

Nutrition and Physical Activity Report 2023

Covington Independent Public Schools

The School Nutrition Department administers the USDA School Breakfast Program (SBP), the National School Lunch Program (NSLP), the Summer Feeding Program (SFSP), and the Child and Adult Care Food Program (CACFP), which includes dinner and snack. Meals served within these programs must meet minimum nutrition standards set forth by USDA. The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make offerings more nutritious. CIPS Nutrition Program serves meals that meet federal nutrition standards, ensuring that meals are healthy and well-balanced, providing students with all the nutrition they need to succeed at school. School meals offer milk, fruits, vegetables, proteins, and grains while also meeting the limits for saturated fat, calories, and sodium. The nutrition program also serves meals that meet age appropriate calorie limits, exceed whole grain expectations, and utilize fresh fruits and vegetables.



We do not contract with any commercial vendors or outside retail establishments to provide food items for the cafeterias.

Breakfast Reimbursement 2022-2023	\$646,720
Schools participating	9
Total breakfasts served	264,133
Average daily participation	1582
Breakfast prices	FREE

Lunch Reimbursement 2022-2023	\$1,860,908
Schools participating	9
Total lunches served	427,795
Average daily participation	2561
Lunch prices	FREE

Dinner Reimbursement 2022-2023	\$194,468
Schools participating	6
Total dinners served	44,935

Snack Reimbursement 2022-2023	\$38,309
Schools participating	6
Total snacks served	35,143

Community Eligibility is a provision that helps school districts with high percentages of low-income children to provide free breakfast and lunch to all students. By increasing participation in the school meal programs, reducing labor costs for schools, and increasing federal revenues, Community Eligibility Provision (CEP) allows for a healthier student body and a healthier school meal budget. Because of the Community Eligibility Provision, the Nutrition Services department is not required to collect and verify school meal applications and can focus on feeding children. Household income forms are still collected for the district; however, this information is gathered for programs such as SEEK, FRYSC and Title I.

For more information: Taryn Stewart, Director of Nutrition Services @ taryn.stewart@covington.kyschools.us

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❖ Nutrient Analysis

Averaged over the course of a week, lunch menus offered in our schools provide the following:

Nutrients	Target	Actual
Calories	550-850	681
Sodium	<1230-<1420 mg	1101
Saturated Fat	<10% of total calories	8.6%
Trans Fat	None	0

According to the USDA, students who eat lunch at school are more likely to consume milk, fruits, and vegetables, than those who eat lunch at home or other places.

- ❖ Respondents to the School Health Index rated the overall effectiveness and implementation of policies and programs (100%=full implementation, 0%=no implementation)

PHYSICAL EDUCATION & OTHER PHYSICAL ACTIVITY PROGRAMS

Physical education and other physical programs (Module 3) assesses physical education class time, physical education curriculum and the availability of physical activity at a school.

NUTRITION SERVICES

Nutrition services (Module 4) assesses breakfast and lunch programs, continuing education and Farm to School initiatives at a school.

Module 3: Physical Education & Other Physical Activity Programs	December 2022	December 2023
Sixth District Elementary	65%	65%
Ninth District Elementary	70%	70%
Glenn O. Swing Elementary	81%	83%
John G. Carlisle Elementary	79%	79%
Latonia Elementary	90%	90%
Holmes Middle School	76%	76%
Holmes High School	75%	75%

Module 4: Nutrition Services	December 2022	December 2023
Sixth District Elementary	87%	87%
Ninth District Elementary	87%	87%
Glenn O. Swing Elementary	90%	90%
John G. Carlisle Elementary	85%	85%
Latonia Elementary	90%	90%
Holmes Middle School	87%	85%
Holmes High School	75%	81%

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