

NUTRITION AND WELLNESS REPORT

WILLIAMSTOWN INDEPENDENT SCHOOLS

2020 - 2021

2020-2021 School Year

Breakfasts Served	60,984
Lunches Served	69,937
Suppers Served	<u>26,706</u>
Total Meals Served	157,627

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 (National School Breakfast/Lunch Program). This allowed all schools to provide meals for free to anyone 18 years old and younger. This waiver has been extended and the SFSP (Summer Food Service Program) will continue through the end of June 2021.



Safety Protocols for COVID-19



Enforce Hand Washing

Ensure all students & staff are washing their hands before & 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

Staff will review food allergies to make sure 504 & IEP 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.



School Driven

Based on the facility and student enrollment, cafeteria director will work with principals and superintendent to determine eating and serving arrangements to maximize social distancing based on available space. Options include moving the elementary serving lines or meal delivery, with students eating in the gym, stage or in the gymnasiums.



Safety Measures

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

National School Breakfast & Lunch Program

Williamstown Independent School Nutrition Program is administered through the United States Department of Agriculture (USDA), the Kentucky Department of Education (KDE) and the Williamstown Board of Education. Comprehensive regulations must be followed in order to receive federal funding to operate the program.

Williamstown Independent Schools' menus meet the USDA nutrient standards. Our breakfast and lunch meals are planned on a 4-week cycle menu and offer multiple choices each day. Federal regulations require that we offer multiple choices each day for grade levels. Federal regulations also require that we offer age-appropriate portions of entrees, fruits, vegetables, and milk for lunch and breakfast. The portions are designed to meet the needs of growing children, while providing a specified number of calories and specified amounts of fat, saturated fat, calcium, iron, and vitamins. Students only need take three of the five servings offered to complete a meal, with one of the items being a fruit or a vegetable. However, a student may take all five items if they so desire.

Daily Selections for School Meals:

- Variety of fresh and canned fruit
- Low fat/low sodium meat/ meat alternatives
- Fat-free / 1% white or chocolate milk
- Age-appropriate calorie limits/ portion sizes
- Variety of vegetables including dark green, red/orange, beans and legumes
- Variety of whole grain rich items
- ≤10% saturated fat
- Zero grams trans fat
- Sodium restrictions



Williamstown Independent School is part of the Community Eligibility Option which feeds all our students a free breakfast and a free lunch. Employees of Williamstown Independent School and visitors are required to purchase their meals.

We continue to utilize the Infinite Campus Parent Portal for online meal payments and account information for our parents, students and staff. Payrix is our online payment service used by Infinite Campus for online meal account payments.

Smart Snacks in School.... are you following the guidelines?

Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school nutrition staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students.

Smart Snacks

Calorie Limit

Sodium Limit

Snack items

<200 calories

<230 mg

Entrée Items

< 350 calories

< 480 mg

Fat Limits

Total Fat: < 35% of calories

Saturated Fat: <10% of calories

Trans Fat: Zero grams

Sugar Limits

<35% of weight from total

sugar in foods



CACFP Afterschool Supper Program

When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities, supportive adults, and good nutrition. Williamstown Independent celebrates another successful year serving supper meals to our students.

Our CACFP (Child & Adult Food Program) afterschool supper program gives children and teenagers the nutrition they need, and draw them into constructive activities that are safe, fun and filled with opportunities for learning.

Schools that have >50% free and reduced population are eligible to apply and receive the At-Risk Afterschool Supper Meals. The program allows an after school care program with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for supper being served to school age children. Supper is free to all students.



Farm to School

Williamstown School Nutrition is a Kentucky Proud member and tries to purchase local KY Proud food when available. This coming year, we are hoping with the installation of our FFA greenhouse, to be able to support them with product they may produce.

Some of the items we have purchased within Kentucky from farmers are apples, cucumbers, tomatoes, hydro lettuce varieties, onions, peppers and strawberries.



Around the District Physical Activity

Health & Physical Ed.
offered to each grade level

Fuel up to Play 60

Field Day Intramurals

**Basketball
Girls & Boys,
Jump Rope for Heart,
Fitness Testing
during PE classes**

*Students have
daily physical activity
with their teacher,
along with 2 sessions
with the PE teacher.*

*Students will
participate in fitness
testing and fulfill the
physical education,
health and SEL
curriculum*

**Mindfulness training.
Stress management training
Alignment of SEL curriculum
to guidance classes.
Anxiety groups**

Healthy heart month in February focusing on heart
disease and prevention.

Dental health month during February.

Nutrition unit in spring for all students.

Healthy foods challenge through No. Kentucky

Williamstown Initiatives Completed in 2020-2021

- Continue to work on providing more health and activity education to all students and staff
- Partnered with Grant Co. Drugs to do on-site flu shots
- Partnered with N.Ky Health Department to introduce to our students and staff Healthy Challenge week.
- Wellness Wednesday Walks were initiated after school weekly for anyone interested



Wellness Initiatives In Progress

- Use of Health Resources provided by KEHP
- <http://kehplivingwell.com> <http://webmdhealth.com/kehplivingwell.com>
- Health coaching provided by KEHP
- Strengthened our partnership with community resources to help combat the rise of Juul use in teens in our community.
- Continue to work on providing more health and physical activity education to all students and staff members.




Wellness Goals for 2021- 2022 and Beyond

- Continue moving forward with immunizations to further increase our vaccination rates
- Increase meal participation within our school by introducing new menu ideas.
- Focus on healthy rewards and fundraisers within the school
- Continue to work on school wellness plans to integrate healthier habits for all students and staff.
- Continue/maintain use of water bottle filler stations throughout the school
- Grow and strengthen the Wellness Leadership Committee that has been created.

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