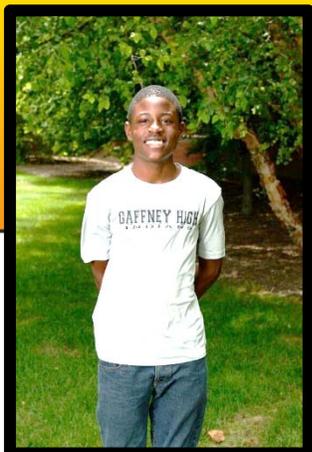


Kick off ANC with an exciting panel discussion with Fuel Up to Play 60 Student Ambassadors and take away ideas on how to engage students in your school nutrition program and grow participation! This dynamic session was made possible with the support of the National Dairy Council.

With all of today's trends, how can you keep up without reading thousands of articles and studies on GEN Z? Well, you could start by just asking your customers: The Kids! Children are notoriously honest, and can prove to be a great way to judge what is and isn't working about your program.

Check out below to meet our panel of kid experts!



Tyler
Grade 10

Tyler loves science, running, and he taught himself to dance. He has always done sports like baseball, but nothing will top cross country. He has used Fuel Up to Play 60 to make a positive impact on healthy eating at his school. Tyler eats school lunch every day, and has worked closely with his teacher and cafeteria staff to add healthy options to the lunch menu. He has been participating in school meals for about 7 years, and is passionate about continuing to get more students involved and excited for healthy meals at school.



Adiah
Grade 5

Adiah is a Student Council member, Wellness Ambassador and anchor on the school news in her elementary school. She has worked hard to support many initiatives in her school to improve healthy eating, including classroom campaigns to increase breakfast participation, working in her school's garden, and working on a smoothie program in school. She has participated in school meals on a daily basis since she was in Kindergarten.



Will
Grade 8

Will is an 8th grader who has eaten school lunch every day since he was in Kindergarten. Will is passionate about school meals and supports his cafeteria staff to get more students to participate. He has been instrumental in creating more healthy options for the “Davis Diner” at his school.



Dottie Ryan, RD, LDN
Session Moderator

Dottie Ryan is a registered dietitian with more than thirty-five years’ experience in nutrition education. She is currently employed by National Dairy Council (NDC) as Vice President for Planning and Implementation of Fuel Up to Play 60, an in-school nutrition and physical activity program launched by NDC and the National Football League to combat childhood obesity. Prior to coming to NDC, she served as Assistant Director of School Health and Wellness/NFL Relations for the Southeast Dairy Association.

Dottie received a Bachelor of Science degree in nutrition from James Madison University in Virginia. She completed a dietetic internship at the Medical College of Virginia and has a Master's degree in human nutrition and foods from Virginia Polytechnic Institute & State University. Dottie has received several awards during her career, including Outstanding Young Dietitian of the Year for the state of Virginia, and the Outstanding Dietetic Intern at the Medical College of Virginia.