

To: Mrs. Marganna Stanley and Henderson County Board Members
From: Charlotte Baumgartner, Director Child Nutrition
Date: January 19, 2016
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.

In October 2015, 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 66.54% free/reduced students in our district. This is an increase of 6.54% from October 2014. Having seven CEP schools in district is a large part of the 6.54% increase. The October Qualifying Data for the district free/reduced is attached as **Table A**. It represents the Site Enrollment Data as show by KDE representing the % of free/reduced at each school and as a district.

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 menus to provide nutritious meals to our students so that they will be well nourished for learning.

We are proud to report that seven of our schools are participating in the Community Eligibility Provision whereby all students in these schools receive free breakfast and lunch. Three schools are in their second year of participation, Jefferson, South Heights, and TBJ ELC. Four schools began participation this school year, Niagara, AB Chandler, Bend Gate, and Central Academy. **Table B** represents the average participation of 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.

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.

Monthly menus which include nutritional values are posted on the district website. 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. We are working on binders to present to each school nurse with the nutrients listed to help when the website is unavailable. Binders will be ready for each school nurse at the beginning of the 2016-2017 school year.

School meal prices have remained the same for four years including 2015-2016. In order to be compliant with the Paid Lunch Equity regulations we will have to raise the meal prices for the 2016-2017 SY. Lunch prices needed to increase last school year, however we filed a waiver with the state to allow us to keep our prices at the current rate for one more year. Due to the increase in the price of produce and food purchases the plan is to raise breakfast/lunch rates as follows:

	Breakfast	Lunch
Elementary	from \$1.00 to \$1.25	from \$1.85 to \$2.00
Middle School	from \$1.00 to \$1.25	from \$1.85 to \$2.00
High School	from \$1.00 to \$1.50	from \$1.85 to \$2.25
Adult	Remain at \$2.25	from \$3.25 to \$3.50

We are currently working with KDE to complete Paid Lunch Equity Tool and will have a final recommendation to the board for breakfast/lunch prices by the March meeting.

The April data from KDE will determine if we can add any additional schools to our growing list of CEP schools for the district. We will have a recommendation to the board by the May meeting regarding CEP schools for Henderson County School District.

We participated in the Kentucky Department of Agriculture 2015 Kentucky Farm to School Junior Chef competition for the second year with the guidance of Ginny Johnson, FACS teacher at HCHS. Our team, Cookin Divas, won the regional level but lost in the 1st round at state. We are very proud of the team as they have won the regional competition two years in a row. We served the Beef Veggie Burger in all the schools for lunch and plan to menu the new recipe as well. We are gearing up for the 2016 competition and look forward to returning to the state competition.

The Nutrition & Physical Activity Report Card for SY 2014-2015 is attached for your review, **Table C.**

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

1. Continue to maintain compliance with state and federal regulations.
2. Continue to develop student advisory groups to increase participation.
3. Increase our outreach to the community regarding school meals and summer feeding.
4. Work with the community to develop a culture of wellness and health for our district.
5. Replace aging equipment with more efficient items as financially feasible.
6. Provide training for staff to improve the quality of meals.
7. Grow our relationship with local farmers to purchase locally grown produce.

Respectfully submitted,

Charlotte Baumgartner

Director Child Nutrition

1805 Second St

Henderson, KY 42420

270-831-8754

charlotte.baumgartner@henderson.kyschools.us



"The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

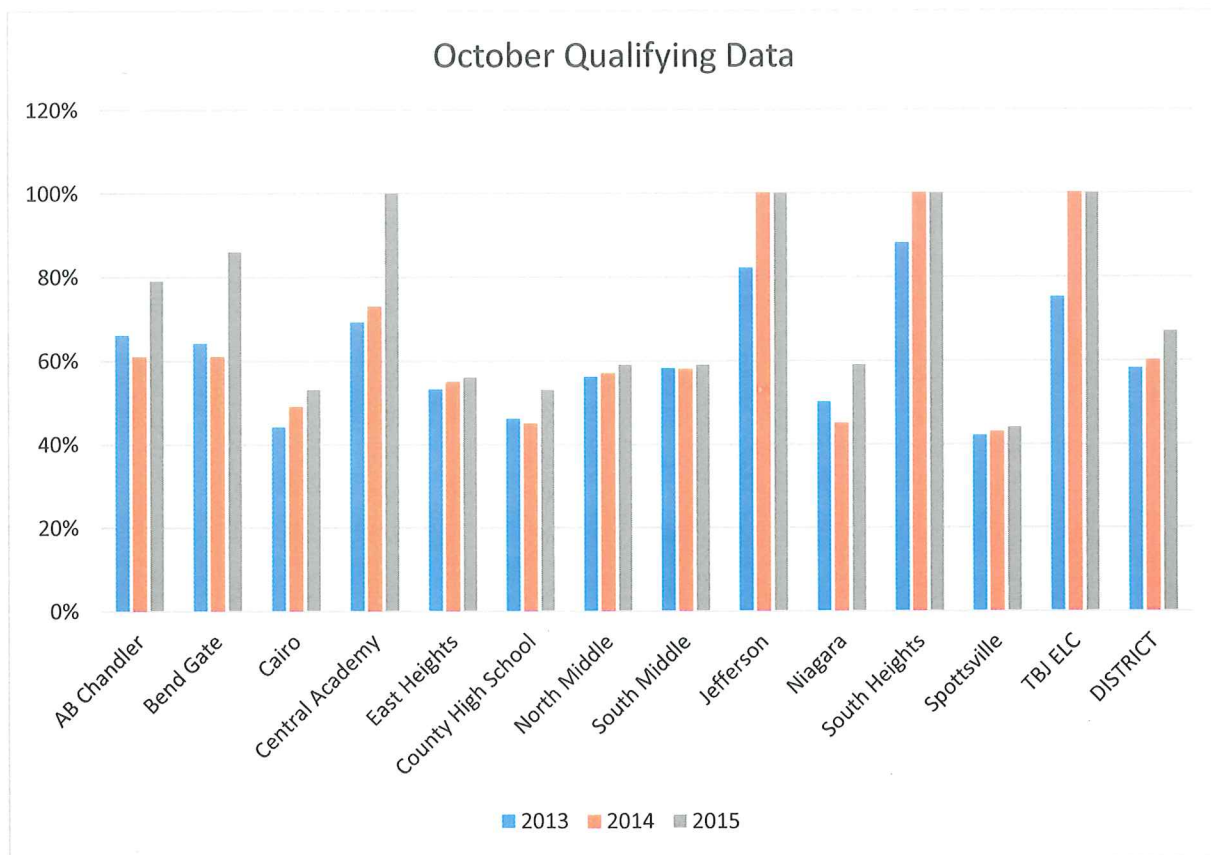
Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer."

October Qualifying Data % Free/Reduced

Table A

	2013	2014	2015
AB Chandler	66%	61%	79%
Bend Gate	64%	61%	86%
Cairo	44%	49%	53%
Central Academy	69%	73%	100%
East Heights	53%	55%	56%
County High School	46%	45%	53%
North Middle	56%	57%	59%
South Middle	58%	58%	59%
Jefferson	82%	100%	100%
Niagara	50%	45%	59%
South Heights	88%	100%	100%
Spottsville	42%	43%	44%
TBJ ELC	75%	100%	100%
DISTRICT	58%	60%	67%

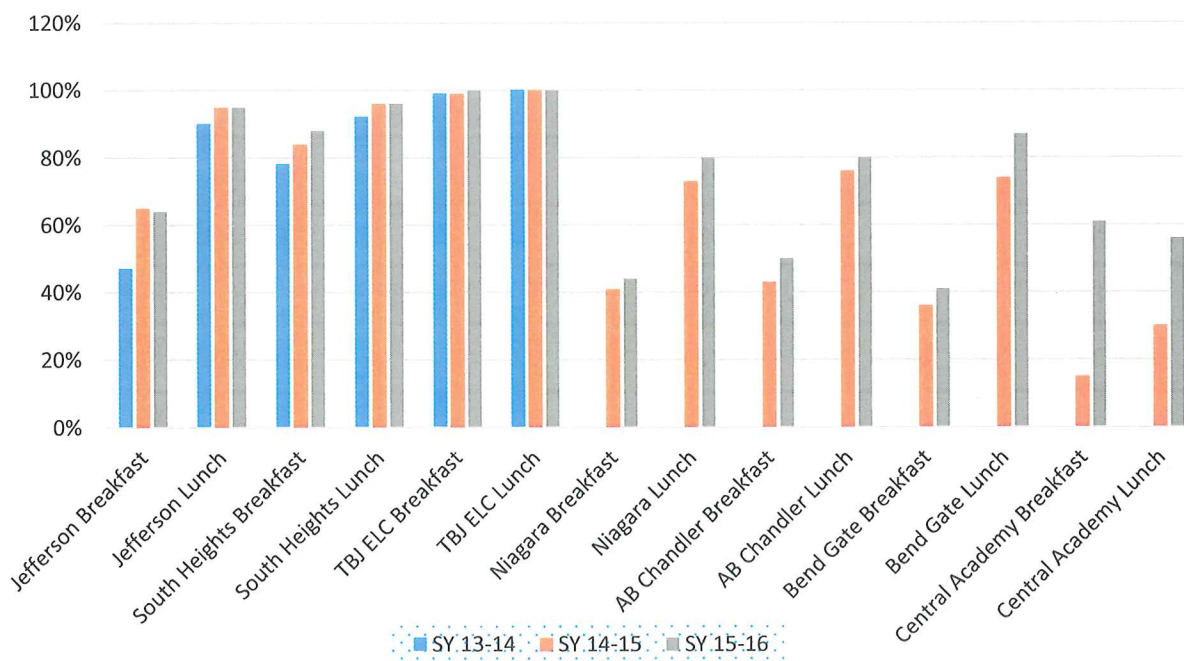


CEP School Data

Table B

Site	Meal Type	SY 13-14	SY 14-15	SY 15-16	Change SY 14-15 to 15-16
Jefferson Breakfast	Breakfast	47%	65%	64%	-1%
Jefferson Lunch	Lunch	90%	95%	95%	0%
South Heights Breakfast	Breakfast	78%	84%	88%	4%
South Heights Lunch	Lunch	92%	96%	96%	0%
TBJ ELC Breakfast	Breakfast	99%	99%	100%	1%
TBJ ELC Lunch	Lunch	100%	100%	100%	0
Niagara Breakfast	Breakfast		41%	44%	3%
Niagara Lunch	Lunch		73%	80%	7%
AB Chandler Breakfast	Breakfast		43%	50%	7%
AB Chandler Lunch	Lunch		76%	80%	4%
Bend Gate Breakfast	Breakfast		36%	41%	5%
Bend Gate Lunch	Lunch		74%	87%	13%
Central Academy Breakfast	Breakfast		15%	61%	46%
Central Academy Lunch	Lunch		30%	56%	26%

CEP School Data



Nutrient Analysis

Averaged over the course of a week, lunch menus offered in our schools provide the following and are compliant with the new meal patterns as established by the Healthy Hunger Free Kids Act of 2010 as designated by age group:

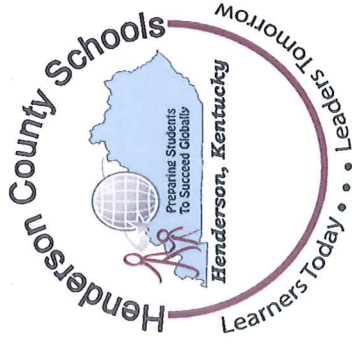
	Menu AVG	Target
K-5		
Calories	637	550-650
Saturated Fat %	6.99	<10%
Sodium (mg)	1147	*1230
6-8		
Calories	664	600-700
Saturated Fat %	6.22	<10%
Sodium (mg)	1297	*1360
9-12		
Calories	830	750-850
Saturated Fat %	6.61	<10%
Sodium (mg)	1409	*1420

* Target 1 for SY 2014-2015

Specific item nutrient details are available at <http://www.newweb.henderson.kyschools.us/Students/SchoolMenu.aspx>



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*



Nutrition & Physical Activity Report Card For SY 2014-2015



School Physical Activity Environment Assessment			
Program/activity	Elem	Middle	High
Provide daily recess	100%	N/A	N/A
Provide additional PA not exceeding 150 minutes per week	100%	N/A	N/A
Provide physical education	100%	100%	100%
Provide classroom physical activity integrated into school day	100%	N/A	N/A
Provide intramural physical activity opportunities	All	All	All
Offer facilities to families/community for physical activity opportunities	100%	100%	100%

"The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)"

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer."

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

National School Lunch

The Healthy Hunger-Free Kids Act of 2010 marked the first major change in the National School Lunch Program (NSLP) since 1946. The new regulations challenged all districts to focus more intently on the culture of nutrition in our schools. School districts who meet the new Meal Pattern guidelines are eligible to receive an additional \$0.06 cents in federal reimbursement from the United States Department of Agriculture. 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 daily minimum portion sizes as well as age specific calorie ranges. The portion sizes are designed to provide 1/3 of the RDA for children based on age groups. We make a concerted effort to offer whole grains as well as fresh fruits and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer skim milk as well as 100% fruit juices and bottled water.

The table below provides a synopsis of the lunch program, including participation and financial data.

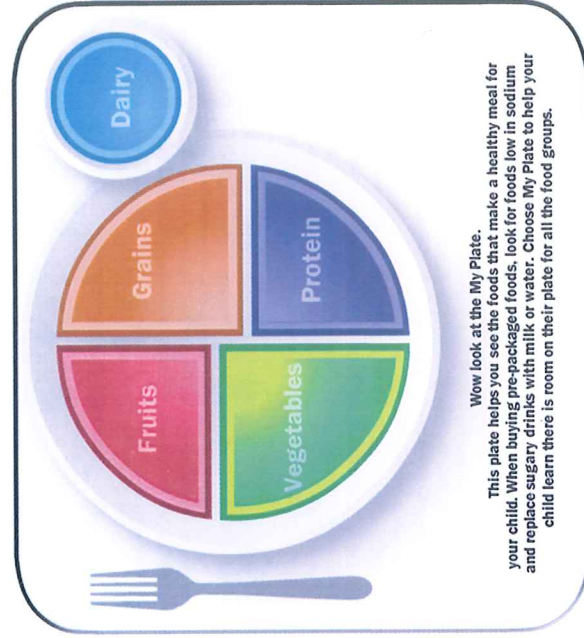
Federal Reimbursement 14/15	\$1,913,465
# Schools Participating	13
Total Lunches Served	856,485
Average Daily Participation	4979
Cost of Food Used	\$1,657,511
# Students Approved for Free Meals	4337
# Students Approved for Reduced Meals	365
Lunch Prices	Adult: \$3.25 Student Paid: \$1.85 Reduced: \$0.40

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the United States Department of Agriculture nutrition guidelines.

Studies show that children who participate in the SBP 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 14/15	\$614,633
# Schools Participating	13
Total Breakfasts Served	397,956
Average Daily Participation	2274
Breakfast Prices	Adult: \$2.25 Reduced Price: \$0.30 Paid: \$1.00



Summer Food Service Program

Bridging the gap when school is not in session, SFSP provides breakfasts, lunches, suppers, and snacks to Kentucky children. Henderson County has participated in this program for 15+years.

Federal Reimbursement 14/15	\$45,290
# Sites Participating	16
Total Meals Served	14798
Average Daily Participation	379
Meal Prices	Students free Adult Breakfast \$2.00 Adult Lunch \$3.00

After-School Snack Program

The After-School Snack Program allows for programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snack served to school-age children. Four of our schools, South Heights, North Middle, South Middle, and HCHS, currently qualify for this program.

Federal Reimbursement	\$9,105
Total Snack Served	11,104
Average Daily Participation	104

A list of food and beverage items available to students at meal times can be downloaded from our web site at <http://www.newweb.henderson.kyschools.us/Students/SchoolMenu.aspx>

Food and beverage items that are sold as extras on the cafeteria lines 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 school may sell competitive food or beverages from the time of the arrival of the first student at the school building until thirty (30) minutes after the last lunch period. (KRS 158.854)