



Issue Paper

DATE:

October 26, 2022

AGENDA ITEM (ACTION ITEM):

Receive the annual Nutrition and Physical Activity Report

APPLICABLE BOARD POLICY:

KRS 158.856 and KRS 160.345

HISTORY/BACKGROUND:

The annual Nutrition and Physical Activity Report has been created by the District to evaluate strengths and areas for growth in both nutrition and physical activity. This report is published on the district website and public input is requested. The input received is then used to strengthen the school meals program and district/school wellness policies.

FISCAL/BUDGETARY IMPACT:

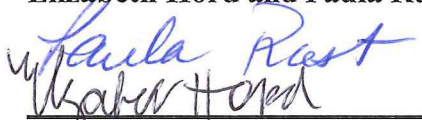
None

RECOMMENDATION:

Receive the annual Nutrition and Physical Activity Report

CONTACT PERSON:


Elizabeth Hord and Paula Rust



Principal/Administrator



District Administrator

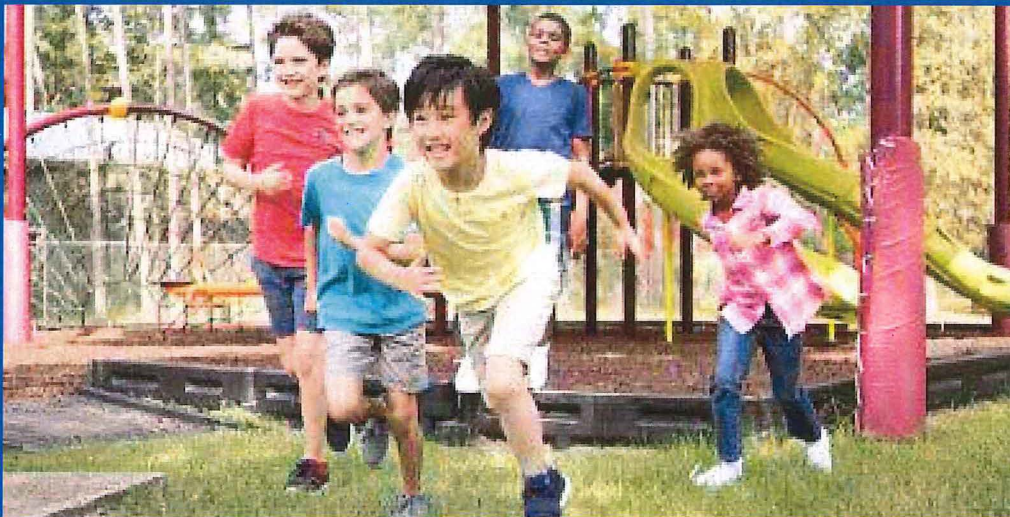


Superintendent

Use this form to submit your request to the Superintendent for items to be added to the Board Meeting Agenda.
Principal –complete, print, sign and send to your Director. Director –if approved, sign and put in the Superintendent's mailbox.



ANNUAL NUTRITION & PHYSICAL ACTIVITY REPORT



NUTRITION

Despite labor shortages and supply chain disruptions for both food and paper supplies Student Nutrition Department remains committed to serving well-balanced and nutritious meals. The Student Nutrition Department believes exposing students to as many foods as possible is creating healthy habits for life.



NUTRITION

All meals served meet and exceed state and federal regulations:

- ✓ All nutrition information is maintained by a Registered Dietitian and available for the public to view (<https://kenton.nutrislice.com/>) or by request
- ✓ Meals are accessible to all students
- ✓ Religious, ethnic, and cultural diversity is considered when planning menus
- ✓ Meals are served in a clean, safe, and pleasant setting



For the 2022-23 school year initiatives were taken to:

- ✓ Remove monosodium glutamate (MSG) from menu items
- ✓ Reduce the number of menu items containing Nitrites
- ✓ Reduce or remove artificial flavors and coloring from menu items and al la carte products
- ✓ Reduce the number of menu items containing High Fructose Corn Syrup

During the summer of 2022 five kitchens were renovated, as part of the district construction plan, to improve the eating environment and improve efficiency.

Some of the improvements include:

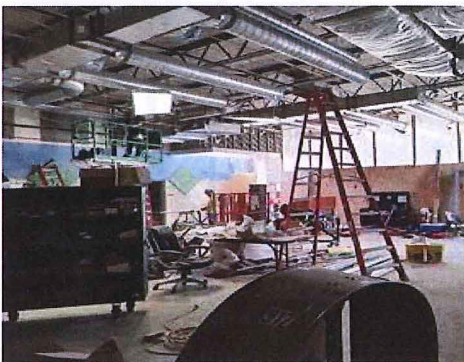
- ✓ Adding natural light to Piner and White's Tower Cafeteria
- ✓ New cooking equipment at Piner and White's Tower to improve the quality of product served
- ✓ New serving lines at Ryland, Piner, White's Tower, Hinsdale to improve the aesthetic of the serving area



Cafeteria



Cafeteria



PHYSICAL ACTIVITY



In Kenton County School District:

- K-5 schools are either in the process of identifying or have identified the members of their school Wellness Team
- The schools have been asked to share Wellness Team meeting dates so support can be given to utilize a uniform assessment tool
- The assessment tool will assist with implementing action plans to improve physical activity opportunities in the school
- Community Based Accountability System Pillar 3, Engaged, Well Rounded Students, is providing signaling on clubs, extra and/or co-curricular activities



THE LOCAL SCHOOL WELLNESS POLICY (LSWP) IS AN OPPORTUNITY TO ADDRESS SCHOOL LEARNING ENVIRONMENTS AND TO BEST EQUIP DISTRICTS AND SCHOOLS TO EQUITABLY ADDRESS THE NUTRITIONAL AND PHYSICAL ACTIVITY NEEDS OF ALL STUDENTS.