

Students menus are displayed daily using signage that features the items under the color coded category. Foods are divided into 5 components:

Bread, Vegetables, Fruits, Milk, Proteins

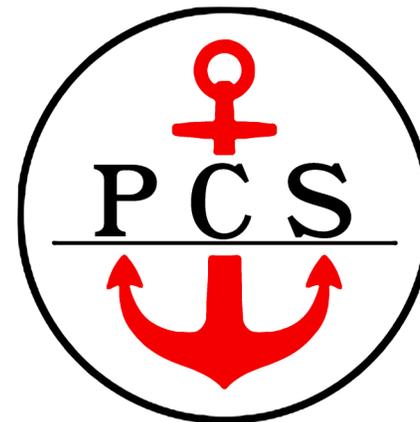
These boards help students make wise choices and build great trays. The signage will help students meet the requirements and encourage them to start building their trays with a vegetable or fruit that is required with a reimbursable breakfast and lunch meal.

Physical Activity

All elementary schools in Powell County have 45 minutes of physical education instruction per week with an additional 15-20 minutes of recess time daily. Physical education teachers utilize both national and state physical education standards. Units include movement and skill patterns, personal responsibility, physical activity and promotion, and concepts, strategies, and principles.

Improving student health in an effort that must be undertaken in school and among families. The Powell County School Nutrition Program will provide information for district school open houses.

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Nutrition & Physical Activity Report Powell County Schools

January 2021

National School Lunch and Breakfast Programs

The School Nutrition Department administers the USDA School Breakfast and National School Lunch Program. School meals must meet minimum nutrition standards. Powell County Schools' menus meet or exceed the USDA nutrient standards. Foods available to students outside the school meal program must meet the minimum nutrition standards and be available only at certain times.

The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. Powell County Schools Nutrition Program is serving school meals that meet federal nutrition standards, ensuring that meals are healthy and well-balanced, providing students with all of the nutrition they need to succeed at school. School meals offer students milk, fruits, and vegetables, proteins/meats, and bread/grains and meet limits for saturated fat, calories, and sodium. Powell County Schools meet additional standards requiring: Age appropriate calorie limits, larger serving size of vegetables/fruits, wider variety of vegetables (including dark green and red/orange), Fat-free or 1% milk, whole grains and less sodium.

Q: *How do you create a healthier school environment?*

A:

<i>Nutrition Education</i>	<i>Healthy Field Trip Lunches</i>
<i>Healthy Fundraisers</i>	<i>Physical Education</i>
<i>Nonfood Rewards</i>	<i>Structured Recess</i>
<i>Healthy Celebrations</i>	<i>Classroom Physical Activity</i>
<i>Healthy Vending Community Partners</i>	



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



Alliance for Healthier Generation Team...
 The school district has begun implementation of the Healthy Schools Program, which recognizes schools that create healthier school environments that promote physical activity and healthy eating among students and staff. The program was implemented in the 2015-16 school year to meet state program review requirements. All schools completed the questions to provide a snapshot of the district report. Now everyone can take the "Smart Snack" test, using the Alliance for Healthier Generation Calculator. Type in your snack nutrition information and see it qualifies as a "smart snack." <http://tools.healthiergeneration.org/calc/calculator/>



School Meal Update

Nutrient Value of school meals Elementary Lunch

Meal Pattern	Weekly Minimum Requirements	Actual Offered Weekly
Fruits (cups)	2.5	5 cups
Vegetables (cups)	3.75	5cups
Grains (oz. eq)	8 oz.	13.25 oz.
Meat/Meat Alternate	8 oz.	15 oz.
Fluid Milk (cups) low fat or fat free	5 cups	5 cups
Min-Max Calories (averaged over a week)	550-650/day	648/day
Saturated Fat (% of total calories)	<10 %	7.35 %
Trans Fat	0	0
Whole Grains (At least 50% of all grains offered must be whole grain)	50%	50%

- Key Findings/Recommendations:
January 2021
- Promoting benefits of school meal programs/CEP program
 - Increase student involvement in the nutrition environment
 - Increase quality/quantity of PE/classroom and activity breaks
 - Smart Snacks guidelines
 - SND will maintain Level 4 Certification by attending SNA sponsored meetings
 - Provide resources to find

The Powell County School Nutrition Dept. administers the USDA SBP, NSLP & SFSP. School meals must meet minimum nutrition standards. Powell County Schools' menus meet or exceed the USDA nutrient standards. Foods available to students outside the school meal program must meet minimum nutrition standards and be available only at certain times.

Monthly participation
participating schools
Lunch participation- 19,923
Breakfast participation= 12,389
October 2020 Data (Summer Feeding/Covid)

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(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.

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