

To: Mrs. Marganna Stanley

From: Sabrina Jewell, Director of Child Nutrition

Date: January 13, 2015

Subject: Annual assessment and evaluation of school nutrition in the district in accordance with KRS 158.856

The Henderson County Child Nutrition Department is in compliance with all state and federal regulations. We meet the current requirements of the Healthy Hunger Free Kids Act of 2010 for lunch and breakfast and are on track to meet the sodium level reductions for the 2014-2015 SY. USDA has released a permanent flexibility on grain and meat/meat alternate maximums. We are still bound by the daily minimums and the calorie limits. This provides more leeway in the items that we can serve.

In October 2014, Child Nutrition submits Qualifying Data to KDE. This information is the basis for many programs in our district. I've attached a copy. We are currently 60% free/reduced students in our district. This is an increase of 2% from October 2013.

The Henderson County Child Nutrition Department does not hold any contracts with fast food or commercial vendors. Our kitchens are all self-prep and follow cycle menus to provide nutritious meals to our students so that they will be well nourished for learning.

With the Board's approval, three of our schools are participating in the Community Eligibility Provision whereby all students in these schools do not have to pay for any meals. We have seen an increase in meals served with no discernable loss of revenue. The table below represents the average participation at meals for August, September, and October of the respective years. We will continue to evaluate this option. It is possible that we could offer CEP to other sites. However, we have to consider if the expected increase in participation and reimbursements adequately cover the program costs.

Site		SY 13-14	SY 14-15	Change
Jefferson	Breakfast	47%	65%	18%
	Lunch	90%	95%	5%
South Heights	Breakfast	78%	84%	6%
	Lunch	92%	96%	4%
TBJ ELC	Breakfast	99%	99%	0
	Lunch	100%	100%	0

The Henderson County child Nutrition Department has reviewed the access of foods and beverages sold outside of the National School Lunch and School Breakfast Programs in the schools. Per our Board Policy 07.111: "No school may sell competitive foods or beverages, whether from vending machines, school stores or canteens, classrooms, teacher or parent groups, from the time of arrival of the first student at the school building until thirty (30) minutes after the last school lunch period. At the elementary school

level during the school day, only school-day approved beverages shall be available in vending machines, school stores or canteens or as fundraisers that involve sale of beverages by students, teachers, or groups.” Vending machines are not available to students until 30 minutes after the last lunch period or until after the school day has ended.

However with the implementation of the Smart Snacks section of the HHFKA of 2010, KDE has issued a waiver of 702 KAR 6:090. This brings the state and federal regulations into alignment. I have attached the power point (text only) that clarifies the new regulations.

Monthly menus which include nutritional values are posted on the district website. Additionally, elementary schools send menus home with students. Each cafeteria posts the menu daily at the beginning of the line to help students know what is offered and what makes a complete meal.

The Child Nutrition Department is working with the district CATCH initiative to further develop our wellness policy and culture.

School meal prices have remained the same for 2014-2015. We are still compliant with the Paid Lunch Equity regulations. However, we will most likely have to raise the meal prices for the 2015-2016 SY by at least \$0.10 to remain compliant. We are currently working with KDE to complete that tool and will have a recommendation to board by the March meeting.

We participated in the Kentucky Department of Agriculture 2014 Kentucky Farm to School Junior Chef competition with the guidance of Ginny Johnson, FACS teacher at HCHS. Our team, Cool Beans, won the regional level and 1st round at state. We have served the student recipe at the high school and will have it cycled in again this spring. We are gearing up for the 2015 competition and look forward to returning to the state competition.

The Child Nutrition Program is being reviewed by KDE as required by HHFKA of 2010. Our review dates are February 10 and 11, 2015. During this time reviewers will be in district observing three schools: South Heights Elementary, Jefferson Elementary, and Henderson County High School. Areas of review include nutritional analysis, meal service, general kitchen procedures and safety, financial reports, free/reduced eligibility procedures and compliance, local wellness policy, and general program compliance. We have been working throughout the year to have everything ready. We have a sound program and we don't expect any major issues. However, we know that there will be areas of improvement. We should have a preliminary report for the Board in March. A final closing report will come after KDE closes the review.

Overall recommendations for improving the school nutrition environment are as follows:

1. Continue to maintain compliance with federal regulations.
2. Continue to develop student advisory groups within the schools to increase participation.
3. Increase our outreach to the community regarding school meals.
4. Work with the CATCH committee to develop a culture of wellness and health for our district.
5. Replace aging equipment with more efficient items as financially feasible.

Respectfully submitted,

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2013 Qualifying Data

Sponsor ID	Sponsor Name	Site ID	Site Name	Eligibility - Free	Eligibility - Reduced	Total Free and Reduced	Eligibility - Paid	Enrollment	Percent Free	Percent Reduced	Percent Free and Reduced
10175	Henderson	1006	A B Chandler Elementary School	213	32	245	129	374	57%	9%	66%
10175	Henderson	1004	Bend Gate Elementary School	330	36	366	205	571	58%	6%	64%
10175	Henderson	1005	Cairo Elementary School	114	15	129	164	293	39%	5%	44%
10175	Henderson	1011	Central Academy	123	10	133	59	192	64%	5%	69%
10175	Henderson	1001	East Heights Elementary School	275	31	306	274	580	47%	5%	53%
10175	Henderson	1013	Henderson County High School	776	131	907	1,046	1,953	40%	7%	46%
10175	Henderson	1007	Henderson County North Middle School	446	54	500	390	890	50%	6%	56%
10175	Henderson	1009	Henderson County South Middle School	366	43	409	301	710	52%	6%	58%
10175	Henderson	1003	Jefferson Elementary School	312	8	320	72	392	80%	2%	82%
10175	Henderson	1000	Niagara Elementary School	145	18	163	166	329	44%	5%	50%
10175	Henderson	1010	South Heights Elementary School	476	25	501	69	570	84%	4%	88%
10175	Henderson	1012	Spottsville Elementary School	190	25	215	293	508	37%	5%	42%
10175	Henderson	1014	Thelma B. Johnson Early Learning Center	306	30	336	113	449	68%	7%	75%
	Henderson County			4,072	458	4,530	3,281	7,811	52%	6%	58%

Site Enrollment Site List

10175 Status: Active
Henderson County
 DBA:
 1805 2ND ST
 HENDERSON, KY 42420-3367
 Type of Agency: Educational Institution
 Type of SNP Organization: Public

Reporting Month: October 2014

Action	Site ID	Site Name	Type	Lunch Free	Lunch Reduced	Lunch Paid	Lunch Total	% Free & Reduced
View	1000	Niagara Elementary School	Eligibility Meals Participation Direct Cert	136 2,036 114 0	14 215 12 0	180 1,867 104 0	330 4,118 230 330	45.4545 % 54.6625 % 54.7826 % 0.0000 %
View	1001	East Heights Elementary School	Eligibility Meals Participation Direct Cert	299 4,421 246 0	37 521 29 0	271 2,636 147 0	607 7,578 422 607	55.3542 % 65.2151 % 65.1658 % 0.0000 %
View	1003	Jefferson Elementary School	Eligibility Meals Participation Direct Cert	353 5,488 305 177	0 0 0 62	0 0 0 0	353 5,488 305 353	100.0000 % 100.0000 % 100.0000 % 67.7054 %
View	1004	Bend Gate Elementary School	Eligibility Meals Participation Direct Cert	323 4,874 271 0	30 365 21 0	224 2,293 128 0	577 7,532 420 577	61.1785 % 69.5566 % 69.5238 % 0.0000 %
View	1005	Cairo Elementary School	Eligibility Meals Participation Direct Cert	146 2,180 122 0	12 176 10 0	167 1,906 106 0	325 4,262 238 325	48.6154 % 55.2792 % 55.4622 % 0.0000 %
View	1006	A B Chandler Elementary School	Eligibility Meals Participation Direct Cert	189 2,935 164 0	27 349 20 0	140 1,352 76 0	356 4,636 260 356	60.6742 % 70.8369 % 70.7692 % 0.0000 %
View	1007	Henderson County North Middle School	Eligibility Meals Participation Direct Cert	438 6,540 364 0	41 617 35 0	362 4,173 232 0	841 11,330 631 841	56.9560 % 63.1686 % 63.2330 % 0.0000 %
View	1009	Henderson County South Middle School	Eligibility Meals Participation Direct Cert	368 5,533 308 0	57 825 46 0	304 3,674 205 0	729 10,032 559 729	58.2990 % 63.3772 % 63.3274 % 0.0000 %
View	1010	South Heights Elementary School	Eligibility Meals Participation Direct Cert	597 9,468 526 352	0 0 0 80	0 0 0 0	597 9,468 526 597	100.0000 % 100.0000 % 100.0000 % 72.3618 %
View	1011	Central Academy	Eligibility Meals Participation Direct Cert	127 666 37 0	8 46 3 0	50 108 6 0	185 820 46 185	72.9729 % 86.8293 % 86.9565 % 0.0000 %
View	1012	Spottsville Elementary School	Eligibility Meals Participation Direct Cert	197 2,801 156 0	20 269 15 0	292 2,824 157 0	509 5,894 328 509	42.6326 % 52.0869 % 52.1342 % 0.0000 %
View	1013	Henderson County High School	Eligibility Meals Participation Direct Cert	783 10,402 578 0	119 1,340 75 0	1,088 8,172 454 0	1,990 19,914 1,107 1,990	45.3266 % 58.9635 % 58.9883 % 0.0000 %
View	1014	Thelma B. Johnson Early Learning Center	Eligibility Meals Participation Direct Cert	381 2,311 129 168	0 0 0 53	0 0 0 0	381 2,311 129 381	100.0000 % 100.0000 % 100.0000 % 58.0052 %
District Totals			Eligibility Meals Participation Direct Cert	4,337 59,655 3,320 697	365 4,723 266 195	3,078 29,005 1,615 0	7,780 93,383 5,201 7,780	60.4370 % 68.9398 % 68.9483 % 11.4653 %

Total Sites: 13

Smart Snacks power point (text only)

Waiver Section 2, (1-9)702 KAR 6:090

0Competitive foods no longer must meet the 702 KAR 6:090 regulations

0Food items must still *meet the Federal Smart Snacks regulations*

0Section speaks to Food only

0Will not eliminate time period for which food may be sold

0Alliance for a Healthier Generation's Smart Snack Calculator

0Waiver is for SY 14-15 only (must re-apply each year for waiver)

Healthy Hunger-Free Kids Act

0Requires that USDA establish nutrition standards for all foods and beverages sold in school.

0Applies to all foods sold:

0Outside the school meal programs;

0A la carte in the cafeteria

0In school stores

0Snack bars

0Vending machines

0Other venues

0On the school campus; and

0At any time during the school day

Definitions

0School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day

Window 1

•First window is from midnight the night before until 30 minutes after the last lunch period. While this window is open, no sale of food or beverage may take place except as part of the school breakfast or school lunch program.

Window 2

•Second window opens 30 minutes after the last lunch period and closes 30 minutes after the end of the official school day. While this window is open any food that is sold must meet all nutrition standards in the regulations.

Window 3

•Third window opens 30 minutes after the end of the official school day and closes at midnight. During this window, there is no nutrient standards restricting what may be sold.

Fundraiser Exemptions

0There will be no exemptions given for fundraisers. No foods or beverages may be sold on the school campus during the school day that do not meet the new standards.

Fundraisers

0All foods that meet the regulatory standards may be sold on the school campus from 30 minutes after lunch until 30 minutes after the school day.

0The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

Standards for Foods

0Apply to all grade levels

0Include general and specific nutrient standards

0Provide exemptions to nutrient standards for specific foods

0Allow broader exemptions for fruits and vegetables and some NSLP/SBP foods

General Standard for Food

0To be allowable, a food item must meet all of the competitive food nutritive standards

AND

1.Be a whole grain rich product; OR

2.Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); OR

3.Be a “combination food” with at least $\frac{1}{4}$ cups fruit and/or vegetable; OR

4.Contain 10% of the Daily Value on one nutrient of public health concern (only through June 30, 2016)

0Calcium, potassium, vitamin D, dietary fiber

Whole Grain Rich

0Whole Grain Rich Product

0Must include 50% or more whole grains by weight or have whole grain as the first ingredient

0Consistent with NSLP meal pattern standards and the HUSSC whole grain requirement

Major Food Groups

0Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.)

Combination Foods

0Be a “combination food” with at least $\frac{1}{4}$ cup fruit and/or vegetable

0Combination food means products that contain two or more components representing two or more of the recommended food groups: fruits, vegetable, dairy, protein or grains.

0Examples: yogurt and cheese, cheese and crackers, hummus and vegetables, fruit cobbler with whole grain rich crust, etc.

Nutrients of Public Health Concern

0Through June 30, 2016, foods that contain 10% of the Daily Value of one nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber)

0July 1, 2016 this is removed.

0Allowable competitive foods must be food group based after that date.

Specific Nutrient Standards for Food

Nutrient Standards

0Total Fat

0Saturated Fat

0Trans Fat

0Sodium

0Calories

0Total Sugar

Accompaniments

0Must be included in nutrient profile as part of the item served: examples include:

0Salad dressings

0Butter or jelly on toast

0Cream cheese on bagels

0Garnishes

0No pre-portioning required –may determine average portion

Total Fat

0≤ 35% of total calories from fat per item as packaged/served

0Exemptions include

0Reduced fat cheese

0Nuts and seeds and nut/seed butters

0Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

0Seafood with no added fat, and

0Part-skim mozzarella

Saturated Fat

0< 10% of total calories per item as packaged/served

0Exemptions for:

0Reduced fat cheese, part-skim mozzarella

0Nuts, seeds and nut/seed butters

0Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Trans Fat

0Zero grams of trans fat per portion as packaged/served (0.5g)

Definition of Entrée

0An item that is

0A combination food of meat/meat alternate and whole grain rich food, or

0A combination food of vegetable or fruit and meat/meat alternate, or

0A meat/meat alternate alone, with exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (i.e. dried beef jerky and meat sticks)

0Breakfast (SFA determines which item(s) are the entrée) –May include whole grain rich items and can be exempted from the standards on day of and day after service

Sodium

0Entrée items that do not meet NSLP/SBP exemptions

0≤ 480 mg sodium per item

0Snack and side items

0≤230 mg (until June 30, 2016)

0≤200 mg (after July 1, 2016)

Calories

0Entrée items that do not meet NSLP/SBP exemption

0≤350 calories

0Snack items and side dishes

0≤200 calories per item

Total Sugars

0 ≤ 35% of weight from total sugars per item

Sugar Exemptions

0 Dried/dehydrated fruits or vegetables (no added nutritive sweeteners)

0 Dried fruits with nutritive sweeteners for processing and/or palatability (e.g. dried cranberries, tart cherries, and blueberries)

0 Exempt dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

Exemptions from General Nutrition Standards for Food

Fruit and Vegetable Exemption

Exempt from meeting all nutrient standards

0 Fresh, frozen and canned fruit packed in water, 100% juice, light syrup or extra light syrup

0 Fresh, frozen and canned vegetables with no added ingredients except water

0 Canned vegetables with small amount of sugar for processing purposes

NSLP/SBP Entrée Exemption

0 Exemptions for entrée items only

0 Side dishes sold as competitive food must meet all standards

0 Entrée exemption for day of service and school day after

Alliance for Healthier Generation Smart Snack Calculator

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

This can be used for food items only.

Nutrition Standards for Beverages

Standards for Beverages

0 Not affected by Waiver

0 Vary by Grade Level

0 Identify Specific Types of Beverages Allowed

0 Address Container Size

0 Beverages for All

0 Water

0 Milk

0 Juice

Elementary School Beverage Options

0Water –Plain, non-caloric, noncarbonated water. **No size limit.** (KY regulation)

0Milk –Low fat milk (**8 ounces or less**) or non fat milk, flavored or unflavored (**8 ounces or less**). Federal regulation. (With exception that KY does not allow the nutritionally equivalent milk alternatives to be sold a la carte.)

0Juice –100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**8 ounces or less**).

0No other beverages are allowed

0All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

Middle School Beverage Options

0Water –Plain, non-caloric, noncarbonated water. No size limit. (KY regulation)

0Milk –Low fat milk (**12 ounces or less**) or non fat milk, flavored or unflavored (**12 ounces or less**). Federal regulation. (With exception that KY does not allow the nutritionally equivalent milk alternatives to be sold a la carte.)

0Juice –100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**12 ounces or less**).

0No other beverages are allowed

0All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

High School Beverage Options

0Water –Plain, non-caloric, noncarbonated water. No size limit. (KY regulation)

0Milk –Low fat milk (**12 ounces or less**) or non fat milk, flavored or unflavored (**12 ounces or less**). Federal regulation. (With exception that KY does not allow the nutritionally equivalent milk alternatives to be sold a la carte.)

0Juice –100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. (**12 ounces or less**).

High School Beverage Options Cont'd

0Calorie free Beverages -Any other flavored beverages (**20 ounces or less**) that are labeled to contain **5 calories or less per 8 ounce**, or **10 calories or less per 20 ounce**; and contains no more than **ten (10) grams** of sugar per serving.

0Lower Calorie Beverages -Any other flavored beverages (**12 ounces or less**) that are labeled to contain **40 calories or less per 8 ounces**, or **60 calories or less per 12 ounces**; and contains no more than **ten (10) grams** of sugar per serving.

0Beverages may contain caffeine.

Recordkeeping

0LEAs and SFAs should maintain records such as receipts, nutrition labels and product specifications.

0SFAs maintain records for competitive foods sold under the nonprofit school food service account.

0LEAs maintain records for all other competitive food sales.

Questions

0If you have questions, please contact your consultant.

