



Nutrition and Physical Activity Report - December 2020

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 2019-2020	674,094
Schools participating	9
Total breakfasts served	301,932
Average daily participation	1776
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 2019-2020	1,545,323
Schools participating	9
Total lunches served	432,115
Average daily participation	2542
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	718
Sodium	<1230-<1420 mg	1069
Saturated Fat	<10% of total calories	8%
Trans Fat	None	0

Total Cost of food used 2019-2020 Breakfast and Lunch Program	959,453
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Covington Independent Public Schools does not contract with any commercial vendors or outside retail establishments to provide food items for the cafeterias.



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

▶ 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.

Module 3: Physical Education & Other Physical Activity Programs	October 2018	December 2019
Sixth District Elementary	65%	65%
Ninth District Elementary	80%	70%
Glenn O. Swing Elementary	79%	81%
John G. Carlisle Elementary	78%	79%
Latonia Elementary	90%	90%
Holmes Middle School	76%	76%
Holmes High School	67%	75%

▶ NUTRITION SERVICES

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

Module 4: Nutrition Services	October 2018	December 2019
Sixth District Elementary	82%	81%
Ninth District Elementary	77%	77%
Glenn O. Swing Elementary	85%	92%
John G. Carlisle Elementary	87%	90%
Latonia Elementary	82%	82%
Holmes Middle School	90%	90%
Holmes High School	88%	88%

Nutrition Services has started a farm to school program in each of our elementary schools this year. We are working with Local Food Connection, whose goal is to improve and strengthen the local economy through the utilization of local food sourcing. Along with help in implementing our program, they provide education about where our food comes from, what foods are in season, and who our local farmers are, so that we can pass this information along to our students. Our goal is to encourage students to try new things, learn more about local foods, and to learn about working together to create a healthy and

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