

Nutrient Analysis

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

*Grades K-8

| Nutrient | Target* | Actual |
|-------------------|---------|--------|
| Calories | 600-650 | 646 |
| Total Fat (G) | < 30% | 15.83 |
| Saturated Fat (G) | < 10% | 4.52 |
| Trans Fat | 0 | 0 |
| Sodium | 1230 | 1134 |



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.

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

“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)

The data presented below is a summary from the assessment of our physical activity environment.

| School Physical Activity Environment Assessment | | | |
|--|------|--------|------|
| Program/activity | Elem | Middle | High |
| Provide daily recess | 100% | N/A | N/A |
| Provide at least 150 minutes of physical education per week | 100% | N/A | N/A |
| Provide at least 180 minutes of physical education per week | N/A | 100% | N/A |
| Provide classroom physical activity integrated into school day | 100% | 100% | N/A |
| Credentialed Physical Education Teacher | 100% | 100% | N/A |
| Playgrounds are modern and safe | 100% | ALL | N/A |

Beginning with the 2015-2016 school year, the East Bernstadt Independent Schools began serving free breakfast and lunch to all students under the Community Eligibility Provision. A district with at least 40% of its students who qualify for free meals based on Direct Certification may choose to take the option of CEP schools and serve all meals free to its students.



EAST BERNSTADT IND.

MyPlate Kids' Place



SCHOOL DISTRICT Nutrition & Physical Activity Report Card

2016



East Bernstadt Independent School is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.

Breakfast and lunch menus will be available on our website at www.e-bernstadt.k12.ky.us

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 while commodity donations help the farmer and help schools keep down meal prices.

Our lunch meals are planned on a two-week menu cycle.

On December 13, 2010, President Obama signed into law Public Law 111-296, the Healthy, Hunger-Free Kids Act of 2010. This historic legislation marked the most comprehensive changes to the school meals standards in more than a generation. The timing of this legislation and USDA’s standards are critically needed to help combat the epidemic of childhood obesity as well as the urgent problem of childhood hunger. Nearly 1 in 3 children are at risk for preventable diseases like diabetes and heart disease due to overweight and obesity. Changes to the meal pattern for the 2014-15 school year include weekly amounts of grains, fruits and vegetables, meat/meat alternates and maximum calorie amounts for grades K-5; 6-8 and 9-12. Changes implemented for the 14-15 school year included the first sodium restriction.

The table below provides a synopsis of the lunch program, including participation and financial data. This information is based on data from the 2015-16 school year.

| | |
|---|--|
| Federal Reimbursement | 199,033 |
| # Schools Participating | 1 |
| Total Lunches Served | 70,879 |
| Average Daily Participation | 413 |
| Percent of Participation | 81% |
| # Students Approved for Free Meals | CEP |
| # Students Approved for Reduced-price Meals | CEP |
| # Students Approved for Paid Meals | CEP |
| Lunch Prices | Adult Price: \$ 3.50 Student Lunch: \$ 0.00 |

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.

Since the 1960’s, the School Breakfast Program has helped to fill nutritional gaps and help families stretch their limited budgets so all students can start the day ready to learn.

Study after study shows that when children participate in the School Breakfast Program, it leads to improved dietary intake, reduced food insecurity, better test performance, and fewer distractions in the classroom throughout the morning.

The Table below provides a synopsis of the breakfast program.

| | |
|-----------------------------|---|
| Federal Reimbursement | 63,420 |
| # Schools Participating | 1 |
| Total Breakfasts Served | 35,609 |
| Average Daily Participation | 208 |
| Percent of Participation | 41% |
| Breakfast Prices | Adult Price \$ 2.00 Student Breakfast: \$ 0.00 |

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

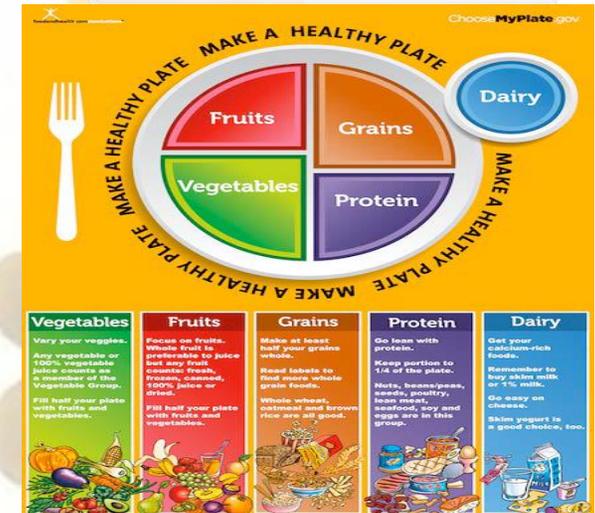
To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (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.

“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



Elementary schools provide only approved beverages (100% fruit juice, no-fat or low-fat milk and water) to students. No vending machine or other sells take place until 30 minutes after the lunch period ends.

Both the National School Lunch Program and the School Breakfast Program meet federal and state requirements and nutritional guidelines of the program. The meals are healthier with less fat, saturated fat, calories, sodium, sugar, and etc. Non fat milks, whole grain foods, and more fresh fruits and vegetables are being offered daily.

The foodservice program underwent a state audit during the 2014-2015 school year and the audit went very well with no noted errors that would require fiscal action. The program is on a three year cycle and will be up for review again during the 2017-2018 SY.

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. 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