

## CHILD NUTRITION

### DID YOU KNOW...

1. Child Nutrition operates the following Federal Meal Programs in schools—School Breakfast Program, School Lunch Program, At Risk-After School Supper Program, Farm to School Program, Summer Feeding Program. All programs are regulated by the USDA (United States Dept of Agriculture).
2. Putnam County Schools are involved in a community-wide efforts to promote, support, and model healthy behaviors and habits.
3. School breakfast meals consist of both hot and cold choices daily.
4. All of PCS meal programs use a variety of local produce items grown right here in Putnam County, and others purchased come from within the state of WV. These local foods supply our schools daily salad bars and students regularly enjoy eating these fresh produce items such as tomatoes, cucumbers, romaine lettuce, potatoes, and apples.
5. Several of our schools operate their own individual school gardens: Confidence El, GW El, Hometown El, Rock Branch El, West Teays El, Winfield El, Buffalo High. These students participate in the planting, growing, and harvesting process of the produce grown, and they have improved nutrition knowledge and have increased their fruit and vegetable consumption.
6. All schools are designated USDA Team Nutrition Schools.
7. The WV Feed to Achieve Law requires all schools to have a breakfast strategy that allows more students to participate in the Breakfast Program each day. Strategies that Putnam County Schools use are traditional breakfast before school begins with additional strategies at each site such as breakfast in the classroom after the school day starts, and Grab n Go breakfast after 1<sup>st</sup> period.
8. All of the PCS elementary, middle, and high schools have been awarded both the BRONZE and SILVER AWARD for the Healthier US School Challenge. This national award is to recognize the schools who have made significant changes to the school lunch program, nutrition education, physical activity, as well as implementation of Smarter Lunchroom Strategies.
9. Current Breakfast Average Daily Participation, **SY 2019-20**—40%, approximately 3800 breakfasts served each day.
10. Current Lunch Average Daily Participation, **SY 2019-20**—57%, approximately 5400 lunches served each day.
11. All school meals offer the following daily:
  - a. Variety of Fresh Fruits
  - b. Variety of Fresh Vegetables
  - c. Whole-grain rich items
  - d. Fat free, Low fat, Flavored and non-flavored milk choices
  - e. Low fat/low sodium lean meat choices
  - f. Age-appropriate calorie limits and portion sizes
  - g. Variety of menu choices served each month
12. USDA Supper Meal Programs are meals provided to students during after school hours and free of charge at Hometown El, Lakeside El, Poca El, GW Middle, Poca Middle, Buffalo High, and Poca High.
13. Schools offer Afterschool Tutoring to students and are provided a free snack.
14. School cooks participate in scratch cooking trainings sponsored by WVDE.
15. All school cooks are provided a uniform allowance each school year to purchase great looking uniforms and leather work shoes to work in which promotes a clean, safe work environment.

16. Various school kitchens provide catered food events for school banquets, school athletic events, team meals, school fundraising events, etc.
17. Meal benefits are provided to all of our Putnam County School families at free or reduced costs for those who may qualify.
18. All schools participate in various educational and physical activities during the school day in the area of school wellness. School wellness topics include nutrition, health & safety, alcohol awareness, tobacco awareness, drug awareness, violence prevention, bullying prevention, crisis planning, fire safety, railroad safety, school dances, field day activities, weather safety training, vision & hearing screenings, gun/hunting safety, community cupboard service projects, dental health programs, cyber safety, walking field trips, cooking classes with master gardeners, and many more.