



Feeding The Future Making A Difference Nutrition & Physical Activity Report Card 2013



The Nelson County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.



Health Inspections: All kitchens are HACCP compliant and inspected by the local Health Department twice a year.

All food service personnel have been trained by the local Health Department on the new health codes and all managers are Serve/Safe certified.

“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 Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Daily structured recess	Yes	N/A	N/A
Provide at least 150 minutes of PE per week % of enrollment	Yes 100%	PE 100%	PE
Classroom physical activity integrated into the school day.	*Take 10		
Intramural physical activity opportunities	Rec. Leagues	Rec. Leagues	Rec. Leagues
Credentialed physical education teachers	Yes	Yes	Yes

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 called *‘‘Take 10’’. This is a classroom-based physical activity program and a curriculum tool that is linked to academic learning objectives.

The Nelson County school district has been in partnership with the Foundation for a Healthy Kentucky for the purpose of providing opportunities for students, parents and faculty members, to learn about fitness and nutrition. Diverse physical fitness activities have been introduced at each school campus. After school fitness program have included: Aerobics, Dancercise, Strength Training. There is also a faculty fitness center at Old Kentucky Middle School.

As a result of receiving matching grants from the Kentucky Department for Waste Management , the district is utilizing recycled crumb rubber to provide safer play surfaces for district elementary school playgrounds.

The Nelson County School District Foodservice Department services 10 schools and 1 satellite school. All Nelson County Schools serve breakfast and lunch with 5 schools serving after school snacks. We sponsored 4 summer feeding sites this past summer.

The high quality, nutritious meals served in the school cafeterias meet or exceed all state and federal guide lines. Lunches are designed to supply one third of the day’s required calories. The meal also supplies a third of the recommended daily allowance for protein, vitamins A and C, iron and calcium. With the new USDA Guidelines we have added more beans, orange/red and dark green vegetables to each week’s menu. The district’s Director of School Nutrition and nutrition employees have worked diligently to make district meals more appealing and nutritious.

NUTRITION SERVICES IMPROVEMENT PLAN

2014: We plan to be more diligent in promoting school lunch and healthy choices. We will strive to be more customer friendly by involving students, staff and parents.

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.



Intense physical activity programs have positive effects on academic achievement , including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

National School Lunch

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 & maximum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The menu cycle provides for a variety of foods and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits and vegetables. We offer 1% and skim milk, as well as 100% fruit and vegetable juices.

*An analysis of our lunch menus is found elsewhere in this report card.

*The table below provides a synopsis of the lunch program, including participation and financial data for the 2012-2013 school year.

Federal Reimbursement Lunch	\$1,073,972.25
USDA Reimbursement (commodity food)	\$136,599.00
# Schools Participating	10
Total Lunches Served	613,483
Average Daily Participation	3526
# Students Approved for Free Meals	2087
# Students Approved for Reduced-price Meals	422
# Full Paid Students	2277
Lunch Prices	Adult: \$3.00 Reduced-price : \$.40 Paid : \$ 1.75-\$2:00

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	\$393,346.32
# Schools Participating	10
Total Breakfasts Served	277,353
Average Daily Participation	1594
Breakfast Prices	Adult Price \$1.50 Student Reduced-price: \$.30 Student Paid: \$ 1.00

Summer Feeding Program

Nelson County Schools offers a Summer Feeding Program which accommodates children in the community up to 18 years of age a free breakfast and lunch during non-school days.

Federal Reimbursement	\$24,579.33
Total Meals Served	
Breakfast	3661
Lunch	5565
Days Served	38

After-School Snack Program

The After-School Snack Program allows after-school care programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snacks served to school-age children in schools with 50% or more free and reduced.

Federal Reimbursement	\$17,158.44
Total Snacks Served	21,998
Average Daily Participation	126

“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



A list of all food and beverage items available to students during the day can be downloaded from our web site at www.nelson.k12.ky.us/

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

Informative Insert

Lunch Menu Nutrient Analysis

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

Nutrient	Regulation	Actual
Calories	550-650	646
Meal Components		
Fruit	2 ½ Cups	4 Cups
Vegetable	3 ¾ Cups	6 Cups
Meat/Meat Alternate	8 -10 Servings	10 Servings
Grains/ 75% Whole Grains	8-9 Servings	9 Servings
Milk	5 Cups	5 Cups
Saturated Fat (G)	<10% of Calories	7.03%

Nutrient	Regulation	Actual
Calories	600-700	698
Meal Components		
Fruit	2 ½ Cups	4 ¼ Cups
Vegetable	3 ¾ Cups	7 Cups
Meat/Meat Alternate	9-10 Servings	10 Servings
Grains/ 75% Whole Grains	8-10 Servings	10 Servings
Milk	5 Cups	5 Cups
Saturated Fat (G)	<10% of Calories	6.55%

Nutrient	Regulation	Actual
Calories	750-850	803
Meal Components		
Fruit	5 Cups	5 ¼ Cups
Vegetable	5 Cups	5 ¾ Cups
Meat/Meat Alternate	10-12 Servings	12 Servings
Grains/75% Whole Grains	10-12 Servings	12 Servings
Milk	5 Cups	5 Cups
Saturated Fat (G)	<10% of Calories	6.68%

Food Service Stats:

- 10 Campus Feeding Sites, 1 Satellite Feeding Site (Horizons Academy)
- Breakfast and Lunch Served at all Campus Sites
- Afterschool Snack Program Offered at 5 Campus Sites
- 4786 Program Membership (i.e. District Enrollment)
- 76% District-Wide Member Participation
- 53% Free and Reduced Membership
- All Lunch Menus are Certified for an Additional .06 cents reimbursement for Meeting Nutritional Requirements set by USDA

Federal Reimbursement Rates

National School Lunch Program

Less Than 60%

Free	Reduced	Paid
2.9300	2.5300	0.2800

School Breakfast Program

Free	Reduced	Paid
1.2800	1.5800	0.2800

After School Meal Supplements

Free
0.8000