

This year in Boone County Schools Nutrition

Students at all levels continue to enjoy access to unlimited fresh, canned, and frozen fruits and vegetables. All students choose at minimum a ½ cup serving of fruit or vegetable to complete their meal at both breakfast and lunch. Meals at all levels meet or exceed the USDA regulations and guidelines as well as the Dietary Guidelines for Americans.

On a daily basis, students are offered numerous fruit/vegetables during their lunch meal. Many displays and signs are utilized to encourage the choice of fresh fruits and vegetables. On average, a choice of 15 different varieties of fruits and vegetables are offered at each school cafeteria over a weekly cycle. Our staff knows that beautiful presentation of fresh items, placed in convenient, easy to reach places, increases the choice and consumption of nutritious fruits and vegetables.

Whole grain/whole wheat variety is offered for all our grain products. We search for the most acceptable products for our students. Taste tests have been conducted at all levels for new products to ensure that the products we serve are ones that our students will enjoy most. As more options become available, we will continue to increase our service of whole grain/whole wheat products.

A new service provided by our food service department is an online interactive program and mobile app called Nutrislice. This program allows easy access for parent and students to our full nutrient profile for each item served. While we have always provided that information to the every school and any parent who requests it, that information is now available universally through a link on our website or through the mobile app. This program was launched in December 2015 and we have received very positive feedback from those who have utilized this information.

Menus can be sent automatically each month. To sign up for this service “click” Lunch Menus on the Boone County website. You will find the block to add your email address on the lower right side.

To increase the opportunity for Nutrition Education, our food service department is bringing programming to the elementary schools. Three elementary schools were able to accommodate the “Foodplay” program into their schedules this spring. Students will enjoy an interactive show demonstrating the importance of good nutrition in reaching their goals of being their very best. Classroom materials as well as nutrition tracking bracelets will be provided to students to reinforce the message of good nutrition every day.

The Boone County Food Service is dedicated to serving the most nutritious meals possible in the most appealing atmosphere as a partner in helping our students reach proficiency.

Any questions or responses to this information can be directed to:

Barbara Kincaid, MA, SNS

Director of Food Service

Boone County BOE

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This year in Boone County Wellness/Physical Activities

The district adopted a new wellness policy in July 2015. A copy of this is available on the website. In addition, the following schools have adopted a specific for their school:

Shirley Mann Elementary	Burlington Elementary
New Haven Elementary	Ockerman Elementary
Goodridge Elementary	Thornwilde Elementary
Collins Elementary	Stephens Elementary
Camp Ernst Middle	

Boone County Schools are always active and students are very involved in planning and coordinating activities at all levels. Activities reported by schools are:

Food Service Department Staff- Involved in fitness challenges as “Team Awesome” throughout the year

Burlington Elementary- Subscribes to Adventures to Fitness

Camp Ernst Middle- 5K, Basketball & Volleyball camps

Collins Elementary- Jump Rope for Heart

Conner High School-Life Center speaks & Organ/Tissue Donor Speaker

Erpenbeck Elementary- 12 Days of Fitness on the morning announcements led by our physical education teacher.

Gray Middle School-5K Race, Initiated a 6th Grade Field Day last Spring that involved active, competitive activities for our 6th graders; Grade levels take students outside for activity based instruction about once per week.

Mann Elementary- Kitfit for 2nd graders, Jump Rope for heart for the entire school 5th grade does an amazing unit on Nutritional foods, PE teacher completes fitness exams, utilize Go Noodle in the PE and regular classrooms and My heart rocks program with 3rd grade.

Thornwilde Elementary- Jump Rope for Heart, My Heart Rocks for 3rd graders—sponsored by St. Elizabeth, 5K Running Club, Field Day, Basketball, cheerleading & volleyball

Stephens Elementary- A new Peaceful Playground that has just been completed.

Nutrition Education Activities that were reported by schools are:

Conner High School

- Wednesday Wellness Announcements (Weekly Health Tip)
- Higher level courses in Health, CPR, First Aide and Human Body Systems, open to all students grades 9-12
- Nutrition is covered during all freshmen health classes. We have an entire unit in which we cover general nutrition information (calories, diets, MyPlate, eating disorders, etc.).
- Information boards on food labels, exercise app, my plate, over-eating, Anorexia & fad diets

Gray Middle School

- Healthy food table displayed at 5K
- Hoping to involve the Girls on the Run in the future

Burlington Elementary

- PTA hosted family cooking classes in April 2015
- Kindergarten and 1st Grade have nutrition classes each year but they haven't secured dates yet.
- LEAP Program for Preschool in March 2016
- Participate with Cafeteria staff in a school garden

Collins Elementary

- Food fishing event
- Health board
- My plate activities
- Sugar activities
- Wellness Food Chart

Goodridge Elementary

- Produce Man from NKAHK each year—nutrition taught through physical ed teacher in the spring as well as in the classroom
- Healthy choices for classroom treats
- Healthier School Program participation

Erpenbeck Elementary

- Teachers do health/nutrition activities but our committee will be meeting up to discuss this further in December.
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Mann Elementary

- 5th grade does an amazing unit on Nutritional foods
- Healthy challenge week with whole school
- Healthy snack and nutrition units with the entire school based on grade level

Thornwilde Elementary

- FUN (Families Understanding Nutrition) Night—hold this event each year.
- Healthy Challenge
- Cafeteria manager teaches classes on fat in foods and glo germs

Boone County Nutrition, Wellness and Physical Activity Report

Nutrition/Wellness/Physical Activity Recommendations

1. Continue to develop wellness policies specific to each school.
2. Continue to look for and provide opportunities for nutrition education at all levels.
3. Continue the search for additional food products to be served in meal programs as they become available.
4. Continue to market the strong nutritional program provided by the food service department.
5. Schedules for student mealtime must allow adequate time for a student to obtain and consume their meal.

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This information is provided in compliance with KRS 158.856 as an overview of the nutrition and physical activity available in the Boone Co. School System with the recommendation for areas of improvement. The Board will review any recommendations offered by the general public in developing a plan to be implemented in the 16-17 school year.

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