**NELSON COUNTY SCHOOL DISTRICT ANNUAL NUTRITION AND PHYSICAL ACTIVITY REPORT**

**FEEDING THE FUTURE-MAKING A DIFFERENCE**

**YEAR 2012-2013 KSNA MEMBER**

**10 Schools plus 1 satellite**

**All Nelson County Schools serve breakfast and lunch with 5 schools serving after school snacks. We sponsored 3 summer feeding sites this past summer to accommodate all children in the community a free breakfast and lunch during non-school days.**

**Nelson County Foodservice has 61 full time employees. All foodservice employee’s are required to complete (4) hours of training each year. Foodservice managers are Serv/Safe certified with a back-up of 3-5 workers at each school being certified through the Health Department by taking classes and passing a certification test.**

**Our average daily participation in October, 2012 was 3513 students. That is 77% participation county wide which has dropped only slightly from last year. There were 2441 free and reduced students in our district at that time. We now get a monthly download from KDE of all children that qualify for free status through State and Federal programs. This includes food stamp, foster children and some Medicaid recipients. This has helped to approve children without filling out applications. Our point of sale software prevents any identification of a child’s status.**

**Food service balance was $630,930.32 as of June 30, 2012. This gives us approximately 2.75 months of operating expenses available. Our expenditures are 15% higher this year than last year at this time due to rising costs and the new meal pattern with 12% of that being food cost.**

**Funding comes from 2 sources: Federal Reimbursement and students.**

**The reimbursement rates for 2012-2013 school year are:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Lunch** | |  | **Breakfast** |  | **Severe Need Breakfast** | |
| **2.86** | **free** | | **1.55** | **free** | **1.85** | **free** |
| **2.46** | **red** | | **1.25** | **red** | **1.55** | **red** |
| **0.27** | **full paid** | | **0.27** | **full paid** | **0.27** | **full paid** |

**Schools with over 50% Free and Reduced students qualify for Severe Need Breakfast reimbursement. January, 2013, Nelson County lunch menus have been certified through a new state program to meet all the new meal requirements. This now qualifies us to receive an extra .06 on each lunch reimbursement.**

**Student lunch prices were raised this year to $1.75 for elementary students and $2.00 for middle and high school students. This was necessary due to the Federal Regulation requiring schools to charge students for paid meals at a price on average equal to the difference between free meal reimbursement and paid meal reimbursement.**

**NUTRITION**

**Each menu is analyzed to assist us in meeting our nutritional goals with a computerized nutrient analysis program called Nutri-kids which has been approved by USDA.**

**We supply 1/3 of the days required calories, protein, vitamins A and C, iron and calcium.**

* **Limit fat consumption: Fat does not exceed 30 percent of calories over a school week and saturated fat is less that 10 percent of calories over a school week. We serve foods that have 0 trans fat.**
* **There are no Deep Fryers in the schools**
* **Serve more fresh fruits and vegetables: We offer at the minimum one each day.**
* **Increase fiber in the menu**
* **Bake and steam more foods: This helps to retain the nutrients and use less fat.**
* **Offer low-fat/fat-free milk and dairy products**
* **Limit sweets/desserts in the menus**

**Farm to school is a movement to buy products from local farmers. Those farmers must meet the qualifications of GAP, Good Agriculture Practices, established by USDA. We are also allowed to purchase food from school gardens and agriculture departments. We have purchased vegetables from Nelson County High.**

**HEALTH AND WELLNESS**

**The Nelson County Health and Wellness Council has been busy this year seeking and applying for grants to improve the health of Kentucky’s children by engaging schools along with community partners in testing innovative, comprehensive, community-based strategies addressing issues affecting the health and well being of our children, youth and families. We did not receive the grant we applied for but we were very encouraged by the 5 letters of support we received.**

**IMPROVEMENT PLAN**

**Making our meals more appealing to the students is a top priority. Promoting the importance of breakfast and having the nutrient information on each menu item available to the public.**

**PHYSICAL ACTIVITY AND ACHEIVEMENT**

**Each Nelson County Elementary School provides:**

* **Daily structured recess. Approximately 150 minutes of physical education per week**
* **Classroom physical activity integrated in the school day**
* **Intramural physical activity opportunities**
* **Credentialed physical education teachers**

**All elementary students have the opportunity to participate in a variety of structured physical fitness activities, both during and after the school day. Some of the available activities include: stretching, running, dancing line soccer, nature walks, and activities from a district purchased program and a curriculum tool that is linked to academic learning objectives. After school activities for all schools include a variety of sports and fitness training activities. There is a faculty fitness center at Old Kentucky Middle School.**