

FCPS
701 East Main
Lexington, KY
40502

Nutrition & Physical Activity Report

It's About Kids

Fall 2007

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Fayette County Public Schools

The Fayette County Public School District is committed to providing school environments that promote and protect student health, well-being and ability to learn by supporting healthy eating and physical activity.

The state has adopted a procedure for the school district to report to the community on the district's Nutrition program and elementary students' physical activity. The following report includes nutrition facts on the school breakfast/lunch programs and information pertaining to physical activity.

NUTRITION

National School Breakfast

The School Breakfast Program was established in 1966. Studies confirm that students who eat breakfast score higher on tests, miss fewer days, improve attention spans and develop better social skills. All schools offer hot, nutritious choices for breakfast that meet the USDA nutrition guidelines.

National School Lunch

The National School Lunch Program (NSLP) was established in 1946 as a "measure of national security to safeguard

the health and well-being of the Nation's children." Federal reimbursement is received by the school district for each school lunch served that meets the USDA nutrition guidelines. These guidelines promote meal quality with the addition of commodity donations that assist the farmer and maintains affordable school meal prices.

School menus are planned in accordance with the recommended daily allowances (RDA) and must meet the meal pattern requirements as specified by USDA for entrees, fruits, vegetables, and milk.

Breakfast and lunch menus are planned on a three week menu cycle in the elementary and middle schools and a two week menu cycle with multiple choices in the high school.

Menu items are portioned and designed to meet the needs of growing children, while providing a specified number of calories, fat, saturated fat, calcium, iron and vitamins. Whole grains, fresh fruits and vegetables are offered daily. A variety of low fat milk (1% & skim) and 100% fruit juice is offered daily.

In the high schools, a retail establishment is contracted to provide pizza as an entrée, The pizza is specially formulated and prepared to

meet the nutrition guidelines of the NSLP.

Food and beverage items that are sold extra on the cafeteria lines, in the vending machines or in the school stores meet the minimum nutrition standards required by Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. No sales from vending machines or school sales take place until 30 minutes after the last lunch period.

An analysis of the breakfast and lunch nutrition information is included in this report. Nutrition data for foods and beverages sold during the school day will become available on the district web site in the near future.

After-School Snack Program

The After-School Snack Program allows after-school care programs that offer regularly scheduled activities in an organized, structured environment to provide snacks to school-age children. Nutritious food and beverages are served to ensure children receive the nutrition they need to learn, plan and grow.

Nutrition Information for Breakfasts and Lunches*

	<u>Goals</u>	<u>Breakfast</u>	<u>Goals</u>	<u>Lunch</u>
Calories	483	392	664	604
Iron	2.5 mg	4.4 mg	3.5 mg	3.43 mg
Calcium	200 mg	380 mg	286 mg	435 mg
Vitamin A	875 IU	1812 IU	1165 IU	1708 IU
Vitamin C	11.25 mg	32 mg	15 mg	49.6 mg
Protein	7 g	12.6 g	10 g	25 g
Fat	≤ 30%	21%	≤ 30%	30 %
Saturated Fat	≤ 10%	7%	≤ 10%	9.5 %



*Nutrition information based on a weekly weighted average for grades K-5.

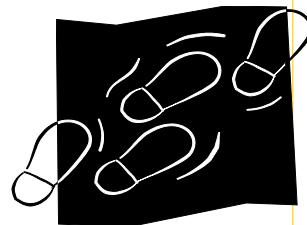
Nutrition/Physical Activity Environment Assessment

Fall 2006, the nutrition and physical activity environments were assessed. The Nutrition and Physical Activity Report was presented at the November 2006 Board Meeting. Following the release of the report, public comments were encouraged and accepted by the Board for 60 days following the release of the report. As a result, recommendations were for FCPS to proceed with the implementation of the Student Wellness Plan, June 2006, by incorporating recommended best practices into the FCPS Comprehensive District Improvement Plan (CDIP) as follows:

Fall 2007 CDIP Assessment

Activity HNI – Develop a district-wide health advisory council.

A School Health Advisory Council was implemented January 2007. The Council has been meeting regularly to develop a plan to address health and wellness issues. The Council has proposed the Healthier KY Schools Challenge Pilot Project for school year 2007-08. This pilot project will focus on the implementation of a comprehensive school-based physical activity program. The program will include quality physical activity education as described by the National Association for Sports and Physical Education; classroom-based physical activity; recess or activity breaks; parental and community involvement; and other discretionary activities.



Activity HN2 – Continue to develop and expand the breakfast and lunch program:

- School Sites are implementing ways to allow more time for students eat lunch at school each day.
- Ala carte/Vending items meet the KDE vending guidelines: $\leq 30\%$ fat calories, ≤ 10 saturated fat, $\leq 32\%$ sugar by weight, portion controlled.
- Across the District there has been a reduction and/or elimination of fried foods by replacing equipment so that eventually no food is fried on site. The following sites do not fry: Bryan Station High, Athens-Chilesburg, Cassidy, Veterans, Arlington. Items will not be fried at future new and/or renovated school kitchens.
- Child Nutrition Program Staff receive on-going training to prepare nutritious and appealing meals.
- Nutrient Information regarding menu items and ala carte items is currently made available through the Child Nutrition Program. Nutrition data for school foods and beverages sold during the school day will be available on the district web site in the near future.

Activity HN3 – Develop a Nutrition Integrity Policy that addresses not using food as a reward for behavior or academic success.

FCPS Board of Education Policy 9.2—Student Wellness addresses all recommendations for school nutrition activities. Specifically the policy encourages schools to follow accepted nutrition guidelines for all foods provided to students through meal programs or any other offering.

Activity HN4 – FCPS Food Service Division will work with elementary schools to achieve Gold Certification in its operations as defined by the USDA HealthierUS School Challenge.

The Child Nutrition Program is in the process of applying for Gold Certification in several of the qualifying elementary school sites. This certification assesses the nutrition, physical activity and nutrition education per each school site.

Activity HN5 – Develop a policy to ensure that each child has 30 minutes of physical activity each day (K-5):

FCPS Board of Education Policy 9.2—Student Wellness recommends elementary-aged students be provided 30 minutes of physical activity each day (a minimum of 150 minutes per week). Board Policy recommends that middle and high school-aged students be provided this opportunity through extra/co-curricular programs. “Energizers” (an activity involving movement) are being incorporated into many classroom settings. A PL/VS-Health/PE Content Specialist was appointed January 2007 as a supplemental position to existing teacher position.

VISION 2020: A Healthy Future for Students

FCPS is committed to go for the GOLD through the Healthier US Challenge, a program that is based on the premise that increasing personal fitness and becoming healthier is critical to achieving a better and longer life. Through Vision 2020, the Student Wellness Plan and Healthier US, schools will continue to focus on promoting healthy lifestyles by encouraging instruction concerning the benefits of wise nutritional choices, healthy habits, exercise and fitness. Schools will model and encourage a healthy food environment by monitoring the availability and nutritional quality of food offered as snacks, classroom rewards, and in vending machines.

Parents and families can assist their child in establishing a healthier lifestyle by becoming involved in the food and activity choices that their child makes in the evening, on weekends and during school breaks. Only 16% of a child’s meals every year are his or her school lunches. Discussing menu choices with children can help to educate them in making healthy choices. Together we can strive for a Fit Kentucky.