



## Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between SAT scores and the physical well-being of students.

# Russellville Independent Schools

## Nutrition & Physical Activity Report Card

The Russellville Independent Schools are dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency.



### District Health and Wellness

#### Assessment Highlights

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RISD follows all of the National School Breakfast and Lunch guidelines.	Strengthen or create district and school health committees
Smart Snack requirements are followed by Food Service	All food available meet Smart Snack Guidelines
RSID participates in the Child Eligibility Program (CEP) providing breakfast and lunch for all students free of charge	All fund raisers will be board approved
90% of our students participate in the breakfast and lunch program	Promote ALL students to be physically active
Physical and Health Education are taught at both schools	



## Community Eligibility Provision

The Community Eligibility Provision (CEP) is a meal service option for schools and school districts in low-income areas. A key provision of *The Healthy, Hunger Free Kids Act* (HHFKA, Public Law 111-296; December 13, 2010), CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students

Federal Reimbursement	\$652,513.00
Total Meals Served	Breakfast= 84,723 Lunch= 147,926  Total= 232,649
,Percentage of Participation	90%
Adult Lunch Prices	\$3.00
Adult Breakfast Prices	\$1.75

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### Healthier Choices 123

- 1** Drink water instead of sugary sodas and energy drinks  
52,195 calories per year
- 2** Activity instead of screens  
40,150 calories per year
- 3** Fruits and Veggies instead of sugary or fried foods  
25,550 calories per year

\*Foodandhealth.com/medications

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A -- nutrients that tend to be "problem nutrients" for kids. Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically

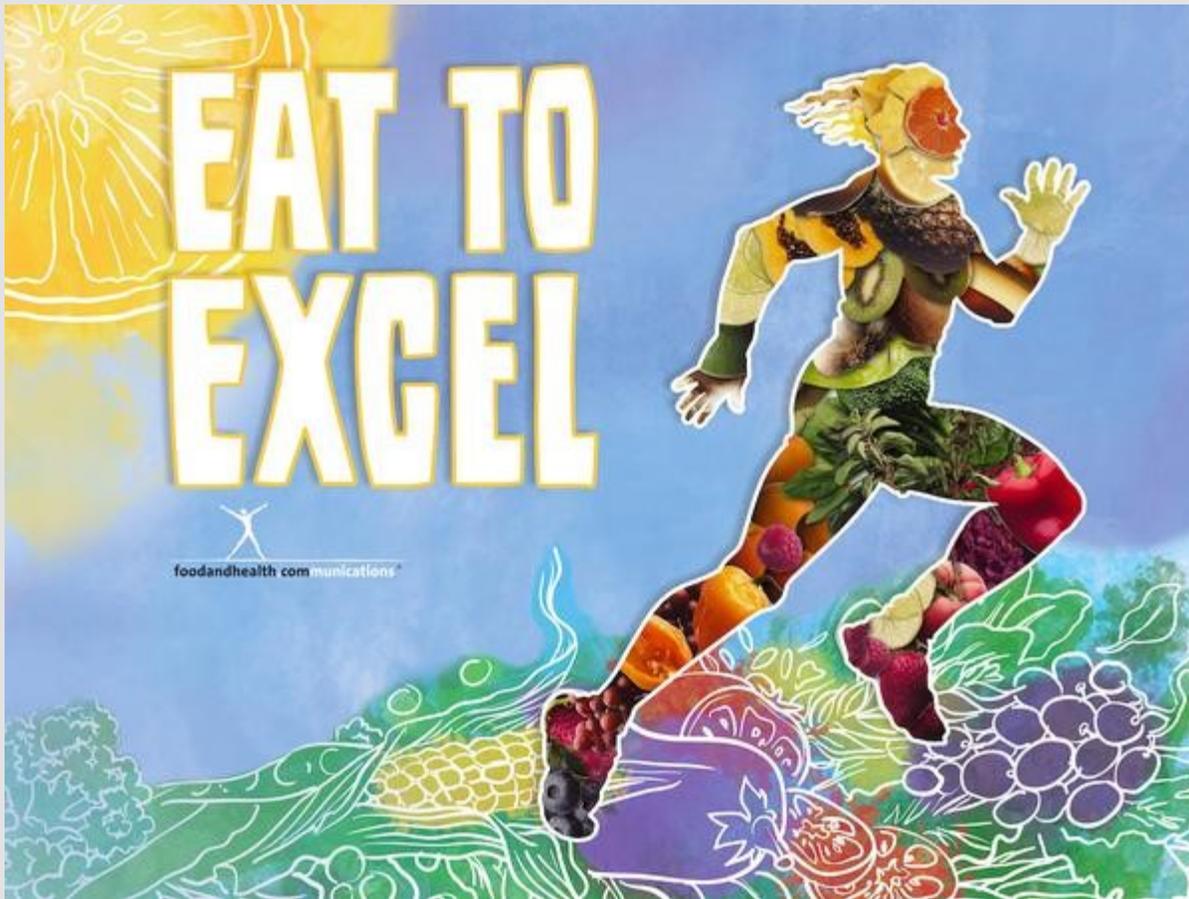
Thank you to Stevenson Cafeteria Staff!



Thank you to the MS/HS Cafeteria Staff!



thanks for a  
job well done!



*MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.*

*To learn more about building a healthy plate, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).*

**MAKE A HEALTHY PLATE**

Fruits, Grains, Protein, Vegetables, Dairy

**Vary your Veggies**

**Focus on Fruits**

**Make half your Grains Whole**

**Go lean with Protein**

**Get your Calcium-Rich Foods**