

Anchorage Public School

Wellness Initiative

Nutrition and Physical Activity

Report Card

2022-2023

Report Card

Our Mission:

The Anchorage Independent School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activities.

National School Lunch Program (NSLP)

Anchorage Public School participates in the NSLP. As of the first of the 2013 calendar year, the Anchorage Lunch Program was reviewed and accredited with meeting the new Healthy, Hunger Free Kids Act (HHFKA) provisions. The rigorous federal nutrition standards require that meals are healthy, well-balanced, and meet age appropriate calorie limits.

Averaged over a week Anchorage meals fall within the guidelines of 600 to 650 calories for K-8. The standards for saturated fats of <10% and 0 trans fats are met, as is the sodium target to date ≤ 935 . All grains must be whole grain-rich.

Anchorage meals offer students fruits, vegetables, proteins(meat), grains(bread), and milk. Each meal must contain at least one ½ cup serving of fruit or vegetable. Students are allowed to serve themselves as many fruits and vegetables as they will eat.

Retail Food and A la carte

Anchorage School does contract with retail establishments to provide pizza to our students each Wednesday. All food and beverage items sold as extras (a la carte) in the cafeteria, and the retail pizza must meet the minimum nutritional standards required by the Kentucky Department of Education and the USDA/HHFKA.

As of July 1, 2014 all snacks sold to students are Smart Snack Compliant, as outlined below.

- be a whole grain-rich product; or
- have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- be a combination food that contains at least 1/4 cup of fruit and or vegetable; or

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 200 mg
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: $\leq 35\%$ of calories
- Saturated fat: $< 10\%$ of calories
- Trans-fat: zero grams

Healthy Snack Options Available Through Anchorage School Cafeteria

Low Fat String Cheese
Assorted Fresh Fruits/Veggies
Baked Chips
Air Popped Popcorn
Whole Grain Pretzels
Low Fat Yogurt
Ice Cream

Breakfast Items Available in the Anchorage Cafeteria

Assorted Reduced Sugar Cereals
Low Fat String Cheese
Low Fat Yogurt
Assorted Fresh Fruit
1% and Skim Milk
100% Fruit Juice

Wellness Program

Program/Activity	Elem	Middle
Provide daily recess	All	All
Certified physical education teacher	All	All
Provide at least 60 hours physical education per year	All	All
Provide classroom physical activity integrated into school day	All	6th only
Provide intramural physical activity opportunities	All	All
Offer facilities to families/community for physical activity	All	All

Anchorage School is committed to the health and wellness of our students both during the school day and when off campus. As a result of our school and community forum we have updated our comprehensive wellness plan for the school year.

We will continue to offer opportunities for health and wellness for our students and staff. Some of the offerings this year, and going forward are two walk and bike to school days with prizes and staff fitness activities. Also, for staff we offer annual flu vaccination and health screening opportunities.

For information on the school wellness committee and wellness plan please visit the cafeteria page on the school website or contact Sue Bierens at sue.bierens@anchorage.kyschools.us.

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