



Elizabethtown Independent Schools Nutrition Services

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DATE: February 16, 2021

TO: Elizabethtown Board of Education
Kelli Bush, Superintendent
Principals and Site Based Council Members

FROM: Marty Adams, Nutrition Services Coordinator

SUBJECT: Nutrition and Physical Activity Report Card for 2021

KRS 158.856 requires the Nutrition Services Coordinator to annually assess the nutrition environment within the district and to report the results to parents, board members and school councils. It also requires a review of the physical activity environment and recommendations to improve both areas.

Accordingly, please find the 2021 Nutrition and Physical Activity Report Card attached for your review. **The Report Card serves as a source of information for Principals and Site Based Council Members. No action is required.**

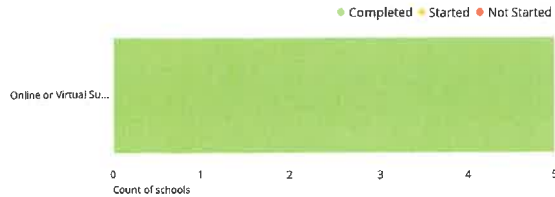
KRS 158.856 (4) requires the Board of Education to discuss the findings and solicit public comments by holding an advertised public forum during the February board meeting. Following Board approval, the report card will be sent to the Kentucky Department of Education, School and Community Nutrition.

Assessment

Healthy Schools Assessment

The following charts show data specific to the childhood health program assessment you have selected

Assessment completion by support type



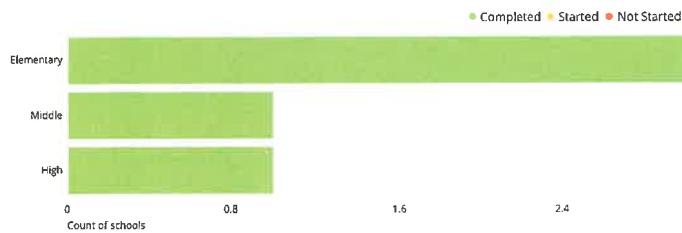
Assessment completion by support type

Type	Completed	% Complete	Started	% Started	Not Started	% Not Started	Total
All enrolled schools	5	100%	0	0%	0	0%	5
Online or Virtual Support	5	100%	0	0%	0	0%	5

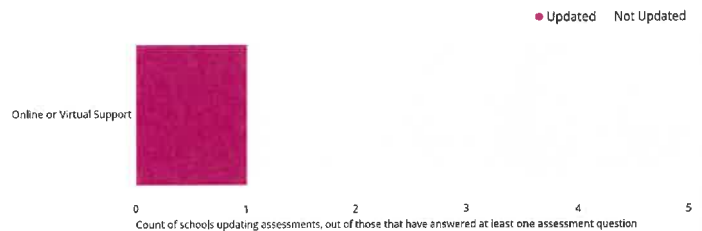
View all 2 rows and 8 columns

The Assessment completion by support type charts show how many schools in your district have completed (answered all questions at least once), started (answered at least one question, but not all of them) and not started this assessment.

Assessment completion among all enrolled schools, by grade level



Assessments updated by enrolled schools within the last 12 months, by support type



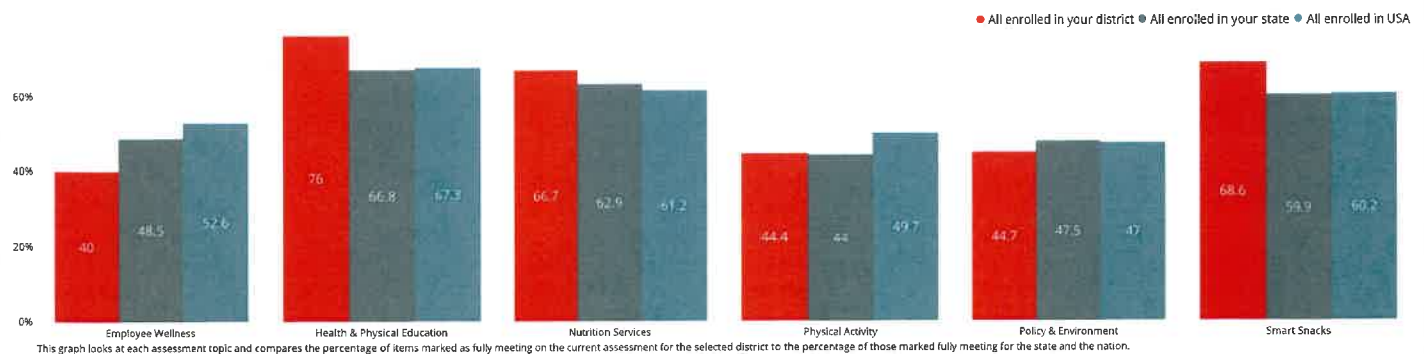
Type	Completed	% Complete	Started	% Started	Not Started	% Not Started	Total
All enrolled schools	5	100%	0	0%	0	0%	5
Elementary	3	100%	0	0%	0	0%	3
Middle	1	100%	0	0%	0	0%	1
High	1	100%	0	0%	0	0%	1

View all 4 rows and 8 columns

Type	Updated	% Updated	Not Updated	% Not Updated
All enrolled schools	1	20%	4	80%
Online or Virtual Support	1	20%	4	80%

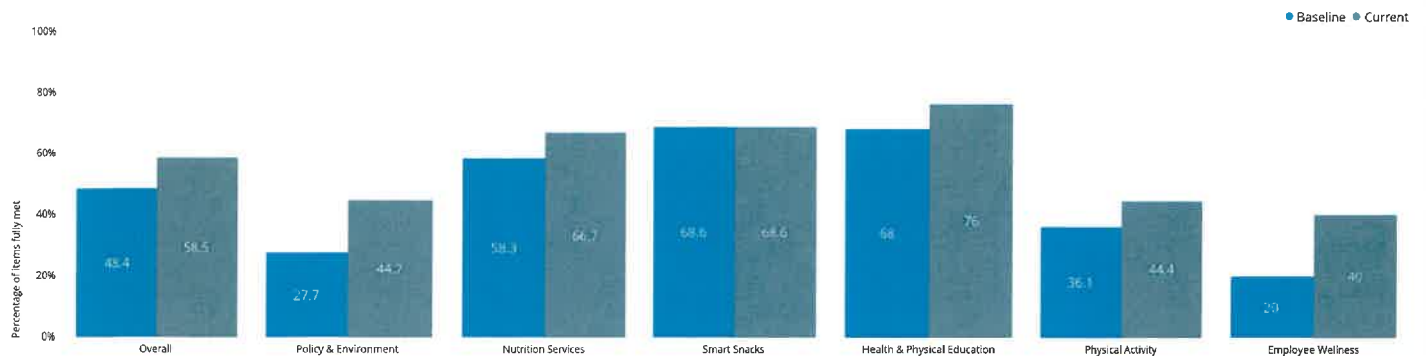
*Note: Other schools include K-8, K-12, and other schools not considered Elementary, Middle, or High

Percentage of items fully meeting best practices on the current assessment compared to state & national data



Note: The state and national benchmarks above include data from your district.

Percentage of items fully met on the baseline assessment compared to the current assessment



This graph compares the total number of assessment items fully implemented on the earliest Healthier Generation Healthy Schools Program Assessment, for each topic of the assessment, to the total number of assessment items that could be fully implemented for all schools. The graph also includes this information for the most recent update of the assessment.

Current assessment responses by schools in your district

School Name	City	State	Postal Code	Low Grade	High Grade	Assessment Start Date	Assessment Baseline Date	Assessment Update Date	Action Plan Start Date	Action Plan U...
Elizabethtown High School	Elizabethtown	KY	42701-1999	9	12	Oct 25, 2018	Oct 28, 2020	Oct 28, 2020		
Helmwood Hghts Elem School	Elizabethtown	KY	42701-2713	1	5	Aug 19, 2019	Aug 19, 2019			
Morningside Elementary School	Elizabethtown	KY	42701-1739	1	5	Aug 26, 2019	Aug 26, 2019			
Panther Academy	Elizabethtown	KY	42701-1939	K	K	Aug 26, 2019	Aug 26, 2019			
Talton K Stone Middle School	Elizabethtown	KY	42701-1739	6	8	Aug 26, 2019	Aug 26, 2019			

[View all 5 rows and 129 columns](#)

See .CSV file for full results

The new USDA meal pattern for school lunch sets minimum portion requirements for the five meal components: meat/meat alternates, grains, vegetables, fruits and milk. Minimum and maximum calorie levels are required for each grade level group. Limits on saturated fat, trans fat and sodium are also specified.

EIS lunch menus have been certified as meeting the new nutritional standards. Weekly (per day)

Lunch Meal Pattern Weekly and Daily Requirements	Target Grades K-5	EIS Lunch Menus Grades K-5
Calories Average for 5 Day Week	550-650	✓
Meats/Meat Alternates	8 oz. (1 oz.)	✓
Grains (1/2 total offerings must be whole grain rich)	8 oz. (1 oz. eq.)	✓
Fruits (cups)	2 1/2 (1/2)	✓
Vegetables (cups) Dark Green Red/Orange Beans/Peas Starchy Other Additional to reach total	3 3/4 (3/4) 1/2 3/4 1/2 1/2 1/2 1	✓
Milk (cups) low-fat or fat free unflavored, fat free flavored	5 (1)	✓
Saturated Fat (% of total calories) Trans fat	< 10 % 0	✓
Sodium (mg) target	< 640	✓

“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)

Program/activity	Elementary HH MES	Middle T.K.	High EHS	Pre-K PA
% of students involved in non-structured recess	100% 100%	N/A	N/A	100%
Number of minutes of classroom structured daily physical activity	30	30	N/A	30
Number of minutes of PE per week	55	60	46	N/A
Percent of students enrolled in PE	100%	100%	38%	N/A

Our District has implemented 2 policies that will help our students achieve better NUTRITION and BETTER HEALTH. All of our campuses are Tobacco Free. All of our school celebrations will meet the guidelines set forth by the USDA Healthy Snacks program.

As you can see in the pictures below, Our Food Service staff makes the meals as well as the experience a pleasurable one for all of our students.



Elizabethtown Independent Schools Nutrition Services

Healthy Students Bright Future

Nutrition & Physical Activity Report Card

2021



Elizabethtown schools are dedicated to serving nutritious meals and to providing multiple physical activities as a means of teaching our students to adopt a healthy lifestyle.

Visit our website at: www.etown.kyschools.us



Health Inspections: All kitchens are HACCP compliant and inspected by the local health department twice a year. Fall of 2020 all 4 kitchens received 100% on Health Inspections.

NUTRITION SERVICES CONTINUATION
PLAN 2021: EIS Nutrition Services staff will continue to meet the National School Breakfast meal pattern in accordance with USDA guidelines.

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 nutrition programs 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 assist the farmer and help schools keep down meal prices

EIS menu cycles support the USDA “ MyPlate” initiative. We feature a colorful variety of fruits and vegetables, whole grain breads and pastas, portion controlled protein filled entrees and fat free milk. Our “homemade” student approved recipes include fresh, high quality ingredients.

All a la carte items are carefully selected to meet current federal and state guidelines.

The New SMART SNACK PROGRAM IS FOLLOWED IN ALL OF OUR SCHOOLS..

Students with special dietary needs must have a doctor’s statement on file with their school Nutrition Services Manager. (7CFR 15B)

The following tables provide a financial synopsis of our meal programs for (2019/2020)

COVID PANDEMIC MARCH 2020	
Federal Reimbursement for Lunch	\$732,945.00
# Schools/Sites Participating	5
Total Lunches	231,333
Average Daily Participation	1,746
Cost of Food Used For All Meals	503,583.00
# Students Approved for Free Meals	1128
# Students Approved for Reduced-price Meals	72
# Students Approved for Paid Meals	1276
Lunch Prices Panther Academy : FREE/CEP Helmwood, Morningside and TK Stone, Valley View. FREE CEP EHS: \$2.50	Adult: \$3.75 Student Reduced-price: \$.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 USDA 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. We Started a 2nd chance Breakfast program at the High School 4 years ago. We have at least 85 more students getting the nutrition that they need.

Federal Reimbursement for breakfast	\$301,973.00
# Schools /Sites Participating	5
Total Breakfasts Served	138,716
Average Daily Participation	1049
Breakfast Prices Panther Academy: No Charge Helmwood, Morningside, TK Stone, Valley View: FREE CEP EHS: \$1.25	Adult Price \$2.50 Reduced-price: \$.30

Summer Feeding at Morningside Elementary
Our district started summer feeding in June and July of 2016. Our response was outstanding. We served over 8,500 meals in our first summer of operation. We are committed to the continuation of our summer meal program. We think it will continue to grow and flourish in the future. Summer of 2019 we served over 19,000 lunch meals. We also started serving breakfast in the summer of 2019. We served over 9,500 breakfast meals.

After-School Snack Program The EIS After-School Snack Program served students participating in programs at Panther Place and MES/TK and HHES After School Care Program.	
Federal Reimbursement for snacks	\$13,001
Total Snacks Served	14,943
Average Daily Participation	95



The EIS Coordinated School Health Committee

is currently working with a representative from the Alliance for a Healthier Generation to assess the Wellness Policy at each school. Additionally, the district committee has partnered with the Lincoln Trail Health Department to evaluate and update the EIS Student Welfare and Wellness Policy.

As seen in the photo above, our Panther Academy School (pre-K and Kindergarten) received 2 National Awards. The Bronze award from Healthier Generation and National Award for being an Active School. We have also added our Middle School T.K. Stone to the schools that have been awarded the Bronze award nationally.

We serve up educational programs and meal promotions to prove good nutrition can be FUN.

PROMOTIONS FOR 2020/2021

- Welcome Back – August
- National School Lunch Week – October
- Goblins in the Kitchen – October
- Thanksgiving Dinner – November
- Holiday Dinner – December
- National School Breakfast Week - March
- Derby Party – May

