

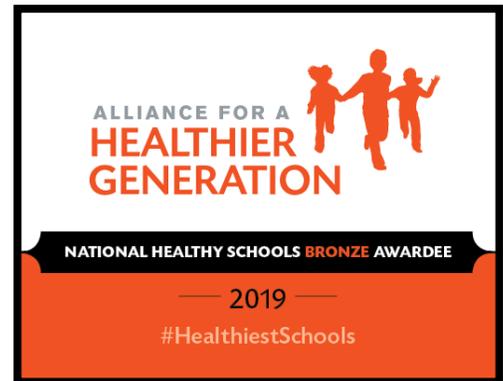


Nutrition & Physical Activity Report Card 2020

Hopkins County Schools is dedicated to serving healthy, well-balanced meals and offering physical activity opportunities to help our students succeed.

America's Healthiest Schools

Pride Elementary and West Broadway Elementary School received Bronze level in Alliance for a Healthier Generation's list of "America's Healthiest Schools". They are among 300 schools honored for prioritizing healthier eating, physical activity, and well-being.



All of America's Healthiest Schools:

- ◆ Meet or exceed federal nutrition standards for school meals and snacks
- ◆ Offer breakfast daily
- ◆ Incorporate physical activity before, during or after the school day
- ◆ Involve parents and community members in decision-making

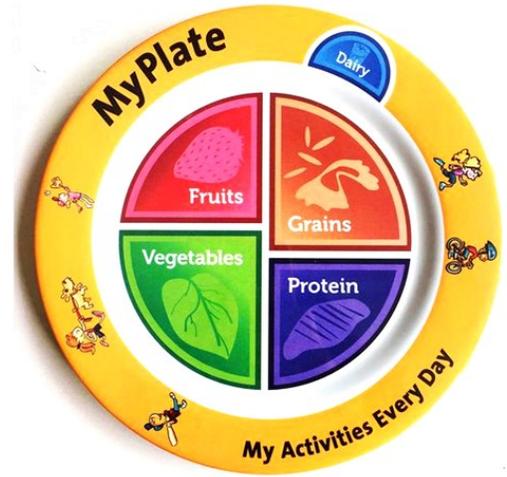
Project Fit America Grant

South Hopkins Middle School launched Project Fit America, thanks to a grant from Baptist Health Madisonville. The program provides state-of-the-art fitness equipment designed to address areas where children fail fitness tests; indoor and outdoor fitness equipment; and a dynamic curriculum with games, activities, and challenges for students. Project Fit America also provides on-site training with the PE teacher for two years.



Nutritional Guidance

We offer breakfast and lunch at no cost to all of our families through the Community Eligibility Program. A healthy, balanced diet not only allows for proper growth and development, but also helps students focus better in school.



Number of Meals Served in 2018-2019 (171 school days)

Breakfast
410,762

Lunch
782,042

Snacks
23,127

Did You Know?

Eating breakfast and lunch at school gives students a well-balanced meal and more recommended daily nutrients.

Students who eat school meals tend to have more milk/dairy, meats, grains, vegetables, and fruits in their diets.

Healthy eating in school will stay with students through adulthood.

School Meal Choices:

- ◆ Whole-grain rich breads, crackers, pastas, and breading on entrees
- ◆ Low-fat/low-sodium chicken, beef, pork, cheese, vegetarian, or other entrees.
- ◆ Vegetable varieties include dark green, red/orange, and legumes.
- ◆ Variety of fresh and canned fruits.
- ◆ Fat-free and 1% milk options
- ◆ Limited sodium and fats in meals, zero trans fats
- ◆ Age-appropriate calorie ranges with portion-controlled serving sizes.

Summer Feeding Program

Through an ongoing partnership with Hopkins County Family YMCA, the school district continues to participate in the Summer Feeding Program, with meal sites throughout the county.

Summer Meals
51,569