

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 menus. We always try 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.

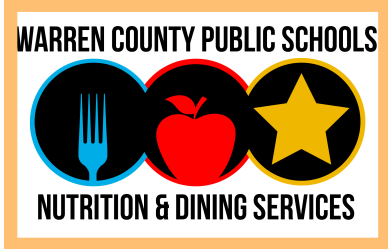
School breakfasts and lunches are healthy meals that are required to meet the Dietary Guidelines for Americans in order to receive federal reimbursement. Farm-to-School foods are promoted and utilized in all Warren County schools. WCPS NDS follows strict federal nutrition standards, by offering meals to students that have a wide variety of fruits and vegetables, low-fat or fat-free milk, whole grain rich products, and lean protein. 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	459	450-500	634	600-650
% Sat. Fat	9.84%	<10%	8.77%	<10%
Sodium, mg	476	≤540	1060	1110
Middle				
Calories	459	400-550	634	600-700
% Sat. Fat	9.84%	<10%	8.45%	<10%
Sodium, mg	476	≤540	1190	≤1225
High				
Calories	459	450-600	758	750-850
% Sat. Fat	9.84%	<10%	8.72%	<10%
Sodium, mg	476	≤540	1263	≤1280



In June and July 2024, 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
2023-2024
1,507,106
Average daily participation:
9,134.00

LUNCHES SERVED
2023-2024
2,407,018
Average daily participation:
14,588.00

SUMMER FEEDING MEALS SERVED
2024
30,619
Average daily participation:
806.00

Federal Reimbursement, Physical Activity, Smart Snacks



AFTER SCHOOL SNACKS SERVED

2023 -2024

55,087

Average daily participation:

333.86

SMART SNACKS IN SCHOOL

The Smart Snacks in School standards published by the USDA builds 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

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

FEDERAL REIMBURSEMENT IN 2023-2024

For Lunch: \$8,762,618.25

For Breakfast: \$3,467,195.41

Summer Feeding Program: \$134,644.60

For After School Snacks: \$64,451.79

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 physical activity that are hosted and encouraged by the schools include Fun Runs, Jump Rope for Heart, Pacer Test that are held twice a year and school house championships.

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

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.

78% of WCPS schools integrate nutrition education in subjects beyond health education.



Jack Pearson second grader at Richardsville Elementary gives School lunch a thumbs up!



Students at Bristow Elementary learn about Fresh Corn.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.