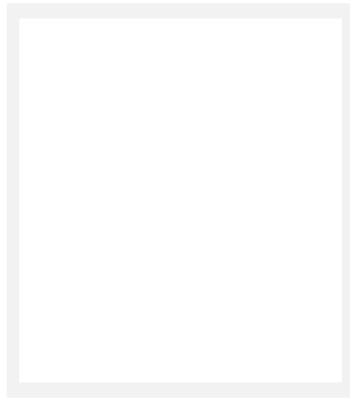


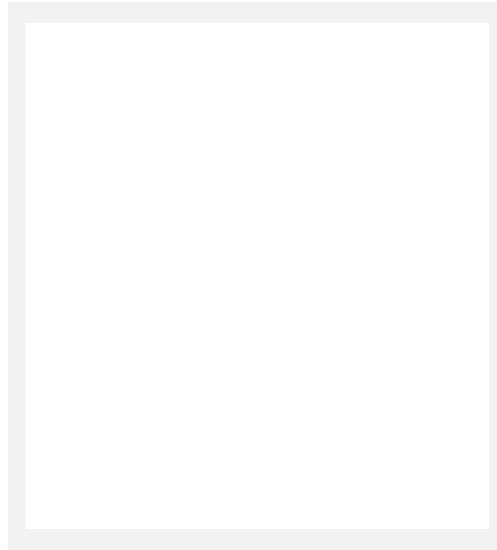
Healthy Hungry Kids

The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. Montgomery County Public Schools School 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 limits for saturated fat. Under the National School Lunch Act, MCPS school lunches meet additional standards requiring:

- Age appropriate calorie limits
- Larger serving of vegetables and fruits
- A wide variety of vegetables (including dark green and red/orange vegetables)
- Fat free or 1% milk
- Less sodium



Inspections

All school kitchens are inspected by the local health department twice a year. Recent inspections:

Inspections...

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- x Mt. Sterling Elementary r100
- x Camargo Elementary r0
- x Mapleton Elementary r0
- x MC Intermediater 100
- x McNabb Middle r100
- x MCHigh School r100
- x Early Learning Center r0

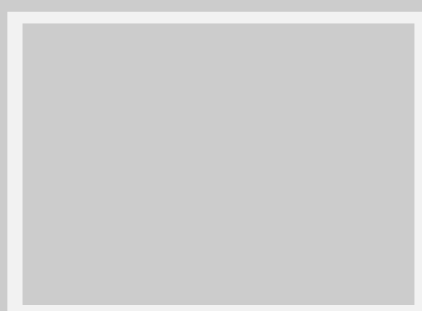
Wellness Policies

Federal law (Public Law 108r265, 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.

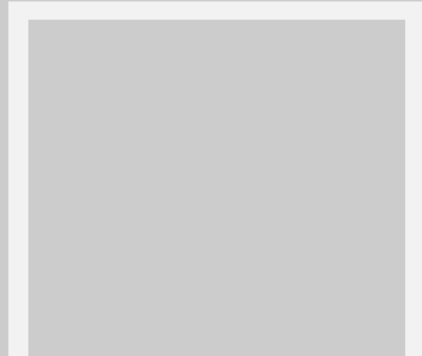
Next steps will include working with each school to ensure that they develop a school wellness team and review their wellness policy annually. Emphasis will also be on improving the level of implementation for the district and school wellness policies.

In the spring of 2014, the wellness committee will 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.

ANNUAL EVALUATION: KRS 158.856 requires an annual evaluation and report on compliance with the National School Breakfast and National School Lunch Programs, in addition to other information about foods and beverages available to students.



Improving the school nutrition environment for Montgomery County students is a priority. Students have opportunity to evaluate school menu items and provide recommendations for improvement, as well as suggestions for new menu items.



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Q: How do you create a healthier school environment?

A:

- Nutrition Education
- Healthy Fundraisers
- Nonfood Rewards
- Healthy Celebrations
- Healthy Vending
- Food Pantries
- Physical Education
- Structured Recess
- Classroom Physical Activity
- Community Partners

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.

