



# Menifee County School District Wellness Report Card 2015-2016

## Fresh Fruit and Salad Bar Grant Awarded To the Menifee High School Cafeteria

After completing a hand-written survey of the Food Service Program and taking in the comments from the Menifee County High School Student Council, it was determined that there was an overwhelming need of the student population. Through a sample population it was determined that a 90-95% of the surveys stated that they would like to have a fresh fruit and salad bar.

In researching many options the Food Service Director, Mr. Melkulcok found and applied for a free salad bar grant through, "Let's Move Salad Bars to

### Schools Grant."

The Menifee County School District was approved to receive the Let's Move Salad Bars to Schools Grant and have been placed on a waiting/funding list. The Menifee County School District was fully funded through the grant with no obligations—all free. According to the grant, funding could be up to a year or in most cases less, based on what the foundation has available.

Once in place, students at the Menifee High School Cafeteria will have a second daily option of a reimbursable meal. Cafeteria staff

along with the student population will be educated on what makes the reimbursable meal if desired, through multiple media forms. The Fresh Fruit and Salad Bar, will promote fresh/new choices to the overwhelming demand of healthier foods in the student population and in our community.

*More information page 3...*

### Menifee County School District

202 Back Street,  
PO Box 110  
Frenchburg, KY 40322

### Special points of interest:

- ☉ Fresh Fruit and Salad Bar Grant
- ☉ Nutrition Education
- ☉ Future Possibilities
- ☉ MyPlate Nutrition Offered at All Levels.
- ☉ Current Community Outreach-es



## Nutrition Education

The Child Nutrition Program utilizes the USDA MyPlate to help educate students about healthy eating habits. MyPlate teaches you what goes on your plate at every meal.

### Balancing Calories:

- Make 1/2 of your plate fruits & vegetables
- Make at least 1/2 of your grains, whole grains
- Switch to fat-free or

low-fat (1%) milk

### Foods to Reduce:

- Reduce Sodium
- Drink water instead of sugary drinks



# MyPlate Nutrition Offered at all Levels.

As of the PEP grant provision, through the Food Service Director, nutrition Education has been offered in all levels within the district teaching the 5 basic groups associated with MyPlate.

Students have enjoyed multiple session in a driving force of what is essential to eating at each meal.

Many classes have been given an open forum to engage everyday topics associated them with daily life choices.

Classes will expand to include all schools and will be offered at many levels to ensure that the needs of the

over-all student population is met as well as the provisions within the PEP grant.



**Did you Know...**  
**Prepared food products are being made with healthier ingredients, less fat, sodium and sugar.**

## Future Possibilities

School gardens engage students by providing a dynamic environment to observe, discover, experiment, nurture, and learn. They are living laboratories where interdisciplinary lessons are drawn from real life experiences, encouraging students to become active participants in the learning process.

### School Garden:

- Have a positive impact on student achievement and behavior
- Instill appreciation and respect for nature that lasts into adulthood
- Improve life skills, including working with groups and self-understanding
- Improve attitude and increase interest in eating fruits and vegetables
- Improve nutrition knowledge and vegetable preferences
- Increase fruit and vegetable consumption



## HOPSports—PEP Grant

To promote active, healthy, sustainable lifestyles and behaviors in the home, school and workplace.

### Objectives:

1. Introduce essential skills for a broad array of physical activity, encouraging healthy and sustainable lifestyles.
2. To make exercise fun through the use

of our unique digital platform that incorporates physical activity, educational information and the positive social messaging of popular sport governing bodies, athletes and celebrities.

3. Align with major advocacy groups, corporations, foundations and institutions that share the common goal of improving the health of America's youth and communities.

4. Provide a platform for end users to combine entertainment, education and fitness, achieving "my health, my fitness, on my time."

Menifee County School District continues to utilize HOPSports during school to great success.



# Why Support Salad Bars... Continued...

Let's Move Salad Bars to Schools launched in 2010 with the mission of donating salad bars to U.S. schools so that every child has access to fresh fruits and vegetables. The healthy school lunch initiative was found by the Chef Ann Foundation, National Fruit and Vegetable Alliance, United Fresh Produce Association Foundation and Whole Foods Market in support of First Lady Michelle Obama's Initiative.

## The Challenge

While there is a growing awareness of health and educational benefits that salad bars provide kids, many school districts are unable to afford the basic equipment needed to adopt this

strategy. Let's Move Salad Bars to Schools is committed to helping schools make this positive change.

## Health and Educational Benefits

Why salad bars? Supporting research show how incorporating salad bars to school lunches increases children's consumption of fresh fruits and vegetables. When offered healthy food choices, children respond by trying new items, incorporating greater variety into their diets, and increasing their daily intake of fruits and vegetables. Through these early, positive experiences, students are better prepared for a lifetime of healthy eating. In support of these benefits, the White House Task on Childhood Obe-

sity endorses the use of salad bars in schools and upgrading cafeteria equipment in order to provide healthy meals for kids. Similarly the Institute of Medicine of the National Academies determined in 2009 that American's schools should increase fruits and vegetables at lunch to two servings in order to meet children's basic health requirement. And in 2012, the USDA released new meal guidelines requiring 6.25-10 serving of fruits and vegetables weekly at lunch depending on the grade level. The USDA also stated: "Salad bars continue to be a great option for meeting the meal pattern requirements, especially vegetable groups"



- 8 Coordinated School Health Components:
- Health Education
- Physical Education and Physical Activity
- Health Services
- Nutrition Services
- Counseling, Psychological, and Social Services
- Healthy School Environment
- Staff Health and Wellness
- Family and Community Involvement

## Community Outreaches—PEP Grant

Community Outreach to the Local Community is an on-going achievement.

- Take and Bake Class in September
- Botts Elementary Open House in October.
- Menifee County High School Open House in November.

Outreaches to the community have provided healthy eating tips as well as nutritional recipes to many events, based on community awareness aspects.



Food service staff are looking forward in outreaching more in the future events either here at the Menifee County School District or the Community that we serve.

**Menifee County School  
District**

202 Back Street  
PO Box 110  
Frenchburg, KY 40322

606-768-8002 Central Office  
606-768-8380 Food Service  
Director

*"College Readiness Begins at  
Kindergarten."*



Botts Elementary



Menifee Elementary



Menifee High School

The Menifee County School District, by partnering with community and parents, will provide a safe environment and will promote proficiency in building a foundation for student success.

*Thank you, any questions or comments, please contact the Central Office or the Food Service Director*

**If you can't read it,  
why  
eat it?**

**INGREDIENTS:** Butylated Hydroxytoluene (BHT), Butylated Hydroxyanisole (BHA), Butylated Hydroxytoluene (BHT), Benzoates, Sodium Nitrite, Citric Acid, Erythorbates, Monosodium Glutamate, Alginates, Lecithin, Methyl Cellulose, Glycerine, Pectin, Sodium Aluminosilicate

Know what you're putting in your body. If it doesn't sound like food, think twice. Many packaged and over-processed foods and snacks are loaded with fillers and preservatives. That means less of the good stuff your body needs.

**Food Label Illiteracy. It's just not natural.**