

2024-25 School Nutrition

**Health and Wellness
Report**

Lunch & Breakfast Participation

LUNCH

	2021	2022	2023	2024
AUG	84%	91%	93%	91%
SEPT	88%	92%	92%	94%
OCT	93%	92%	93%	93%
NOV	91%	91%	92%	93%
DEC	91%	91%	92%	92%

BREAKFAST

	2021	2022	2023	2024
AUG	45%	62%	65%	57%
SEPT	52%	65%	65%	58%
OCT	55%	64%	67%	55%
NOV	55%	65%	67%	58%
DEC	52%	66%	66%	56%

Summer Feeding

Overall Numbers

Month	Breakfast	Lunch	Supper
May	153	421	
June	21,500	22,367	118
July	21,979	22,148	
Aug.	6,498	6,498	
Total	50,130	51,434	118



Bulk Meals

Month	Breakfast	Lunch
June	19,295	19,295
July	21,805	21,805
Aug.	6,498	6,498
Total	47,598	47,598

- We served a total of 26,382 meals in summer of 2023

District Wellness Committee

Jennifer Wheeler - School
Nutrition Director

Rachel Mattingly - FCS Extension
Agent

Ruth A. Cocanougher - Budget
Coordinator

Rebecca Emmons - Tech & Title
Coordinator

Amanda Farmer - MM Principal

Allen Harmon - MCHS Health &
PE

Buck Robinson - LMS Health & PE

Carly Clark - LES Health & PE

Kirsten Bickett - CES Health & PE

Wellness Committee Purpose & Findings

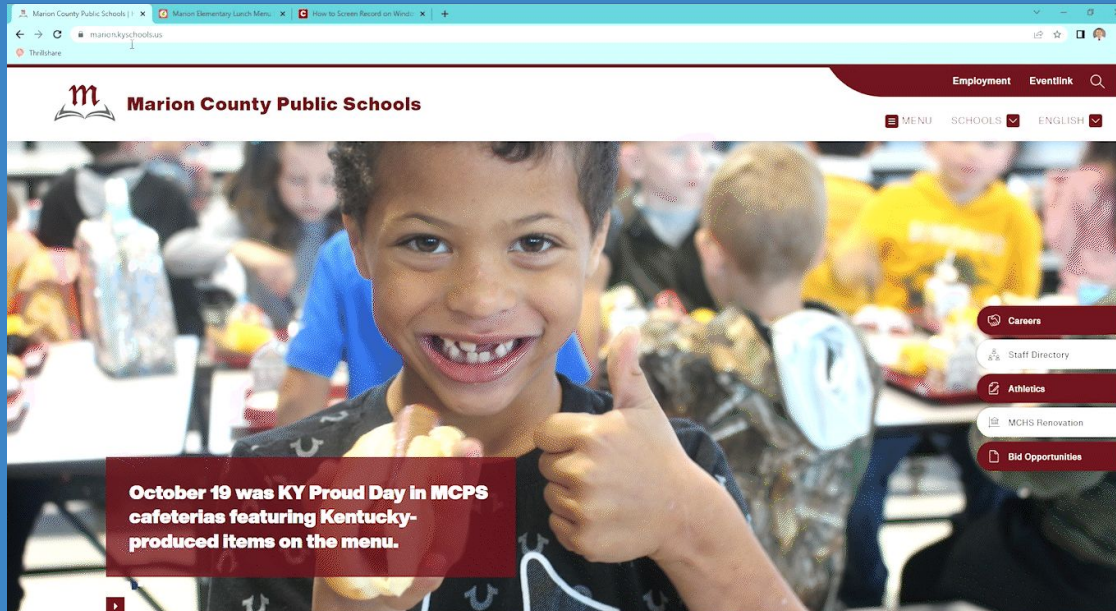
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|---|---|
| <ul style="list-style-type: none">● Review District Wellness Policy Against Model Wellness Policy● Review District Wellness Procedures Against Model Wellness Procedures | <ul style="list-style-type: none">● MCPS utilizes the KSBA Wellness Policy. This policy is very vague and leaves out several of the required USDA components.● Though there are several things missing from the policy, MCPS has procedures in place that addresses almost all of the components.<ul style="list-style-type: none">● There are 3 areas that cause some concern: Meeting of Nutrition Curriculum, Promotion of Wellness among staff, Non-Program Foods being given and/or sold during the school day. |
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Wellness Committee Solutions

- Rachel Mattingly, Extension Agent, shared that she has health and nutrition education curriculum that can be used at all level and offered to come in and help with this area. She also shared that the Nutrition Education Person in their office goes into elementary schools weekly to encourage healthy eating.
- The portion to promote wellness among staff is relatively new and is something that Ms. Cocanougher is working on from an employee wellness perspective. She is working on forming a separate committee to work on this.
- The concern of Non-program foods is ongoing as food treats are a huge motivator and often a more cost effective reward than other options.

Our Menu

<https://www.myschoolmenus.com/instance/1078/district/1092>



Central KY
School
Nutrition Mini
Conference

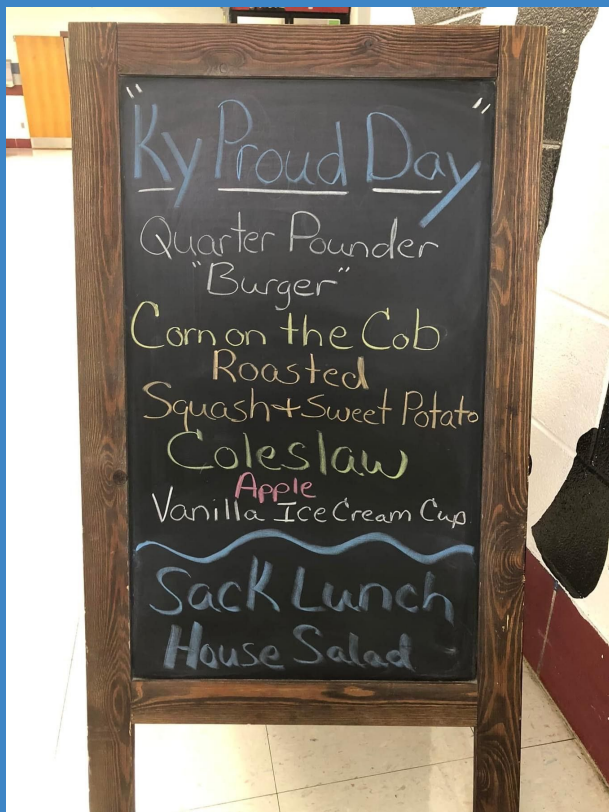


Program Improvements



Program Improvements





Farm-to-School

- Peterson Farms - Loretto
- Lee's Garden Center - Hodgenville
- Bennett's Orchard - Hodgenville
- Cleav Farms - Buffalo
- Local Food Connection - Bardstown
- Taylor Belle Ice Cream - Harrodsburg
- Done Wright Beef



Professional Opportunities

- Elected to serve on the KSNA Board as Vice President
- Serving as Co-Regional Commodity Chair and on the state Commodity Advisory Council
- Organized and hosted first-ever Central Ky School Nutrition Conference with staff from all of the surrounding counties participating.
- Hosted a visit with Ag. Commissioner, Jonathan Shell