



ANNUAL NUTRITION & PHYSICAL ACTIVITY REPORT



NUTRITION

Improvements for 2023-24

Turkey Foot and Summit View have joined CEP schools. Now, over 50% of schools have access to free breakfast and lunch

Minute Messages have been created to assist with nutrition education. The messages are eye-catching and take only a few seconds to read, even at lower reading levels. Finding ways to fit in nutrition education can be a challenge. The messages take advantage of standing in line – such as a lunch line or restroom line. The messages are periodically changed to model what is being served.



NUTRITION

Creation of food allergen posters has begun and will continue to be created in order to help students and staff easily identify top allergens in foods (egg, peanut, milk, sesame, tree nuts, soy, fish, wheat) as they are coming through the serving line.

Whites Tower breakfast allergen posters



Nutrition for foods served has been enhanced using our menu software. Now, two different serving sizes are available, since preschool students are generally served smaller portions while following USDA guidelines. Adding the smaller size option allows nurses to more closely fine-tune carbohydrate counts for students having diabetes. Everyone has access to this info at <https://kenton.nutrislice.com/>



Student Nutrition continues to exceed state and federal regulations by striving to feed students foods that are free from artificial ingredients.





Students were exposed to some foods that might be new to them, for example zucchini, acorn squash, pumpkin in several different forms, cantaloupe, and hummus as well as other items. Zucchini, cantaloupe, and pumpkin were liked by many!

By year end 2022-23, the district was serving 16,572 more meals per month or over 9% more meals per month compared to 2021-22 year end.



PHYSICAL ACTIVITY



In the Kenton County School District:

- All K-5 schools identified the members of their school Wellness Team
- Stakeholder groups met with each school to re-establish Wellness Teams.
- The Healthy Schools assessment tool was reviewed and schools were asked to update their school's assessment and set new goals.
- Student, Family and Community Engagement pillar continues to provide signaling on clubs, extra and/or co-curricular activities



The KCSD continues to use the Whole School, Whole Community, Whole Child approach in the development and implementation of the Local School Wellness Policy (LSWP). The LSWP is an opportunity to address school learning environments and to best equip districts and schools to equitably address the nutritional and physical activity needs of all students.

