

Wellness Committee Goals for FY2026

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.
4. FCS will set up a Health fair and ask local vendors to participate. Even do fitness demos.
5. FCS will work with all staff to promote both mental and physical health.

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.
3. FCS will promote healthy snacks both in and outside of the cafeteria