

**THE CHILD NUTRITION AND WIC REAUTHORIZATION ACT OF 2004 REQUIRES THAT DISTRICTS THAT PARTICIPATE IN THE NATIONAL SCHOOL LUNCH PROGRAM DEVELOP A LOCAL WELLNESS PLAN FOR THE SCHOOLS IN THE DISTRICT. THE FOLLOWING PLAN AND REPORT WAS ADOPTED FOR THE 2020-2021 SCHOOL YEAR.**

## **DISTRICT WELLNESS PLAN PROCESS**

The District shall permit community and staff participation in the student wellness process by:

- Making a nutrition and physical activity report to be prepared by the School Nutrition Director available to the public on the District website no later than sixty (60) days prior to the public forum covered in [KRS 158.156](#) and [702 KAR 006:090](#).
- Discussing the findings of the nutrition and physical activity report at the next regularly scheduled Board meeting following the release of the nutrition and physical activity reports.
- Holding an advertised public forum by January 31 of each year to present a plan to improve the school nutrition and physical activities in the District in accordance with [KRS 158.856](#).
- The Superintendent shall submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

## **School Food Service and Nutrition Guidelines**

The Board shall provide a District-wide school nutrition program in compliance with applicable state and federal statutes and regulations. It is the intent of the Board that school nutrition services be a self-supporting program.

### **FOOD SERVICE/SCHOOL NUTRITION PROGRAM DIRECTOR**

The District shall appoint/select a Food Service/School Nutrition Program Director to oversee and manage the school nutrition service program. All Food Service/School Nutrition Program Directors shall meet minimum educational requirements and annual training requirements in accordance with federal and state law.

### **BREAKFAST AND LUNCH**

Cafeterias shall provide complete meals as defined by federal regulations.

### **MEAL CHARGES**

All Pulaski County Schools serve meals under the Community Eligibility Option meaning all students eat free of charge regardless of income. Adult meal charge is \$2.35 for breakfast and \$3.55 for lunch.

## **SPECIAL DIETARY NEEDS**

Students whose dietary needs qualify them for an adaptation under law shall be provided accommodations in keeping with local procedures.

## **STANDARDS FOR ALL FOODS AND BEVERAGES SOLD TO STUDENTS**

Foods and beverages sold or served at school shall be consistent with the state and federal regulations for school meal nutrition standards. Nutrition guidelines for all foods and beverages served or sold on campus shall be maintained by the Superintendent/designee and made available upon request. The Superintendent shall designate an individual or individuals to monitor compliance of beverages and food sold ala carte with state and federal nutrition requirements.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. The nutritional value of foods and beverages available to students is available from food service upon request.

## **FOOD AND BEVERAGE MARKETING**

All marketing on the school campus during the school day shall be of only those foods and beverages that meet the nutrition standards of the Smart Snack in School Nutrition Standards (7 C.F.R 210.11 and [702 KAR 006:090](#)).

## **COMPETITIVE FOODS**

The sale of competitive foods and beverages to students during the school day shall be in compliance with current federal and state regulations.

No school may sell competitive foods or beverages, whether from vending machines, school stores or canteens, classrooms, teacher or parent groups, from midnight before until thirty (30) minutes after the last school lunch period of the school day. From thirty (30) minutes after the last lunch period closes until thirty (30) minutes after the school day, food and beverages sold must conform to nutritional standards specified in state and federal regulations.

Fund-raising activities held off of the school campus or not during the school day are not subject to regulatory requirements of [702 KAR 006:090](#) or federal competitive food limitations. The statute does not prohibit using food and beverage items as rewards for classroom/school-wide behavior or performance.

## **VENDING MACHINES**

Vending machine use by students shall be in compliance with current federal and state regulations.

At the elementary school and middle school levels during the school day, only school-day-approved beverages shall be sold in vending machines, e.g. (water, one hundred percent [100%] fruit/vegetable juice, low-fat milk (unflavored), non-fat milk (unflavored or flavored) as permitted by the school meal requirements).

For students at the high school level, only school-day-approved beverages may be sold in vending machines during the school day, e.g. (water, one hundred percent [100%] fruit/vegetable juice, low-fat milk (unflavored), non-fat milk (unflavored or flavored) as permitted by the school meal requirements).

In addition to the beverages listed above, other beverages as allowed in 7 C.F.R. Parts 210 and 220 may be available in vending machines at the high school level.

Size of beverages shall not exceed eight (8) ounces for elementary schools, twelve (12) ounces for middle schools and twenty (20) ounces for high schools.

**EXTENDED SUPPORT**

Pulaski County schools serve a free supper/dinner meal to any student that stays after school for sports, academic, club, or enrichment programs. We also serve as the host site for the summer feeding program in which we partner with a wide variety of community organizations, churches, and community programs to provide meals for children during the summer months.

DELETE THIS

<b>Beverage Offerings - All Schools</b>	
Sold as a la carte items on the cafeteria lines during breakfast or lunch or beginning 30 minutes after lunch from vending machines, school stores or canteens, beverage items are restricted to the following:	
Milk	flavored or unflavored, no more than 1% milk fat (that is, skim or 1%)
Water	flavored or unflavored, no carbonation, no calories
Juice	100% fruit or vegetable or a combination of both totaling 100%
Other	any other beverage containing no more than 10 grams of sugar per serving
Volume	limited to 17 ounces in elementary schools, 20 ounces in middle/high schools; no volume limit on water

  

<b>Food Offerings - All Schools</b>	
The following standards apply to food items sold as a la carte items on the cafeteria line during breakfast or lunch* or beginning 30 minutes after lunch from vending machines, school stores or canteens:	
Fat	Items in which calories from fat shall not exceed 30% except for reduced fat (2%) cheese, nuts, seeds, and nut butters
Saturated Fat	Items in which calories from saturated fat shall not exceed 10%
Sugar	Items in which calories from sugar shall not exceed 32% by weight and grams of sugar shall not exceed 14 grams
Sodium	Chip, cereal, cracker, and baked good items in which sodium content shall not exceed 300 mg. per serving Pasta, meat and soup items in which sodium content shall not exceed 450 mg. per serving Pizza, sandwich and main dish items in which sodium content shall not exceed 600 mg. per serving
<b>Portion/Pack sizes are restricted to:</b>	
1 ounce for	cookies
2 ounces for	chips, crackers, popcorn, cereal, trail mix, nuts, seeds, jerky, cereal bars, granola bars, pastries, muffins, doughnuts, bagels or other bakery type items
4 ounces for	frozen dessert items, including low fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items
8 ounces for	non-frozen yogurt
* In addition, schools may offer, for a la carte sale on the cafeteria lines during breakfast and lunch, any item that is creditable under the breakfast or lunch meal patterns set forth in the federal regulations.	

**Physical Activity**

Each school council of a school containing grades K-5 or any combination thereof shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day, encourages healthy choices among students, and incorporates an assessment tool to determine each child's level of physical activity on an annual basis consistent with [KRS 160.345](#) and Board Policy 02.4241.

The Superintendent/designee shall provide assistance in identifying strategies and options to promote daily moderate to vigorous physical activity for students, which may include those that increase strength and flexibility, speed heart rate and breathing and stress activities such as stretching, walking, running, jumping rope, dancing, and competitive endeavors that involve all students.

All elementary and secondary school pupils shall receive organized physical education instruction as recorded in the

Kentucky Academic Standards and in the minimum unit requirements for high school graduation set forth in [704 KAR 003:305](#).

## **Findings/Recommendations for School Nutrition and Physical Activity**

The Pulaski County School District is in compliance with applicable local, state and federal statutes and regulations. This report serves to establish goals and improvements for the upcoming school year with progress toward these goals to be determined annually. All LEAs must assess their wellness policy at least once every three years on the extent to which schools are in compliance with the district policy, the extent to which the local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy.

### **FINDINGS, RECOMMENDATIONS, GOALS**

Continue to support the nutrition of students during pandemic.

Strengthening and/or modifying the district wellness policy

Continue to find unique and innovative means to encourage increased student consumption of fruits and vegetables.

## **Additional Information**

### **RECORDKEEPING**

The District and each school in the District shall maintain the following records:

- A copy of the written wellness policy or plan;
- Documentation on how the policy and assessments are made available to the public;
- The most recent assessment of implementation of the policy;
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate; and
- Documentation demonstrating compliance with annual public notification requirements and annual reporting to the KDE.

### **DISCRIMINATION COMPLAINTS**

The District does not discriminate on the basis of race, color, national origin, sex, age, or disability in its school nutrition program. Anyone wishing to initiate a complaint concerning discrimination in the delivery of benefits or services in the District's school nutrition program should go to the link below or mail a written complaint to the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, or email, [program.intake@usda.gov](mailto:program.intake@usda.gov). ([http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html))

**REFERENCES**

[KRS 156.160](#); [KRS 158.850](#); [KRS 158.852](#); [KRS 158.854](#); [KRS 158.856](#); [KRS 160.290](#); [KRS 160.345](#); [702 KAR 006:010](#); [702 KAR 006:020](#); [702 KAR 006:040](#); [702 KAR 006:045](#); [702 KAR 006:050](#); [702 KAR 006:060](#); [702 KAR 006:075](#); [702 KAR 006:050](#); [702 KAR 006:090](#); 7 C.F.R. part 15b; 7 C.F.R. §210.23; 7 C.F.R. §210.31; FNS Instruction 113; Section 504 of Rehabilitation Act of 1973, Americans with Disabilities Act P.L. 111-296; U. S. Dept. of Agriculture's Dietary Guidelines for Americans; 7 C.F.R. Part 210; 7 C.F.R. Part 220