



Nutrition & Physical Activity Report Frankfort Independent Schools

Students on the Move!

KRS160.346 allows up to 30 minutes a day of moderate to vigorous physical activity to count as instructional time. More schools are incorporating physical activity into the school day in a variety of ways, including classroom physical activity and walking.

Elementary and Middle Schools

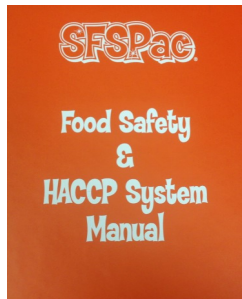
Physical Education (P.E.) is offered at all elementary schools. All elementary schools have a credentialed physical education teacher, report a sequential physical education curriculum consistent with standards, offer health-related fitness, meet physical education practices, and meet playground safety standards. Second Street report that they do not offer 150 minutes of physical activity weekly, but that students are physically active at least 50% of class time. Additionally, SSS/FMS has an active health committee and has developed school wellness policies, which is currently being approved by their Site Based Decision Making Councils. SSS/FMS report the top priorities for improvements in the physical activity environment are: improving communication and community programs that offer physical activity. Some of the activities to meet this goal are hosting health fair, 5K Race, guest speakers promoting health and wellness and establishing a committee to focus on community-based projects. Other improvement areas were: increasing teacher awareness of opportunities to provide physical activity in the classroom and improving teacher/student ratio.

High School

P.E. is offered at the high school. Frankfort High has credentialed physical education teachers, have physical education grading, participate in extracurricular physical activity programs, meet physical education safety practices, and meet athletic safety requirements. Conditioning classes are also offered for students who have completed the regular physical education classes and would like to continue being physically active during school. School wide walking field trips and activities are planned throughout the year to ensure that all students are physically active. The Physical Education Department teacher would like to collaborate on individualized physical activity and fitness plans for students who they have in class. Frankfort High has started a Food and Nutrition Department and During the May Term Kentucky State University is Doing a College course on Nutrition.

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We have started a few new systems in Food Service to make sure everything is Food Safety and correct training is going on. SMART SYSTEMS has been very helpful.



Inspections...
All school kitchens are inspected by the local Health Department twice a year.
Recent inspections:

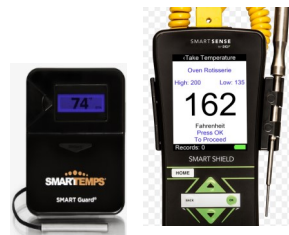
October 2018

Second Street
100%

Frankfort High
100%

Nutrition & Education Standard Recommendations...

- ⇒ Improving the nutritional quality of school recipes using creative names for menu items
- ⇒ Promoting benefits of the school meal programs
- ⇒ Improving access to school meals
- ⇒ Increasing student involvement in the nutrition environment, including more nutrition education opportunities
- ⇒ Increasing the quality and quantity of physical education (PE)
- ⇒ Increasing family involvement in healthier lifestyles
- ⇒ Increasing employee involvement in wellness programs
- ⇒ Implement Smart Snack guidelines
- ⇒ Implement Alliance for a Healthier Generation to align to Program Review and the new format of the district' Nutrition and Physical Activity Report Card for 2015-16
- ⇒ HAACP/Recertification training will be a part of the yearly



This brochure is provided in compliance with KRS 158.856 as an overview of the nutritional and physical activity currently available in the school system.



Physical Education

PE is offered at all schools. Each site based decision making (SBDM) council determines the amount and quality of PE offered. There is a wide range of offerings among schools. The emphasis continues to be on improving the quantity and quality of PE. PE teachers are encouraged to increase the amount of time spent in physical activity and to help students enjoy being active by promoting unique lifetime physical activity.

Family Engagement

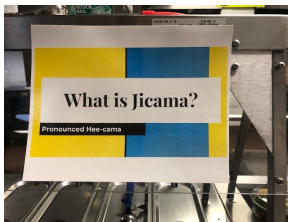
Improving student health is an effort that must be undertaken in school and among families. The Frankfort Independent School System will continue to provide healthy recipes and information via website, parent newsletters, etc.

Healthy Hungry Kids

The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make meals and offering more nutritious. Frankfort Independent 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 that they need to succeed in school. School Meals offer students milk, fruits, and vegetables, proteins/meats, and bread/grains and meet strict limits for saturated fat and protein size.

FIS lunches meet additional standards requiring:

- ⇒ Age-appropriate calorie limits
- ⇒ Larger serving of vegetables and fruits
- ⇒ A wider variety of vegetables (including dark green and red/orange vegetables)
- ⇒ Fat-free or 1% milk
- ⇒ More whole grains



When eating in the Cafeterias We are trying to make sure it could be a learning experience too. With Trying new Foods and educating the students about the foods and where they come from.



Wellness Policies

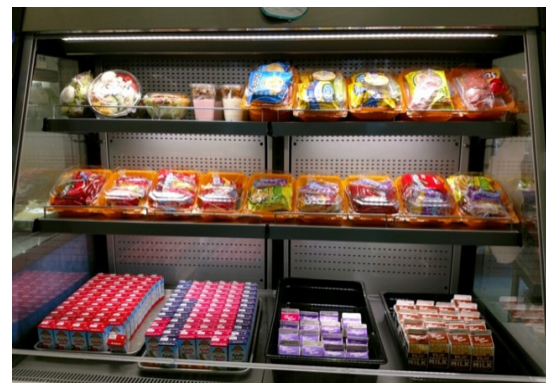
Federal law (Public Law 108-265, Section 204) requires school districts to have a local wellness policy. State law (KRS 160.345) requires elementary schools to develop and implement a school wellness policy.

We are needing to get a new Wellness committee so that we can review and revise the district's wellness policy and ensure that health and wellness priorities are included in the Comprehensive District Improvement Plan (CDIP). The work on this effort will continue throughout the school year.

CHOICES AT EVERY SCHOOL



ANNUAL EVALUATION: KRS 158.856 requires an annual evaluation and report on compliance with the National School Breakfast and National School



Summer Feeding!

During the Summer School Nutrition Department is offering meals and Education on Nutrition and Wellness with the emphasis of Reading and Math.

Summers Meals that we serve or vend out to the community for Summer 2018.

Breakfast 10,392 meals

Lunch 21,544 meals

Supper 1,290 meals

Snack 1,000



About us...

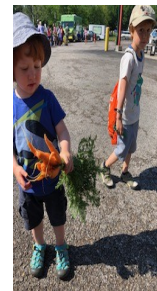
The School Nutrition Dept. Administers the United States Department of Agriculture (USDA) School Breakfast Program and National School Lunch Program. School meals must meet minimum nutrition standards. Frankfort Independent School menus meet or exceed the USDA nutrient standards. Foods available to students outside the school meal program must meet minimum nutrition standards and be available only at certain times.

Highlights

- ⇒ Fresh fruits and vegetables are available daily;
- ⇒ Whole grains are available daily;
- ⇒ Nutrition education resources are available for teachers.

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. This program is being implemented for the 2015-16 school year to meet state program review requirements.



What's new

Nutrition Education

Student menus are displayed daily using “My Plate” that show the food items that are offered under each food component. Foods are divided into 5 components:

- ⇒ Breads/Grains
- ⇒ Vegetables
- ⇒ Fruits
- ⇒ Milk
- ⇒ Proteins/Meats

The program is used to help students make wise choices and “build great trays”. Posters depict a lunch that meets new National School Lunch Program requirements and encourages students to start building their trays with a vegetable or fruit now required for school lunches at all levels.

School Meals Update - Elementary Lunch

Meal Pattern	Weekly Minimum Requirements	Actual Offered Weekly
Fruit (cups)	2.5 cups	5.5 cups
Vegetables (cups)	3.75 cups	5.5 cups
Grains (oz. ea.)	8 oz.	11.25 oz.
Meat/Meat Alternative	8 oz.	10oz
Fluid Milk (cups Low Fat or Fat Free)	5 cups	5 cups
Min-Max Calories (average over a week)	550-650 per day	646 per day
Sodium	1230mg	1086mg
Saturated fat	Less than 10%	7.97 %
Trans Fat	0	0
Whole Grains (at least 50% of all grains offered must be whole grain)	50%	100% We do have a waiver for Biscuits and Pasta with KDE

Walk the Talk Employee Wellness

According to one study, the more teachers value health, the more their practices support personal and student health. Employee wellness should be a higher priority in an attempt to reduce healthcare costs and improve attendance. Positive changes

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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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Average Daily

# of Participating Schools *October 2018 –19 School days	2
Average Daily Attendance - Oct. 2018	797
Average Daily Participation - Lunch - Oct. 2018	697
Average Daily Participation - Breakfast - Oct. 2018	570
Total Number of Reimbursable Meals - Oct. 2018	11,948
Total Number of Breakfast Meals - SY17-18	106,821
Total Number of Lunch Meals - SY17-18	116,465
Total Number of Student Reimbursable Meals - SY17-18	223,286