

Cumberland County Schools
LEA Submission of Findings and Recommendations
January 30, 2023

Area of Assessment: Nutrition

Findings:

Regulations were met in Weekly Nutrient Statistics.

Weekly Component Regulations were met.

Regulations in Weekly Subgroups of Vegetable Components were met.

Whole Grain Requirements were met.

Milk Requirements were met.

Students are offered a variety of entree options at all three schools for both breakfast and lunch. There is a variety of fruits and vegetables offered daily. All schools have taken steps to increase dairy intake: offering smoothies and parfaits (all three schools), milk dispensers (CCMS), and Moo Brew (CCMS and CCHS). The fresh fruit and vegetable grant provides a great healthy snack options for our students at CCES.

Recommendations:

Continue to meet all the requirements of providing nutritional meals to children and encourage participation in school meal program. Look for ways to include new, healthy menu items.

Area of Assessment: Physical Activity/Physical Education

Findings:

Physical Activity Requirements were met at all schools.

School facilities are accessible to the community for physical activity.

Children have access to water throughout the school day through water fountains and water bottle filling stations.

Recommendations:

Continue to meet all physical activity requirements at all schools. Promote healthy living and physical activity among our students and staff by working with our community partners such as the Extension Office and local Health Department.