

# Powell County Schools Nutrition and Physical Activity Report

January 2024



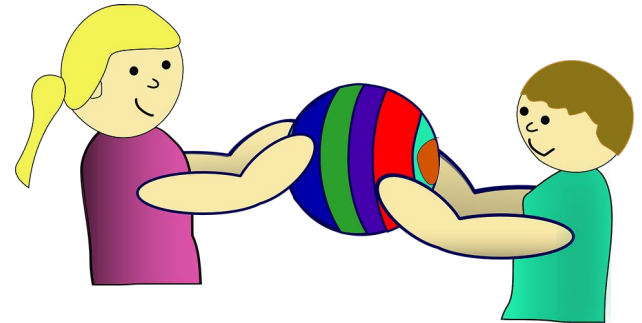
## Nutrition/Findings

- Our breakfast/lunch menus meet federal and state requirements along with nutritional guidelines for the program
- Principals/staff are aware of items that can be sold during the school day using the Smart Snacks Calculator
- Our district/schools will continue to use the district wellness policy and Well Sat Action Plans
- Menus posted to district school website and nutritional information available
- Successful participation in the Community Eligibility Program providing nutritious meals at no charge to all students enrolled
- October Data- Breakfasts served-16,864 Lunches- 31,547



# Physical Education/Findings

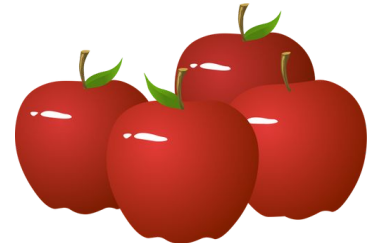
- Physical activity is being promoted in all our schools
- Active Recess
- Licensed PE teachers in all our schools
- Physical Education teachers utilize both national and state physical education standards





# Nutrition Recommendations

- Promote healthier fundraisers
- More awareness on Smart Snacks during school day aligned with Powell County Schools Wellness Policy
- Educating staff at schools regarding not competing with National School Breakfast and National School Lunch Program
- Promote non-food rewards for celebrations
- Continue to increase breakfast participation in all schools





# Physical Education Recommendations

- Increase teacher awareness of opportunities to provide structured physical education in the classroom, PE class or on the playground during recess.
- Increase opportunities for all students to be active during the school day.
- Encourage teachers/staff to not use physical activity as punishment (ex: loss of recess)

