

NUTRITION AND HEALTH REPORT CARD

2019 - 2020



In Livingston County Schools, our mission provide a culture of rigorous, engaging, and differentiated learning for every student, every day. In Livingston County Schools, our vision is to Live RED--Reaching Excellence Daily. Our district is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach excellence daily.



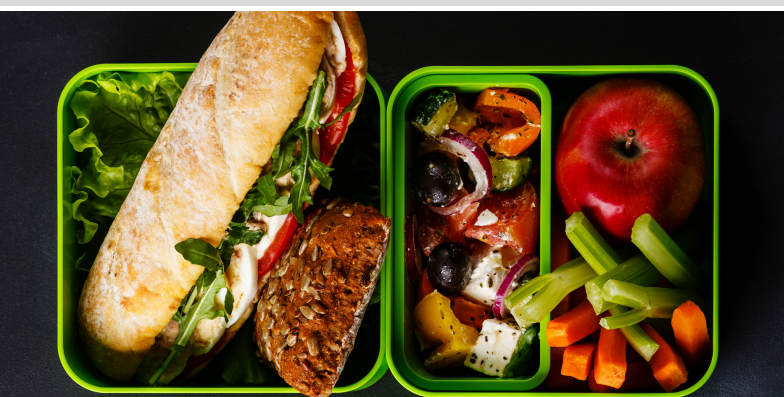
Physical Activity and Achievement

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 opportunities. Evidence supports a correlation between readiness to learn and the physical well-being of students through proper nutrition.

Based on the 2020-2021 Healthier Generation Healthy Schools Program Assessment, Livingston County Schools meets 90% of the best practices recommended, compared to 72.5% nation-wide. These best practices include the use of physical education curriculum, activity level of physical education classes, health education course availability, and time scheduled for physical education.

"Promoting 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



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 USDA nutrition guidelines. These guidelines promote meal quality, while also using commodities donated from the USDA helps farmers as well as, keep costs down for schools.

Federal regulations require that we offer minimum portion sizes daily and weekly of meat/meat alternative, grains, fruit, vegetable (of certain sub-groups), and milk.

The portion sizes are designed to meet the needs of growing children and sizes increase as children get older. Students serve themselves and make their own choices each meal service. The menu cycle provides variety and allows us to make the most efficient use of commodities.

All juice offered is 100% juice and milk is 1% or Fat Free Flavored. We use whole grain products and have a sodium restriction each week.

Data based on 2019-2020 School Year

of Participating Schools: 4
Federal Reimbursement: \$538,464.01
Total Breakfast Served: 156,923



Community Eligibility Provision

The Community Eligibility Program (CEP) continues to be implemented in all four schools for the 2019-2020 school year. This provision is from the Healthy, Hunger- Free Kids Act of 2010 that allows schools and local educational agencies with high poverty rates to provide breakfast and lunch to all students at no charge. CEP eliminates the burden of collecting household applications to determine eligibility for school meals, relying instead on information from other means- tested programs such as the Supplemental Nutrition Assistance Program and Temporary Assistance for Needy Families.



School Breakfast Program

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the USDA nutrition guidelines. Studies show that children who participate in this program have significantly higher standardized achievement test scores that those who do not participate. Children with access to school breakfast also have a significantly reduced number of absences and tardiness rates.

Data based on 2019-2020 School Year

of Participating Schools: 4
Federal Reimbursement: \$279,577.81
Total Breakfast Served: 131,655

COVID-19 Changes

The COVID-19 Pandemic has brought about significant change in all aspects of education, with food service being no exception.

To meet the needs of our students and families, Livingston County Schools Food Services adapted their procedures to produce meal packs providing nutrition to students during this time of uncertainty. New regulations allowed for Livingston County Schools to extend nutrition services to any child in the district between the ages of 2 to 18, and delivery points of service across the district.

The teamwork between transportation, food service, FRYSC, and the schools during this pandemic demonstrates the resiliency and desire to Live RED for our students.



DISTRICT CHANGES

Livingston County Schools is committed to serving our students and families regardless of world circumstances. Since March, our school district has explored every avenue in providing a safe environment for students to learn and grow.

To help combat the spread of COVID-19, our school district received a donation of E-mist sanitizing machines which have been instrumental in keeping our students healthy within our schools.

While the transition to virtual learning is hard for everyone, our teachers and staff have made every attempt to keep students engaged and active while at home.

Lastly, a coordinated effort between the Department of Community Based Services and Livingston County School District allowed for every student enrolled in our school district in August to receive a P-EBT card for assistance with purchasing groceries during virtual learning.

While we cannot begin to guess what the remainder of this school year or next year may hold, Livingston County Schools' resolve to engage and support our students and families remains the same.



Recommendations for 2020-2021 School Year

Livingston County Schools hopes next school year will be less eventful and uncertain than this year. The proposed recommendations below are based on a normal school year with traditional instruction year round.

- Fresh Fruits and Vegetables grant for NLES, SLES, and LCMS
- Second Chance Breakfast at LCHS
- review opportunities for physical activity embedded within classroom curriculum.



For more information, please contact:

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Reaching Excellence Daily
LIVINGSTON COUNTY SCHOOLS

Sanitation and Wellness

Throughout this year, Livingston County Schools' food service, custodial, and school staff have worked diligently to follow the Healthy at Schools initiative set forth by Governor Beshear. Our decision to return to school on a hybrid schedule allowed for social distancing and contract tracing, protecting both student and staff as much as possible.

Our custodial staff continues to follow strict sanitation protocols and frequent disinfecting of all high touch services in an attempt to reduce the spread of COVID-19.

Food service staff has maintained the same sanitation protocols expected daily, regardless of pandemic, while implementing new social distancing procedures when possible.



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