

Laurel County Public Schools Physical Activity and Nutrition Report Findings and Recommendations

Findings

Nutrition Environment:

- Participation for lunch & breakfast can be increased
- More student input is needed concerning menus
- Schools are not implementing Farm to School Programs

Physical Activity Environment:

- Staff wellness and physical activity needs to be promoted
- More parent/community input is needed concerning school wellness, physical activity and the food service program
- Facilities are not always available for physical activity opportunities

Recommendations

- Provide breakfast carts in foyers/hallways, try new items at lunch to increase participation
- Research the possibility of student committees or using an existing student group for taste testing and menu development
- Food Service Program will look for locally grown produce and encourage Farm to School Programs in schools.
- Consider the possibility of partnering with local fitness programs for discounts for staff
- Offer new ways for parents/community to share ideas or get up to date information
- Discuss options for before or afterschool physical activities