



Annual Nutrition & Physical Activity Report



NUTRITION

Improvements for 2024-25

**8 more schools became
Community Eligibility Provision
(CEP) schools.**

Now all of the KCSD schools have access to
breakfast AND lunch at no cost.

Why is this so important?

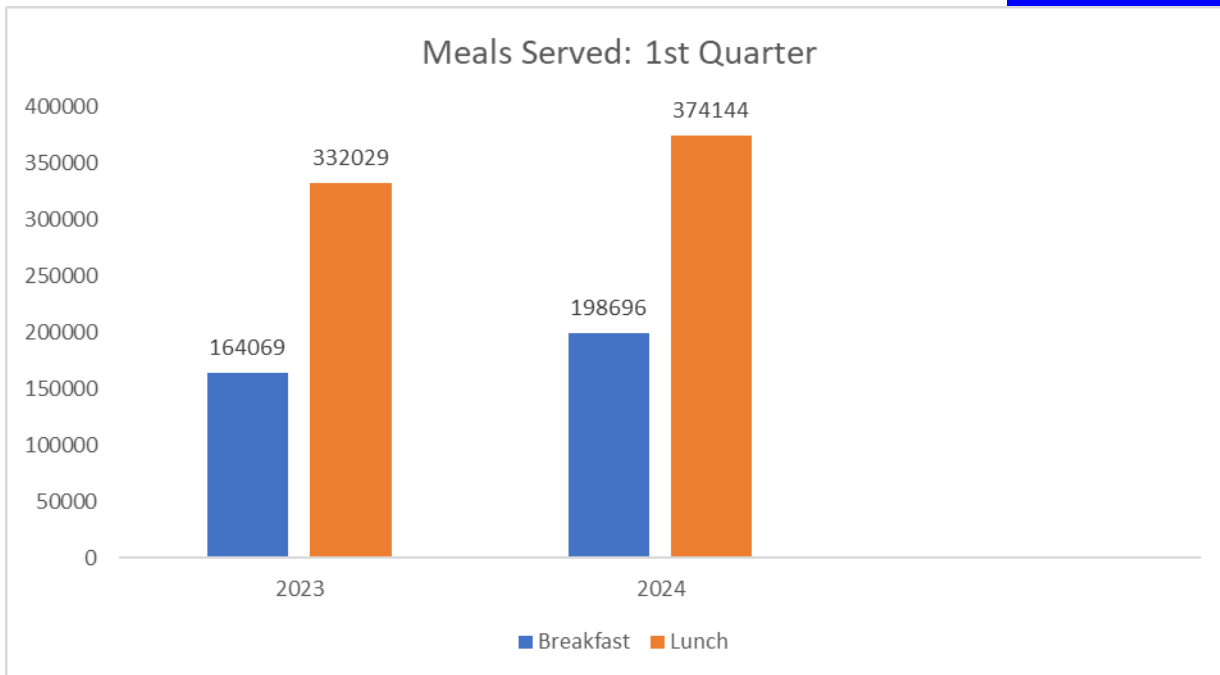
- No qualifying students are reliant on a parent/guardian to fill out an application for free/reduced meals.
- More students are eating nutritious food due to *increased meal participation*.

→ Breakfast Participation

- The 8 schools added to the CEP this year saw between a 47-116% increase in breakfast participation within the first 45 days of the school year.
- District-wide, breakfast participation has increased about 21% this year.

➔ Lunch Participation

- The 8 schools added to the CEP this year saw between a 19-48% increase in lunch participation within the first 45 days of school.
- District-wide, lunch participation has increased about 13% this year.



NUTRITION



Clean Foods

Student Nutrition continuously strives to serve foods without artificial ingredients.

KCSD Connection

Student Nutrition is now a part of the monthly KCSD Connection newsletter that is published for the KCSD community! The Wellness Corner promotes the cafeterias and staff, includes recipes, and/or offers nutrition education tidbits each month.



What do you like most about working in Student Nutrition?

The School Breakfast Program:
A Smart Investment for Student Success

The [Fresh Fruit and Vegetable Program](#) (FFVP), operating under a grant, is in its first full year at Beechgrove Elementary. In addition to receiving healthy snacks, students are exposed to new foods, learn about nutrients in those foods, and learn how the nutrients help their bodies.



**Baby Pink
Lady Apples**

Kohlrabi

Locally Grown!
At Foxtail Farm in
New Richmond, OH



Quality Control

- ➔ Greater kitchen visits to evaluate food quality
- ➔ Food prep technique and recipe modifications as needed
- ➔ Chef Rebecca, school kitchen expert, invited into two schools to offer advice



PHYSICAL ACTIVITY



In the Kenton County School District:

- All K-5 schools updated the members of their school Wellness Committee
- All elementary schools have meeting dates determined for their Wellness Committee
- Stakeholder groups from Health Services and Nutrition plan to attend Wellness Committee meetings
- All elementary schools completed the Healthy School Assessment and set Action Plan items.
- All elementary schools have at minimum 3 days/wk of moderate-to-vigorous physical activity, PE, and classroom activities documented in lesson plans
- More than half of the elementary schools have 3 or more physical activity clubs or intramurals available to K-5 grades
- Student, Family and Community Engagement pillar continues to provide signaling on clubs, extra and/or co-curricular activities

