

Fayette County Public Schools



Wellness Report Card Nutrition & Physical Activity Fall 2014

Fayette County
Public Schools

Physical: 701 East Main St.
Lexington, KY 40502

Mailing: 1126 Russell Cave Rd
Lexington, KY 40505

Healthy Hunger-Free Kids Act 2010

The FCPS 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.

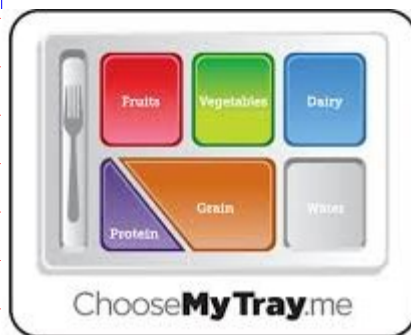
School meals offer daily:

- ◆ variety of fruits
- ◆ variety 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

To promote healthier meals, most items are steamed and baked. Currently 43 out of 58 sites do not have a fryer. If a site has a fryer, it may be used sparingly or not at all.

Special points of interest:

- ✓ Healthy Hunger-Free Kids Act 2010
- ✓ Nutrition Education
- ✓ USDA Smart Snacks
- ✓ USDA Fresh Fruit & Vegetable Program
- ✓ Farm to School
- ✓ Alliance for a Healthier Generation
- ✓ Fuel Up to Play 60
- ✓ School Gardens & Other
- ✓ Coordinated School Health
- ✓ Physical Activity Report



Nutrition Education

The Child Nutrition Program utilizes the USDA **MyPlate** and **MyTray** to help educate students and adults about healthy eating habits. **MyTray** teaches you what goes on your lunch tray. It is important to balance your calories by increasing your fruit and vegetable intake along with eating whole grains. It is also important to consume dairy products and drink plenty of water daily.

Smart Snacks in School...USDA's "All Foods Sold in Schools" Stand-

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 support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Effective July 1, 2014



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: ≤ 230 mg**
- Entrée items: ≤ 480 mg

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 foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg 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) & 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 & 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 & 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 & 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 is no nutrient standards restricting what may be sold. This includes weekends & non-school days.

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



Fresh Fruit & Vegetable Program

The **Fresh Fruit and Vegetable Program (FFVP)** offers free fresh fruits and vegetables to students during the school day, outside of lunch and breakfast periods. FFVP targets elementary schools with the highest percentages of children certified for free and reduced price benefits. The goal of the FFVP is to improve children's overall diets and create healthier eating habits to impact their present and future health. It helps schools create healthier school environments by providing healthier food choices, expanding the variety of fruits and vegetables children experience, and increasing children's fruit and vegetable consumption.

Participating Schools

Arlington
Booker T. Washington Intern.
Cardinal Valley
Mary Todd
Russell Cave

For more information:

www.fns.usda.gov/cnd/ffvp/ffvpdefault.htm



Farm to School



The **FCPS Farm to School (F2S) Team** consists of many active community partners, FCPS faculty & staff. The F2S Team meets monthly to plan and coordinate ways to implement an educational program that involves the classroom, cafeteria and community. The Team has developed informational material and video productions to promote the local farmer along with planting, harvesting, processing and consumption of local food items.

The F2S Team continues to work with schools and classroom teachers to educate students on the benefits of consuming local agricultural products. Classroom lessons incorporate sustainability, health and economic impact of buying locally produced foods.

The F2S Team has partnered with the Mayor's newly created program, **Bluegrass Farm to Table**. The goal of this program is to improve the economic opportunities with local producers and accessibility to local foods for everyone in our area.

Just since the start of this year, school sites have participated in F2S activities such as Farm Fresh Fridays and Farm to School Month in October. Even the FCPS Summer Feeding program participated in serving fresh produce. Our students have been fortunate to be able to eat local fresh broccoli, corn on the cob, goat cheese, honey, kale chips, butternut squash, homemade applesauce, and variety of apples (Fiji, gold delicious, golden grimes, Jonathan, winesap).



BRINGING KENTUCKY FARMS TO SCHOOL

Growing healthy children and communities



3.17 percent
of the total budgets of
Kentucky schools was spent
on local foods during the
2011-2012 school year.

**702 schools in
60 Kentucky districts**

are buying local Kentucky foods
for their school cafeterias.

Money invested in agriculture has
a positive economic impact on
rural and urban communities.

\$1,615,747
in school food dollars was
invested in Kentucky communities
in the 2011-2012 school year.

That's a lot of
lunch money!

We love local
farmers!

61 percent
of Kentucky schools
say they will buy more
local food in the future.

Expect growth in these
product categories in the
future: plant-based proteins,
herbs, meat or poultry, eggs,
and grains/flour.

81%

Fruit

80%

Veggies

15%

Fluid Milk

11%

Meat/
Poultry

8%

Eggs

*Kentucky census percentages

Local foods span the school meal tray*

Start your
tractors!

Healthy habits take root

Beyond serving local foods at mealtime,
schools are planting gardens, visiting
farms and turning the cafeteria into a
classroom.

363,819 students
in Kentucky are learning to make
lifelong healthy eating choices.

With farm to school programs, kids are
more likely to eat their fruits and
vegetables and try new, healthy foods.

Local farmers
make the
grade, A+!

THE USDA FARM to SCHOOL CENSUS

is taken from an estimated 13,133
public school districts across the
country, with a 75% response rate
(data from about 9,887 districts nationally)



HUNGRY FOR MORE?

www.kyagr.com/consumer/farm-to-school.html

farmtoschool.org

www.fns.usda.gov/farmtoschool/census#/state/ky/



Alliance for a Healthier Generation in Schools

"Healthy kids have higher attendance rates, higher test scores, and behave better in class."

The **Alliance for a Healthier Generation**, founded by the American Heart Association and the Clinton Foundation, works to reduce the prevalence of childhood obesity and to empower kids to develop lifelong, healthy habits. The Alliance works with schools, companies, community organizations, healthcare professionals and families to transform the conditions and systems that lead to healthier children. The Alliance's Healthy Schools Program takes a comprehensive approach to building healthier learning environments for students and staff. Currently 49 school sites are enrolled in the Alliance Healthy Schools Program.

The National Healthy Schools Award is a prestigious achievement for which schools strive. Schools that receive this award meet best practice criteria established by the Healthy Schools Program. Awards are granted at the Bronze, Silver and Gold levels. **Southern Middle School and Tates Creek Middle School have achieved Bronze level.**

Fuel Up to Play 60



Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school. FUTP 60 encourages youth to eat healthy and move more; studies suggest that well-nourished, physically active children can be better students.

Several schools have implemented Grab N Go Breakfast Carts. When students arrive at school, they pick up a breakfast and go directly to the classroom to start their day. This has been a wonderful program for both students and staff.

School Gardens & Other

School gardens engage students by providing a dynamic environment to observe, discover, experiment, nurture, and learn. They are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process.

School Gardens:

- Have a positive impact on student achievement and behavior
- Instill appreciation and respect for nature that lasts into adulthood
- Improve life skills, including working with groups and self-understanding
- Improve attitude and increase interest in eating fruits and vegetables
- Improve nutrition knowledge and vegetable preferences
- Increase fruit and vegetable consumption

The School Garden Coalition is headed by Tresine Logsdon. To learn more: www.Sustainability.FCPS.net

Other:

In partnership with FCPS Child Nutrition and KY American Water, the Bluegrass Youth Sustainability (a coalition of high school students from Lexington's public and private high schools) purchased two water bottle refilling stations to accomplish three goals:

1. Discourage the use of disposable water bottles
2. Encourage the use of reusable water bottles
3. Encourage water as an optimal hydration choice

This year KY American Water plans to expand this to elementary/middle schools in recognition of water conservation and quality awareness.



FCPS Wellness Summary

Across the District

The **16th District PTA 5K** continues to grow with 1,198 people registered and 50 PTAs participating. Training programs for healthier lifestyles were held leading up to the race including a "Kid's Marathon" that ran in segments with the final mile completed at the 5K.

A **Health and Wellness Fair** was held in January to motivate employees to adopt healthy lifestyles. The District had 10 team raise \$7,358 for the American Heart

Health and Wellness Committees in the Schools:

94% of schools in the District have established a Health and Wellness Committee (HWC) to evaluate wellness and implement strategies for improving the health of students, families and staff.

The District Coordinated School Health Committee has reviewed several proposals and presentations including Let's Move Active Schools, Minorities in Healthcare initiative, epi-pen stock program and asthma & allergy awareness in schools.



Coordinated School Health Committee

The **District Coordinated School Health Committee (CSHC)** is made up of FCPS employees that represent each of the 8 components of Coordinated School Health along with an external committee member. The CSHC is designed to promote and protect the health, wellness and safety of all students and staff. Along with assisting them in reaching their full personal, health and academic potential.

The committee regularly solicits information from external advisory bodies and stakeholders for the improvement of health and wellness. The committee is working to develop and share resources, model policies and best practices for school and local committees to review and adopt.

