



# Nutrition & Physical Activity Report Card 2018-2019

The Hancock County Schools Food Service Team is “dedicated to fueling the minds and filling the hearts of every student in a loving, safe environment—one healthy meal at a time” as our new Mission Statement indicates.

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## Annual NSLP Statistics 17-18

No. of Schools Participating	4
Total Lunches Served	193,256
Average Daily Participation	1,137
No. of Students Approved for Free Meals	897
No. of Students Approved for Reduced-Price Meals	161

## New Student Lunch Prices 18-19

Elementary Schools	\$2.10
Middle School	\$2.10
High School	\$2.35
Reduced Price-All	\$0.40
Adults/Visitors-All	\$3.00

## National School Lunch Program (NSLP)

The 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.

All Hancock County Schools use a school-specific 3-week lunch menu rotation. Per federal regulations, we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during each lunchtime meal service. Our menus were designed taking every advantage of the USDA Foods Program through Direct Delivery and Processing, programs. Each school offers multiple options for lunch.

The age-appropriate serving sizes are offered at each school. All schools serve whole grains and provide a variety of fruit and vegetable options using USDA guidelines. Each site also offers skim or 1% milk in flavored or unflavored varieties as well as a 100% fruit juices and water. The high school also serves non-caloric carbonated beverages.

Menus and other nutritional information is made available to students, staff and parents on our website at [www.hancock.kyschools.us](http://www.hancock.kyschools.us) under Food & Nutrition Services.

## School Breakfast Program (SBP)

The SBP was established in 1966. as with the NSLP, school districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture’s nutritional guidelines, as each of our menus do. Our elementary schools and middle school operate using a 2 week menu cycle, while our high school uses a 1-week cycle menu.

## Annual SBP Statistics 17-18

No. of Schools Participating	4
Total Breakfasts Served	128,097
Average Daily Participation	754
Students Approved for Free Meals	897
Students Approved for Reduced-Price Meals	161

## Student Breakfast Prices 17-18

All Schools	\$1.40
Reduced Price-All Schools	\$0.30
<b>New Adults/Visitors-All</b>	<b>\$1.85</b>

## Nutrient Analysis

Averaged over the course of a week, lunch menus offered in our schools provide the following:

Component	Target (Grades 6-8)	Actual
Calories	600-700	672
Saturated Fat (g) -Calories	<10% of Total	0.098%
Meat/Meat Alt. (oz. equivalent)	9-10 (1/day min.)	10
Grains (oz. eq.)	8-10 (1/day min.)	8
Fruits (cups)	2-1/2 cups (1/2 cup min./day)	2-1/2
Vegetables (cups)	3-3/4 cups (3/4 min./day)	4.5

### New in 2018-19:

In 2018-19, HCS began feeding our preschoolers snack through the Child and Adult Food Care Program (CACFP). HCS also began serving At-Risk Supper Meals through CACFP at our elementary and middle schools in August of 2018. HCS served over 7,800 meals (30% increase from 2017) through the Summer Food Service Program at 21 sites over 10 weeks, including back to school functions.

### Coming in 2019-20:

In the 2019-20 school year, we look forward to expanding our SFSP to include mobile meals, participating in the CACFP providing meals and snacks for our HC Childhood Development Center opening in August of 2020, and expanding our After-school Meals programs at HCMS and into HCHS.

SFSP 2019: Breakfast as well as lunch will be served on a mobile route in addition to our 4 main sites as well as VBSs and Camp Sites.



## Hancock County Wellness

**Our Hancock County Schools District Wellness Committee has developed a policy to help meet our Physical Fitness and Nutrition goals. This group has reviewed and will continue to monitor all wellness activities throughout the year. Hancock County Schools provides a wide array of extra-curricular athletic opportunities to its students such as: Football, Basketball, Baseball, Cheerleading, Softball, Volleyball, Cross-Country, Track & Field, Golf, Tennis, Archery, and Bass Fishing. Additionally, we have walking clubs at our elementary schools and trails at all our schools, as well as a Culinary Cooking class and Fuel Up to Play 60 that stress healthy cooking, eating and activity. Our focus as a committee in 2019-20 will involve a mental health emphasis.**

### School Physical Activity & Wellness

Program / Activity	Elem.	Middle	High
Provide daily recess	Yes	No	No
Provide classroom physical activity integrated into each school day	Yes	Yes	40%
Provide intramural physical activity opportunities	Yes	Yes	Yes
Offer facilities to families/ community members for physical activity opportunities	Yes	Yes	Yes

The data represented above is a summary from assessed physical activity in Hancock County Schools. In addition, certified physical education teachers offer classes to all our students on a rotational basis.

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