



# Nutrition and Physical Activity Report 2023-2024

**Covington Independent Public Schools ★ 25 E. 7th Street ★ Covington, KY 41011**

## ► NUTRITION SERVICES

Covington Independent Public Schools participates in the Breakfast, Lunch and After-School Snack programs, as well as the Summer Food Service program.

The district participates in the Community Eligibility Option, which allows for all students, regardless of income, to eat breakfast and lunch at no charge. The district receives federal reimbursement for each school breakfast, lunch and after-school snack that meets the USDA nutritional guidelines.

Nutrition Services plans breakfast and lunch meals according to federal regulations. The department meets the required minimum portions sizes of meat, grains, fruits/vegetables, and a variety of fluid milk during every meal service. The department offers fresh fruits and/or vegetables daily. Students are encouraged to take extra fruits and vegetables with their meals.

The goal of the Nutrition Services Department is to provide all students with a strong foundation on which they can build a lifetime of healthy eating habits.

## ► SCHOOL BREAKFAST

The School Breakfast Program was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture's nutrition guidelines. Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Breakfast Reimbursement 2023-2024	\$799,642
Schools participating	9
Total breakfasts served	292,909
Average daily participation	1754
Breakfast prices	<b>FREE</b>

## ► SCHOOL LUNCH

The passage of the National School Lunch Act in 1946 established that food and nutrition programs are an integral part of the educational system. School meals make an important contribution to mental and physical growth during a child's formative years. Through positive educational experiences, the student learns to eat a variety of foods and develop healthy eating habits.

Lunch Reimbursement 2023-2024	\$1,797,316
Schools participating	9
Total lunches served	420,917
Average daily participation	2520
Lunch prices	<b>FREE</b>

## ► NUTRIENT ANALYSIS

Averaged over the course of a week, lunch menus offered in our schools provide the following:

Nutrients	Target	Actual
Calories	550-850	650
Sodium	<1230-<1420 mg	981
Saturated Fat	<10% of total calories	8.5%
Trans Fat	None	0

**Covington Independent Public Schools  
does not contract with any commercial  
vendors or outside retail establishments to  
provide food items for the cafeterias.**



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▶ *\*Respondents to the School Health Index rated the overall effectiveness and implementation of policies and programs (100%=full implementation, 0%=no implementation).*

## ▶ **PHYSICAL EDUCATION & OTHER PHYSICAL ACTIVITY PROGRAMS**

Physical Education and Other Physical Programs (Module 3) assesses Physical Education class time, Physical Education curriculum and the availability of physical activity at a school.

<b>Module 3: Physical Education &amp; Other Physical Activity Programs</b>	<b>2023-2024</b>
Sixth District Elementary	65%
Ninth District Elementary	70%
Glenn O. Swing Elementary	83%
John G. Carlisle Elementary	79%
Latonia Elementary	87%
Holmes Middle School	76%
Holmes High School	71%

## ▶ **NUTRITION SERVICES**

Nutrition Services (Module 4) assesses breakfast and lunch programs, continuing education and Farm to School initiatives at a school.

<b>Module 4: Nutrition Services</b>	<b>2023-2024</b>
Sixth District Elementary	90%
Ninth District Elementary	87%
Glenn O. Swing Elementary	90%
John G. Carlisle Elementary	85%
Latonia Elementary	90%
Holmes Middle School	85%
Holmes High School	86%

### **For more information:**

**Taryn Stewart**

**Director of Nutrition Services**

**(859) 392-1028**

**[taryn.stewart@covington.kyschools.us](mailto:taryn.stewart@covington.kyschools.us)**

