

**Furlow Charter School Wellness Committee**

**Agenda**

**September 6, 2023**

**4:00 PM**

**Cafe Furlow**

**Review of Wellness Committee Minutes from April 26, 2023**

**Review of Goals**

- **Discuss NEW Nutrition Promotion Goals.**
- “Try me Tuesday” and “Taste Test Thursday” initiative during lunch. Discussion of ideas and implementation during FFVP.
- Discussion of Harvest of the Month, Toon in Tuesday and GaDOE resources. Feedback discussion and participation ideas. Discuss community contacts for learning opportunities.
- How can we do this better? 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.
  
- **Discuss NEW Nutrition Education Goals. What can we do new or better?**
- Review and Update List of Smart Snack standards. Send to Advisors with updated snack items.
- Review and Update List of alternative ways to reward children. Send to Advisors with updated rewards.
- Schedule Student Advisory Board meeting. Discussion and feedback of Cafe Furlow meals.
- Display new bulletin boards or posters 4 times a year. Ideas?
- Discuss how we can actively implement this goal. 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.