



# WELLNESS REPORT CARD

**NUTRITION AND  
PHYSICAL ACTIVITY  
FALL 2023**

FCPS CHILD NUTRITION Program is administered through the United States Department of Agriculture (USDA), Kentucky Department of Education (KDE), Kentucky Department of Agriculture (KDA) and FCPS Board of Education.

Comprehensive regulations must be followed in order to receive federal funding to operate the program.

The following USDA programs are provided in FCPS 2023-24  
National School Breakfast & Lunch (NSB/LP) = school meals  
Summer Food Service Program (SFSP) = summer meals  
Child and Adult Care Food Program (CACFP) = afterschool meals  
Fresh Fruit and Vegetable Program (FFVP )

Community Eligibility Provision (CEP)

All students enrolled in a CEP school site 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 such as technology assistance, fee waivers etc. This provides a benefit for both the student's family and the school.

CEP 52 sites & Non-CEP 15 sites

SY 23-24 \*NEW\* Brenda Cowan, Henry Clay HS, PL Dunbar HS

**School Year 22-23**  
**2,241,034 breakfasts**  
**4,322,695 lunches**  
**129,795 afterschool meals**

**Summer Feeding**  
**June-July-Aug**  
**41,682 meals**

## Farm To School Program 2022-23



All students win when Farm to School is on the agenda. The Farm to School program is promoted across the district in the classrooms and cafeterias. Local foods are sourced out through the bidding process and partnerships are formed with vendors and farmers to purchase local items. In 2022-23 student meals offered local watermelons, cucumbers, peppers and lettuce.

The Kentucky Farm to School Network had 41 schools sign up for the Farm to School Challenge with 16 schools completing the challenge. Random prizes were drawn and Deep Springs received a \$250 credit toward an aquaponic system.

With the support of the Kentucky Horticulture Council, six schools had the opportunity to participate in taste test mini grants. (Bryan Station Middle School, The Learning Center, Dixie Magnet, Deep Springs, Julius Marks and Rise Girls STEM.) Farmers and growers were connected to these schools. Students learned that produce was grown right in their own community and they were able to try a variety of fresh produce.

## Outdoor Classrooms and School Gardens

Students participate in outdoor classrooms and school gardens across the district. Outdoor classroom room/garden elements provide a variety of opportunities for students to learn about vegetables, flowers, trees, rain, pollination and much more.

## Fresh Fruit and Vegetable Program FFVP 2023-24

The FFVP promotes education and fresh produce to elementary students in the classroom. A fresh fruit or vegetable serving 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.

Fresh Fruit and Vegetable Program (FFVP) for SY 23-24 was awarded to the following 18 schools:

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, Tates Creek, William Wells Brown & Yates.

Fresh Fruit & Vegetable Program  
Target and Outreach



## USDA MEAL REGULATIONS

**Breakfast Meals** consist of grains, fruit & dairy.

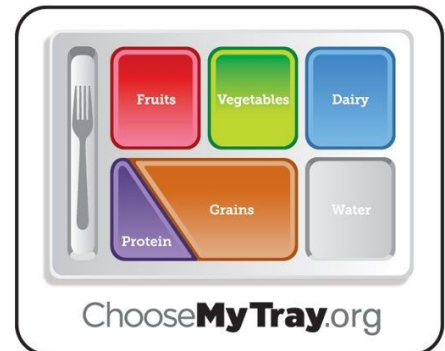
**Lunch/Dinner Meals** consist of protein, grain, vegetable, fruit & dairy.

### **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/Milk= 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 shortages. Menus are planned, posted and products are ordered in advance. However, with continued challenges regarding food production, distribution and labor, there may be 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 (protein, grain, fruit, vegetable, milk) will still be offered.

## Smart Snacks In Schools,,,TeamNutrition.USDA.gov

USDA provides Smart Snack Standards for food/beverage items sold via school fundraisers, stores and vending machines. The Smart Snack Product Calculator is utilized to determine if food/beverage items meet the nutritional standards.

The guidelines are as follows.

- Window 1 = midnight until 30 min after last lunch period, food/beverages cannot be sold
- Window 2 = 30 min after last lunch period until 30 min after close of school, food/beverage that meet nutritional standards\* can only be sold
- Window 3 = 30 min after close of school until midnight & weekends, any food/beverage can be sold

\*nutritional standards = must be grain product or first ingredient be fruit/vegetable/dairy/protein or combination food contain fruit/vegetable and item must meet the nutrient standards for calories, sodium, fats and total sugars.

Smart Snack Product Calculator: <https://foodplanner.healthiergeneration.org/calculator/>

[www.FCPS.net/food](http://www.FCPS.net/food)  
[www.fayette.nutrislice.com](http://www.fayette.nutrislice.com)  
[www.sustainability.FCPS.net](http://www.sustainability.FCPS.net)

USDA Nondiscrimination Statement:

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



# Wellness Summary

The following Health Initiatives continued or were completed during the 2022-23 school year.

- 7.5 new FTE nursing positions were added to the FCPS contract, giving all traditional (A-I) schools a full time nurse.
- Through a grant awarded to the Lexington Fayette County Health Department for harm reduction, boxes were installed in each school to hold Naloxone or Narcan. The boxes have been installed near the AED and Bleed stations.
- FCPS has partnered with the University of Kentucky to begin utilizing their pediatric mobile unit to provide free sports physicals and eye exams for students at pilot schools. If successful, more schools will be added in the spring.
- FCPS reached 78% 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. The plan will be revised as the district works through its 5 year cooperative agreement with the CDC/KDE.
- The first ever 2 day professional learning event was held for PE/Health teachers. The first time the district has provided a mandatory training opportunity just for Health & PE teachers.

# 2024 Wellness Goals

The District is one of 20 in the US to receive a Cooperative Agreement (2302) with the CDC through the Kentucky Department of Education. The agreement is a 5 year project that will enable the District to address student and staff wellness. A Wellness Specialist will work with the Health Coordinator and Nutrition Director on the following:

- Recruit a District Wellness Council to work to help set District goals and review policies.
- Work at the school level to recruit members for a School Wellness Committee, or infuse Wellness into the School Climate and Culture committee.
- Work with schools to develop individual student and staff wellness plans.
- Assist schools in assessing their Health baselines using the Alliance for a Healthier Generation tool, and using data to determine priority areas for improvement.
- Conduct professional learning modules for school staff in how to integrate movement and movement breaks into the school day.
- Conduct professional learning sessions for after school staff to address activity outside the regular school day.

