



## How to Start a Nutrition & Wellness Committee

### Take Action

**Identify** a Chair and put he/she in touch with the County Council PTA Wellness Rep.

**Discuss** with your schools administration your plans for a School Wellness Team.

**Recruit** Parents and Teachers to join the Team and plan on meeting 4 times a year.

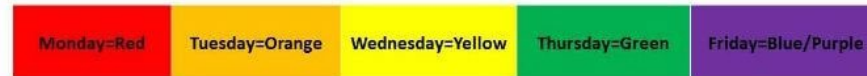
**Evaluate** the School's Wellness Policy: ask questions like what are we doing well and what could we do better?

**Brainstorm** solutions. Use online tools and look into grant opportunities.

**Implement** your action plan and have fun!

**Celebrate** your Successes!

**Reflect** on how to improve for next year.



### Host a School-wide Eat the Rainbow Week

Coordinate with the cafeteria and parents to challenge students and staff to Eat a fruit/vegetable of a different color each day:

Monday=Red  
Tuesday=Orange  
Wednesday=Yellow  
Thursday=Green  
Friday=Blue/Purple

Plan an End-of-the-Week Assembly/Celebration to Reward participants on Friday.

### Host a School-wide Walk/Bike to School Challenge

Coordinate with Administrators and parents to challenge students to walk or bike to school.

### Add Nutritious Snacks and Fitness Events to your PTA Family Nights:

Nutritious Snacks: Fruits/Veggies, Smoothies/Yogurt, etc.

Fitness Events: Obstacle Courses, Jump Ropes, Hula Hoops, Sock Hop, Yoga/Zumba/Just Dance, Kickball/Basketball, Fun Run, etc.

