

FCPS WELLNESS REPORT CARD



FAYETTE COUNTY PUBLIC SCHOOLS

NUTRITION AND PHYSICAL ACTIVITY FALL 2022

FCPS CHILD/SCHOOL NUTRITION Program is administered through the United States Department of Agriculture (USDA), Kentucky Department of Education (KDE), the Kentucky Department of Agriculture (KDA) and the FCPS Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

School year 2021-22, USDA provided a waiver to allow Child Nutrition Programs to continue to utilize Seamless Summer Option (SSO) in place of the NSBLP. This program provided all students access to a free breakfast and lunch daily throughout the school year.

The following USDA programs are provided in FCPS 2022-23

National School Breakfast & Lunch (NSBLP) = school meals

Summer Food Service Program (SFSP) = summer meals

Child and Adult Care Food Program (CACFP) = dinner meals

Fresh Fruit and Vegetable Program (FFVP)

Community Eligibility Provision (CEP)

All students enrolled in a CEP school site will receive breakfast and lunch at no cost throughout the school year. However, it is still important for families to complete an Educational Benefit Form/Application for non-meal related benefits associated with student free/reduced data. This provides a benefit for both the student's family and the school.

CEP 49 sites & Non-CEP 18 sites

SY 22-23 *new* Carter G. Woodson Preparatory Academy & Sandersville

SY 21-22 *new* Liberty, Rise STEM Academy, Morton

School Year 21-22
2,239,348 breakfasts
4,269,517 lunches
51,669 dinners

Summer Feeding JN/JL
96,930 meals

Fresh Fruit and Vegetable Program

To promote fresh produce, a fresh fruit or vegetable is offered two to three days per week in the classroom for all students during non-meal times. Educational material is provided on the items served.

The Fresh Fruit and Vegetable Program (FFVP) for SY 21-22 and SY 22-23 was awarded to the following 18 elementary school sites:

Academy for Leadership at Millcreek, Arlington, Booker T Washington, Breckinridge, Cardinal Valley, Coventry Oak, Deep Springs, Harrison, James Lane Allen, Julius Marks, Lansdowne, Mary Todd, Northern, Russell Cave, Southern E, Tates Creek E, William Wells Brown & Yates.

Fresh Fruit & Vegetable Program Target and Outreach



USDA MEAL REGULATIONS

Breakfast Meals consist of grains, fruit & dairy.

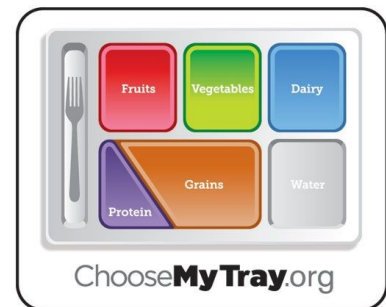
Lunch/Dinner Meals consist of protein, grain, vegetable, fruit & dairy.

Meal Components:

- ◆ Protein = lean meats, plus vegetarian options
- ◆ Grain = only whole grain rich items including breadings on entrees
- ◆ Fruit = variety fresh and canned (packed in juice)
- ◆ Vegetables = variety of fresh, frozen and canned
- ◆ Dairy = fat-free and 1% milk options

Nutritional Guidelines:

- ◆ Fat = less 30%, zero trans fats
- ◆ Sodium = low sodium guidelines
- ◆ Sugar = low sugar guidelines
- ◆ Portion controlled



Meal Program Update

School meal programs continue to be affected by supply chain and staffing shortages. Menus are planned, posted and products ordered in advance. However, with continued challenges regarding food production, distribution and labor, there have been product shortages. These shortages may lead to a change in the daily menu. Some items may be changed to a different day, substituted and/or not provided at all. Even though specific menu items might be affected as listed above, specified meal components will still be offered.



www.FCPS.net/food
www.fayette.nutrislice.com
www.sustainability.FCPS.net
Facebook:/fayettecountyfarmtoschool

<https://education.ky.gov/federal/SCN/Pages/USDANondiscriminationStatement.aspx>



Wellness Summary

The following Health Initiatives continued or were completed during the 2021-22 school year.

- 6.5 new FTE nursing positions were added to the FCPS contract, giving half of our traditional elementary schools a full time nurse. Funding is available to extend to the remaining campuses, should the labor market support those additions.
- A new Healthfirst Bluegrass School Based Clinic was opened at Tates Creek High School. The first high school clinic.
- FCPS partnered with the CDC and the Kentucky Department of Health to audit vaccination compliance, bringing vaccination numbers up.
- Vaccination appointments were offered to students at back to school rallies and events.
- The PE/Health Professional Development resumed bringing in two national speakers to share cutting edge practices with PE/Health teachers.
- FCPS reached 98% compliance with the Alliance for a Healthier Generation's Assessment. Rebounding from the lower numbers experienced during the pandemic.
- A strategic plan was developed using the CDC's Whole Community, Whole School, Whole Child framework. A number of strengths and opportunities were identified.

Wellness Goals

The District will continue or begin work on the following initiatives in the coming year:

- Areas noted for improvement in the Alliance for a Healthier Generation's Assessment included:
 1. SS-5 All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards.
 2. SS-6 All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards.
 3. HPE-2 Years of physical education
 4. EW-3 Programs for staff members on healthy eating/weight management
 5. EW-5 Stress management programs for staff
- Work will continue with staff and parent organizations to create awareness of healthy snack requirements.
- Work will continue with individual school wellness committees to incorporate weight management and stress relief initiatives into the work day.
- The District has approached UK College of Medicine (Children's Hospital) and College of Dentistry to provide wraparound services for schools that do not have a school based clinic. Healthfirst continues to support students districtwide, as well.
- The District has also approached the University to provide additional support for employees who are experiencing work related stress.
- The current PE/Health Curriculum was adopted in 2017, a review is due, with possible adoption of new curriculum. A group of will be chosen to do this work.

