike Safety	<b>Summer Fun!</b> Sidewalk chalk art contest	<b>Fun Friday!</b> Neighborhood kickball game
<b>Who Can Help?</b> Master gardener Local Farmer Farmers Market FFA/ 4-H members Parents Teachers	<b>Who Can Help?</b> Local chef or restaurant owner Ask grocery store to donate ingredients Extension Hospital dietitian or diet tech YMCA	<b>Who Can Help?</b> Local bike shop owner Local cyclist Safety Council YMCA	<b>Who Can Help?</b> Local artist or art teacher Parent Students 4-H members	<b>Who Can Help?</b> Local PE teacher or coach High school athletes Parents Rotary or Kiwanis members Police Officer

### Summer Fun Challenge Week Four:

Tip: Check out the Resource Page for additional information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>60 Minute Series:</b> Swimming safety	<b>My Plate Grocery Store Bingo</b>	<b>60 Minute Series:</b> Physical activity circuit stations	<b>Fire Safety:</b> hose off to stay cool all summer! Stay Hydrated	<b>Fun Friday!</b> Make and fly your own kite
<b>Who Can Help?</b> Local swimming coach or instructor Lifeguard Parent YMCA Staff	<b>Who Can Help?</b> Grocery store staff Local dietitian Extension Local church School nutrition Health department	<b>Who Can Help?</b> High school or college students Student athletes PE teacher or coach Extension YMCA staff	<b>Who Can Help?</b> Local firemen or fire department Dietitian to talk about hydration	<b>Who Can Help?</b> Teacher Parent local business owner or retailer





The affiliate of National Dairy Council in Missouri.



MISSOURI

### Summer Fun Challenge Week Five:

Tip: Check out the Resource Page for additional information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MyPlate Scavenger Hunt:</b> Find foods from all 5 food groups to win!	<b>60 Minute Series:</b> Brain Breaks	<b>Summer Arts and Crafts:</b> Painted pasta necklaces and paper airplane flying contest	<b>60 Minutes Series:</b> Just Dance Competition	<b>Fun Friday:</b> Play fishing for foods game and make your own trail mix
<b>Who Can Help?</b> Extension WIC Dietitian 4H/ FFA Retail dietitian Hospital staff YMCA or community center	<b>Who Can Help?</b> Teacher PE Teacher or coach High School students	<b>Who Can Help?</b> Librarian Artist Art teacher Parents Mayor or city council member	<b>Who Can Help?</b> Local dance teacher High school or college students Local radio host or DJ	<b>Who Can Help?</b> Extension Parks and Rec Retail dietitian YMCA Grocery store

### Summer Fun Challenge Week Six:

Tip: Check out the Resource Page for additional information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Farm to Summer:</b> Go on a virtual dairy farm tour (will need computer/ internet connection). Create a milk mustache booth and take funny photos	<b>Beat the Heat</b> with sponge tag!	<b>Nutrition Fun!</b> Play the What Food Am I Game?	<b>Sculpt It!</b> Sculpt a healthy meal using modeling clay or play dough. Can you get all five food groups?	<b>Fun Friday:</b> Ninja Warrior Obstacle Course!
<b>Who Can Help?</b> Local dairy farmer FFA/ 4-H Extension Teacher Farm Bureau	<b>Who Can Help?</b> Local fireman or police officer Mayor/ City Council Students Teachers Local businesses	<b>Who Can Help?</b> Local dietitian Extension FFA/ 4-H Boy or Girl scouts Students	<b>Who Can Help?</b> Art teacher YMCA Parents	<b>Who Can Help?</b> Parks and Rec Student athletes PE teacher or coach YMCA



**FOR SUMMER FUN**  
 Eat Smart. Play Hard.™



The affiliate of National Dairy Council in Missouri.



MISSOURI

**Weekly Random Prize Pack will include:**



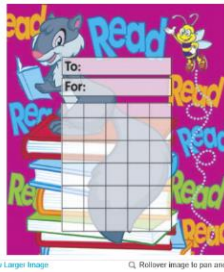
Move Cubes with nutrition and physical activity card set



Non-toxic modeling clay



Toss N Tell Nutrition Activity Ball



Reading Incentive Pad



52 pack of sidewalk chalk



Jump ropes, set of 5



Set of Milk Mustache Stickers





*The affiliate of National Dairy Council in Missouri.*



MISSOURI

## Who Can Help in your Community?

As a site sponsor, you have your hands full with the daily delivery of a healthy meal for local kids and families. Offering enrichment activities is a great way to encourage participation and engage with the local community. A successful enrichment program will embrace the entire community to participate and engage. Here are some ideas of local contacts who may be able to help:

- Library to share a summer reading challenge and generate excitement
- Rotary club or business club who can donate an hour or two of time
- Swimming pool staff or lifeguard to educate on swimming safety
- Teacher who is able to donate time
- YMCA or community center staff
- Extension office or master gardener program
- Farm Bureau
- High school or college students looking for volunteer hours
- Americorps volunteers
- Fireman, police officer or EMT
- Health department staff
- Bike shop owner or cyclist to teach bike safety
- Farmer, county fair board member
- Mayor or city council member
- High school coach or student athletes
- Boy or girl scout club
- 4-H or FFA club
- Chef or restaurant manager
- Hospital dietitians, nurse or community relations contact
- Parent or members of the PTO
- Grocery store owner or staff member
- Family physician or dentist
- Dance or gymnastics instructor



**FOR SUMMER FUN**  
**Eat Smart. Play Hard.™**



The affiliate of National Dairy Council in Missouri.



MISSOURI

### Ideas for Giveaways, Prizes and Incentives:

Movies

YMCA Membership

Swimming Passes

Sports Tickets

Restaurant Coupons

Books

School Supplies

Stickers

Beach Bags

Flip Flops

Fun Hats

Bike Decals

Frisbees

Jump Ropes

Pedometers

Bouncy Balls

Sunglasses

Water Bottles

Puzzles

Card Games

Sidewalk Chalk

Bike Helmet

Face Paint

Hair Chalk

Crayons

Coloring Books

Kites

Bubbles

Beach Balls

Putt Putt Golf Passes

Bowling Passes

Hula Hoops



**FOR SUMMER FUN**  
**Eat Smart. Play Hard.™**





The affiliate of National Dairy Council in Missouri.



MISSOURI

## Resources:

### Week 2-

**Monday**- Kick-Off- <https://www.fns.usda.gov/sfsp/kick-events>

Summer Fun Ideas: [https://www.fns.usda.gov/sites/default/files/tn/sfsm\\_opguide.pdf](https://www.fns.usda.gov/sites/default/files/tn/sfsm_opguide.pdf)

**Tuesday**- My Plate Relay:

Players team up into groups of five and line up together. Thirty feet from the starting line, place five open shopping bags, each labeled with a different food group name. Prepare a separate bag filled with images of various foods from each of the five food groups (do not include food models of foods such as pizza that include more than one food group). When the relay starts, the first player in each line reaches into the food model bag and grabs one picture, running to place the picture in the correct food group bag. After successfully placing the picture in the right bag, each player runs back to the start and tags the hand of the next player in line. Play continues until all players have completed the relay. The team that finishes first and places its pictures in the correct food group bags wins.

- To print food models: <http://westerndairyassociation.org/download/food-model-leader-guide/>

**Wednesday**- Reading Challenge: <https://www.fns.usda.gov/tn/two-bite-club>

**Thursday**- Fruit and Veggie Bingo:

[https://www.fns.usda.gov/sites/default/files/tn/sfsm\\_t1famguide.pdf](https://www.fns.usda.gov/sites/default/files/tn/sfsm_t1famguide.pdf)

### Week 3-

**Monday**- Farm to Summer/ Request a Farmer:

- Missouri Farm to School- <http://mofarmtoschool.missouri.edu/>

<http://www.farmtoschool.org/our-network/Missouri>

- Request a dairy farmer- <https://www.midwestdairy.com/schools-and-communities/farm-to-school/>

- Farm to Summer: [https://www.fns.usda.gov/sites/default/files/f2s/FactSheet\\_Farm\\_to\\_Summer.pdf](https://www.fns.usda.gov/sites/default/files/f2s/FactSheet_Farm_to_Summer.pdf)

**Wednesday**- Bike Safety- <http://mobikefed.org/content/2009/12/bicycling-skills-and-safety>



**FOR SUMMER FUN**  
Eat Smart. Play Hard.™



The affiliate of National Dairy Council in Missouri.



MISSOURI

## Week 4-

**Tuesday-** Grocery Store Bingo: <https://www.fns.usda.gov/tn/myplate-grocery-store-bingo>

**Wednesday-** Physical Activity Circuit Stations

### Physical Activity Circuit Stations:

Select the number of stations you want to include in your circuit. The number of stations in the circuit depends on the number of participants and the space available. Aim for no more than 8-10 participants in each group.

- Choose your fitness stations. Consider:
  - Using exercises that kids will enjoy and already know how to do
  - Exercises that use little equipment to minimize set-up and tear-down time
  - Exercises that will engage the group for the entire time
  - Exercises that can be easily modified to accommodate any level of participant (per age, skill-level, etc.)
  - Exercises that are repeatable, rhythmic movements that are not done slowly
- Determine the length of time that participants should spend at each station. Allow for about 15-30 seconds of rest between each station to help participants catch their breath and get ready for their new station activity.
- Include a warm up and a cool down. Allow about five minutes before and after the routine to warm up and stretch.

### How it Works:

- Divide participants into small groups and assign each group to fitness station (where they will begin)
- Demonstrate how to properly do the activity at each station and in the direction, the groups should rotate
- Start the workout! Each group will do the activity continuously until a signal is given for all groups to travel to the next station
- Instead of walking or running to the next station, consider using specified locomotor patterns such as jog, skip, jump, gallop, etc.

**Thursday-** Hydration: <http://bit.ly/1pows9j>

**Friday-** How to Make and Fly Your Own Kite: <http://www.instructables.com/id/Easy-Paper-Kite-for-Kids/>



**FOR SUMMER FUN**  
Eat Smart. Play Hard.™



The affiliate of National Dairy Council in Missouri.



MISSOURI

## Week 5-

**Tuesday-** Brain breaks: <http://bit.ly/2kNQ4Jk>

**Friday-** Fishing for Foods Game:

Materials: food models, toy fishing pole or dowel with attached string, magnet, paper clips.

Preparation: from the collection of food models, select only foods that are clearly identifiable in each food group by omitting all combination foods and “other”. Fasten a magnet onto a toy fishing pole or dowel with attached string. Attach a paper clip to each selected Food Model. If desired, set up an inflatable swimming pool and fill with prepared Food Models.

Activity: Review food groups and foods within groups. Have students take turns “fishing” and correctly naming the food and its food group. Students may keep the food model if they answered correctly. The person with the most food models at the end of the activity is the winner.

Additional Activity: rather than keeping the food models, students may be required to appropriately place the food model on a MyPlate activity poster.

## Week 6-

**Monday-** Milk Mustache Booth: <https://www.fueluptoplay60.com/playbooks/last-season-plays/milk-mustache-booth>

**Tuesday-** Directions for Sponge Tag:

What you will need:

1. Big, soft sponge
2. Buckets of water

How to Play:

1. One person is designated as being “it”. Players run away from “it”, who tries to tag them by throwing a wet sponge.
2. Once tagged, that person becomes the new “it”. People will be able to tell who is it by the wet mark on their shirt.

**Wednesday-** What food am I game?

[http://www.oregondairycouncil.org/resources/free\\_downloads/downloads/what\\_food\\_am\\_i\\_game.pdf](http://www.oregondairycouncil.org/resources/free_downloads/downloads/what_food_am_i_game.pdf)

**Friday-** Ninja Warrior Course: <https://www.pinterest.com/explore/backyard-obstacle-course/>





The affiliate of National Dairy Council in Missouri.



MISSOURI

## FARM TO SCHOOL RESOURCES

Are you looking for fun, educational materials to use in your classroom to educate students about dairy farming and the dairy farm families who produce the milk and dairy foods you enjoy every day? Then here is your chance to bring the farm to your classroom.



**Discover Dairy** is an interactive, cross-curricular, multi-leveled educational series of lessons. The series meets [Common CORE Standards for Math, Science and Reading](#), while incorporating social studies concepts to show upper elementary and middle school students where milk comes from and how dairy farmers contribute to our world. Discover Dairy is a resource provided at no cost to educators and others interested in teaching students more about dairy. Visit [DiscoverDairy.com](#) to register today!



**Welcome to the Farm** brings the dairy farm to the classroom. Not all classrooms can visit a dairy farm in person. Now, classrooms can take this 10-stop video tour to experience how milk from real cows, on a real Midwest farm, becomes the fresh, naturally nutrient-rich dairy foods you love. (A teacher guide will be available soon.) Start exploring today at [MidwestDairy.com/Farm-Life](#)



**Fuel Up to Play 60** is an in-school nutrition and physical education program launched by the National Dairy Council and the NFL in collaboration with USDA. The program is helping to encourage healthy eating and physical activity to promote youth health and wellness. Visit [FuelUpToPlay60.com](#) for Farm to School resources and ideas.

For more Farm to School, visit [www.MidwestDairy.com](#) or contact your local Midwest Dairy Council representative.



The affiliate of National Dairy Council in Missouri.



MISSOURI

## June Dairy Month:

### Keeping Kids Engaged with Farm to Summer

Sponsors can help children and teenagers' wellbeing during summer months not only with the balanced, nutrient-rich meals they provide, but also with educational activities that stimulate their brain while school is out. Keep kids engaged by including Farm to Summer activities into your program sites. To learn more [click here](#).

### Example of a Farm to Summer Program

June is Dairy Month- Focus on dairy farming and dairy nutrition

Week of June 5: Where does milk come from?

- [Breeds of Dairy Cattle](#)
- [From a Farm Family Near You Poster](#)
- [From a Farm Family Near You Video](#)
- [Where's the Dairy Activity Sheet](#)

Week of June 12: From Farm to You: The Story of Milk

- [Did You Know? Dairy Facts](#)
- [Ideas for the Classroom & Beyond](#)
- [Farm to Summer Activity – The Story of Milk](#)
- [From Farm To You: The Story of Milk Video](#)

Week of June 19: Local Foods in the Summer – Milk!

- [Milk is a Local Food Poster](#)
- [From a Farm Family Near You – Crossword Puzzle Activity](#)
- [Milk's Journey: 48 Hours in 48 Seconds Video](#)
- [Follow Milk's Journey from Farm to Store Video](#)

Week of June 26: Fuel Up to Play 60 & Dairy Nutrition

- [Crack the Secret Code – Fuel Up to Play 60 Activity](#)
- [Milk Your Mind – Fuel Up to Play 60 Activity](#)
- [KC Wolf Visits a Midwest Dairy Farm Poster](#)
- [Fuel Up to Play 60 Farm Tour with KC Wolf Video](#)
- [What's your Dairy IQ?](#)
- [Dairy Nutrition Frequent Asked Questions Video](#)

