




# HART COUNTY SCHOOLS

## Nutrition & Wellness at Work Report Card

Hart County students continue to receive free breakfast and lunch meals during the 2024-2025 school year due to the CEP.

*You're in a CEP school!*




The Community Eligibility Provision (CEP) provides nutritious meals at no charge to all students enrolled in this school. The CEP program is directed toward schools in economically disadvantaged areas. The United States Department of Agriculture administers this program under the National School Lunch Program.

Your school will ask you to complete a household and income form to determine your eligibility to receive additional benefits and determine school funding levels through both state and federal programs. Completing the form will only take a few minutes and will benefit you and your school. Return this form, along with your other registration materials, to your school district contact.

Questions on completion of the form should be directed to your school's FRAM Coordinator. Your district's Food Service Director can answer any questions regarding the CEP program.

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In accordance with the National School Lunch Act and the Child Nutrition Act, the USDA, its agencies, offices, and employees, do not discriminate on the basis of race, color, sex, national origin, or ethnicity in any program or activity. This notice is required by the USDA. If you are a person with a disability who needs this notice in an alternative format, please contact the USDA at (800) 845-1414. If you are a person with a disability who needs this notice in an alternative format, please contact the USDA at (800) 845-1414. If you are a person with a disability who needs this notice in an alternative format, please contact the USDA at (800) 845-1414. If you are a person with a disability who needs this notice in an alternative format, please contact the USDA at (800) 845-1414.



What does CEP mean? The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. Instead, schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF).



**Physical activity** is just as important to our students as their nutritional health! It has been shown to improve cardiovascular fitness, stronger bones and muscles, weight management, better cognitive function, increased focus and concentration, enhanced

mood, and improved sleep quality, which can ultimately lead to better academic performance. Along with our schools physical education classes and recreation, we encourage students to get involved with a sports program within and outside of the

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schools. Local run/walk programs or walking one of our local trails taking in the beauty and history we have in our county, is a great way to increase physical activity for better health. Reach out to your school officials, clubs, churches and tourism for information on the activity you wish to participate in.



With free Breakfast and Lunch, students have the opportunity to participate in a nutritious meal! See the chart below for Average Daily Participation within our schools comparing November 2023 to November 2024.

Breakfast ADP		
School	2023	2024
Bonnieville	263	276
Cub Run	117	118
High School	515	370
Legrande	231	217
Memorial	280	270
Munfordville	300	288

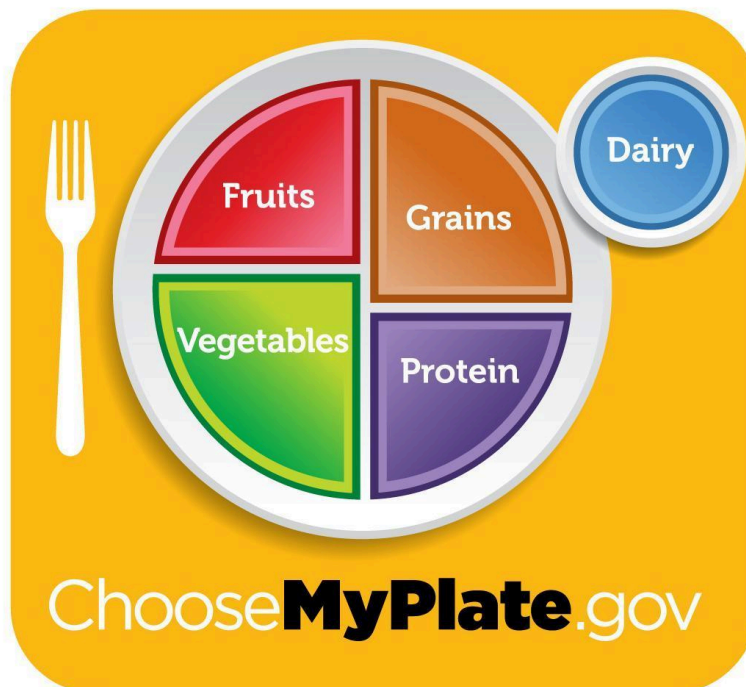
Lunch ADP		
School	2023	2024
Bonnieville	261	280
Cub Run	167	171
High School	446	398
Legrande	282	284
Memorial	303	283
Munfordville	424	412

Students who eat healthy breakfasts and lunches generally experience improved academic performance, better concentration, increased energy levels, reduced behavioral issues, and better overall health, as a nutritious diet supports brain function and cognitive development, allowing them to learn more effectively throughout the day. On average, students who eat school breakfast have been shown to achieve 17.5% higher scores on standardized math tests and attend 1.5 more days of school per year (No Kid Hungry).



# Offer Versus Serve (OVS)

What is OVS? The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Hart County Schools participates in OVS because we know that not every student likes the same food as everyone else. Our schools offer all five food components each day. As a member of the National School Lunch Program and School Breakfast Program, we are required to serve a Daily Minimum Requirement of each component. When students are selecting their meals, they must select three of the five required food components including at least  $\frac{1}{2}$  cup of fruit and/or vegetables to meet its nutritional requirements and be a reimbursable meal.



[Key points about reimbursable meals:](#)

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**USDA regulation:**

The US Department of Agriculture (USDA) establishes the standards for what constitutes a reimbursable meal through the National School Lunch and Breakfast Programs.

**Meal components:**

A reimbursable meal typically includes a serving of fruits, vegetables, grains, meat/meat alternates, and milk.

**Offer versus serve:**

In most schools, students are required to take at least one serving of fruits or vegetables, and can choose other components based on the "offer versus serve" model.

**Funding benefit:**

Schools receive financial reimbursement from the federal government for each reimbursable meal served to students.

**In addition to these guidelines, there are numerous other requirements that must be met, including:**

Dark Green Vegetables—1/2 cup minimum offered weekly

Red/Orange Vegetables—3/4 cup minimum offered weekly

Beans/Legumes—1/2 cup minimum offered weekly

Starchy Vegetables—1/2 cup minimum offered weekly

Increased whole grain items

White milk must be 1% or less and flavored milk must be fat-free

Limits on calories, saturated fat, trans fat, and sodium



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