



2022-2023 Annual Nutrition and Physical Activity Report



Kenton County School District
January 9, 2023



Goals for the 2022-23 school year

- Increase breakfast and lunch participation
- Provide foods that are free from artificial ingredients
- Introduce students to new foods
- Continue to increase nutrition education in the cafeteria
- Promote staff training at schools to integrate physical activity in the classroom
- Increase physical activity clubs and intramurals
- Promote School Wellness Committees

Goal: Increase breakfast and lunch participation

Meals Served per day SY 2020-21

	Breakfast	Lunch
August	784	784
September	1532	1701
October	3234	4216
November	3061	3861
December	3121	3134
January	3198	4405
February	3948	5912
March	4038	6064
April	4214	6189
May	4319	6346

Meals Served per day SY 2021-22

	Breakfast	Lunch
August	3464	7104
September	4376	7499
October	4712	7860
November	4800	8368
December	4649	8291
January	4426	7809
February	4826	8637
March	5062	8731
April	5123	8857
May	5137	8931

Goal: Provide foods that are free from artificial ingredients

- Ham and sausage now nitrate/nitrite -free
- Items on the menu free from artificial coloring
- Naturally-flavored foods are chosen when available
- Foods free from high fructose corn syrup are chosen when available

Goal: Exposure to a variety of foods

- Special food days throughout the year
- Menu updated frequently, replacing unpopular items

Goal: Continue to Include Nutrition Education in the Cafeteria

- Eye-catching quick nutrition facts available on the tray line.
- National Nutrition Month school announcements created for each week of March

Comprehensive School Physical Activity

Goals from 2021-22 report

- Increase physical activity clubs and intramurals
- Promote staff training at schools to integrate physical activity in the classroom

How do we meet these goals?

- Re-establish Wellness Committees and support them in meeting two or more times during the school year
 - Assist Wellness Committees in reviewing their Healthy Schools assessment
 - Promote School Action Plans that promote staff training in school that integrate physical activity in the classroom
- Support Pillar 3- Engaged, Well-rounded students and create action plans to align with our goals of increasing physical activity

Two new questions were added to the 2022 -23 Comprehensive School Physical Activity Continuum

1. Elementary schools were asked to name the members of their Wellness Committee
1. Requested anticipated dates of upcoming meetings

Comprehensive School Physical Activity Continuum Report- Members of the Wellness Committee

Nine elementary schools were able to identify members of their Wellness Committee

One school identified there has been a turnover and they're in the process of rebuilding their team

One school stated the Wellness Committee needs to be established

The good news is that we are talking about Wellness Committees again!

Comprehensive School Physical Activity Continuum Report- Dates of Meeting

- Half of the elementary schools were able to identify dates of upcoming meetings
 - District support was given for two meetings that occurred shortly after the Continuum was completed
 - We will continue to make ourselves available

Working with Pillar 3 - Engaged, Well-rounded students

- Activity data for each school is now collected for student participation in KCSD and non-KCSD activities
- Last data collected 10/20/22 next collection will be in January 2023

KCSD or Non-KCSD	Total	Percent in Activity
K-5	6004	58.48%
6-8	3213	56.05%
9-12	4483	38.55%

Goals for 2023-2024 School Year

Nutrition

- Increase milk consumption at the HS level
- Find creative ways to offer flavor to food while adopting the revised USDA lower sodium standards effective 7/1/23
- Continue to increase meal participation

Physical Activity

- District support will continue for Wellness Committees, Healthy Schools Assessments will be updated, and at least one Action Plan will be made for each elementary school.
- Pillar 3 progress will be tracked to show participation movement