

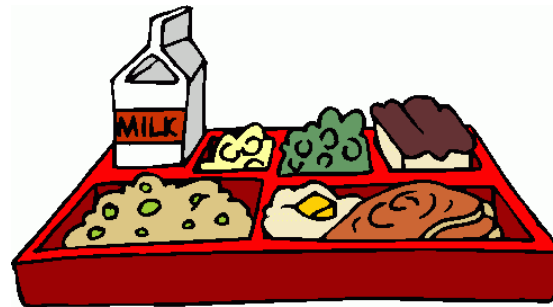
**Nutrition &  
Physical Activity Report  
for 2019-2020**



Trigg County Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of empowering the next generation of learners to be healthier and more physically fit.

**Student Welfare and Wellness**

Trigg County Public Schools is committed to providing school environments that promote and protect student health, well-being, and the ability to learn by supporting healthy eating and physical activity. We will continue to provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will work to establish linkages between health education, school meal programs, and related community services.



Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. The Food Service Director will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

**Physical Activity**

All students should be afforded options to promote daily moderate to vigorous physical activity which may include those that increase strength and flexibility, speed heart rate and breathing and stress activities such as stretching, walking, running, jumping rope, dancing, and competitive endeavors.

**Trigg County Primary School and Trigg County Intermediate School** participate in the Presidential Physical Fitness Challenge, 100 minutes of recess per week, "Take 10" activities and P.E on a rotational basis for all students.

**Trigg County Middle School** offers P.E. on a rotational basis for all students and encourages teachers to integrate movement into their daily classroom activities. Furthermore, intermural clubs that focus on physical activity occur before and after school.

**Trigg County High School** requires a credit of Health and P.E.; and Advanced P.E. is offered as an elective. Additionally, an increase in the number of educational opportunities in nutrition, physical fitness, and substance abuse have been offered to students.

**Healthy Schools Assessment**

The Healthy Schools Assessment is a subset of questions from the Centers for Disease Control and Prevention's School Health Index that allows each of our schools to self-assess their health policies and wellness programs in the areas of: Policy & Environment, Nutrition Services, Smart Snacks, Health & Physical Education, Physical Activity and Employee Wellness. Our schools use the data from the Healthy Schools Assessment as a tool for continuous quality improvement; their goal is to have all subsets in the "fully implemented" category

	TCPS		TCIS		TCMS		TCHS	
Policy and Environment	3	FIP	4	FIP	6	FIP	6	FIP
	4	PIP	4	PIP	0	PIP	0	PIP
	2	UD	1	UD	4	UD	4	UD
	0	NIP	0	NIP	0	NIP	0	NIP
Nutritional Services	9	FIP	1	FIP	1	FIP	1	FIP
	1	PIP	1	PIP	0	PIP	0	PIP
	2	UD	1	UD	1	UD	1	UD
	0	NIP	0	NIP	0	NIP	0	NIP
Smart Snacks	7	FIP	6	FIP	5	FIP	5	FIP
	0	PIP	1	PIP	1	PIP	1	PIP
	0	UD	0	UD	1	UD	1	UD
	0	NIP	0	NIP	0	NIP	0	NIP
Health and Physical Education	7	FIP	7	FIP	6	FIP	7	FIP
	3	PIP	3	PIP	2	PIP	2	PIP
	0	UD	0	UD	1	UD	1	UD
	0	NIP	0	NIP	1	NIP	0	NIP
Physical Activity	7	FIP	7	FIP	3	FIP	3	FIP
	0	PIP	0	PIP	2	PIP	2	PIP
	1	UD	1	UD	0	UD	0	UD
	0	NIP	0	NIP	1	NIP	1	NIP
Employee Wellness	4	FIP	4	FIP	3	FIP	2	FIP
	1	PIP	1	PIP	0	PIP	1	PIP
	0	UD	0	UD	2	UD	2	UD
	1	NIP	1	NIP	1	NIP	1	NIP

\*FIP- fully in place \*PIP-partially in place \*UD- under development \*NP-not in place

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### Competitive Foods

No school may sell competitive foods or beverages, whether from vending machines, school stores or canteens, classrooms, teacher or parent groups from midnight before until thirty (30) minutes after the last lunch period of the school day. From thirty (30) minutes after the last lunch period closes until thirty (30) minutes after the school day, food and beverages sold must conform to the following guidelines:

- ◆ A school day approved beverage;
- ◆ Fruit; non-fried vegetables;
- ◆ Low-fat yogurt;
- ◆ Nuts and seeds;
- ◆ Dried fruit with no sugar added; or
- ◆ Other food items that contain no more than:
  - Thirty (30%) calories from fat;
  - Ten (10%) calories from saturated fat; and
  - Fourteen (14) grams of sugar per serving



### Beverage Sizes

In elementary schools, no more than eight (8) ounces

In middle schools, no more than twelve (12) ounces

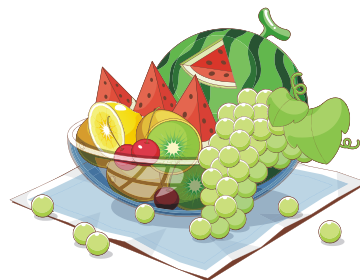
In high schools, no more than twenty (20) ounces

### Food/Beverages as Rewards

When possible, rewards given to students should not be food or beverages. If they are used as rewards they must meet the minimum guidelines as stated above

### Food Sales and Fundraising

Fundraising activities held off the school campus or not during the school day are not subject to regulatory requirements of 702 KAR 006:090.



A list of all food and beverage items available to students from school food service can be downloaded from our web site at [Food for Purchase](#).

### 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. Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Federal Reimbursement	<b>\$229,696.54</b>
# Schools Participating	<b>4</b>
Total Breakfasts Served	<b>150,744</b>
Average Daily Participation	<b>882</b>



### National School Lunch

Our lunch meals are planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children. We offer fresh fruits and vegetables every day. Students are allowed to choose themselves all the fresh fruits and vegetables they will eat. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer bottled water, skim milk, and flavored milk as well as 100% fruit juices.

Federal Reimbursement	<b>\$717,986.60</b>
# Schools Participating	<b>4</b>
Total Lunches Served	<b>230,554</b>
Average Daily Participation	<b>1348</b>
# Students Approved for Free Meals	<b>1403</b>
# Students Approved for Reduced-price Meals	<b>111</b>
# Students approved for Paid Meals	<b>849</b>

### Nutrient Analysis of Food Served

Averaged over the course of a week all meals offered meet or exceed federal requirements.

Nutrient	K-5 Breakfast	6-8 Breakfast	9-12 Breakfast	K-8 Lunch	9-12 Lunch
Calories	418	454	550	648	809
Saturated Fat	8.59%	8.79%	9.00%	7.5%	7.99%
Trans Fat	0	0	0	0	0
Fruit	5 Cups	5 Cups	5 Cups	2.5 Cups	5 Cups
Vegetables	0	0	0	5 Cups	5 Cups
Milk	5 Cups	5 Cups	5 Cups	5 Cups	5 Cups