



# Nutrition & Physical Activity Report Card 2017-2018

**The 26 members of Hancock County Schools' Food Service Team, in conjunction with other HCS staff and volunteer personnel, is dedicated to serving nutritious meals and providing multiple physical activity opportunities. Our goal is to prepare our students for learning and teach them healthy habits to promote better nutrition and overall wellness.**

Kyle Estes, Superintendent  
 Nick Boling, Food Service Director  
 83 State Route 3543  
 Hawesville, KY 42348  
 Phone: (270) 927-6914  
[www.hancock.kyschools.us](http://www.hancock.kyschools.us)

## Annual NSLP Statistics 16-17

No. of Schools Participating	4
Total Lunches Served	194,099
Average Daily Participation	1,116
No. of Students Approved for Free Meals	809
No. of Students Approved for Reduced-Price Meals	90

## Student Lunch Prices 17-18

Elementary Schools	\$2.00
Middle School	\$2.00
High School	\$2.25
Reduced Price-All	\$0.40
Adults/Visitors-All	\$3.00

## National School Lunch Program (NSLP)

The NSLP was conceived in 1946 as a "measure of national security to safeguard the health and well-being of the Nation's children." School districts receive federal reimbursement for each school lunch served that meets the United States Department of Agriculture nutrition guidelines.

All Hancock County Schools use a 3-week menu rotation for lunch. Per federal regulations, we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during each lunchtime meal service. Our menus were designed taking every advantage of the USDA Foods Program through Direct Delivery, Processing, and the Dept. of Defense's Fresh Fruit & Vegetable Program.

The serving sizes are appropriate for each school's age range of participants. All schools serve whole grains and provide a variety of fruit and vegetable options using federal guidelines. Each site also offers skim milk in flavored or unflavored varieties as well as a 100% fruit juices and water. The high school also serves non-caloric carbonated beverages.

Menus and other nutritional information is made available to students, staff and parents on our website at [www.hancock.kyschools.us](http://www.hancock.kyschools.us) under Food & Nutrition Services.

## School Breakfast Program (SBP)

The SBP was established in 1966. as with the NSLP, school districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture's nutritional guidelines, as each of our menus do. Our elementary schools and middle school operate using a 2 week menu cycle, but our high school uses a 1-week cycle menu.

## Annual SBP Statistics 16-17

No. of Schools Participating	4
Total Breakfasts Served	121,591
Average Daily Participation	69
Students Approved for Free Meals	809
Students Approved for Reduced-Price Meals	90

## Student Breakfast Prices 17-18

All Schools	\$1.40
Reduced Price-All Schools	\$0.30
Adults/Visitors-All	\$1.75

## Nutrient Analysis

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

Component	Target (Grades 6-8)	Actual
Calories	600-700	653
Saturated Fat (g) -Calories	<10% of Total	0.092%
Meat/Meat Alt. (oz. equivalent)	9-10 (1/day min.)	10
Grains (oz. eq.)	8-10 (1/day min.)	8
Fruits (cups)	2-1/2 cups (1/2 cup min./day)	2-1/2
Vegetables (cups)	3-3/4 cups (3/4 min./day)	4

### New in 2017-18:

In 2017-18, HCS began all day Preschool, transitioned to online registration and Free/Reduced Meal applications, participated in the Dept. of Defense Fresh Fruit & Vegetable Program, and offered the Summer Food Service Program at 17 sites where we fed 5,500 children over 8 weeks.

### Coming in 2018-19:

In the 2018-19 school year, we look forward to participating in the Child and Adult Food Care Program providing snacks for our preschool/Head Start students and supper meals for our after-school activities. We will also serve SFSP meals for breakfast and lunch during Summer 2018, beginning with our Kick-Off on June 4, 2018.

SFSP 2018: Breakfast will be served at HCMS and Lunch or Supper at 4 main sites as well as VBS's and Camp Sites from 5/30-8/10/18.



## Hancock County Wellness

**Our Hancock County Schools District Wellness Committee has developed a policy to help meet our Physical Fitness and Nutrition goals. This group has reviewed and will continue to monitor all wellness activities throughout the year. Wellness Committees are also planned for our elementary schools for 2018-19. Hancock County Schools provides a wide array of extra-curricular athletic opportunities to its students such as: Football, Basketball, Baseball, Cheerleading, Softball, Volleyball, Cross-Country, Track & Field, Golf, Tennis, Archery, and Bass Fishing. Additionally, we have walking clubs at our elementary schools and trails at all our schools, as well as a Culinary Cooking class and Fuel Up to Play 60 that stress healthy cooking, eating and activity.**

### School Physical Activity & Wellness

Program / Activity	Elem.	Middle	High
Provide daily recess	Yes	No	No
Provide classroom physical activity integrated into each school day	Yes	Yes	40%
Provide intramural physical activity opportunities	Yes	Yes	Yes
Offer facilities to families/ community members for physical activity opportunities	Yes	Yes	Yes

The data represented above is a summary from assessed physical activity in Hancock County Schools. In addition, certified physical education teachers offer classes to all our students on a rotational basis.

**USDA Nondiscrimination Statement:** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave., SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).