

FCPS WELLNESS REPORT CARD

NUTRITION AND PHYSICAL ACTIVITY FALL 2020

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
Child and Adult Care Food Program (CACFP) = dinner meals
Fresh Fruit and Vegetable Program (FFVP)

In March 2020 based on the COVID Pandemic, USDA provided a waiver to allow Child Nutrition Programs to utilize the Summer Food Service Program instead of the NSBLP. This program provides meals for free to anyone 18 years old and younger. This waiver has been extended and the SFSP program will continue through June 2021.



FAYETTE COUNTY PUBLIC SCHOOLS

Please refer to the www.fcps.net/food website to find updated meal distribution sites and times.

School & Dinner (NSBL/CACFP)
August 14, 2019 to March 13, 2020
(FCPS Students only)
5,184,824 meals

Summer Feeding (SFSP)
March 16 to September 30, 2020
(anyone ≤ 18 years old)
962,298 meals

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

USDA MEAL REGULATIONS

Breakfast meals consist of grains, fruit & dairy.

Lunch/Dinner meals consist of protein, grain, vegetable, fruit & dairy.

- ◆ Protein = lean meats, plus vegetarian options
- ◆ Grain = whole grain rich items including breading on entrees
- ◆ Fruit = fresh and canned variety
- ◆ Vegetables = fresh, frozen and canned variety
- ◆ Dairy = fat-free and 1% milk options



SAFETY PROTOCOLS FOR COVID-19

upon students returning to in-person school, Child/School Nutrition will continue to follow protocols to ensure safety (safety protocols subject to be adjusted as needed)



Enforce Hand Washing

Ensure that all students and staff wash their hands before and after meal service.



Disinfect Surfaces

We will disinfect surfaces regularly.



No Sharing Food

We will eliminate share tables and students sharing food..



Review Food Allergy Plans

Before school resumes, teachers and school leaders will review food allergies. and 504 plans and IEPs to ensure accommodations are provided.



Grab and Go Breakfast

Breakfast will be available for students to pick up and take to the classroom upon entering school.



Lunch Service

Lunches will be single serve meals, with disposable containers and plastic ware. Self-service food stations and condiment stations will be removed.



School Driven

Based on the facilities and student enrollment at each school, cafeteria managers will work with principals to determine eating and serving arrangements to maximize social distancing based on available space. Options include serving lines, pick-up stations or meal delivery, with students eating in cafeterias, gyms, or classrooms.



Safety Measures and Personal Protective Equipment

Child nutrition staff follow standard operating procedures regarding food safety and COVID-19 safety procedures (including masks, social distancing, plexiglass barriers, and additional disinfecting of surface and high contact areas).



WELLNESS SUMMARY

Prior to March 13, 2020, many health initiatives were completed.:

- ◆ The Healthfirst Bluegrass clinic at Lexington Traditional Middle School (LTMS) was opened in January.
- ◆ A full time nurse was assigned to Winburn Middle School
- ◆ Plans have been finalized for the construction of a new clinic as part of the Tates Creek High School renovation.
- ◆ The District Strengthened its partnership with community resources to combat the rise of Juul use in teens in the community.

After March 13, 2020 the following health initiatives continued:

- ◆ Healthfirst Bluegrass Clinics remained open during the statewide shutdown to provide healthcare to 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.
- ◆ Trainings for emergency and daily medication dispensing continued.
- ◆ The University of Kentucky's #Icanendthe trend conducted several Nicotine resistance and prevention workshops for middle and high schools.
- ◆ Kentucky SHAPE and SHAPE America partnered with the District to provide guidance on virtual health and PE curriculum programming.
- ◆ The District is moving forward with an immunization campaign to further increase vaccination rates.