



School Nutrition

Nutrition and Physical Activity 2023-2024 findings for improvement in 2025-2026





Requirements

- KRS 158.856

158.856 Annual assessment and evaluation of school nutrition in district -- Special board meeting and public forum to discuss nutrition and physical activity in the schools -- School district to prepare and submit findings and recommendations to Board of Education. (1) Each school food service director shall annually assess school nutrition in the district and issue a written report to parents, the local school board, and schoolbased decision making councils. The report shall include: (a) An evaluation of compliance with the National School Breakfast and National School Lunch programs; (b) An evaluation of the availability of contracted fast foods or foods sold through commercial vendors; (c) A review of access to foods and beverages sold outside the National School Breakfast and National School Lunch programs, including vending machines, school stores, canteens, and a la carte cafeteria sales; (d) A list of foods and beverages that are available to students, including the nutritional value of those foods and beverages; and (e) Recommendations for improving the school nutrition environment. (2) The Kentucky Board of Education shall develop an assessment tool that each school district may use to evaluate its physical activity environment. (3) The evaluation shall be completed annually and released to the public at the time of the release of the nutrition report under subsection (1) of this section. (4) Each school board shall discuss the findings of the nutrition report and physical activity report and seek public comments during a publicly advertised special board meeting or at the next regularly scheduled board meeting following the release of the nutrition and physical activity reports. (5) By January 31 of each year, the local board of education shall hold an advertised public forum to present a plan to improve school nutrition and physical activities in the school district. (6) Each school district shall compile a summary of findings and recommendations and submit the summary to the Kentucky Board of Education. Effective: June 20, 2005 History: Created 2005 Ky. Acts ch. 84, sec. 5, effective June 20, 2005.



Meal Compliance

Averaged over the course of a week, lunch menus offered in our schools provided the following.

	<u>Required</u>	<u>Actual</u>
<u>High School</u>		
Calories	750-850	762.66
Saturated Fat (G)	10% or below	8.86%
Sodium (G)	1280 or below	1240
<u>Middle School</u>		
Calories	600-700	651
Saturated Fat (G)	10% or below	9%
Sodium (G)	1225 or below	1225
<u>Elementary Schools</u>		
Calories	550-650	615.33
Saturated fat (G)	10% or below	9.03%
Sodium (G)	1100 or below	1066



Student Participation

	2022-23	2023-2024
Schools Participating Breakfast/Lunch	6	6
Total Breakfast	167,455	182,780
Lunch	305,247	304,087
At Risk Dinner	34,029	30,134



Out Reach

- School Nutrition Report card placed on Website.
- Report Card Presented at Coordinated School Health Committee Meeting on 11 / 15 / 2024.
- WellSAT:3.0 program used to evaluate 12 / 8 / 2023.

Findings

Nutrition Education



Could not find documentation that linked nutrition education beyond health class.

Could not find documentation that linked nutrition education to school food service.



Findings

Nutrition Standards for Competitive and other Foods and Beverages

- Documentation that limited the sale of food items being sold as fundraiser during the school day.
- Documentation that tracked nutritional standards for food and beverages sold afterschool day.

Physical Education and Physical Activity

- Documentation that addressed time per week for all middle and high school students.
- Documentation that addresses family and community engagement with physical activity opportunities at all schools.
- Documentation that before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.



Findings

Wellness Promotion and Marketing

Documentation concerning marketing on school property and equipment (e.g., signs, scoreboards, sports equipment.)



Recommendations

More classes of physical education be offered at the middle school and high school.