



# **Simpson County Schools Food Service Program Nutrition & Physical Activity Report 2019**

## **The National School Breakfast/Lunch Program**

***Simpson County Schools Food Service Program*** is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE) and the Simpson County Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

### **Daily Selections for School Meals:**

- ❖ only whole grain rich breads, crackers, pasta, breadings on entrees
- ❖ low fat/low sodium chicken, beef, pork, cheese, vegetarian/other entrée
- ❖ vegetable varieties: dark green, red/orange & legumes
- ❖ variety of local fresh and canned fruits
- ❖ fat-free & 1% milk options
- ❖ limited sodium and fats in meals, zero trans fat
- ❖ age-appropriate calorie ranges with portion controlled serving size
- ❖ water is available for breakfast and lunch

**Did you know?** Breakfast & Lunch are FREE to ALL Simpson County students every day.

**Did you know?** Students who eat school breakfast are more likely to behave better in school and it helps students pay attention, perform problem-solving tasks and improves memory.

**Did you know?** Students who eat school breakfast and lunch get more important nutrients, vitamins and minerals such as calcium, dietary fiber and protein.

**Did you know?** Students who eat school meals tend to get more 1) milk/dairy, 2) meats, 3) grains, 4) vegetables and 5) fruits in their diets.

**Did you know?** At breakfast, students may select a minimum of 3 but up to 4 food items. At lunch, students may select 3 but up to 5 food groups. To complete a meal for both breakfast and lunch, one of their choices must be a fruit or vegetable.

# Simpson County Food Service

## Our Commitment to Healthy Meals

Simpson County Schools Food Service program utilizes the USDA MyPlate to help educate children about healthy eating habits by teaching them what goes on their plate at every meal.

### **School Meals - The Facts**

- School Breakfast Program (SBP)
  - ✓14.7 million children served daily
  - ✓90,000 schools participate
- Simpson County Breakfast Program - 2018-2019
  - ✓1,662 children served daily
  - ✓6 schools participate
  - ✓282,498 - total breakfasts served
- National School Lunch Program (NSLP)
  - ✓29.8 million children served daily
  - ✓100,000 schools participate
- Simpson County Lunch Program - 2018-2019
  - ✓2,204 served daily
  - ✓6 schools participate
  - ✓374,687 - total lunches served
- Simpson County Summer Feeding – 2019
  - ✓Breakfast – 2,503 total
  - ✓Lunch – 17,767 total
  - ✓Snack – 10,396





## **Smart Snacks in School...USDA's "All Foods Sold in Schools" Standards**

Since July 1, 2014, school sites have been required to follow the USDA nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the **Healthy, Hunger-Free Kids Act of 2010**, will allow schools to offer healthier snack foods to students, while limiting junk food.

**Smart Snacks in Schools** is a great step towards improving the health of our students and school environments. This supports the efforts already being made by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### **Any food sold in schools MUST:**

- be a whole grain rich product
- have as the first ingredient a fruit, vegetable, dairy product or protein food
- be a combination food that contains at least ¼ cup of fruit and/or vegetable
- contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D or dietary fiber)

### **Nutrition Standards for Beverages sold in schools:**

- plain water (without carbonation)
- unflavored low fat milk
- unflavored or flavored fat free milk and milk alternatives permitted by NSBP/NSLP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

**Competitive Food Sales** apply to **all food & beverages sold** via fundraisers, vending machines, school stores, school concession stands and any other place that is located on the school campus.

**Window 1** – from midnight the night before until 30 minutes after the last lunch period. During this window, no sale of food or beverage may take place except as part of the school breakfast & lunch program.

**Window 2** – is from 30 minutes after the last lunch period until 30 minutes after the end of the official school day. During this window, food & beverage items sold must meet all nutrition standards in the regulations.

**Window 3** – is from 30 minutes after the end of the official school day. During this window, there is no nutrient standards restricting what may be sold. This includes weekends & non-school days.

# Simpson County Schools

## Nutrition & Wellness Summary



### **BREAKFAST**

❖ Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Students with access to school breakfast also had significantly reduced absence and tardiness rates.

❖ We offer breakfast in all cafeterias as well as grab 'n go breakfast carts at Franklin Simpson Middle School and Franklin Simpson High School. Our 2<sup>nd</sup> Chance Breakfast at the High School continues to be a huge success. We have seen an increase in participation by 40%. Our breakfasts are planned on a 2 week menu cycle.

### **LUNCH**

❖ Simpson County Food Service lunches are planned on a 3 week menu cycle. Per Federal regulations, we are required to offer a minimum and in some cases a maximum portion size of meat/meat alternates, fruit, vegetables, grains/breads and milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children.



Food and beverage items that are sold as ala carte 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. Schools cannot sell food or beverage items that compete with school meals until 30 minutes after the close of the last lunch serving period.

### **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 standardized test scores and the physical well-being of students.

❖ Simpson County Schools has a Coordinated School Health/Wellness Committee that meets twice a year to develop and help promote the nutritional, physical and educational well-being of our student body as well as our district employees



❖ Simpson County Schools have credentialed physical education teachers and each school provides physical education as part of their curriculum. Our elementary schools provide daily recess and each of these schools provides safe and modern playground equipment. The facilities at our schools provide students, families and the community opportunities for physical activity. All of our schools also promote community physical activities.