

FCPS WELLNESS REPORT CARD

NUTRITION AND PHYSICAL ACTIVITY FALL 2021

FCPS CHILD/SCHOOL NUTRITION Program is administered through the United States Department of Agriculture (USDA), Kentucky Department of Education (KDE), the Kentucky Department of Agriculture (KDA) and the FCPS Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.



The following USDA programs are provided in FCPS:
National School Breakfast & Lunch (NSBLP) = school meals
Summer Food Service Program (SFSP) = summer meals
Seamless Summer Option (SSO) = summer meals
Child and Adult Care Food Program (CACFP) = dinner meals
Fresh Fruit and Vegetable Program (FFVP)

School year 2020-21 while students were remote, meal service was provided via curbside meal pick-up. Upon students returning to school in-person, they were provided meals at their school site on a daily basis.

In August 2021 based on the continuation of the pandemic, USDA provided a waiver to allow Child Nutrition Programs to utilize SSO instead of the NSBLP. This program provides all students access to a free breakfast and lunch daily. This waiver will continue through May 2022.



FAYETTE COUNTY PUBLIC SCHOOLS

www.FCPS.net/food
www.fayette.nutrislice.com
www.sustainability.FCPS.net
facebook: /fayettecountyfarmtoschool

School Year 20-21
August 2020 - May 2021
3,017,786 meals

Summer Feeding
June - July 2021
247,706 meals

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 breading on entrees
- ◆ Fruit = variety fresh and canned (packed in juice)
- ◆ Vegetables = variety of fresh, frozen and canned
- ◆ Dairy = fat-free and 1% milk options

Nutritional Guidelines:

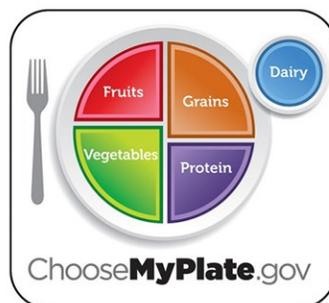
- ◆ Fat = less 30%, zero trans fats
- ◆ Sodium = low sodium guidelines
- ◆ Sugar = low sugar guidelines
- ◆ Portion controlled



Pandemic Challenges:

School meal programs have been greatly affected by the pandemic issues regarding product and staffing shortages. Menus are planned, posted and products are ordered in advance. However, with the many challenges regarding food production and distribution, there have been 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 will still be offered.

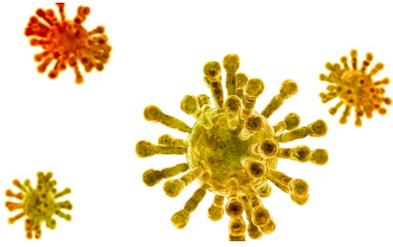


SAFETY PROTOCOLS

Child/School Nutrition has continued to follow safety protocols in-regards to the pandemic.

Staff follow standard operating procedures regarding food safety as well as additional Covid safety procedures. This includes but it not limited to wearing masks, social distancing, providing barriers and additional disinfecting of surface and high contact areas.

WELLNESS SUMMARY



The following health initiatives continued during the 2020-21 school year:

- ◆ Healthfirst Bluegrass Clinics remained open during the statewide shutdown to provide healthcare to their patients.
- ◆ School health nurses continued to work on vaccination compliance and as a result, compliance rates increased significantly. Especially at the middle and high school levels. This, however was a temporary increase as we are now struggling with students who were unable or uncomfortable visiting their pediatricians for well visits. School nurses are attempting to contact parents to get student vaccines updated for 2021-22.
- ◆ Trainings for emergency and daily medication dispensing continued.
- ◆ The University of Kentucky's #Icanendthe trend continued to conduct several Nicotine resistance and prevention workshops for middle and high schools in a virtual format. The University of Kentucky College of Nursing is working with the District to study the impact of these initiatives.
- ◆ Kentucky SHAPE and SHAPE America partnered with the District to provide guidance on virtual health and PE curriculum programming, and continue to offer support for mitigation practices in a Physical Education setting.
- ◆ The District has partnered with Wild Health to conduct a number of COVID19 vaccine events for students, staff and families with over 2000 vaccines given to date.



WELLNESS GOALS

The District will work to accomplish the following health/wellness initiatives in the coming year:

- ◆ After our first year of 100% compliance (2018-19) with the Alliance for a Healthier Generation's Assessment, we have fallen to 92%, with most of our compliance in the elementary grades. A goal of 100% has been set for next year.
- ◆ Strengths identified in the assessment are Nutrition Services and Health and Physical Education, lower scores were noted in the areas of Physical Activity and Employee Wellness. We will attempt to focus on increasing all scores, but paying particular attention to the lower score areas, as they have been cited in past Health and Wellness Reports as areas needing focus.
- ◆ Work has begun with the Kentucky Department of Education, Kentucky Department of Public Health, the Lexington Fayette County Health Department and Healthfirst Bluegrass to infuse epidemiology content into K-12 Health and Science Curriculum as a pilot program.
- ◆ Continue to leverage cooperation between the Local Health Department, Healthfirst Bluegrass and FCPS to continue to focus on the Whole Child model of Wellness.

