

## **Wellness Committee Goals for FY2021**

### **Nutrition Promotion Goals**

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**

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.