



The analysis is an average of K-12 (average over a month lunch menus offered in school compared to lunch targets)

Nutrient	Target	Actual
Calories	743	830
Iron (mg)	3.30 mg	5.12mg
Calcium (mg)	270mg	5.18mg
Vitamin A (re)	1119	3563
Vitamin C (mg)	15mg	25.6mg
Protein (g)	10g	31.6g
Total Fat	30% of Cal.	29.56%
Total Saturated Fat	10% of Cal.	10.8%

### Physical Activity & Achievement

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 a correlation between test scores and the physical well-being of students.

\*USDA is an equal opportunity provider and employer

“Promoting healthy and safe behaviors among students is an important part of the fundamental mission of schools.”

*School Health Index-Centers for Disease Control (CDC)*

Hand washing is the single most important act you can do to prevent getting sick and spreading diseases.

## Middlesboro Independent Schools

### Nutrition & Physical Activity Report Card 2017-18

2017-18

Provide:	Elementary	Intermediate	Middle	High
Daily Recess	Y	Y	Y	N
At least 150m PE per week	N	Y	Y	9 <sup>th</sup> grade 12 weeks
At least 225m PE	N	N	YES/PE	N
Classroom physical activity	Y	Y	N	N
Intramural physical activity	N	Y	N	N
Offer Facilities to families/community	Y	Y	Y	Y

The data presented above is a summary from the assessment of our physical activity environment. Our district included students on our committee as well as started student menu planning committee this school year.

#### Program Achievements:

- ❖ Student Lunchroom Committee assists in centralized school cycle menus that are in place for all schools. Menus will continue to be monitored for nutritional quality.
- ❖ The district and school wellness committees continue to encourage the use of non-food items as incentives.
- ❖ The Hazard Analysis and Critical Control Point (HACCP) food safety program is in place with Standard Operating Procedures (SOP's) on file for each school.
- ❖ The district and school staff continue to provide the learning community, parents and others with up-to-date communications.

#### Program Recommendations:

- ❖ Continued improvement menus in the area of calories, sodium and total saturated fat percentage.
- ❖ Recommend all staff work on Breakfast & Lunch participation.
- ❖ Staff PD on incorporating nutrition education into content areas beyond those currently teaching nutrition.
- ❖ Recommend continued efforts in limiting/eliminating the use of food items as reward.
- ❖ Recommend increasing opportunities for physical activity of students/staff during the school day.
- ❖ Students to continue to see teachers eat in the lunchroom.

- **Summer Feeding Program (SFSP)**
- Middlesboro Independent School District utilized one of our old Chapter 1 vehicles and had it wrapped with a nutritious décor. The summer feeding vehicle delivered meals to over 21 sites. Our district served over 21,000 meals in the summer of 2017 and hope to increase that number this year with a greater outreach process and more serving a greater area. This year we are implementing the KVIP grant as well.



\*Middlesboro Independent Schools is proud to announce that they are participating in the Community Eligibility Program which allows us to feed every child enrolled in our school system a free breakfast, lunch and after school snack regardless of their socioeconomic status.

## 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's nutrition guidelines.

It has been proven that children who are hungry find it hard to stay alert and participate in their classroom experience. 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 had significantly reduced absence and tardiness rates.** Breakfast is offered in all county schools free.



## Pricing of Breakfast and Lunch

Middlesboro Independent Schools is part of the Community Eligibility Option which feeds **all** our students a **free** breakfast, **free** lunch and a **free** after school snack. Middlesboro Board of Education feeds our law enforcement free meals if they eat at our schools. Employees of Middlesboro Independent Schools and are required to purchase their meals. Prices are as follows:

	<u>Breakfast</u>	<u>Lunch</u>
Students	FREE	FREE
Employees	\$2.25	\$3.50

Food and beverage items that are sold as extras on the cafeteria lines meet the nutritional guideline standards of the Kentucky Board of Education for allowable foods to be sold. Nutritional Data sheets may be obtained by contacting Sandy Ramsey, Director, School & Community Nutrition at 606-242-8814.

All principals have been given the nutritional guideline standards that are required by Kentucky Board of Education for allowable foods to be sold through school stores/vending machines. Nutritional data sheets are on file at each school and may be obtained by contacting the principal.

"Protecting children's health and cognitive development may be the best way to build a strong America."

-- Dr. J. Larry Brown, Tufts University School of Nutrition

## FRESH FRUIT AND VEGETABLE PROGRAM

The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. The FFVP also encourages schools to develop partnerships at the State and local level for support in implementing and operating the program. This program is seen as an important catalyst for change in efforts to combat childhood obesity, help form better eating habits, and introduce children to a variety of produce that they otherwise might not have had the opportunity to sample.

**CACFP** is a new program that we have started this year. It provides a free supper meal to students during an organized activity at all of our schools. It is offer vs. serve where students must take 3 of the 5 components. The programs ensures our students are fed and are not going home hungry.

## National School Lunch

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.

Our lunch meals are planned on a daily menu cycle and are planned to provide 1/3 of the recommended dietary allowances for school-age children. Federal regulations require that we offer minimum portion sizes of meat/meat alternate, fruit, vegetable, grains and fluid milk during every lunch meal service. Weekly regulations: fruit 2 1/2 cups, vegetables 3 3/4 cups, meat/meat alternate 9-10oz, grains (whole grains) 8oz minimum, milk 5 cups. The portion sizes are designed to meet the needs of growing children. Menus are also planned to include a variety of choices and changes have been made in food specifications and preparation to lower sodium, fat and calories in school meals.

Schools operate on the offer vs. serve method. This means that the student gets to choose what he or she eats. Out of the 5 required menu items they may refuse 1 or 2 items offered, but must take a minimum of 3 items to qualify as a reimbursable meal. We offer entrée's, fruit choices, vegetable choices, and whole grain choices. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% low-fat unflavored milk, skim/fat-free flavored and unflavored milk, as well as 100% fruit and vegetable juices.

## After-School Program

The After-School Snack and Supper Program allows after-school care programs with regularly scheduled activities in an organized, structured environment to provide and claim reimbursement for snacks and served to school-age children.



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 (free). 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*