



One Community, One Vision: **Life Ready**
Where Every Student Matters

Wellness Report Card Nutrition and Physical Activity 2015-2016 SY

National School Lunch and Breakfast Programs

The National School Lunch Program was established in 1946 as a “measure of national security to safeguard the health and well-being of the Nation’s children.” School districts receive federal reimbursement for each school lunch served that meets the United States Department of Agriculture (USDA) nutrition guidelines.

The School Breakfast Program was established in 1966. Studies confirm that students who eat breakfast score higher on tests, miss fewer days, have improved attention spans, behave better, and are more creative. All schools offer hot and cold nutritious choices for breakfast that meet the USDA nutrition guidelines.

Our lunch and breakfast meals are planned on a 3-week cycle menu and offer multiple choices each day.

Federal regulations require that we offer age-appropriate portions of entrees, fruits, vegetables, and milk for lunch. The portions are designed to meet the needs of growing children, while providing a specified number of calories and specified amounts of fat, saturated fat, calcium, iron, and vitamins. We offer whole grains, fresh fruit, and vegetables daily.



Healthy Hunger-Free Kids Act 2010

The CCPS Child Nutrition Program is accredited in meeting the **Healthy Hunger-Free Kids Act (HHFKA) 2010** provisions. The federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school. A student must take a minimum of a fruit or vegetable at breakfast and at lunch to complete their meal.

School meals offer daily:

- variety of fruits
- variety of vegetables including dark green, red/orange & legumes
- only whole-grain rich items
- low fat/low sodium meat/meat alternates
- fat-free/1% milk
- age-appropriate calorie limits/portion sizes
- ≤10% saturated fat
- zero grams trans fat
- sodium restrictions

Smart Snacks in School

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today’s school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The **Smart Snacks in School** standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Smart Snacks: Nutrition Standards for Food

Any food sold in schools MUST:

- be a “whole grain-rich” grain product; or
- have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- be a combination food that contains at least ¼ cup of fruit and or vegetable; or
- contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤200 calories
 - Entrée items: ≤350 calories
- Sodium limits:
 - Snack items: ≤230mg**
 - Entrée items: ≤480mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: ≤10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤35% of weight from total sugars in food

*On July 1, 2016, foods may not qualify using the 10% DV criteria.
**On July 1, 2016, snack items must contain ≤200mg sodium per item.

Nutrition Standards for Beverages:

All schools may sell:

- plain water (without carbonation)
- unflavored low-fat milk
- unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- no more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and
- other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces
- no more than 12-ounce portions of beverages with ≤40 calories per 8 fluid ounces or ≤60 calories per 12 fluid ounces

Competitive Food Sales apply to all foods and beverages sold via fundraisers, vending machines, school stores, school concession stands and any other place that is located on the school campus.

Window 1- from midnight the night before until 30 minutes after the last lunch period. During this window, no sale of food or beverage may take place except as part of the school breakfast and lunch program.

Window 2- is from 30 minutes after the last lunch period until 30 minutes after the end of the official school day. During this window, food and beverage items sold must meet all nutrition standards in the regulations.

Window 3- is from 30 minutes after the end of the official school day. During this window, there are no nutrient standards restricting what may be sold. This includes weekends and non-school days.

To ensure your snack is in compliance with the Smart Snack Guidelines, use this link to plug in snack information, and see how it measures up to the guidelines. <http://tools.healthiergeneration.org/calc/calculator/>

Nutrition Education

The Child Nutrition Program utilizes USDA **MyTray** to help educate students and adults about healthy eating habits.

School menus are displayed daily using MyTray signage menu boards.

The menu boards show which food group our menu items fit into. This helps students learn how to build a well-balanced breakfast and lunch by picking something from each food group for their meal.



Meal Viewer

Meal Viewer links to the school menu and provides nutrition information on all menu items. To visit Meal Viewer go to <http://schools.mealviewer.com> and type in the name of the school you wish to view or download the Meal Viewer free app on your smart phone.

Farm to School

Clark County Public Schools and the School Nutrition Department purchase local KY Proud food when available. So far this year, we have purchased locally grown fresh corn on the cob, blueberries, cheesy chicken, and beefy macaroni and cheese.

Clark County Public Schools Grows Farm to School with Seed Change

Clark County Public Schools was one of four school districts chosen to participate in the Kentucky Department of Agriculture Farm to School Seed Change Chefs in Schools. Seed Change is an initiative of the National Farm to School Network aimed at expanding grassroots farm to school activities state by state to support better health outcomes for children and economic opportunities for local farmers. The project is funded by the Walmart Foundation. The school nutrition department will have the benefit of a Chef for one month. During this time the Chef will focus on:

- Teaching the School Nutrition Director and staff the importance of buying fresh local products and sourcing local producers
- How to incorporate fresh local foods into their menus alongside commodity products already being used
- Teaching knife skills and proper handling of fresh local foods
- Introducing fresh locally grown products to students via taste testing
- Introduce the farmer to the students so they can better understand where their food comes from
- Recipe and menu development to create better participation
- Cornerstone for rural development by supporting local growers in their communities



National School Lunch and Breakfast Programs: Average Daily Participation

# of Participating Schools	9
Average Daily Attendance	4984
Average Daily Participation for Lunch	3756
Average Daily Participation for Breakfast	1843
Total # of Reimbursable Meals for the month of October 2015	123,142
Average Percentage of Daily Participation 2014-2015	Lunch 74% Breakfast 35%
Average Percentage of Daily Participation 2015-2016	Lunch 75% Breakfast 35%

(October 2015 Data)

Physical Activity

Each school principal was asked to complete a Physical Activity Score Card and the results were compiled as follows:

Elementary Schools- Physical Education (PE) is offered at all elementary schools. The elementary schools report that the strengths in their programs are: SBDM approved wellness policies which include physical activity breaks, licensed PE teachers, appropriate student/teacher ratio, and meeting safety standards. The areas that need improvement are reported as: Lack of individualized fitness plans for every student, 150 minutes of physical education per week is not constant across the elementary schools, and need for more time to perhaps offer before school fitness activities.

Intermediate School- PE is offered at the intermediate school. The intermediate school reports the strengths in their PE program are: Quality instruction and curriculum with health and life fitness, offering health fairs, and offering fitness clubs and intramurals. The areas that need improvement are: lack of outdoor fitness fields or courts, lack of fitness opportunities before school, and not offering 150 minutes of physical activity per week.

Junior High School- PE is offered at the junior high school. The junior high school reports the strengths in their PE program are: Quality instruction and curriculum offering health related physical fitness, meeting safety standards, promoting community physical activities, and offering school sponsored sports. The areas that need improvement are: Lack of individualized fitness plans for all students and offering more physical activity during classes.

High School- - PE is offered at the high school. The high school reports the strengths in their PE program are: PE grading is equal to other subject grades, meeting safety standards, and offering school sponsored team sports. The areas that need improvement are: Lack of individualized fitness plans for all students, activity breaks in the classroom are not enforced in all classes, student/teacher ratio in PE classes needs to be improved, students are not required to take PE classes yearly, and PE teachers need to have yearly PE professional development.

CCPS Wellness Policies

7 out of 9 schools have a wellness policy in place. Each of the 7 schools have established a Coordinated School Health Committee comprised of administrators, teachers, parents, and food service staff. These committees are responsible for evaluating the health environment of the students and implementing strategies to improve health and nutrition for students, families, and staff. The preschool and the Phoenix Academy currently do not have a SBDM council. The goal of the CCPS Coordinated School Health Committee is to establish a wellness policy at those 2 schools for the 2016-2017 school year. Each school is required to review their wellness policy annually. The emphasis will be on improving the level of implementation for the district, as well as individual school wellness policies.

Final Thoughts...

At CCPS, we are always looking for ways to improve the health and wellness of our students, their families, and our staff. We recognize the link between student health and learning and have developed a district wellness policy that will continue to foster and promote student health through nutrition education, physical education, and physical activity. The Coordinated School Health Committee will meet quarterly to discuss state and national updates, review individual school wellness policies and make necessary revisions as needed.

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