

Furlow Charter School Wellness Committee

Agenda

February 9, 2022

4:00 PM

FCS Media Center

Review of November 2021 Wellness Committee Minutes

Wellness eLearning - Community Engagement and Wellness Policies

<https://www.youtube.com/watch?v=W1kwQT8yXyg>

Discussion of Goals Progress

Nutrition Promotion Goals

1. FCS will work with the community to provide an avenue for reaching students before and after school through organized physical activities (e.g., intramurals, interscholastic sports, community-based programs, and other activities) throughout the school year.
2. FCS will participate in the Fresh Fruit and Vegetable Program to provide fresh fruits and vegetables to students a minimum of two times per week.
3. FCS will use the Harvest of the Month resources five times during the school year.

Nutrition Education Goals

1. FCS will utilize school gardens to ensure students can experience planting, harvesting, preparing, serving, and tasting self-grown food that reflects the ethnic and cultural diversity of the student population.
2. FCS will solicit student feedback and input on menus to increase meal participation.