

Nutrient Analysis

All of the food items on the OVEC (Ohio Valley Education Cooperative) bid meets or exceeds state and federal mandates for minimal nutritional content. The meals served to your children are analyzed by a registered dietician annually.

The most recent School Meals Initiative (SMI) revealed total fat calories were 2.5% above the target of 30% and a shortage of 49 calories existed. The average calorie target is 664 calories. This is a snapshot of part of the nutrition program.

With new legislation coming into effect for the 2012-13 school there are a variety of changes coming to the new menus. In March 2012, OVEC School Nutrition will be taking part in a retreat in order to bring menus up to date and verify they will meet the newest standards of nutrition.



Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between SAT scores and the physical well-being of students.

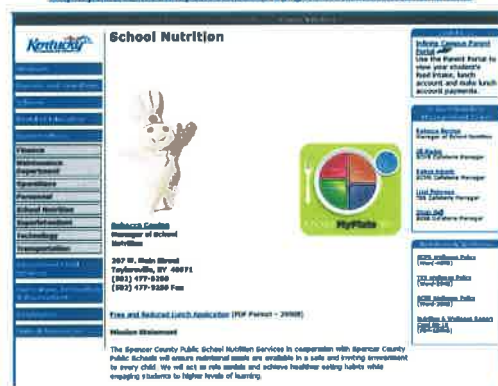
This explains what to do if you believe you have been treated unfairly.

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"Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools."
School Health Index-Centers for Disease Control (CDC)

School Nutrition Website

<http://publicschools.spencercounty.ky.gov/districtoffices/food.htm>



Spencer County Elementary School and Taylorsville Elementary School Wellness policies are available online along with other school nutrition policies. There is a lot of information available on the website. Continuous improvement will be made to the site content.

Playgrounds

Playgrounds are available at all preschool through elementary schools. New playgrounds have been added to Spencer County Elementary School and Spencer County Preschool. Playgrounds are continuously inspected and recorded monthly as a part of the regular safety inspection process.



Spencer County Public Schools

Nutrition & Physical Activity Report Card 2011-12



Mission Statement

The Spencer County Public School Nutrition Services in cooperation with Spencer County Public Schools will ensure nutritional meals are available in a safe and inviting environment to every child. We will act as role models and achieve healthier eating habits while engaging students to higher levels of learning.

Vision Statement

To be recognized at the state level for engaging our students by educating them to have a healthy and physically active lifestyle.

National School Lunch Program

The National School Lunch Program (NSLP) was conceived 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 nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

Our lunch meals are planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We currently offer whole grains at least twice a week and will gradually increase the offering to 100%. We also offer fresh fruits and vegetables every day. Students are allowed to serve themselves all the fresh fruits and vegetables they will eat. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% and skim milk, as well as 100% fruit and vegetable juices.

The table below provides a snapshot of the lunch and breakfast programs for October, 2011, including participation data.

Statistics for October	2011-12
# Schools Participating	4
Total Lunches Served	29,698
Average Daily Lunch Participation	2,720
Cost of Food Used	\$49,123
# Students Approved for Free Meals	1044
# Students Approved for Reduced-price Meals	203
# Students approved for Paid Meals	1,706
Lunch Prices	Adult: \$3.75 Reduced-price: \$.40 Paid: \$ 2.10 (ES) \$2.25 (MS) \$2.25 (HS)

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture's nutrition guidelines.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Federal Reimbursement	Combined with lunch
# Schools Participating	4
Total Breakfasts Served	4,232
Average Daily Participation	2,687
Breakfast Prices	Adult Price \$2.00 Student Reduced-price: \$.30 Student Paid: \$ 1.00



Nutrition Standards for School Meals

For the latest information on the Healthy, Hunger-Free Kids Act of 2010 visit

www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm

"Protecting children's health and cognitive development may be the best way to build a strong America"

— Dr. J. Larry Brown, Tufts University School of Nutrition



While we do contract with retail establishments to provide entrée items, such as pizza, those items are available to students only one day each week. Our pizza for the elementary schools has a 51% whole grain crust and a reduced sodium sauce. All schools will meet this standard in the 2012-13 school year.

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores all meet the minimum nutritional standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. No sales from machines or school stores take place until 30 minutes after the lunch period ends.

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A -- nutrients that tend to be "problem nutrients" for kids.

Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically offered to students at lunch -- an entrée, two servings of fruits and vegetables, a bread or grain item and 8 ounces of milk. It takes a real balancing act to beat that value with a bag lunch.

—National Dairy Council