

## 2022/2023 Wellness Goal

- Wellness Committee Goal for 2022/2023 School Year

We would like the nutrition services staff to increase the number of ways they collaborate with teachers to reinforce nutrition education lessons taught in the classroom. They can do this by completing three or more of the following:

- i. Participating in design and implementation of nutrition programs
- ii. Display educational and information materials that reinforce classrooms lessons
- iii. Provide food for use in classroom nutrition education lessons
- iv. Provide ideas for classroom nutrition education lessons
- v. Teach lessons or give presentations to students
- vi. Tasking party in collaboration with classroom teacher
- vii. Presentation on nutrition and food services to PTO
- viii. Sports nutrition - collaboration with coaches
- ix. Classroom tour of cafeteria or meet and greet with School Nutrition Staff