

**Furlow Charter School  
Wellness Committee Meeting  
Tuesday, December 15, 2020**

The Wellness Committee met on Tuesday, December 15, 2020, in the Furlow Charter School Gym, beginning at 4:00 PM.

**Present: Stephanie Duff, Marcia McClung, Larry Jackson, Becky Weiss, Crystal Lingefelt**

- **Reviewed prior meeting minutes**
- **Discussed and created nutrition promotion goals for FY2021**
- **Discussed and created nutrition education goals for FY2021**
- **Created list of foods and beverages that meet Smart Snacks nutrition standards (nutrition promotion goal #3)**
- **Created list of healthy party ideas to share with parents and teachers, including non-food celebration ideas (nutrition education goal #3)**
- **Created list of alternative ways to reward children (nutrition promotion goal #4)**
- **Created list of healthy fundraising ideas (nutrition education goal #2)**

**Nutrition Promotion Goals for FY2021**

1. Display a new poster in the cafeteria each month that promotes healthy eating.
2. Distribute Harvest of the Month tools and resources each month and incorporate the featured fruit or vegetable into one or more meals served in the school nutrition program.
3. Create and communicate a list of foods and beverages that meet Smart Snacks nutrition standards.
4. Create and communicate a list of alternative ways to reward children.
5. Promote active transport activities such as Bike to School Week, Walk to School Week, etc.

**Nutrition Education Goals for FY2021**

1. Create a staff survey to learn how teachers are incorporating movement into their lessons and communicate the findings to encourage and support teachers in incorporating movement and kinesthetic learning approaches into core subject instruction when possible.
2. Create and communicate a list of healthy fundraising ideas.
3. Create and communicate a list of healthy party ideas to share with parents and teachers, including non-food celebration ideas.
4. Ensure that all scholars complete at least one course in Nutrition Education, which shall be included as part of a required Health Class, in any year grades 9-12.
5. Develop online resources to improve indoor recess, such as fitness videos and other activities to increase moderate to vigorous physical activity.

**List of Foods and Beverages that Meet Smart Snacks Nutrition Standards**

To qualify as a Smart Snack, a snack or entree must first meet the general nutrition standards:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
  - The food must meet the nutrient standards for calories, sodium, sugar, and fats as outlined in the USDA Smart Snacks guide.
1. Applesauce (no sugar added)
  2. Fruit Cups (in water or natural juices, no sugar added)
  3. Fruit Snacks (dried fruit, fresh fruits and vegetables)
  4. Baked Chips
  5. Pretzels
  6. Fat Free Popcorn
  7. Nuts
  8. Crackers
  9. Low Fat Yogurt
  10. Light String Cheese
  11. Cereal Bars
  12. Granola Bars
  13. Cookies
  14. Ice Cream
  15. 100% Juice
  16. Lowfat or Fat Free Milk
  17. Water

#### **List of Healthy Party Ideas to Share with Parents and Teachers, Including Non-Food Celebration Ideas**

1. Host a special dress day
2. Host a special event (dance party, watch a movie, game day, etc.)
3. Provide a special craft for the class
4. Have a special guest read a book
5. For birthdays, pick one day each month and celebrate all that month's birthdays on that day, as opposed to having multiple birthday celebrations
6. Schedule parties after lunch rather than in the morning to ensure students eat a full, nutritious lunch
7. Make it a learning experience and celebrate students' cultural heritage with traditional crafts, games and stories
8. Set up a treasure hunt
9. Host a special show and tell
10. Set up an obstacle course

#### **List of Alternative Ways to Reward Children**

1. Choose a prize
2. Earn tokens
3. Let the student choose a special activity

4. Provide a few minutes of extra free time
5. Allow student to select a special book
6. Let student go first for an activity
7. Give student the opportunity to lead an activity
8. Give a “no homework” pass
9. Give out certificates or ribbons
10. Post recognition signs
11. Give a shout out in the morning announcements
12. Call or send a letter home to parents
13. Lead a special physical activity break
14. Provide extra recess time
15. Teacher’s helper

### **List of Healthy Fundraising Ideas**

1. Host a Fun Run, Hop-a-Thon, or sports tournament
2. Sell non-edibles such as school merchandise, plants, candles, etc.
3. Host a service fundraiser such as providing childcare for “parents night out,” car washes, sports clinics, etc.
4. Ask local community businesses to sponsor your fundraiser, donate products or space, or provide prizes or discounts