

Kentucky School for the Deaf

NUTRITION & PHYSICAL ACTIVITY REPORT CARD 2013-2014



Healthy Hunger-Free Kids Act

The Kentucky School for the Deaf Food Service Program is serving school meals that are meeting new federal standards set forth in the HHFKA. School meals offer students a variety of fruits, vegetables, proteins/ meats, breads/ grains and milk choices.

Other standards include:

- Increasing the number of whole grain offerings. An average of 80% or more of the grains offered weekly are whole grain rich.
- Offering a wider variety of vegetables, including dark green, red/ orange vegetables and beans.
- Implementing calorie ranges that are age appropriate.
- Offering only fat –free flavored and 1% unflavored milk .
- Meeting fruit requirements each week.



<u>Fun Facts</u>	
	2012-2013
Total Student Lunch Meals	20,055
Average Daily Participation	109
Total Student Breakfast Meals	14,463
Average Number of Free Students	48
Average Number of Reduced Students	15

Nutrient Analysis Comparison

Lunch menus averaged over the course of a week provided the following weighted analysis.

MIDDLE SCHOOL		
Nutrient	Target*	2013
Calories	600-700	688
Saturated Fat	<10%	8.76%
Sodium	1360 mg	1183



Nutrient Analysis Comparison

Lunch menus averaged over the course of a week provided the following weighted analysis.

HIGH SCHOOL		
Nutrient	Target*	2013
Calories	750-850	762
Saturated Fat	<10%	8.89%
Sodium	1420 mg	1197

Buying Local

Kentucky School for the Deaf Food Service participates in purchasing local foods when available.



Nutritional Value

A list of food and beverage items served in the cafeteria can be viewed in the district central Food Service Office or by contacting each school cafeteria. For questions and concerns, please contact Lezanne Smock, lezanne.smock@ksd.kyschools.us

Food and Beverage items that are sold as extras through the cafeteria meet the minimum nutritional standards required by state law (702 KAR 6:090).



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 SAT scores and the physical well-being of students.

<u>KSD School Physical Activity Environment Assessment</u>			
Program/Activity	Elementary	Middle School	High School
Daily Recess	100 % 20 or more minutes daily	40 minutes per week, students may go walk around building or go outside	N/A
Physical Education / Dance	Avg. 25 minutes - twice per week	100% of 6 th grade students- 50 minutes/day all year 100% of 7 th /8 th grade – semester class – 50 minutes per day	100% of 9 th grade - 55 min. day all year Electives for 10 th , 11 th and 12 th grades year around class.
Intramural or other physical opportunities provided after school	Swimming, Cross Country, & Rec League Basketball	Athletic program offerings	Athletic program offerings
Facilities open for families/communities for physical activity	No	Yes	Yes

Purpose of Brochure

This brochure is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity currently available in the Kentucky School for the Deaf. A report is issued each year to the public as to progress and additional improvement areas.

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