



**Fayette County
School Nutrition**



**Wellness
Report
Card**

FALL 2024

School Year 2023–2024

Breakfasts Served

2,292,132

Lunches Served

4,441,946

After School Dinners

146,661

Summer Feeding

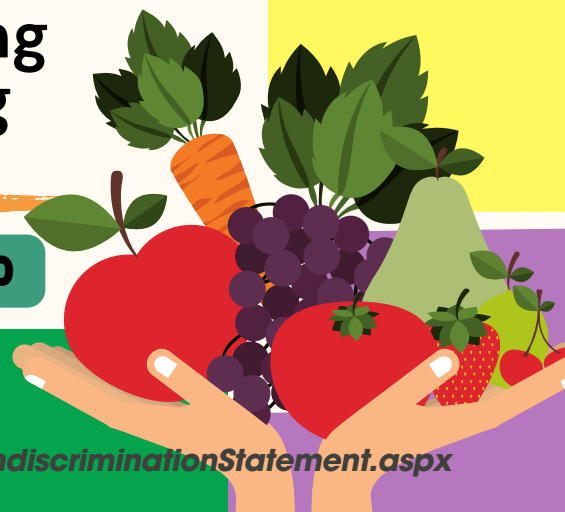
June–July–Aug

33,317

WWW.FCPS.NET/FOOD



A⁺





FCPS CHILD NUTRTION Program

is administered through the following programs:

- *United States Department of Agriculture (USDA)**
- *Kentucky Department of Education (KDE)**
- *Kentucky Department of Agriculture (KDA)**
- *FCPS Board of Education**



USDA programs provided in FCPS 2024-25

- School Breakfast Program (SBP)**
- National School Lunch Program (NSLP)**
- Summer Food Service Program (SFSP)**
- Child and Adult Care Food Program (CACFP)**
= afterschool meals
- Fresh Fruit and Vegetable Program (FFVP)**

Fresh Fruit & Vegetable Program 2024-2025

The FFVP promotes education and fresh produce to elementary students in the classroom. A fresh fruit or vegetable serving is offered 2-3 days per week in the classroom for all students during non-meal times.

**Educational material is provided on the items served. FFVP was awarded to the following 4 Elementary schools:
Deep Springs, George W. Carver, Harrison, Julius Marks**



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 daily.

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/beverages items meet the nutritional standards.

The guidelines are as follows regarding items sold by schools &/or fundraisers:

- 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

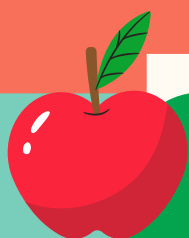
*nutritional standards = must be whole grain product or first ingredient be fruit/vegetable/dairy/protein or combination food contain fruit/vegetable and item must meet the nutrient standards for calories, sodium, fats and total sugars per smart snack calculator.

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



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.



Farm to School

FCPS School Nutrition is committed to bringing fresh, high-quality Kentucky Proud products to Fayette County students. This will enable students to grow into strong, healthy young men and women who understand the importance of buying local while helping Kentucky farmers find new markets for their products.

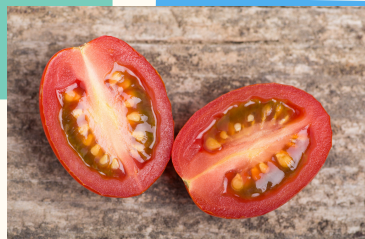


WWW.FCPS.NET/FOOD

FARM TO SCHOOL

Cucumbers
Grape Tomatoes
Tomatoes
Green Peppers
Hydroponic Lettuce
Watermelon

KENTUCKY
Produce



Central Kentucky • Local Since 1783

Wellness Summary

The district completed the following Health Initiatives during the 23-24 school year:

- The district hired a Healthy Schools Specialist through a cooperative agreement with CDC through the Kentucky Department of Education.
- Percentage of schools who completed Alliance Tool Assessment 91.3%, up from 78% last year.
- In April, the District Wellness Committee met for the first of their four meetings. The committee is comprised of stakeholders from the following groups –administrators, students, parents, classified/certified staff, and community members.
- The committee reviewed the District Wellness policy and will do an annual review to include goals for each year.
- The district chose nine pilot schools to be Wellness Champions – each received a \$5000 grant to create and implement healthier school initiatives. Each year of the grant we will select additional schools to participate until all schools are receiving support. Pilot schools have been working on their wellness committees and goals.
- Provided secondary health education training for all secondary health teachers provided by RMC Health.

Wellness Goals



1. Raise awareness of Smart Snack requirements in every school, focusing on eliminating food sales during the school day as required by law and District policy.
2. District is reviving Simple and Sensible Wellness Activities Professional Learning event in February to increase movement during the school day, which studies show will improve focus and decrease negative classroom behaviors. This event will focus on both student and staff physical wellness.
3. District is working on a partnership with the University of Kentucky Medical Center, Department of Ophthalmology, and the Lions Club to provide mobile vision care to students.
4. The University of Kentucky College of Dentistry and Healthfirst Bluegrass have partnered to provide mobile dental services to students utilizing two dental vans,

