

2016 Hart County Schools Nutritional & Physical Activity



ALL Students Receiving Free Breakfast and Lunch – A.D. P. Increases

Hart County students continue to receive free breakfast and lunch meals during the 2016-17 school year as a result of the Community Eligibility Provision. Daily Lunch Participation has increased! The data below reflect a comparison of lunch participation in October 2015 to October 2016.

Lunch ADP

2015 → 2016

Bonnieville: 299 → 281

Cub Run: 198 → 207

HCHS: 477 → 479

LeGrande: 245 → 251

Memorial: 316 → 316

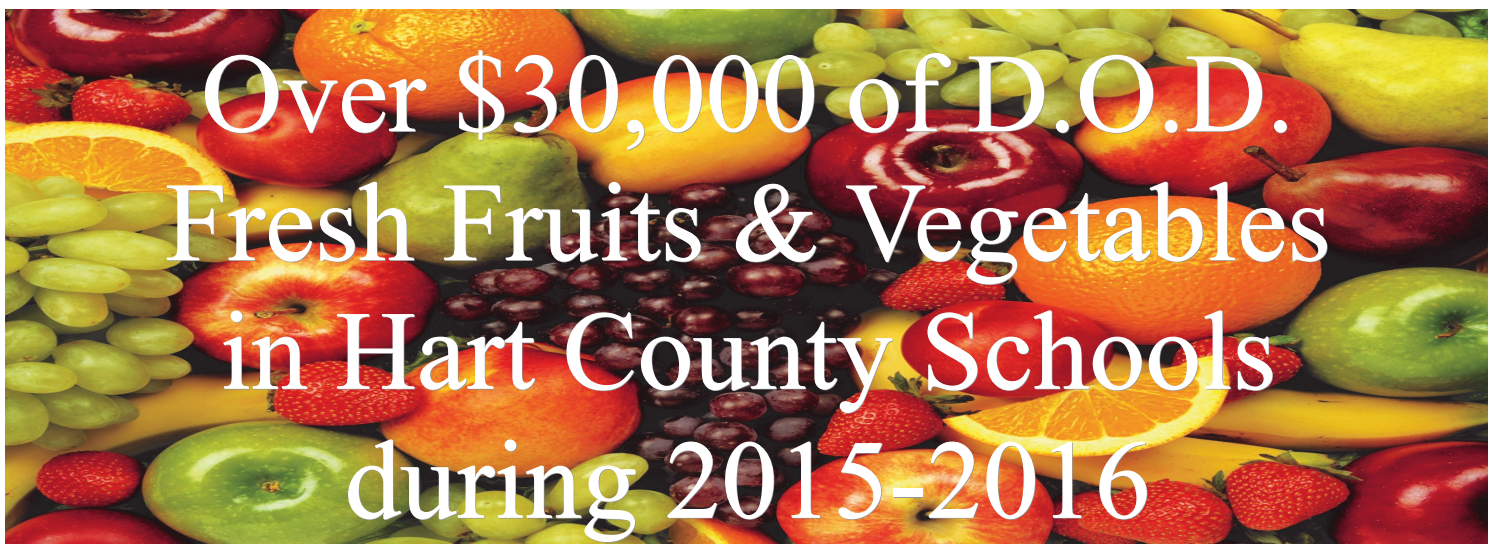
Munfordville: 448 → 481

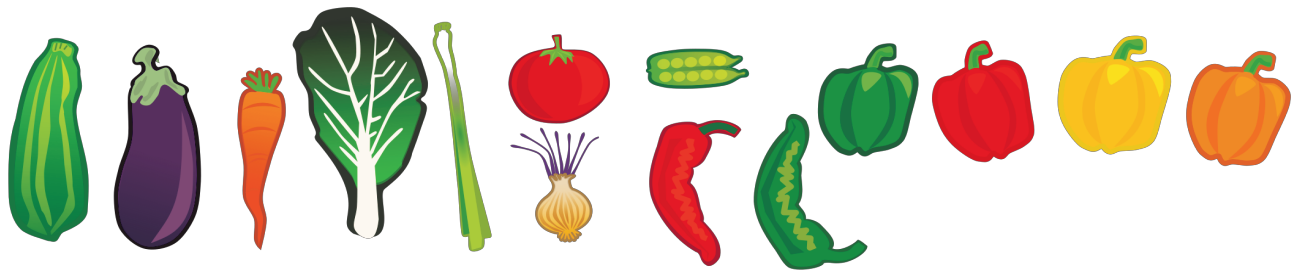


You're in a CEP school!



Over \$30,000 of D.O.D.
Fresh Fruits & Vegetables
in Hart County Schools
during 2015-2016





The Healthy, Hunger –Free Kids Act of 2010 changed the look of school meals. During lunch, students are offered the following items each day:

- ◆ One serving of MEAT
- ◆ One serving of BREAD/GRAINS
- ◆ Two servings from FRUITS/VEGETABLES
- ◆ One serving of MILK



In addition to these guidelines, there are numerous other requirements that must be met, including:

- ◆ Dark Green Vegetables—1/2 cup minimum offered weekly
- ◆ Red/Orange Vegetables—3/4 cup minimum offered weekly
- ◆ Beans/Legumes—1/2 cup minimum offered weekly
- ◆ Starchy Vegetables—1/2 cup minimum offered weekly
- ◆ Increased whole grain items
- ◆ White milk must be 1% or less and flavored milk must be fat-free
- ◆ Limits on calories, saturated fat, trans fat, and sodium

*Students Eating
Healthier Lunches!*



Nutrition Highlights:

- ◆ Cub Run School received an addition to the kitchen which includes a new walk-in freezer and cooler along with a new food storage area.
Thank you Hart County Board of Education!!
- ◆ Memorial School began 2016-2017 school year in a brand new kitchen.
Thanks again Hart County Board of Education!!
- ◆ “Top It Off” veggie bar at HCHS remains a hit with students!
- ◆ Student Involvement—Student surveys of food preferences were conducted

Physical Activity

- ◆ All Hart County schools offer physical education classes for students.
- ◆ All Hart County schools encourage students to become physically active at times other than during PE.
- ◆ All Hart County schools offer sports programs and extracurricular activities which promote physical activity for students.
- ◆ Numerous school facilities are available to families and community for physical fitness opportunities.
- ◆ Three local fitness centers are now available in the community.



Healthy Schools