

# **Nutrition and Physical Activity Report 2022**

**Covington Independent Public Schools**

The School Nutrition Department administers the USDA School Breakfast Program (SBP), the National School Lunch Program (NSLP), the Summer Feeding Program (SFSP), and the Child and Adult Care Food Program (CACFP), which includes dinner and snack. Meals served within these programs must meet minimum nutrition standards set forth by USDA. The Healthy, Hunger-Free Kids Act contains many provisions that help improve child nutrition programs and make offerings more nutritious. CIPS Nutrition Program serves meals that meet federal nutrition standards, ensuring that meals are healthy and well-balanced, providing students with all the nutrition they need to succeed at school. School meals offer milk, fruits, vegetables, proteins, and grains while also meeting the limits for saturated fat, calories, and sodium. The nutrition program also serves meals that meet age appropriate calorie limits, exceed whole grain expectations, and utilize fresh fruits and vegetables.



We do not contract with any commercial vendors or outside retail establishments to provide food items for the cafeterias.

|  |             |
|--|-------------|
| <b>Breakfast Reimbursement 2021-2022</b> | \$902,677   |
| Schools participating                    | 9           |
| Total breakfasts served                  | 355,787     |
| Average daily participation              | 2,130       |
| Breakfast prices                         | <b>FREE</b> |

|                                      |             |
|--------------------------------------|-------------|
| <b>Lunch Reimbursement 2021-2022</b> | \$1,933,548 |
| Schools participating                | 9           |
| Total lunches served                 | 435,038     |
| Average daily participation          | 2,605       |
| Lunch prices                         | <b>FREE</b> |

|                                       |           |
|---------------------------------------|-----------|
| <b>Dinner Reimbursement 2021-2022</b> | \$151,476 |
| Schools participating                 | 6         |
| Total dinners served                  | 38,642    |

|                                      |          |
|--------------------------------------|----------|
| <b>Snack Reimbursement 2021-2022</b> | \$32,174 |
| Schools participating                | 7        |
| Total snacks served                  | 32,174   |

*Community Eligibility is a provision that helps school districts with high percentages of low-income children to provide free breakfast and lunch to all students. By increasing participation in the school meal programs, reducing labor costs for schools, and increasing federal revenues, Community Eligibility Provision (CEP) allows for a healthier student body and a healthier school meal budget. Because of the Community Eligibility Provision, the Nutrition Services department is not required to collect and verify school meal applications and can focus on feeding children. Household income forms are still collected for the district; however, this information is gathered for programs such as SEEK, FRYSC and Title I.*

For more information: Taryn Stewart, Director of Nutrition Services @ [taryn.stewart@covington.kyschools.us](mailto:taryn.stewart@covington.kyschools.us)

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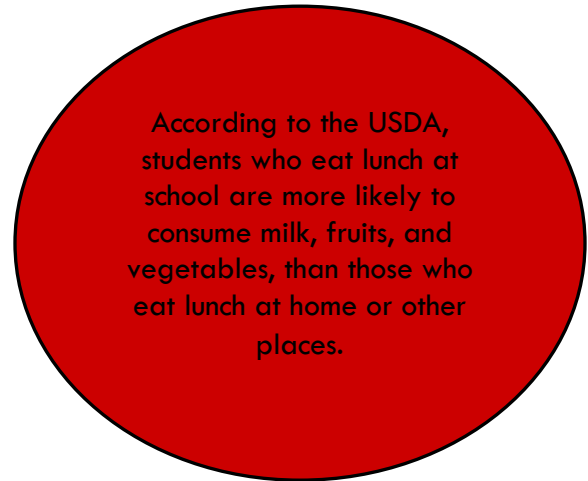
**Covington Independent Public Schools**

## ❖ **Nutrient Analysis**

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

| Nutrients     | Target                 | Actual |
|---------------|------------------------|--------|
| Calories      | 550-850                | 681    |
| Sodium        | <1230-<1420 mg         | 1101   |
| Saturated Fat | <10% of total calories | 8.6%   |
| Trans Fat     | None                   | 0      |

Cost of food used 2021-2022 school year:  
\$1,289,240



- ❖ 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.

## **NUTRITION SERVICES**

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

| <b>Module 3:<br/>Physical Education &amp; Other<br/>Physical Activity Programs</b> | December<br>2021 | December<br>2022 |
|--|------------------|------------------|
| Sixth District Elementary  | 65%              | 65%              |
| Ninth District Elementary  | 70%              | 70%              |
| Glenn O. Swing Elementary  | 81%              | 81%              |
| John G. Carlisle Elementary  | 79%              | 79%              |
| Latonia Elementary   | 90%              | 90%              |
| Holmes Middle School   | 76%              | 76%              |
| Holmes High School   | 75%              | 75%              |

| <b>Module 4:<br/>Nutrition Services</b> | December<br>2021 | December<br>2022 |
|---|------------------|------------------|
| Sixth District Elementary               | 81%              | 87%              |
| Ninth District Elementary               | 77%              | 87%              |
| Glenn O. Swing Elementary               | 92%              | 90%              |
| John G. Carlisle Elementary             | 90%              | 85%              |
| Latonia Elementary                      | 82%              | 90%              |
| Holmes Middle School                    | 90%              | 87%              |
| Holmes High School                      | 88%              | 75%              |

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