



Nutrition and Physical Activity Report - December 2018

Covington Independent Public Schools ★ 25 E. 7th Street ★ Covington, KY 41011

▶ NUTRITION SERVICES

Covington Independent Public Schools participates in the Breakfast, Lunch and After-School Snack programs, as well as the Summer Food Service program.

The district participates in the Community Eligibility Option, which allows for all students, regardless of income, to eat breakfast and lunch at no charge. The district receives federal reimbursement for each school breakfast, lunch and after-school snack that meets the USDA nutritional guidelines.

Nutrition Services plans breakfast and lunch meals according to federal regulations. The department meets the required minimum portions sizes of meat, grains, fruits/vegetables, and a variety of fluid milk during every meal service. The department offers fresh fruits and/or vegetables daily. Students are encouraged to take extra fruits and vegetables with their meals.

The goal of the Nutrition Services Department is to provide all students with a strong foundation on which they can build a lifetime of healthy eating habits.

▶ SCHOOL BREAKFAST

The School Breakfast Program 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.

Breakfast Reimbursement 2017-2018	745,585
Schools participating	9
Total breakfasts served	357,745
Average daily participation	2042
Breakfast prices	FREE

▶ SCHOOL LUNCH

The passage of the National School Lunch Act in 1946 established that food and nutrition programs are an integral part of the educational system. School meals make an important contribution to mental and physical growth during a child’s formative years. Through positive educational experiences, the student learns to eat a variety of foods and develop healthy eating habits.

Lunch Reimbursement 2017-2018	1,896,169
Schools participating	9
Total lunches served	553,845
Average daily participation	3165
Lunch prices	FREE

▶ NUTRIENT ANALYSIS

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

Nutrients	Target	Actual
Calories	550-850	697
Sodium	<1230-<1420 mg	1191
Saturated Fat	<10% of total calories	7%
Trans Fat	None	0

Total Cost of food used 2017-2018 Breakfast and Lunch Program	1,140,957
--	-----------

Covington Independent Public Schools does not contract with any commercial vendors or outside retail establishments to provide food items for the cafeterias.



Nutrition and Physical Activity Report - December 2018

Covington Independent Public Schools ★ 25 E. 7th Street ★ Covington, KY 41011

► SCHOOL HEALTH INDEX

The School Health Index (SHI) is a self-assessment tool and planning guide that enables schools to identify the strengths and weaknesses of policies and programs for promoting health and safety. The SHI survey is conducted annually and schools use the results to develop an action plan for improving health and safety.

► PHYSICAL EDUCATION & OTHER PHYSICAL ACTIVITY PROGRAMS

Physical Education and Other Physical Programs (Module 3) assesses Physical Education class time, Physical Education curriculum and the availability of physical activity at a school.

► NUTRITION SERVICES

Nutrition Services (Module 4) assesses breakfast and lunch programs, continuing education and Farm to School initiatives at a school.

Module 3: Physical Education & Other Physical Activity Programs	October 2017	December 2018
Sixth District Elementary	89%	65%
Ninth District Elementary	75%	80%
Glenn O. Swing Elementary	95%	79%
John G. Carlisle Elementary	95%	78%
Latonia Elementary	91%	90%
Holmes Middle School	76%	76%
Holmes High School	69%	67%

Module 4: Nutrition Services	October 2017	December 2018
Sixth District Elementary	82%	82%
Ninth District Elementary	79%	77%
Glenn O. Swing Elementary	85%	85%
John G. Carlisle Elementary	77%	87%
Latonia Elementary	85%	82%
Holmes Middle School	85%	90%
Holmes High School	85%	88%

**Respondents to the School Health Index rated the overall effectiveness and implementation of policies and programs (100%=full implementation, 0%=no implementation).*

For more information:

Taryn Stewart

Director of Nutrition Services

(859) 392-1028

taryn.stewart@covington.kyschools.us

