



# Fayette County Public Schools Child Nutrition Program



USDA National School Breakfast/Lunch Program



\$16 Million Self- Supporting Enterprise



Funding = federal reimbursement + paying customers + ala carte + special functions + catering + interest



56 Feeding Sites = 54 kitchens + 1 vending + 1 delivery



400 + Staff = office (9) + supervisors (4) + managers (56) + kitchen (300+) + drivers (2) + maintenance (3)



Serve 30,000+ meals/day = 6000+ breakfasts + 24,000+ lunches  
\$0.30/\$1.35/\$1.75 breakfast \$0.40/\$2.00/\$2.10/\$3.50 lunch



Meal Assistance = free/reduced program + on-line/scanned applications  
(48% = 41.9% free + 6.1% red)



Other Services = early starts + afterschool snacks + summer feeding  
+ snacks for testing + catering + vending + box lunches + birthday parties + theme meals



Wellness = whole/multi grains + fresh fruits/vegetables + 1%/skim milk + reducing/eliminating frying (26 sites) + portion control



USDA HealthierUS Challenge = 7 gold + 1 bronze elementary (nutrition, physical activity, nutrition/physical activity education, ALL elementary sites are on gold menus standards)



Fresh Fruit & Vegetable Grant = 10 elementary sites



Farm 2 School Projects (local & state)

### Fresh Fruit & Vegetable Grant

This is the second year that FCPS has been awarded the Fresh Fruit & Vegetable Grant for 10 elementary Sites: Arlington, Booker T Washington Primary, Booker T Washington Intermediate, Breckinridge, Cardinal Valley, Harrison, Mary Todd, Northern, Russell Cave & William Wells Brown. In Kentucky, FCPS has the most sites on this grant. During the entire school year, a fresh fruit or vegetable is offered three days per week in the classroom during non-meal times. Educational material is provided on the items served.

### Local Farm 2 School

FCPS Child Nutrition is working with UK, Lexington-Fayette County Health Department, Lexington Farmers Market, Fayette County Cooperation Extension Office, Arboretum, FCPS students and FCPS parents to promote and educate students about local agriculture and the benefits of locally grown products. The F2S team has piloted projects at Lansdowne Elementary in hopes to expand and implement the program into other schools. The pilot has included taste testings and classroom education on nutrition and agricultural science. Items served have been: hydroponic bibb lettuce, hydroponic leaf lettuce, hydroponic lettuce mix, hydroponic tomatoes, hydroponic cherry tomatoes, hydroponic cucumbers and whole sweet potatoes. The F2S team is in the process of applying for a mini-grant to support agriculture covering the 3 C's (cafeteria, classroom & community).

### State Farm 2 School

FCPS Child Nutrition is a member of the State F2S Committee that is headed by the Department for Public Health. This committee is working on improving and strengthening F2S projects in regards to regulations and challenges. The committee is in the process of developing a F2S Week Recognition for Kentucky schools.

### Connect the Dots

FCPS Child Nutrition has developed and implemented program called "Connect the Dots". This program is currently being piloted in 5 elementary sites. Connect the Dots utilizes the My Pyramid color scheme to promote a variety of healthy choices on the serving line for students select.

## E=USE<sup>2</sup>

FCPS is committed to empowering our students, teachers, parents and community partners to design build and nurture outdoor garden space. We understand that learning outdoors and the health and environmental benefits of gardening are an important part of our students' learning and development. From the basics of understanding the composition of our soil, what components plants need to grow, the mutualistic relationship among all living things in our unique Lexington ecosystem, and how to make healthy food choices to the more advanced lessons of math, science, history and culture, a school garden can be a learning tool across our curriculum for all ages.

Through E=USE<sup>2</sup> (Education leads to **U**nderstanding **E**nergy, **S**ustainability and the **E**nvironment) and the FCPS Sustainability Plan, our schools are encouraged to carefully organize, assign student leadership roles, design and install outdoor classroom spaces that may include a vegetable garden, rain garden, community garden, butterfly garden, arboretum, composting system, rain barrel, Three Sisters garden or herb garden. In cooperation and with the active support of the FCPS Child Nutrition, our schools are giving careful consideration to small scale composting for use on campus gardens. In recognition of this enthusiasm for composting, FCPS developed a *Composting Manual for Schools* to carefully guide our teachers and students through the planning, design and implementation phases of composting. Two of our school kitchens are working with LFUCG towards a kitchen composting pilot program Spring 2011.

### FCPS Community Gardens

Some of our schools who currently nurture a community garden with neighboring organizations or associations are Henry Clay HS, Ashland Elementary, Russel Cave Elementary, Cassidy Elementary, Meadowthorpe Elementary, William Wells Brown Elementary and Arlington Elementary.



#### **Henry Clay High School and Cassidy Elementary**

##### **FACE Refugee Community/ Henry Clay High School/ Lakeshore Village Inc. Community Garden Project**

###### **Overall goals of project:**

- We hope to begin a community garden in Lakeview Park (350 Lakeshore Dr.) and/or on the grounds of Henry Clay High School that would be accessible to both the resettled refugee community in the area and the surrounding neighborhoods.
- The garden would be planted and maintained by volunteers that could enjoy the aesthetic and practical benefits of it.
- The garden would encourage interaction and cooperation between the African, Nepali, and other refugee communities in the area and Lexingtonians.
- We hope to plant vegetables as well as other plants to maintain soil quality so the garden can be enjoyed for generations.

-The vegetables grown in the garden would be harvested by the community and would enhance the diets of refugees that may not trust the source of or have enough knowledge of, or be able to afford produce at grocery stores.

**Environmental Benefits:**

-The garden would be planted with environmental sustainability in mind: including maintaining soil quality, composting, responsible water usage, etc.

-Maintenance of the garden will require frequent student and community presence in the area, discouraging environmentally irresponsible behavior in the park or on school grounds.

-The project would also help to spread awareness, through their involvement, about various non-profit organizations working towards a greener Lexington and their missions.

**Education:**

-The garden would be used to incorporate much needed nutrition education into the FACE after school program, summer program, and related programs to promote healthy eating habits among resettled refugee and immigrant populations.

-The project would also teach gardening skills and incorporate education about environmental responsibility and sustainability.



### **Meadowthorpe Elementary**

The Meadowthorpe Gardens are in their second year, having transitioned from a three-quarter acre, student-driven heirloom garden supplying artisan vegetables to local gourmet restaurants, into an authentic relationship between school and the local community: the students maintain a one-third acre garden bed for the Spring and Autumn growing seasons, while the Meadowthorpe Neighborhood Association maintains the remaining garden beds beginning in late Spring through the early Fall harvest.



### **Arlington Elementary**

Arlington Elementary has for two years partnered with La Roca (The Rock) United Methodist Church to build and harvest a community garden. Each spring after state accountability assessments, Arlington students walk to La Roca to learn about composting and plan small group excursions during recess to work with Pastor Aaron on weeding and maintaining the garden.



### **Ashland Elementary**

Ashland Elementary, recipient of a 2010 LFUCG Sustainability grant, partners with nearby Temple Adath Israel to build, maintain and harvest an urban community garden.



### **William Wells Brown Elementary**

WWB Elementary will be hosting their second annual "Growing Community" event on Saturday, May 14 from 10:00 am to 2:00 pm. Community members are invited to participate in a variety of hands-on demonstrations and workshops that will cover topics such as soil preparation, plant care and maintenance, container gardening, etc. Each participant will be given a Garden Kit containing plants, seeds, tools and information to take home. This event is a collaboration between, the WWBrown Family Resource Center, UK Cooperative

Extension Service, Seedleaf, the Bluegrass Community Foundation and Parks and Recreation. WWB Elementary has installed six 3' x 5' raised beds for a spring salad garden and "bucket gardens" that students will tend at home to enter into a competition at the Bluegrass Fair in July.



## **Russel Cave Elementary**

Located at the Community Action Council at 1169 Winburn Drive in Lexington, the Winburn Garden is a collaborative effort among the Community Action Council, the Winburn Neighborhood Association, Russell Cave Elementary, Bluegrass Partnership for a Green Community, Sustainable Communities Network, YMCA, the Northeast Lexington Initiative, and other individuals and businesses in the community. Children and adults are working side-by-side to create a beautiful space and nourishment.

[http://wn.com/winburn\\_community\\_art\\_gardenflv](http://wn.com/winburn_community_art_gardenflv)