



Nutrition & Physical Activity Report

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 Kenton County School District.

Nutrition

All seventeen Kenton County Schools participate in the National School Breakfast and Lunch Program. School meals must meet minimum nutrition standards:

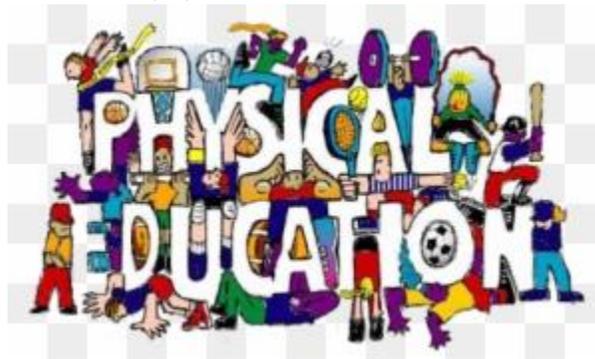
- ✓ Weekly fruit offerings
- ✓ Weekly vegetable offerings
- ✓ Whole grain offerings
- ✓ Fluid Milks Offering
- ✓ Minimum and maximum calorie offerings
- ✓ Saturated fat limits
- ✓ Trans fat limits
- ✓ Sodium Limits

The meals served to students meet or exceed the nutrient standards. In addition to the average 11,447 meals served daily all food sold as a la carte meets and exceeds the nutrition requirements.



Physical Activity

Students in K-5 schools have physical education 4-5 days a week in which the curriculum aligns to the Kentucky Core Academic Standards for physical education.



Wellness

The current Student Welfare and Wellness Policy 09.2 was last amended September 11, 2017. The Wellness Policy was evaluated using WellSat 2.0, a wellness school assessment tool. WellSat is a quantitative assessment that reflects the federal law based on best practices. The overall district score is a 49 with a total strength score of 34.

Strengths of the current District Wellness Plan

- ✓ Ensures annual training for food and nutrition services staff in accordance with USDA Professional standards
- ✓ Regulates food and beverages sold in a la carte
- ✓ Free drinking water is available during meals
- ✓ Includes goals for nutrition education that are designed to promote student wellness

Opportunities for the current District Wellness Plan

- ✓ Nutrition education to address agriculture and the food systems
- ✓ Specify strategies to increase participation in school meals programs
- ✓ Address availability of free drinking water throughout the school day
- ✓ Address strategies to support employee wellness



Kenton County Schools is seeking feedback on current School Nutrition and Wellness policy. Please review the brochure and provide any comments or recommendations to the Kenton County Schools Students Nutrition Director, Elizabeth Hord at Elizabeth.hord@kenton.kyschools.us OR a public forum will be held March 4, 2019 at 1045 Eaton Drive.