

2020-2021
Cumberland County Schools
Nutritional and Physical Activity Report Card

National School Breakfast (NSB) and National School Lunch Program (NSLP) and Summer Food Service Program (SFSP)

National School Breakfast and National School Lunch Program are offered at each school during the average school year. During the Covid-19 Pandemic we have operated under the Summer Food Service Program the majority of the 20-21 SY.

Cumberland County Schools are a completely CEP Free school district through the Community Eligibility Provision due to living in a high poverty area. Therefore when school is in session Head Start-12th Grade receive free breakfast and lunch daily at no cost through the SBP and NSLP (School Breakfast Program and National School Lunch Program). While operating under the SFSP (Summer Food Service Program) breakfast and lunch are provided to children 18 and under at no cost also. Currently we feed kids breakfast and lunch daily while in school. We provide week long meal boxes for our Virtual Students and any other children 2-18 who are not receiving meals from any other site or program participating in a USDA Child Nutrition Program. When school is all virtual we continue with the weekly meal boxes for all children ages 2-18 not receiving meals from any other site or program participating in a USDA Child Nutrition Program.

The 5 Meal components offered include:

- *Whole grain rich breads and cereals
- *Meat and meat alternative such as cheese, peanut butter and yogurt
- *Variety of vegetables (dark green, red/orange/beans , starches and other vegetables
- *Variety of fruits and 100% fruit juices

Variety of 1% milk offered daily

- *Water is available at the water fill stations at each school

During Covid-19 students are eating meals in their small groups in the classroom or in their small groups at the outdoor eating areas at school.

Fresh Fruit and Vegetable Grant at CCES (FFV)

In addition to breakfast and lunch students at CCES are provided with a fresh fruit or vegetable at least 3 days per week at snack time with funds awarded through the Fresh Fruit and Vegetable Grant. Cumberland County was awarded \$ 20,777.16 for the 2020-2021 SY.

Child Adult Care Food Program (CACFP)

If students at our 3 schools are on campus after hours (At-Risk Sites) they may also receive a free supper meal (all 5 meal components served) and snack (2 items) through the CACFP (Child Adult Care Food Program) at no cost.

Students enrolled at Little Panthers Daycare Center are provided a free breakfast, lunch and snack through the CACFP (Child Adult Care Food Program) daily at the center.

Head Start students receive free breakfast and free lunch through the SBP and NSLP (School Breakfast Program and National School Lunch Program) and they receive a free snack daily through the CACFP (Child and Adult Care Food Program).

Snacks at School

All food and beverage items sold as “extras” or a la carte on the cafeteria line and through vending machines must meet all nutritional standards as required by Kentucky Board of Education. No sales must take place until 30 minutes after the last lunch ends.

Physical Activity

CCES offers 45 minutes 5 days per week of physical activity on a 3 week rotation. CCES offers PE classes M-F.

CCMS offers 60 minutes of PE per day on a 9 week rotation with outdoor time each day weather permitting. CCMS offers PE M-F.

CCHS offers 250 minutes of PE per week. CCHS offers PE M-F.

Cumberland County Schools offer a wide variety of extra-curricular activities or sports to promote physical activity and the overall well-being of our students.

Wellness Assessment Recommendations

We will continue to serve nutritious and well accepted menu items to our students.

We will continue to serve FFV (Fresh Fruits and Vegetables) to our CCES students through the FFV Grant. Continue to encourage staff

We will continue to encourage and promote physical activity throughout the school day as much as possible.

Lori Spears

Cumberland County Food Service Director

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