

National School Lunch & CEP

The National School Lunch Program (NSLP) was conceived in 1946 as a “measure of national security to safeguard the health and well-being of the Nation’s children. School districts receive federal reimbursement for each school lunch served that meets the United States Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmers.

Washington County is a full CEP (Community Eligibility Provision) district. This is a federally funded program that allows us to provide breakfast and lunch to all students free of charge. This program has increased both breakfast and lunch participation at all schools.

Our lunch meals are planned on a four-week menu cycle with some exception that are usually focused on seasonal holidays. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetables, grains/breads and fluid milk during every meal served. We offer fresh fruits and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities. We offer 1% milk, as well as 100% fruit juices.

The table below provides a synopsis of the lunch program, including participation and financial data.

SCHOOL YEAR 22-23

Federal Reimbursement	\$888,603
# Schools Participating	4
Total Lunches Served	219909

School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture nutrition guidelines.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also have significantly reduced absence and tardiness rates.

During this pandemic, the opportunity to provide breakfast in the classrooms at the elementary and middle school level has increased breakfast participation.

Federal Reimbursement	\$343,895
# Schools Participating	4
Total Breakfast Served	141396

After-school Snack Program

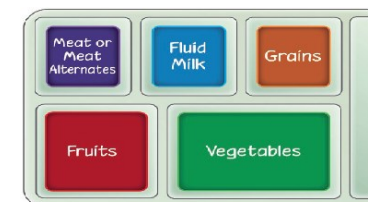
The After-school Snack Program that is ran through CACFP allows students who are enrolled in the 21st Century Learning Program at North Washington to be provided with afternoon snacks.

USDA NONDISCRIMINATION STATEMENT:

<https://education.ky.gov/federal/SCN/Pages/USDANondiscriminationStatement.aspx>

A publication of the Washington County School Nutrition Service Program

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Nutrition & Physical Activity Report

Washington County Schools

2023-2024

What's new ➡

Nutrition Education

Student menus are displayed daily using signage that features the items under the color coded category.

Foods are divided into 5 components:

- ⇒ Breads
- ⇒ Vegetables
- ⇒ Fruits
- ⇒ Milk
- ⇒ Proteins/Meats

These boards will help students make wise choices and build great trays. The signage will help students meet the requirements and encourage them to start building their trays with a vegetable or fruit that is required with a reimbursable breakfast and lunch meal.



Washington County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a mean of helping our students in Commanding Excellence for All!

www.washington.kyschools.us



HEALTHY STEPS

As part of the wellness initiative, the Washington County School District has become more involved in such self-evaluation studies such as WellSat. Physical Education teachers from each school along with the food service director complete the annual Alliance for a Healthier Generation assessment. The scoring and improvement for the above named evaluation can be found on our district web page under Food Service.

If you are interested in volunteering on the wellness committee, or for wellness questions, please contact Regina Hood.

regina.hood@washington.kyschools.us

Inspections....

All school kitchens are inspected by the local health department twice a year. Recent inspections:

WCHS Cafeteria—100

WCES/MS Cafeteria—100

NWES Cafeteria—98

Students with special dietary needs must have a doctor's statement on file with their school Nutrition Service Manager. (7CFR 15B)

The Washington County Nutrition Services program contracts with Snappy Tomato Pizza in our local community.

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A — nutrients that tend to be “problem nutrients” for kids.

Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically offered to students at lunch—an entrée, two servings of fruits and vegetables, a bread or grain item and 8 ounces of milk. It takes a real balancing act to beat that value with a bag lunch.

—National Dairy Council

Smart Snacks Sold in Schools

As of July 1, 2014, School sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. These standards, required by the Healthy Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to students, while limiting junk food.

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

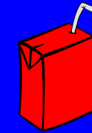
Summer Feeding Meals 2023

SUMMER FEEDING

80,024 Breakfasts

80,024 Lunches

Total: 160,048 Meals

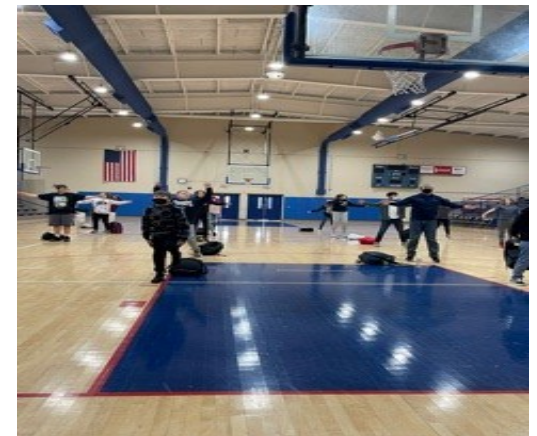


The Summer Feeding Program operated differently this summer again with providing nutritious meals at no cost to children up to the age of 18 years in bulk form. Washington County Nutrition Program provided 7 breakfast and 7 lunch during summer months that parents or adults were allowed to pick up on Wednesdays for these kids with out students present. This allowed for more children to receive nutritious food during the summer months while not in school.

Physical Activity & Achievement

Program/Activity	Elem.	Middle	High
Provide Daily Recess (K-5)	100%	N/A	N/A
Provide Recess 1 x per week	N/A	50%	N/A
Provide classroom physical activity integrated into school day	100%	50%	N/A
Number of minutes of PE per week	50	50	375 (one semester)
Percent of students enrolled in PE	100%	100%	25%

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports correlation between SAT scores and the physical well-being of students.



This brochure is provided in compliance with KRS 158.856 and 702 KAR 6:090 as an overview of the nutritional and physical activity currently available in the school system.