



Child Nutrition REPORT CARD 2021

Newport Independent School District

30 West 8th Street
Newport, KY. 41071



NEWPORT INDEPENDENT IS COMMITTED TO PROMOTING STUDENT WELLNESS AND POSITIVE LEARNING ENVIRONMENTS AT EVERY LEVEL. A DISTRICT COORDINATED HEALTH COMMITTEE COMES TOGETHER ANNUALLY TO REVIEW WELLNESS POLICIES AND PRACTICES WITHIN EACH SCHOOL. THE GOAL OF THE COMMITTEE IS TO ENSURE OPPORTUNITIES EXIST FOR STUDENTS TO DEVELOP AND PRACTICE LIFE-LONG HEALTHY BEHAVIORS. THIS REPORT PROVIDES THE DISTRICT'S EFFORT TO MEET THIS GOAL AND THE REPORTING REQUIREMENTS OF KRS158.856.

Food and Nutrition Services

With the belief that well-nourished students are more likely to perform better academically and have less behavior issues, the Food and Nutrition Services Department strives to contribute to the total educational experience. During the 2020-2021 school year, students received meals through the National School Lunch and Breakfast Programs and the Summer Food Service Program at no cost. As the COVID pandemic continued to impact school instruction, staff made significant efforts to ensure students had access to meals and the nutrition needed for learning to occur.

Operational Highlights

Over 195,000 meals were served during the 2020-2021 school year. Between August 2020 and March 2021, meals were accessible to students based on "A/B Learning Groups" and how they received instruction.



While learning remotely, meal service was provided via curbside pick-up, at designated sites or by home delivery. While students were learning in-person, meals were prepared, packaged and served grab and go style or delivered by carts to classrooms. By April, students had returned to school full time.



Child Nutrition programs are administered through the United States Department of Agriculture, the Kentucky Department of Education and the Newport Board of Education. Adherence to specific meal patterns and firm nutritional standards are required. In return, reimbursements are received for each meal served.



Nutritional Standards

- All meals have limits on calories, sodium, saturated fat, and sugar
- All meals have specific calorie ranges appropriate for each grade group
- All grains offered are whole grain rich
- Juice offered must be 100% fruit or vegetable juice with no added sweeteners
- Milk selections and all dairy products are low in fat

Food Safety

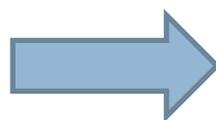
In addition to following standard operating food safety procedures, FNS staff followed safety protocols in regards to the pandemic. This included but was not limited to wearing masks, social distancing, providing barriers where appropriate, additional disinfecting of high touch surfaces, and serving food items individually wrapped and whole meals in closed containers. The FNS department and building administrators worked closely throughout the year to determine location and serving arrangements to maximize social distancing based on available space.

WELLNESS SUMMARY

The following strengths were identified in the Healthy Schools annual assessment:

- School meals are accessible to all students.
- District and school staff work collaboratively to assist families experiencing food insecurity.
- All food and nutrition services staff met the annual continuing education hours required by the USDA Professional Standards.
- Physical activity is valued and promoted by teachers.
- Free health assessments and programs are available to all NIS staff members.

Healthy Bodies



Healthy Minds

WELLNESS GOALS

Below are initiatives the district will work to accomplish in 2022:

- Establish a school building level contact for the District Coordinated Health Committee.
- Convene a District Coordinated Health Committee that will represent all school levels and will include, but not limited to: parents, students, physical and health education teachers, school health professionals and community members.
- Increase nutrition education opportunities that are enjoyable, culturally-relevant and engaging such as taste-testing, student contests and farm visits.
- Increase efforts to include families and other community members with school decision making regarding the nutrition and physical activity environments.
- Leverage cooperation between the Local Health Department and County Extension office to establish farm to school activities in each school.



For questions regarding the report or for additional school nutrition related information, contact the Food and Nutrition Services Department:

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