



Physical Activity and Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum policies, and facilities create an environment encouraging students and staff to engage in a variety of physical opportunities. Evidence supports a correlation between readiness to learn and the physical well-being of students through proper nutrition.

Based on the 2022-2023 Healthier Generation Healthy Schools Program Assessment, Livingston County Schools meets 53.6% of the best practices recommended, compared to 40% nation-wide. These best practices include the use of physical education curriculum, activity level of physical education classes, health education course availability, and time scheduled for physical education.

"Promoting children's health and cognitive development may be the best way to build a strong America."

-Dr. J. Larry Brown, Tufts University
School of Nutrition

Dr. David Meinschein
Superintendent
david.meinschein@livingston.kyschools.us

Kristy Nelson
Food Service Director
kristy.nelson@livingston.kyschools.us

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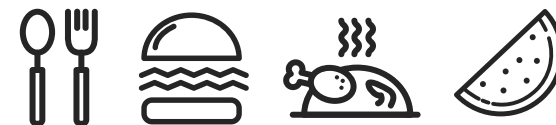
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Nutrition & Health Report Card 2022-2023

In Livingston County Schools, our mission provide a culture of rigorous, engaging, and differentiated learning for every student, every day. In Livingston County Schools, our vision is to Live RED--Reaching Excellence Daily. Our district is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach excellence daily.



School Breakfast Program

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the USDA nutrition guidelines. Studies show that children who participate in this program have significantly higher standardized achievement test scores than those who do not participate. Children with access to school breakfast also have a significantly reduced number of absences and tardiness rates.

Data based on 2021-2022 School Year

of Participating Schools: 4
Federal Reimbursement: \$293,848.30
Total Breakfast Served: 115,637

News to Note

Livingston County Schools received multiple funding opportunities during the 2021-2022 school year to aid in improving the Child Nutrition program.

South Livingston Elementary and North Livingston Elementary were both recipients of the USDA Equipment Assistance Grant in the amount of \$25,000 each- allowing for the purchase of new combi ovens at each school.

Additionally, Livingston County Schools has participated in the Supply Chain Assistance Grant providing an additional \$90,000 to offset the cost of supply chain disruptions incurred during the school year.

National School Lunch

The National School Lunch Program (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 USDA nutrition guidelines. These guidelines promote meal quality, while also using commodities donated from the USDA helps farmers as well as, keep costs down for schools.

Federal regulations require that we offer minimum portion sizes daily and weekly of meat/meat alternative, grains, fruit, vegetable (of certain sub-groups), and milk. The portion sizes are designed to meet the needs of growing children and sizes increase as children get older. Students serve themselves and make their own choices each meal service. The menu cycle provides variety and allows us to make the most efficient use of commodities. All juice offered is 100% juice and milk is 1% or Fat Free Flavored. We use whole grain products and have a sodium restriction each week

Data based on 2021-2022 School Year

of Participating Schools: 4
Federal Reimbursement: \$653,446.54
Total Lunches Served: 146,828

Considerations for 2023-2024:

- Farm to School opportunities to assist in overcoming supply chain issues.
- Moving Grab and Go to other schools.
- review opportunities for physical activity embedded within classroom curriculum.



Community Eligibility Provision

The Community Eligibility Program (CEP) continues to be implemented in all four schools for the 2022-2023 school year. This provision is from the Healthy, Hunger-Free Kids Act of 2010 that allows schools and local educational agencies with high poverty rates to provide breakfast and lunch to all students at no charge. CEP eliminates the burden of collecting household applications to determine eligibility for school meals, relying instead on information from other means-tested programs such as the Supplemental Nutrition Assistance Program and Temporary Assistance for Needy Families.

If you have any questions, please call the Livingston County Board of Education at (270) 928-2111.