

Clay County Schools

Physical Activity and Nutrition Report

Findings and Recommendations

Findings

Nutrition Environment:

- Schools are not implementing Farm to School Programs.
- According to the school health assessments, some of the competitive foods and beverages sold to students during the school day don't meet USDA's nutrition guidelines.

Physical Activity Environment:

- Through school health assessments, we found that several schools withhold recess as a means of punishment.
- No schools open their facilities to the community outside of regular school hours.
- There are very few school-sponsored physical activity clubs available to students.

Recommendations

- For all Clay County Schools to prohibit the withholding of recess as a punishment.
- For schools to form a joint or shared use agreement with an entity in their area, and to share costs and responsibilities with the entity.
- For all schools to sponsor physical activity clubs to their students.
- Food Service Program to purchase items locally, when possible, and encourage Farm to School Programs in the schools.
- Provide all schools with information and guidance regarding USDA's nutrition guidelines for all competitive foods sold to students during the school day.