

# **Anchorage Public School**

Wellness Initiative

Nutrition and Physical Activity

Report Card

2021-2022

## **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 tough new federal nutrition standards require that meals are healthier, well-balanced, and meet age appropriate calorie limits.

Averaged over a week Anchorage meals fall in 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  $\leq 935$ . 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  $\frac{1}{2}$  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: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans-fat: zero grams

## **Healthy Snack Options Available Through Anchorage Cafeteria**

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

## **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 physical activity	All	All
Provide at least 150 minutes of physical activity per week	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

(The data submitted above is a summary from the assessment of our physical activity environment)

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 forums we have updated our comprehensive wellness plan for the school year. In addition to our school wellness committee, a new community based wellness committee, Healthy Anchors, was formed last year. Both committees consist of stakeholders in the school and community dedicated to student and staff health.

We will continue to offer more opportunities for health and wellness for our students and staff. Some of the offerings this year, and going forward were three walk and bike to school days with healthy snacks made available, and the Healthy Anchors Committee is developing a healthy recipe cookbook for student families and staff. Also, for staff we offer a yearly free health screening.

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](mailto:sue.bierens@anchorage.kyschools.us).

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