

# NUTRITION & PHYSICAL ACTIVITY

The Warren County Public Schools (WCPS) Nutrition & Dining Services Department administers the United States Department of Agriculture (USDA) National School Lunch Program and School Breakfast Program in all 24 WCPS sites. During the 2023-24 school year, all schools in our district were approved to participate in the Community Eligibility Provision (CEP) program offered by the USDA. We have now participated in this program for two years in a row, which enables all students to receive a breakfast and lunch meal each school day at no cost to the student or their families. This participation by all schools allows for every Warren County student to have an equal opportunity to enjoy the nutritious meals prepared daily in all school locations.

Nutrition and Dining Services (NDS) has incorporated innovative ways to bring breakfast to our students in all our schools. Some schools have students come through the serving line in the cafeteria, others have been able to set up breakfast stations in the hallways, while others have served breakfast in the classroom. All of these ways and more have given WCPS students greater opportunities for nutrition and learning. NDS is continually adding new items to their lunch menus and always trying to stay on trend with our students in an effort to meet and exceed their dining expectations. In the past year, NDS has added needed equipment to a majority of our kitchens to help aid in this endeavor. NDS sponsored the AFSP through Community Education (CE) and the boys and girls club in all school locations where they operate an after school program. NDS also sponsored the After School Snack Program through Community Education (CE) in all locations where CE has a program.

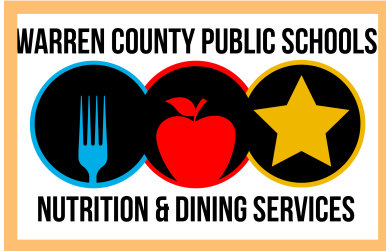
School breakfasts and lunches are healthy meals that are required to meet the Dietary Guidelines for Americans in order to receive federal reimbursement. Farm-to-School foods are promoted and utilized in all Warren County schools. WCPS NDS follows strict federal nutrition standards, by offering meals to students that have a wide variety of fruits and vegetables, low-fat or fat-free milk, whole grain rich products, and lean protein. Beginning in August of 2023, staff, parents, and students are able to access the nutrition information about each daily meal via the MealViewer program. Each school's webpage has a link to the nutrition info or there is a MealViewer app that can be downloaded for easier access.



Over 75% of our NDS staff are certified level 1-4 by the School Nutrition Association.

## NUTRITIONAL VALUE OF SCHOOL MEALS

	WCPS BREAKFAST	USDA	WCPS LUNCH	USDA
ELEMENTARY				
Calories	450	450-500	604	550-650
% Sat. Fat	8.82%	<10%	7.99%	<10%
Sodium, mg	470	≤540	965	≤1230
MIDDLE				
Calories	450	400-550	694	600-700
% Sat. Fat	8.82%	<10%	6.02%	<10%
Sodium, mg	470	≤540	1212	≤1360
HIGH				
Calories	450	450-600	751	750-850
% Sat. Fat	8.82%	<10%	6.35%	<10%
Sodium, mg	470	≤540	1263	≤1420



In June and July 2023, we participated in the Summer Food Service Program (SFS). We operated 21 sites, which included the School Bus Café that made stops in 3 communities and served meals to our students. Warren County Public Schools makes an effort to have as many meal sites as possible to maximize the opportunity for all Warren County students to have access to these important meals while school is out.



BREAKFASTS SERVED	LUNCHES SERVED
2022-2023 1,370,940	2022-2023 2,319,421
Average daily participation: 7,834	Average daily participation: 13,254

SUMMER FEEDING MEALS SERVED
2023 35,571
Average daily participation: 889



# FEDERAL REIMBURSEMENT, PHYSICAL ACTIVITY, SMART SNACKS



## AFTER SCHOOL SNACKS SERVED

2022 -2023  
46,738

Average daily participation:  
267

## SMART SNACKS IN SCHOOL

The Smart Snacks in School standards published by the USDA will build on the healthy achievements of our National School Lunch Program and School Breakfast Program. This ensures that all other snack food and beverages available for sale to students during, and up until 30 minutes after the end of the school day, meet several nutrient requirements. All extra foods purchased at breakfast and lunch are evaluated for nutrient content by using the Alliance for A Healthier Generation calculator tool, to ensure Smart Snack compliance.

## SMART SNACKS IN SCHOOLS

<b>CALORIE LIMITS</b>	Snack ≤200 calories Entree ≤ 350 calories
<b>SODIUM LIMITS</b>	Snack ≤230 mg Entree ≤480 mg
<b>FAT LIMITS</b>	Total Fat ≤ 35% of calories Sat. Fat ≤10% of calories Trans Fat 0 grams
<b>SUGAR LIMITS</b>	≤35% of weight from total sugars in foods

## FEDERAL REIMBURSEMENT IN 2022-2023

**For Lunch: \$8,587,361.96**

**For Breakfast: \$3,053,432.85**

**Summer Feeding Program: \$146,862.11**

**For After School Snacks: \$50,477.04**

## PHYSICAL ACTIVITY

Warren County Public Schools has 32 certified Physical Education teachers. Physical activity is emphasized in daily classroom activities, as well as before and after school. Elementary students are encouraged to be physically active during recess time. In middle schools and high schools, students are given multiple opportunities to participate in extracurricular sports. In addition, each school has multiple PE classes operating every day, giving every student some time to be active. Other events that promote movement and are hosted and encouraged by the schools, such as: Fun Runs and Jump Rope for Heart.

Regular physical activity has been shown to help children improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart Disease and Type 2 Diabetes. The department of Nutrition and Dining Services is committed to promoting activities that encourage physical activity.

100% of WCPS schools have consistent and easy access to water for students throughout the school day.

Over 75% of schools provide physical activity as a reward for students (extra recess, playing an active game, etc.)

88% of WCPS schools offer nutrition education opportunities that address agriculture and the food system.

62.5% of WCPS schools integrate nutrition education in subjects beyond health education



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