

## **Wellness Committee Goals for FY2023**

### **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.